

Serving Form & Progression (25–30 minutes)

Goal: Develop a strong overhand serve with good toss, contact, and follow-through.

1. Toss & Catch Drill (5 min)

- Toss ball straight up to serving height (around forehead level).
- Try to catch it without moving your feet.

Goal: Consistent height and location

Do: 3 sets of 10 good tosses

2. Shadow Serve Motion (5 min)

- No ball—just mimic toss, step, and arm swing.
- Focus on rhythm and full follow-through.

Do: 3 rounds of 5 clean full motions

3. Wall Serving Target Drill (10 min)

- Tape a square on the wall or place a towel to aim at.
- Serve overhand to hit the square.
- Progression:
 - Step 1: Stand close to wall, hit target 5 times in a row
 - Step 2: Step back after success—see how far you can go while still hitting the target

4. Controlled Serve to Floor Zones (5–10 min)

- Mark zones on the floor using tape, socks, or cones (short/deep).
- Serve and try to land in the target zone.

Focus on: High toss, full extension, aiming

