

DEVELOPING YOUR SERVICE EXERCISES

Why important?

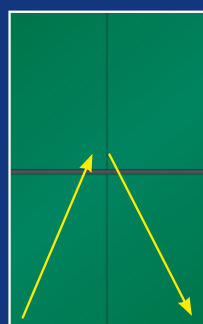
Following Part 1 of the Developing Your Service snap card, we have put together some specific service exercises for you to have a go at. As we know, serving is very important in table tennis; it is the only time you have complete control over what you are doing.

Good serving can set up your strengths, isolate opponents' weaknesses, stop opponent dictating and win you cheap points! Therefore, you need to make sure you have a range of exercises to call upon to improve and keep your training exciting!

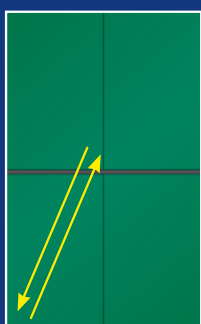
What to do?

Here are some exercises for you to look at (you might wish to use Part 1 to refer back to the key coaching points).

Practice both backhand and forehand serving, see what comes naturally.



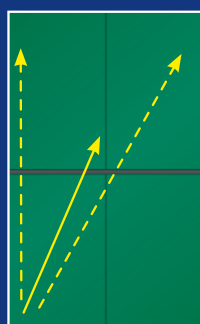
Short serve.
Receive long into forehand.
3rd ball attack then free play.



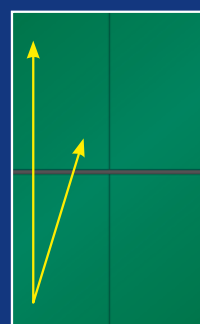
Short serve.
Receive long into backhand.
3rd ball attack then free play.



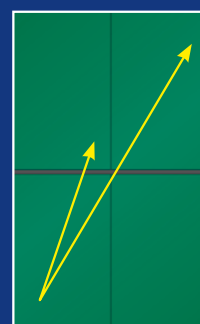
Short serve.
Receive long to the crossover.
3rd ball attack then free play.



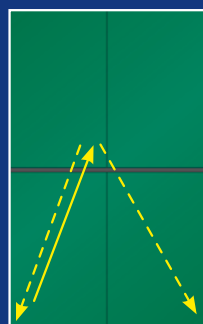
Short service to the middle
OR long to either corner.
Then free play.



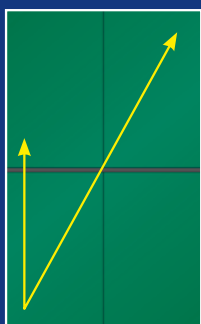
Short serve to crossover
OR long serve down the line.
Then free play.



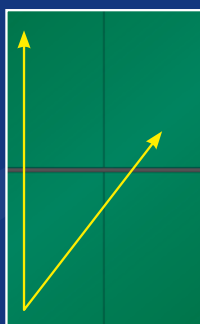
Short serve to crossover
OR long serve to backhand.
Then free play.



Short serve.
Receive long to either corner.
Then free play.



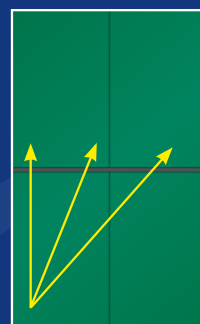
Short serve down the line
OR long service across court.
Then free play.



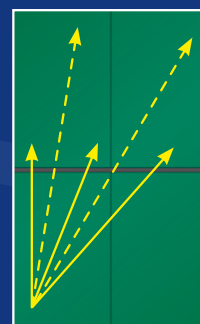
Short service across court
OR long down the line.
Then free play.



Long service anywhere on the table, then free play.
*Working on different types of spin, placement and deception.



Short service anywhere, then free play.
*Working on different spin and placement.



Short no spin serves, OR long fast serves into backhand or middle.
*Working on creating an attacking situation for the server.