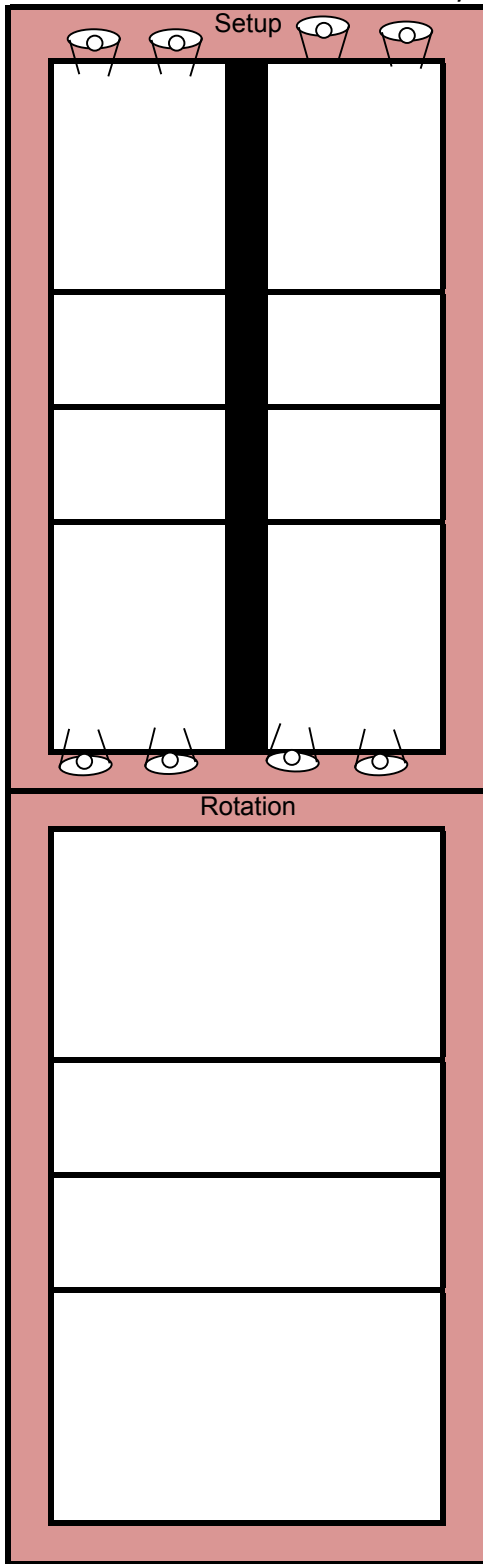


Recommended # of Athletes: Any



## Target Serving

### Set-up

Split the court in half using cones or other lines on the floor, have athletes split into two even groups one on each baseline with balls prepared to serve.

### Conditions:

Athletes aim their serves for 1 side of the court or the other counting the number of successful serves they make over the net.

### Purpose/Goal

Develop serving accuracy  
Provide lots of serving reps

### Success criteria

Serves can serve the ball over the net successfully and hit their target successfully.

### Reference Points

Focus on every serve, ignoring balls bouncing around

### Variations

#### Simplification

Allow athletes to step into the court to get closer to the net.

#### More Difficult

Increase the target difficulty by splitting the court into 3 areas, and aim for the outer two sections. Also could split court depth wise.

Legend: Ball's Route = - - - - -> Players Rotation = .....> Players = 

