

The Perfect 20-minute Serve Practice Routine

Part 1: (3 minutes)

- Use 50% power
- Warm up serves
- Hit 2 serves to each of the target areas



Part 2: (5 minutes)

- Use 70% power
- Hit ONE serve to each of the target areas
- Proceed to next target area even if you miss



Part 3: (5 minutes)

- Use 80% power
- Use the Exit Targets
- Call out loud the exit target it went through

**Beware of the red danger areas.
Your opponent wants these**



Part 4: (7 minutes)

- Match like serving
- Hit a first serve followed by a second serve
- Hit both Serves to target area 1 and move through all the target areas

