



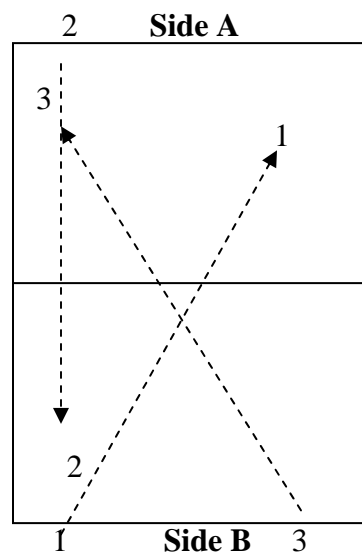
**Drill Name:** Target Serving Partner Serving

**Purpose:** To be able to consistently place a serve to different positions on the court.

- This drill is great for challenging athletes to place their serve to different positions on the court. Too often athletes go to the serving line and just put the serve over the net, not thinking about where they should be placing the serve. A serve can be used as an offensive weapon to put a team in trouble right off serve receptions. During a match serves should also attempt to serve the ball to a weaker passer, or try to keep the ball away from a better passer.

**Description:**

- Partners should get 1 ball between 2, and then line up on opposite end lines.
- One athlete will line up to serve the ball, and the other will position themselves any where in the court.
- The objective is to serve the ball accurately to your partner. The serve will count if your partner can take only one step to catch/touch the ball.
- Once the serve is made, the partner who caught the ball moves to the end line to serve the ball back to their teammate who then positions themselves any where in the court.
- To finish this drill the team who gets 10 total serves to their partner successfully wins.



**Alternate Drill:**

- Change the number of successful serves to finish the drill (ie 15-20).
- Athletes serve only long, short, or cross court.

**Key to the Drill:**

- Athletes should take their time while preparing to serve on the end line. Too often athletes rush their serve and this action results in a miss.
- Servers should toss the ball with their non contact hand, and make sure they are tossing the ball directly in front of the contact shoulder.
- Athletes should reach high for the ball and make contact with the ball from a straight and strong arm, rather than an arm with a bent elbow. **Watch your hand hit the ball!!!**
- Athletes should only take one step while serving to reduce the chance of error, and this step must be from the opposite foot (ie. right handed athletes should step with their left foot).
- Athletes should NOT hold their breath while serving! When contacting the ball with the striking hand, they should expel their breath.