



# Deep Back Serve

Practice placing deep serves to your opponents' backhand.

- Hit 3 serves to your opponent's backhand
- Receiver lobs the return back to the server, but no one plays the point... receiver should try to hit a backhand return.
- Each player finishes their 3 serves & returns and rotates to the other side of the court.
- Non-servers provide balls to the servers.
- Count number of serves to the backhand

## Drill Instructors:

- Watch for legal/illegal serves - Coach on underhand rule
- A good reminder to observe right-left handed players
- Underhand motion required (no side arm serves)
- Paddle head must be below waist at impact
- Follow through toward the target zone
- Serve made be hard or soft as long as goes to the backhand
- Server must keep their head down ... watch the ball, not your opponent.