

# „Serving around the world“

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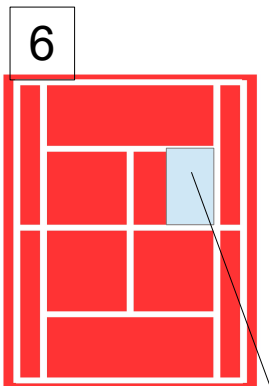
This are different situations with changing constraints to develop the service in tennis.

These variations are allowing students to manipulate their serve and experiment with racquet, hand, arm, body position to get their serves into a designated target area.

It allows the students to experiment with flat, slice and kick serves without explicitly knowing this. You can give them some technical cues, but will more likely to ask guiding questions.

The learning process can be encouraged by

- using metaphors and analogies like „going through the „L-position“ and the „trophy-position“,
- setting additional constraints with different balls, different rackets, serving from a stepper, serving with legs crossed, ....
- motion-transfer from throw, using additional equipment like different balls, „The ball in the sock“, Vortex, old racket,....

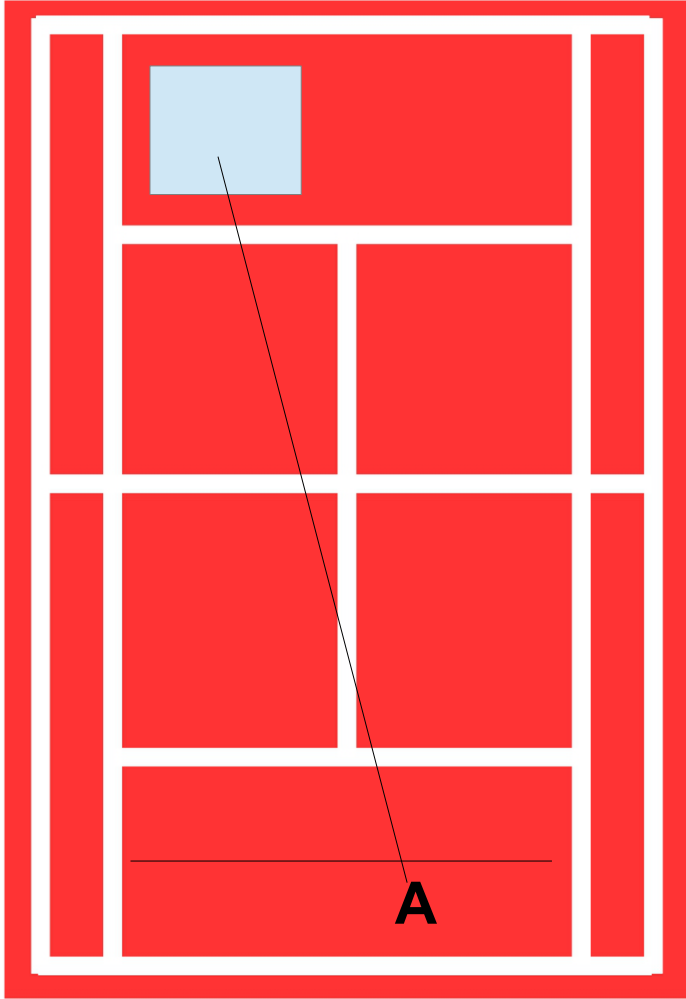


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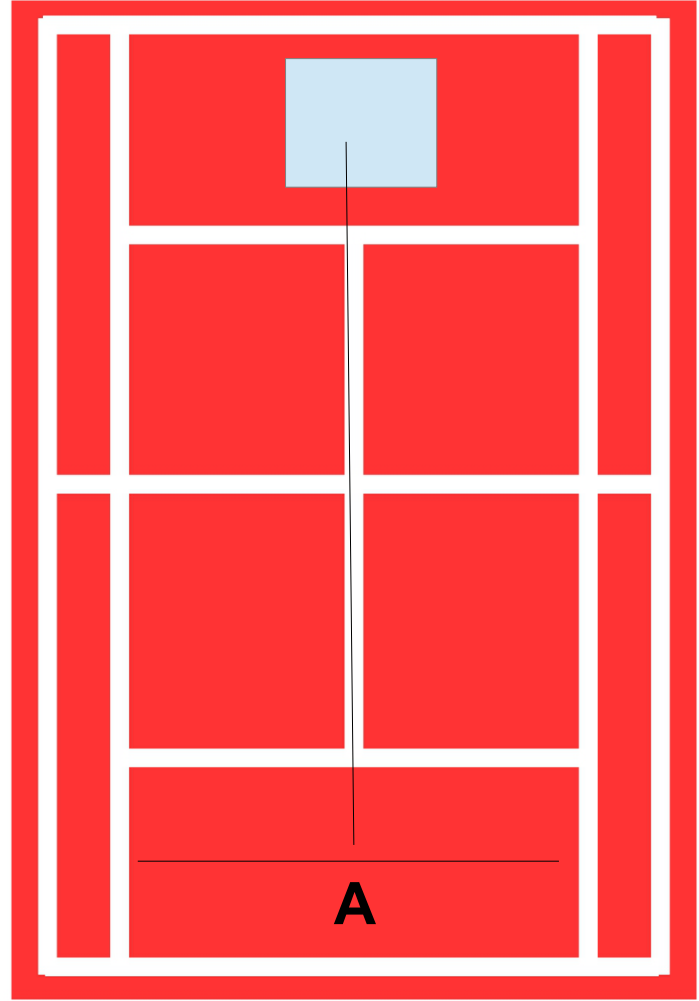
*Tactical implementations:*

- *drill forces students to begin points with serve from various parts of the court and establish a positive court position before the 3rd ball.*
- *including return and playing the point it gives variable views on the game*

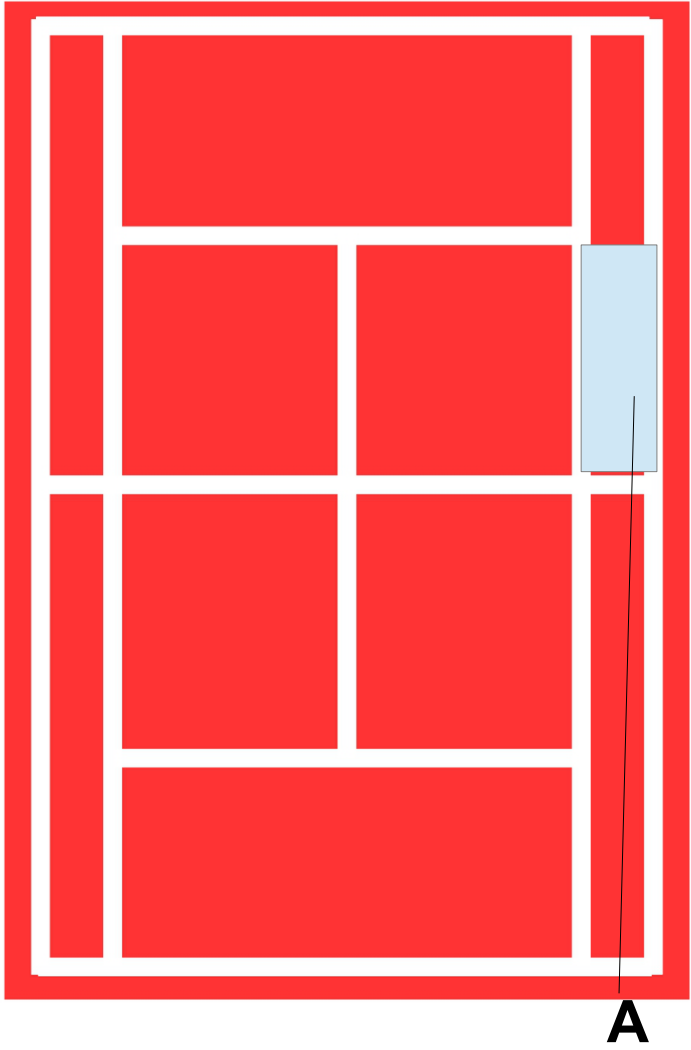
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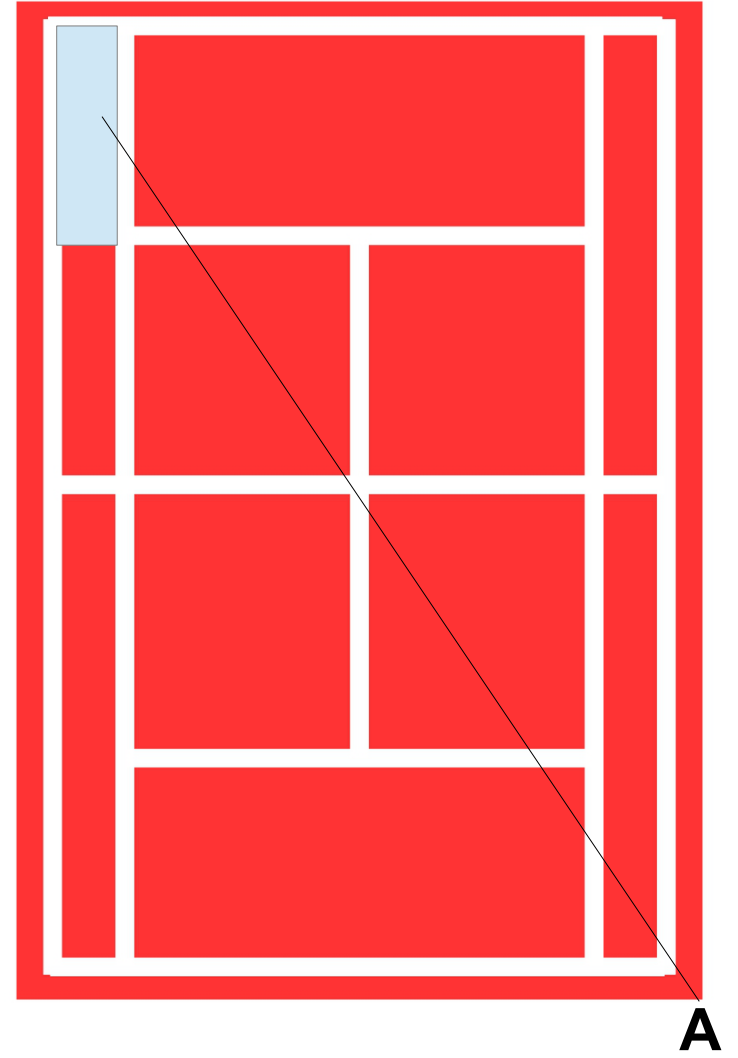
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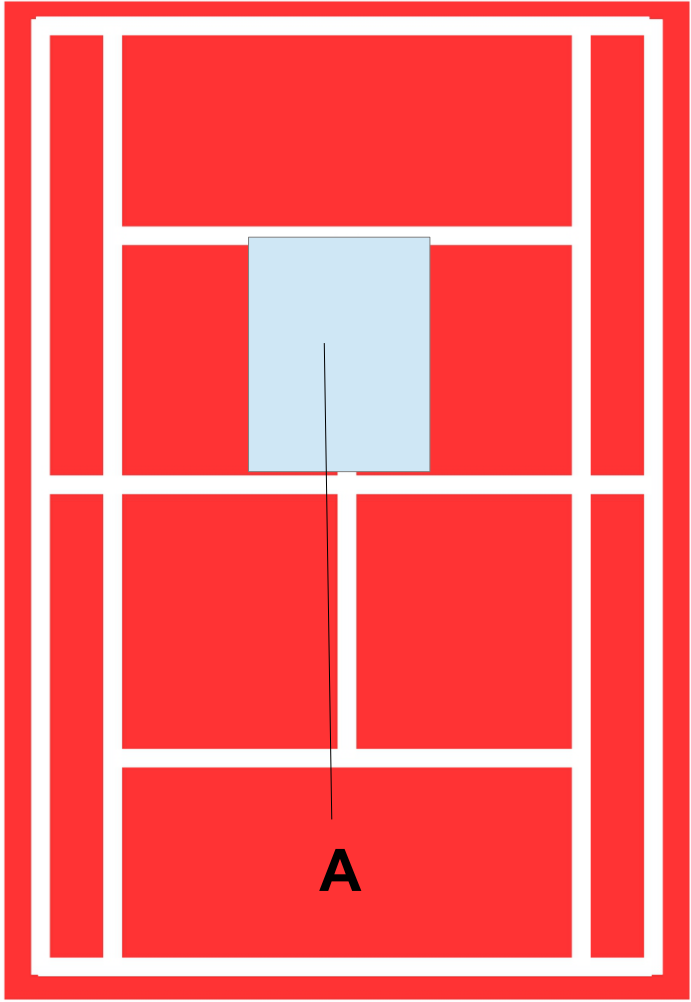
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