



Developing the Serve

2012 Australian Grand Slam Coaching Conference

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How much serve practice do you do?



Research:

*Serves – Only 4% of
contacts in group sessions*

Challenges Developing the Serve

- *Children experiencing a diminishing number of throwing experiences in play*
- *Maintaining activity levels – engagement*
- *Meaningful or realistic practice*
 - *Perception*
 - *Decision making*
 - *Evaluation*

Talent Development Priorities

Tactical

- *Basic intention – cause & effect*
- *Directional control*
- *Spin variations*

Technical

- *Rhythm*
- *Sound throw*
- *Grip*

Session Goals

- 1. How do we integrate more serve related practice into our coaching programs?*
- 2. How do we make this practice more engaging & realistic?*

Throwing & Overhead Activities

- *Throwing tennis*
- *Force-them-backs*
- *Reflex volleys (cooperative or competitive)*
- *First volley*
- *Tap down approach*
- *Bounce smash approach (throw or fed)*
- *2nd serve dingles (cross)*
- *2 on 1 – defence*

Serve Specific Activities

- *North-South-East- West*
- *Catch the serve*
- *3-2-1*
- *Truth or dare*
- *Black hole return ($\frac{1}{2}$, $\frac{1}{4}$, centre)*
- *Snowball serving 1-2-3-4...*
- *Serve & volley game*
- *Donkey*
- *7 serves only*
- *Lucky Deck*
- *Bingo*

Bingo

<i>Slice Wide – First Court</i>	<i>Slice Tee – Second Court</i>	<i>Kick Tee – First Court</i>
<i>Kick Wide – Second Court</i>	<i>Flat Wide – Second Court</i>	<i>Flat Tee – First Court</i>
<i>Slice Body – First Court</i>	<i>Slice Body – Second Court</i>	<i>Disguise – Any Court</i>

Summary

- 1. Explore different ways to integrate more serving & throwing activities into your coaching programs*
- 2. Strive to make serve practice engaging & realistic*

Thank you