

Low Serving in Singles Conditioned Games



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Warning and Challenges

This document will give you and your players several Conditioned Games that provide different situations to use and develop your Singles Low Serve.

You will need to identify the thoughts, spoken words, actions or rituals to use when Low Serving. These are important and you must challenge yourself to create rituals and thoughts that work for you.

Do you think it is possible to serve in such a way as to increase the chance that your opponent will make an error with their return stroke or you increase your chances of a quick win?

Players may initially find some of the games challenging and could show resentment or challenge. Work to find and establish Rituals and Technical points that do not fail when stressed at those critical points in a match.

The task for the Coach and Player is to use the Conditioned Games as a framework or starting point.

Just playing the games will not guarantee that players become better at Low Serving or returning the Low Serve

How to use the Conditioned Games breakdown

Each game is divided into the categories below with advice and points of interest for the coach and player. The various purposes of each game are stated, there may be several. There is a set of player questions that allow the coach and player to find varying starting points. Using these questions will enable faster progress and development. Finally, the games, the variations and progressions are given for you to try.

A rating system of *, **, ***, has been included to provide a snapshot of difficulty and complexity within each category.

Mentally challenging	Each game will provide a different level of mental challenge. The amount will vary between different players and coaches. It will also vary as both become accustomed to the type of challenges posed. Note; this could increase as well as decrease. (* easy --> *** stressful & possibility upsetting)
Physically challenging	Some games require physical endurance and will test the players over long periods of time whilst others will require short fast-paced rallies and test alternative energy systems. (* as normal singles --> *** additional demands)
Game-likeness / restrictions	The games try to reflect real match play as closely as possible. Players should be encouraged to 'win' and to hit winners. Games should allow the casual observer watching the practice to believe that they are watching a real competition (* almost real --> *** very restrictive)
Ease of understanding	The games are designed to be simple to understand and carry out. However, some may require further explanation. (* easy ---> *** challenging)
Applicable to what standard	Not all games and the variations contain within them are suitable for all standards of players.
Discussion points	The most crucial aspect of this document. Discussion is required to establish the level of understanding and development. Sample questions and prompts are given for coaches and players to use.

Low serving only

Purpose

- To introduce players to the low serve in singles
- To encourage tactical thinking when low serving
- To encourage attacking styles of play
- To allow the experience of "when should I start to low serve?"
- To encourage & develop the use of rituals in preparation for the low serve
- To develop an understanding of increasing receiver tension or reducing receiver tension
- To develop effective returns of low serve and encourage tactical thinking

Player questions and issues resolved

- When can I start to low serve in singles?
- How can I beat someone who low serves against me?
- Where should I low serve to be successful, can I influence the reply from my opponent?
- What should I be thinking before I low serve?
- I want to be more attacking in singles
- What is the best way to return a low serve?

The Game, Variations and Progressions

Games	Rules & Thoughts
1. Both players low serve in a singles match	<ul style="list-style-type: none"> • Normal rules • Player shorter games to allow for discussion and change of opponents
2. Outright winner on the 3rd shot i.e. the servers 2nd stroke score a bonus point (amount to be decided)	<ul style="list-style-type: none"> • To encourage a 'go for it attitude' from the server • The receiver will be subject to 'receiver tension' • Will both players take more time to consider how they will act? • What strokes would you expect?
3. Outright winners when returning low serve score 2pts	<ul style="list-style-type: none"> • To encourage the receiver to try deceptive replies and to explore the use of aggressive 'as if to play ..." approaches to the shuttle • To encourage the server to position the shuttle so as to limit the receivers dangerous replies
4. 5 serving rallies followed by 5 receiving rallies	<ul style="list-style-type: none"> • Normal rules • Players will have a series of serves to consider and practice serving or receiving • Do they win more points when serving or receiving?
5. One player serves throughout the game, serving from the side as per their score, (both players score but only one player serves)	<ul style="list-style-type: none"> • Normal rules • Players will have a whole game to consider and practice serving or receiving • Play shorter games • Allow to winner to decide they wish to serve or receive in their next game. This will encourage coach /player interaction through discussion and questions

Low serving only

Mentally challenging	Physically challenging	Game-likeness / restrictions	Ease of understanding	Applicable to what standard	Discussion points
<p style="text-align: center;">**</p> <p>Can be initially frustrating as rallies may be lost through lack of experience / perception</p> <p>Be aware of a too early introduction, balance motivations</p> <p>Some players may exhibit resistance to using the low serve.</p> <p>Emphasise that it is valuable to practice <i>returning</i> low serves.</p> <p>Coaches should be observant for an increase in both server and receiver tension.</p> <p>Rallies may be very short</p>	<p style="text-align: center;">*</p> <p>Rallies may be very short therefore the game may not be physically challenging</p>	<p style="text-align: center;">*</p> <p>After the serve the game is open and all tactics can be used</p> <p>Encourage tactical thinking:</p> <ul style="list-style-type: none"> • Where to stand when serving • Where to serve to • Tempo of the service action • What rituals help to aid preparation <p>Players must receive from their normal singles receiving position and NOT encroach forward</p>	<p style="text-align: center;">*</p> <p>Simple to explain and easy to understand</p> <p>Be aware of possible resistance/complaints from players who are not suited to low serving</p> <p>The service technique / preparation required may lead to frustration</p> <p>This applies equally to receiving low serves as the techniques required are different to that in open play</p>	<p>Use with players who are inquisitive about introducing the low serve into tournament competition.</p> <p>All players once the low serve becomes the dominant serve in their classification</p> <p>All players should experience the aspect of returning low serves, this is a skill</p> <p>When an alternative serving style is required. Especially against specific opponents</p>	<p>Did you think about serving to a place to limit replies, or look for a "favoured" (likely) reply</p> <p>Which is your favourite: serving or receiving (why?)</p> <p>What rituals did you try and what worked for you? (show me, how do they help)</p> <p>Did you score more outright winners (shuttle is unreturnable) than you thought you would when low serving?</p> <p>Is low serving your preferred serving style?</p>