









Tactical use and Skill phases for serve and recovery

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Tactical Problem: How to serve and return serve consistently and return to baseline.

Skill development: Serve and return serve – off feeder and off service.

Teaching Points	SKILL PHASES	
Tactic:		
<ul style="list-style-type: none"> To consistently serve and return serve in different areas of service box and court to surprise opponent. Returning to baseline gives time to prepare for shot execution. Focus on re-directing force into open areas Emphasize on self-imagery cues to hit consistently. Surprise opposition 		
Skill: Service and return to baseline	1) Victory/Backscratch phase	2) Contact and follow through
<ol style="list-style-type: none"> Weight transfer in victory and back scratch phase Weight fully on front foot from contact/follow through Push off front foot Recover to baseline for next shot 		
Return serve and return to baseline	3) Push off	4) Recover to baseline
<ol style="list-style-type: none"> In prep phases split-step before ball is struck Shift weight forward towards ball Push-off front foot Recover to baseline for next shot 		
Imagery cues	5) Split-step prep	6) Weight transfer
<p>Serve: rifle, victory, back scratch, contact, follow through, push-off, recover.</p> <p>Return serve: split-step, push, hitting zone, weight transfer, push-off, recover.</p>		
	7) Push-off	8) Recover to baseline

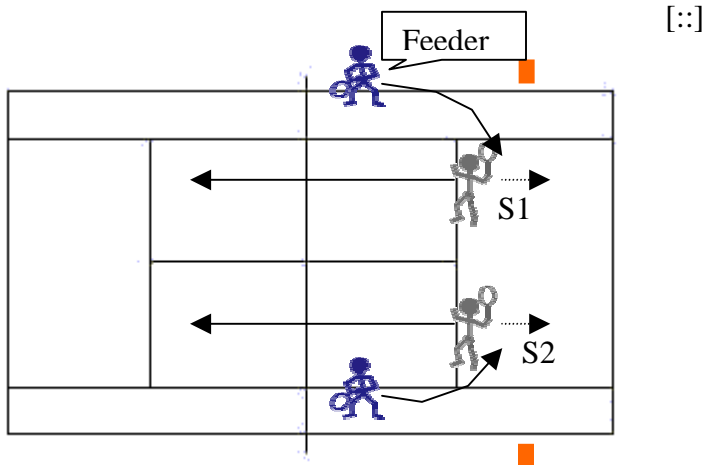
TACTICAL PROBLEM: How to serve consistently and where to recover after the shot?**SKILL FOCUS: Serve and return serve.**

Possible introductory activities

- Progression serves starting from service box with can between legs
- Mini tennis

Focus on:

- Consistency
- Split-step and pushing off
- Recover to baseline

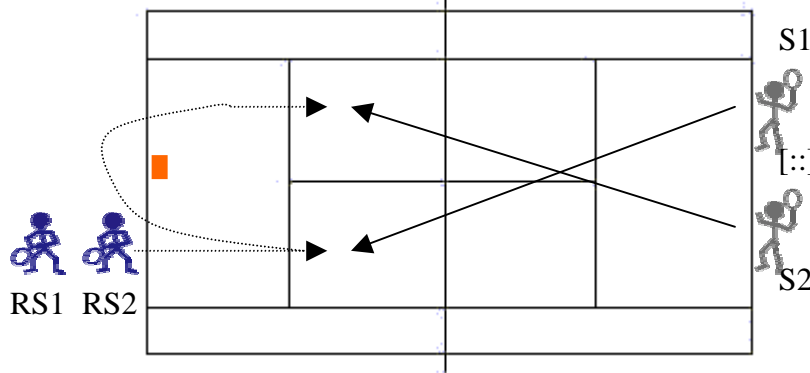


Aim: To serve consistently into service box and recover back as feeder feeds ball.

Note: Begin drill at service box and progressively move towards baseline.

Cues:

- Serve from service box using mental cues; rifle, victory, back scratch, contact, follow through.
- After follow through S1 and S2 push off back as feeder feeds ball to baseline, to force server to recover every time.
- Server hits feeder's ball and proceeds to next service line.

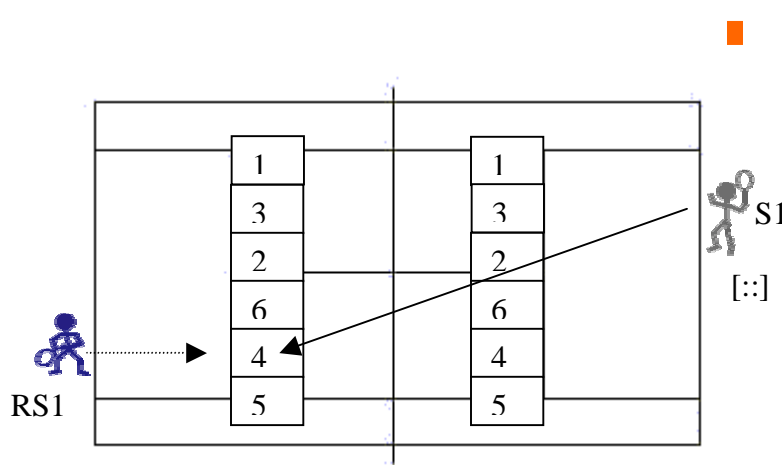


Aim: S1 serves cross-court to RS2, so RS2 can drive the ball then push off to baseline and proceed around the pylon to attack S2's serve. Then RS1 takes a turn and so on.

Cues:

- Servers use mental cues (rifle, etc) for consistency.
- Return service players utilize split-step, hitting zone, push off to baseline and then exploding to attack next serve. Remember consistency.

EXTENSION: Add topspin or slice serve and topspin drive.



Aim: To make drill more game like. To bring the serve and return serve together. To add a new scoring system to the game of tennis.

Objective of game: Just like a regular tennis game except you do not play out the point until the server serves the ball to the specific golf hole (6,4,5). Once the server hits the hole with the serve then they play out the point, the winner of the point gets to serve next. The server that hit the golf hole gets a golf score for that hole depending on how many serves it took to hit the hole and what the par is for the hole.

EXTENSION: Could be used for

Culminating Game: Service Golf (shown above)	doubles play. Key Rule: Ball must be served in the golf hole to play out point.
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(NB: For tennis figures <http://www.educ.uvic.ca/Faculty/thopper/tactic/planning%20worddoc/tennis.doc>)**UNIT: Tennis****GRADE: 12****LESSON: Tennis****THEME OR TOPIC: Serve and return serve****LEARNING OUTCOMES: Consistence and return to the baseline of serve and return serve and understanding the off the ball movements.****EQUIPMENT: Balls, rackets, cones or tennis cans, and lids.**

TIME	LESSON CONTENT	TEACHING POINTS & ORGANIZATION
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4 min	Introductory Activities/Warm-Up La-de-da: Service technique and return to baseline. - Review three stages of serve from service line.	Organization: Get class to line up and spread out along the service line. Teaching points: - Cues: rifle, victory, back scratch, follow through, and return to baseline. - Ball Toss: 3 finger hold, eye level is the point of release.
7 min 5 min	Skill Development-Concept Service Drill: To develop a consistent serve and return to the baseline. ----- ----- Return serve drill: To develop a consistent return serve and recover back to baseline or recover to net.	In pairs: Serve from service line, feeder at side of net, server progresses to court baseline. - Cues: la-de-da, return to baseline, watch for ball feed, feed when serve hits court. - feeder feeds the ball to service line. ----- ----- 2 groups of 2: 2 servers and 2 return servers. -Cues: split step, hitting zone, weight transfer, push-off, and ready position.
	Culminating Activity Service golf: To work on consistence Of serve, consistence of returning the	Point system: (see across diagram) - Just like a regular tennis game except you do not play out the

12 min	<p>serve, returning back to the baseline, with a golf point system.</p> <p>For Example: The first hole is a par (1) but takes the server two serves to hit it, therefore he would receive a score of bogey.</p>	<p>point until the server serves the ball to the specified golf hole (1,2,3). Once the server hits the hole with serve then they play out the point, the winner of the point gets to serve next. The server that hit the golf hole gets a golf score for that hole depending on how many serves it took to hit the hole and what the par is for the hole.</p>
2 min	<p>Closure Bring the class in.</p>	<p>Review main points: - Consistence, return to baseline, split step, recover ready position, le-de-da, and push-off.</p>
	<p>Evaluation</p>	

Max 30 min