

Coaches Cheat Sheet - Serve and Return

Time	Drills/Content	Goals
5-10 Mins	<u>Warm Up</u> Drill 1 - 'Serena Shadows' - Players must shadow their serve in a figure of 8 motion Drill 2 - 'Hitting different side of the ball with the same grip' - Players trying to hit the inside/outside of the ball by bouncing the ball into the ground by adapting wrist. Drill 3 - 'Serve + Return in Service Box' - Players must now try and hit the inside/outside of the ball with a mini serve from the service line. (1 Team in Trams / 1 Team in Centre / 1 Team in Trams).	Warm Up Shoulder Feeling for contacting the inside/outside of the ball (direction) Engagement
12-15 Mins	<u>Improving Consistency</u> N.B - All serve drills must be competitive. There should be a winner for each aspect of the serve we are trying to improve. Organisation - 2x Returners + 4x Servers. Servers switch after 2 serves, 3 'big rotations' each after 4 minutes. Drill (Servers) - Servers focusing on improving consistency, by not moving feet. They score 1 point if they get the serve in and lose a point if they miss their serve. Drill (Returners) - Returners score points by getting the return in, and cross court. They lose a point if they miss. Winner = Person with the most points after the 3 rotations is classed as 'The most consistent Server + Returner'.	Straight arm on ball placement. Ball Placement arm stays up longer. Not moving feet - shows the ball toss is consistent Are you able to finish on balance? 'Photo finish'
12-15 Mins	<u>Improving Direction</u> N.B - All serve drills must be competitive. There should be a winner for each aspect of the serve we are trying to improve. Organisation - 2x Returners + 4x Servers. Servers switch after 2 serves, 3 'big rotations' each after 4 minutes. 2x Cones down at the baseline to gauge the quality of the direction of the serve. Drill (Servers) - Servers focusing on direction. They score 1 point if they manage to get the returner to contact the ball outside of the cones. Drill (Returners) - Returners score points if they manage to get the return to break the sideline. Winner = Person with the most points after the 3 rotations is classed as 'The most accurate Server + Returner'.	Hitting the inside/outside of the ball. Angle of racket on contact.
12-15 Mins	<u>Improving Power</u> N.B - All serve drills must be competitive. There should be a winner for each aspect of the serve we are trying to improve. Organisation - 2x Returners + 4x Servers. Servers switch after 2 serves, 3 'big rotations' each after 4 minutes. Drill (Servers) - Servers focusing on direction. They score 1 point if they manage to get the ball to rise as the returner makes contact with the ball. Drill (Returners) - Returners score points if they manage to get the return in the court. Winner = Person with the most points after the 3 rotations is classed as 'The most powerful server + best ability to deal with power'	Increasing the distance the racket travels before contact (hand away from head) Increasing the amount of body parts we use Increasing the speed of the racket before contact (improve your throw) 'Woosh feeling'

After Serve + Return

At the end of the Serve + Return session we will go straight into social tennis. During social tennis the players have 3 serves instead of 2 to allow them to try out the things they've just learnt. Your host should let you know who is playing against who so you don't have to reconvene at the tennis centre. This is important - as we don't want to waste any playing time.