

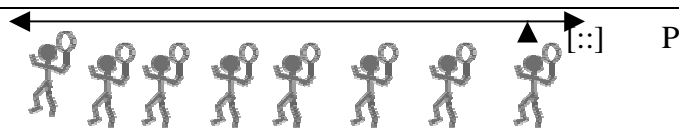
**TACTICAL PROBLEM: How can the Top-spin serve be used to attack opponent.****SKILL FOCUS: Top Spin Serve**

Possible introductory activities

- Mini-court alternate serve to 5 game

Focus on:

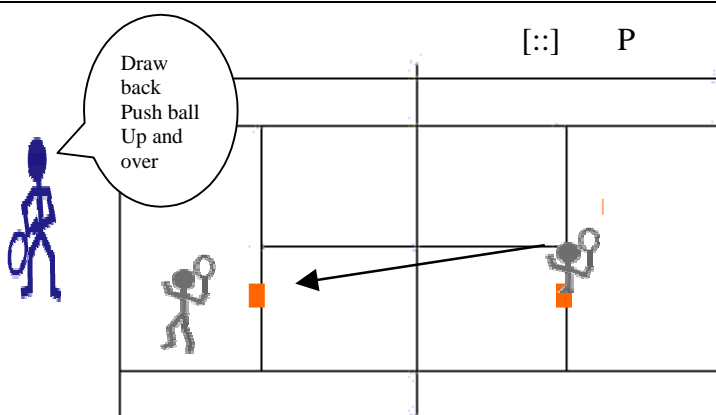
- Serve consistency, warm-up arms, experiment with spin



- **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

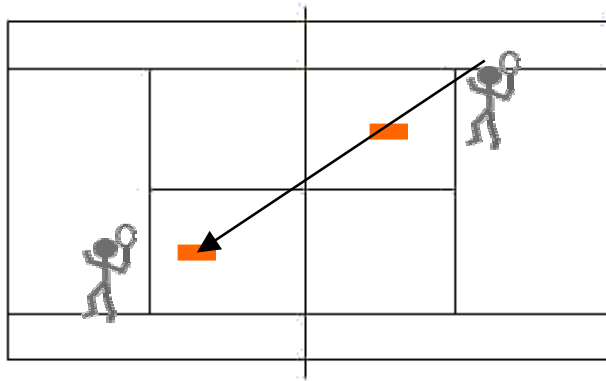
**Cues:**

- 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

Consistency  
Placement  
Power

- **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