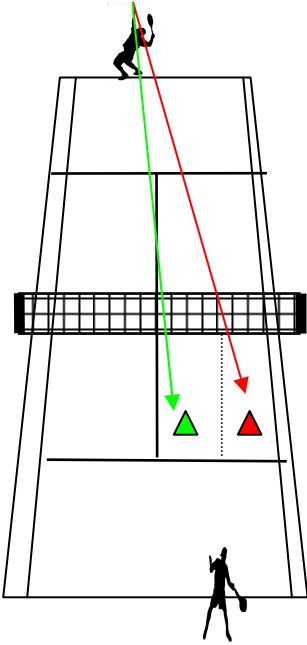



WEEK 13	
Beginners	Serve & return
Aim	To practise the skills necessary to hit the serve, specifically, techniques to: <ul style="list-style-type: none"> 1) develop a strong throwing motion 2) develop the co-ordination between arms / legs and left / right sides of the body
Warm Up	<p>Ball Toss Players put the cap of the racquet on the baseline and stand up in side-on serve position. Have the students hold the ball in their “non racquet” hand, palm facing upwards. Have them lift the ball up and let it drop on the racquet face.</p> <p>Overarm Throw Be sure to use targets, combining both depth and direction, to advance this skill.</p> <p>“Bullseye” (Lift and Throw) Combine the toss and throwing motion by asking the players to hit the ball they lift with the ball they throw.</p> <p>-</p>
Activities	<p>Overarm Rally Using just overarm throws the students can rally in pairs, emphasis being on control and team work.</p> <p>Modified Serve Start the players in the modified “scratch back” position and have them serve for a target area. The modified swing will allow them to concentrate on the ball toss and correct overarm swing without complications. The development of the correct, high contact point should be a priority of the coaching, at this time.</p>
Games	Finish the session with one of the fun games outlined in earlier lessons. Be sure to use the serve as the shot of the day for this game.

Intermediate	Serve
Aim	Develop basic serve skills
Warm up	Ball toss practice Throwing practice Bullseye Game
Drills  <p data-bbox="172 1227 379 1261">"Serve Accuracy"</p>	<p>Serve Accuracy Instruction: Use markers to divide the service court into two boxes as illustrated.</p> <p>Servers to practise serving:</p> <ul data-bbox="507 745 1412 891" style="list-style-type: none"> • Down the tee • Out wide • Players take it in turns to designate the box they are serving into. <p>If they are successful with placing their serve, they can keep serving, selecting a different box to serve to each time. If they miss, the next player takes their turn.</p> <p>The player who can serve the most consecutive balls into the designated area wins.</p> <p>Serve & Return (X court) Use markers to half the court. Play points in the ½ court, starting with the serve and play out the rally cross court. Emphasise cross court return accuracy and rallying consistency.</p>
Games	Chimps & Champs (serve to start point)

Squad	Pat Rafter Serve & Volley
Aim	Explore the serve & volley style . Use role models such as Pat Rafter, Pete Sampras or Martina Navratilova to stimulate students. 
Tech	Split step (timing & technique), handling 1 st volley & overhead
Tact	Big point weapon, surprise tactic, rush (panic) the opponent
Physical	Agility, explosiveness, reflexes
Ment	Aggressiveness, confidence, positive mental imagery
Warm up	Stroke Warm Up Tag sprints / Reflexes / Lateral Jumps
Drills	Serve & Volley Progressions [View article “Serve and Volley Drill – Part 1”] Serve & Volley Patterns [View article “Serve and Volley – Advanced Skills”]
Match Play	Doubles match play (serve & volley compulsory)