TACTICAL PROBLEM: How can the Top-spin serve be used to attack opponent.

SKILL FOCUS: Top Spin Serve

Possible introductory activities
- Mini-court alternate serve to 5 game

Focus on:
- Serve consistency, warm-up arms, experiment with spin

Aim: To Top-spin serve a transition ball above line on wall

CUES:
- Draw back like archer drawing bow
- Use analogy of ball having a face
- Push ball up and behind head
- Hit the ball above nose and over left eye
- Hit up and over towards line on wall

Aim: To Top-spin serve ball over net into serving box from kneeling position on foam pads

Cues:
- On knees at back of service box
- Draw back like an archer
- Push the ball up
- Hit ball up above nose and over left eye

EXTENSION: serving at points behind the back of service box

NOTE:
- A hit into net means ball was hit in front of body instead of behind

Aim: To “Hit the Hopper” targets

Cues:
- Draw back like an archer
- Push ball up behind head
- Hit up and over ball towards targets

NOTE:
- Consistency and placement achieved before adding power

EXTENSION:
- Targets can vary in size according to skill level
- Points can vary depending on distance from back of service box
- If two people only on court can serve diagonally like real game

Possible Culminating Game: “Hit the Hopper” for points

Key Rule: more points are awarded as you move farther back from service box

(NB: For tennis figures http://www.educ.uvic.ca/Faculty/thopper/tactic/planning%20worddoc/tennis.doc)