



SERVE

Long-term technical development

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Introduction

- Role of the serve is changing with age category:
 - U9: to start a point,
 - U12: to control an opponent (height & direction),
 - U16: to create pressure (placement, speed, rotation, disguise).
- Technical aspect: complex movement,
- Practise: very often underestimated (basket, at the end of training session),
- Evaluation in match situation (under pressure).

9&under playing competencies

- In orange court player hits 'in' 70% of the 1st serves,
- Player is able to consistently start the rally with the 2nd serve,
- When in favourable position after 1st serve player is showing offensive attitude (hitting away from the opponent).

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12&under playing competencies

- Player is using a 2nd shot for opening the court after bringing the opponent outside of court with succesful serve,
- Player is able to hit over 50% of the serves to opponent's weaker side.

16&under playing competencies

- Able to press the opponent and hit the aces by increased ball speed,
- Have serving patterns that enable application of own weapons,
- Able to vary placement, speed and spin,
- Able to disguise the serve's direction.

Tools to analyse and develop

1. Effectiveness (5 ball's characteristics),

1. 9&under players

Balance, timing, rhythm and PAS,

2. 12&under and 16&under players

BIOMECH and PAS.

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Technical development

Serve			
Technical element	Players		
	9&under	12&under	16&under
<u>FUNDAMENTALS</u>			
Balance	✓	✓	
Timing	✓	✓	
Rhythm	✓	✓	
<u>PREPARATION</u>			
Stance	✓		
Horizontal angle		✓	
Vertical angle			✓
<u>BODY MECHANICS</u>			
Leg drive		✓	✓
Acceleration (shoulder rotation)			
Twist	✓	✓	✓
Somersault		✓	✓
Shoulder over shoulder		✓	✓
		✓	✓
<u>EFFICIENCY</u>			
Looseness		✓	
Contact point quality		✓	
External & internal shoulder rotation			✓
Disguise serve's direction			✓

Zmajic & Filipcic, 2015.





Conclusions

- Permanent tracking, analysis and development of playing competencies,
- To develop technical fundamentals ,
- Daily practice of serve and return with optimal number of repetitions, using ‘inner’ coach, connect with tactical situations,
- Individual approach.



Videos on YT
channel:
AFTennis

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Thank you for your attention!

