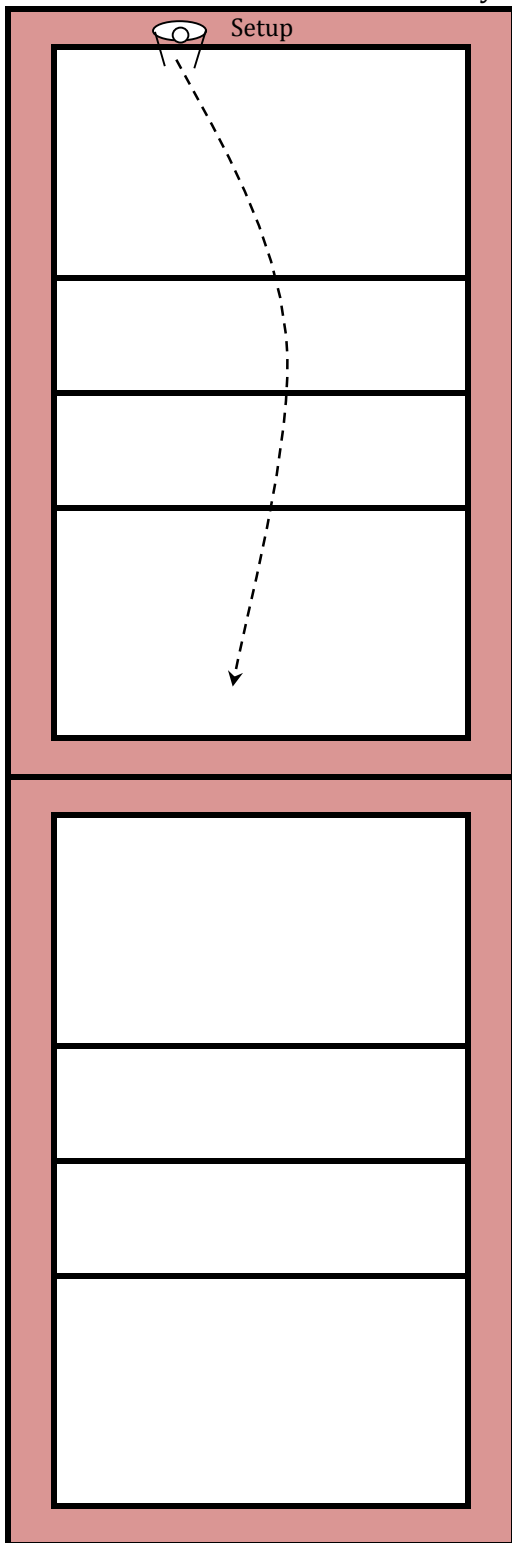


Recommended # of Athletes: Any



Spin Serve Warmup

Set-up

Athletes that are prepared for practice early or at any point during practice. Give athletes a ball and have them stand on the base line.

Conditions:

Have athletes practice their jump spin serves across the net, at a passer or at no-one. Start with smaller tosses and minor jumps and work up to full speed. After attacking a serve have the athlete chase down their ball and return to the base line.

Purpose/Goal

Athletes warm up working on a skill that can improve their game. Warm up legs by jogging to retrieve ball and by increasing jump. Work on hand eye coordination and arm swing and speed. Improve both serving and attacking.

Success criteria

Athlete warms up properly and safely while performing skill. Athlete focuses on accuracy and technique rather than speed.

Reference Points

Don't hit the ball harder than body will allow, focus more on aiming the ball to a spot on the court and proper technique.

Take time jogging to get ball to perform active stretching exercises.

Variations

Add passers onto the other side of the court to work on technique and receive reps as well.

Legend: Ball's Route = Players Rotation = Players =

