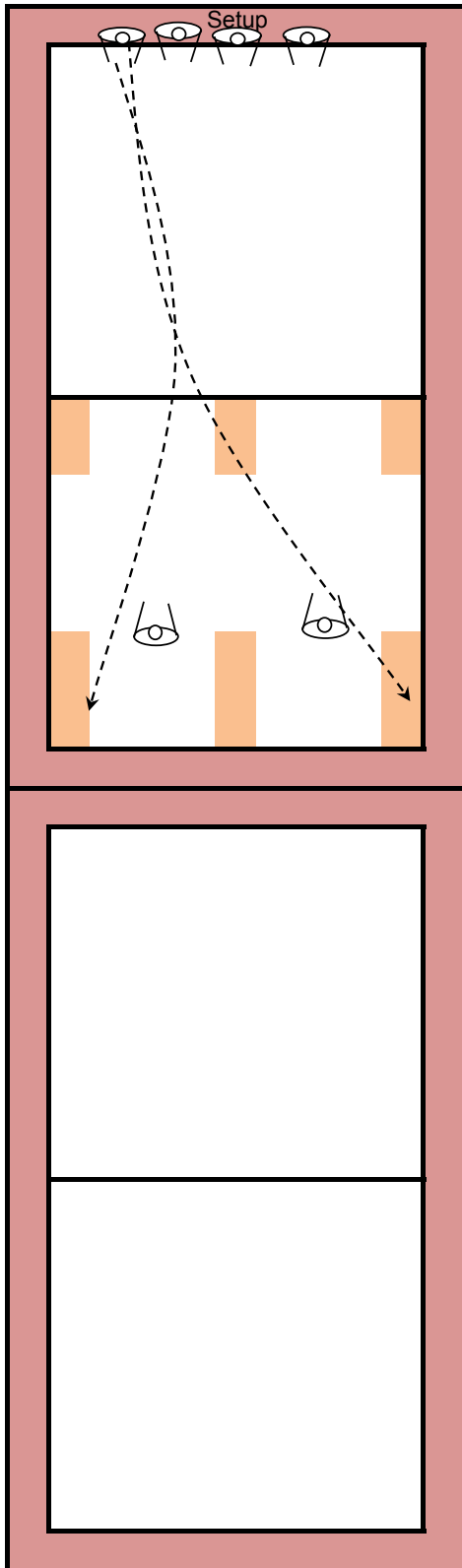


Recommended # of Athletes: 3 +



## Simple Serving Reps

### Set-up

Outline targets in the receiving court for server to hit (see diagram). Set up two passers in a static serve receive position.

### Conditions:

Athletes serve and chase their ball across the court. Focus is on serving seams between the passers and moving them forward and backwards by serving high shoulders or short. The two static passers in server receive are not allowed to move their feet but can pass any ball within reach. They should not receive many passing opportunities but are in place to increase reality of situation.

### Purpose/Goal

Improve accuracy of serves

Reveals the benefit of serving an passer outside of their immediate reach

### Success criteria

Passers are leaning to but not able to touch the serves without moving feet

### Reference Points

Pick a spot in the sand and aim for it.

Use a variety of serves including shorter high and deep serves

Take into account the sun and wind and set up accordingly

### Variations

### Simplification

### More Difficult

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

