LEVEL II

Level I focuses on the beginning player, and level II is a step up and might be difficult for some students. Level II continues to develop their abilities to create and defend space. You can introduce shots such as the crosscourt or down-the-line ground stroke and the lob. Students should also begin serving. As in all net and wall games, players can win points by moving opponents around the court until they cannot reach the next shot. Nonetheless, this solution reaches its limits as the opponent’s tactical awareness and ability improve, so at this level students explore winning a point. After they have practiced the volley, approach shot, and smash, their awareness of the need to defend against these attacks will increase.

LESSON 7

**Tactical Problem**  Setting up to attack by creating space in the opponent’s court

**Lesson Focus**  Starting the point on the attack

**Objective**  Use the flat service at the start of a point.

**GAME 1**

**Setup**  Half-court singles

**Goal**  Get the ball in the court and push the opponent into the backcourt with service.
Conditions
- Service alternates.
- The game focuses on pushing the opponent back.
- Use a long and narrow court.

Questions
Q: Where does the service have to land?
A: In the service court.
Q: Where is the best place to serve to put your opponent on the defensive?
A: Deep into the service court.

**PRACTICE TASK 1**

**Setup**  Toss practice

**Goals**
- Toss accurately to the racket head.
- Perform five of eight trials successfully.

**Conditions**
- Players stand with the toe of the nondominant foot on the baseline (left foot forward for right-handers and right foot forward for left-handers).
- Players place the racket butt next to the front foot with the racket extended in front of the body.
- Players toss the ball as for a serve so that it lands on or near the head of the racket on the court.

**PRACTICE TASK 2**

**Setup**  Half-court

**Goals**
- Serve deep and to the opponent’s backhand.
- Land a specific number of serves (e.g., three of five) in the back of the service court.

**Condition**  Service alternates (no rallying).

**Cues**
- Face the net post.
- Place the racket behind your head.
- Toss up and forward.
- Reach high.
- Swing through.

**GAME 2**
Repeat game 1 with half-court singles.