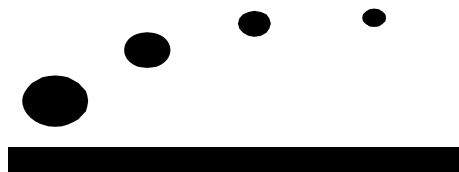


Deep - Serve Derby

Keep the receiver back as long as possible and protect against short-serve angle shots by receiver



Start with 8 balls in play, 2 at each service position

One Server at each service position on both sides of the nets

Serve so that the ball bounces within 14 inches of the base-line

Aim for the line of cones (serves are cross-court)

Receivers catch the ball and serve back

Players rotate to the Right (CCW) after 2 serves

Keep track of how many of your serves land in the “zone”

Coach:



Eagle eyes: Watch the ball as it hits your paddle face

Keep knees bent and side to net at beginning of service motion

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 it hit in the target zone

Service motion is like bowling or a soft-ball pitch

Set up for Deep Serve Derby:

Place a line of 6-8 small cones about 14” in front of the base line on both sides of the court and bring a bucket of 12 balls to the court.

Stack cones and return to the scoring are along with the bucket of balls when done.