

# 'Tis the Backhand I'll be Givin' Ya!



**This is a service drill to improve your ability to place the serve deep to your opponent's backhand, usually the weakest return. We'll assume for this drill that the receiver is right handed, but you can change that if the actual receiver is a lefty.**

Start with 8 balls on court, 2 at each service position

One Server stands at each service position on both sides of the nets

Serve so that the ball bounces in the target on the opposite side

Receivers catch the ball to use for their turn to serve

Players rotate to the Right (CCW) after 2 serves

Keep track of how many of your serves land in the "zone"



## **Coach:**

Eagle eyes: Watch the ball as it hits your paddle face

Keep knees bent and side to net at beginning of service motion

Underhand motion required (no side arm serves)

No bounce-hit allowed on serves

Paddle head must be below waist at impact

Follow through toward the target zone

Serve made be hard or soft as long as it hit in the target zone

Motion is like bowling or a soft-ball pitch

*Set up for "Tis the Backhand" service drill:*

*4 hoola hoops: Set one in each backhand corner of the receiving court*

*Bucket of 12 balls. Please return all to the score-reporting desk at 7pm*