Development of the High Serve & the Return of the High Serve using Conditioned Games

Andy Stewart

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Warning and Challenges

This document will not give you the thoughts, spoken words, actions or rituals to use when High Serving. The purpose of the Conditioned Games is to provide different situations to use your High Serve and also how to Return the High Serve.

Players may initially state they do not need to practise these games and could show resentment or challenge when using the them. It is vital that coaches use both a generalist and individual approach with player.

Identifying a desire to make the High Serve more than just a way to start a rally.

Work to establish a Ritual and Technical points that do not fail when stressed at those critical points in a match.

We will also explore ideas about the Return of High Serve in order that return of serve errors are hopefully eradiated at those critical points mentioned above.

Coaches also may feel challenged if this is an area new to them or if they believe that these skills are only developed by 'experience' and 'maturity'.

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 High Serving or Returning the High Serve

These games are only the starting point. It is up to you to create the desire, the application. I can only suggest ideas that I know will work. There is value in using them but you may have to work to find it.

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.**

High serve only

Purpose

➢ To introduce players to the concept of conditioned games.

➢ To develop a 'thinking' (mental) approach to serving and also receiving serve.

➢ To encourage & develop the use of rituals in preparation to serve

➢ To develop an understanding of increasing receiver tension or reducing receiver tension.

Player questions and issues resolved

❖ How can I gain an advantage when high serving?

❖ Where should I high serve to and does it make a difference from either side?

❖ What should I be thinking before I high serve?

❖ I want to be able to serve in at crucial times.

The Game, Variations and Progressions

1) Only high serves are allowed

2) Discuss with players the use of an aggressive 'super high' serve. Do you think has value?

High Serve only					
Mentally challenging	Physically challenging	Game-likeness / restrictions	Ease of understanding	Applicable to what standard	Discussion points
*	*	*	*		
Initially, players may state that the opponent 'knows' what serve is about to be delivered. Encourage players to prepare (as a repeatable ritual) for the service as they pick up the shuttle Discuss and inform players how to develop an understanding of increasing receiver tension in the way they deliver the service. [Be observant of how receivers react to this condition]	Rally length will not be affected.	For players who currently high serve, there will be no change to their games.	Simple to understand.	Applicable to players whilst the high serve is a common option in games.	Does it affect you that the opponent 'knows' what serve is about to be delivered? Does a very high 'aggressive' serve have an effect on you; when receiving; when serving? (possible increase in receiver tension) Have you established a routine (ritual) that you can easily repeat as you prepare to high serve? What is it? Can you use this ritual at crucial (high stress) points in order to reduce any tension or anticipation you feel?

Safe replies to high serves

All replies to high serve must be straight

Purpose

➢ To encourage the use of a 'safer' reply to a high serve.

➢ To develop confidence in known replies to high serve

➢ To develop the understanding of 'critical receiving' situations

➢ To develop the use of ritualistic (controlled) thinking at high-stress moments

Player questions and issues resolved

❖ What's the best return from a high serve?

❖ How can I find a safe return of high serve to play at crucial times in a match?

❖ How can I reduce the amount of return of serve errors I make?

❖ What should I be thinking before I receive serve?

❖ I sometimes change my mind whilst the high serve is in the air before I hit it and then play returns that aren't effective.

The Game, Variations and Progressions

1) All replies to a High Serve must be straight; however, any straight reply can be played e.g. clear, slice, smash, drop, etc.

2) Rallies won by the receiver on their 2nd shot win 3pts i.e. the shot after the return of service.

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Safe replies to high serves

Mentally challenging	Physically challenging	Game-likeness / restrictions	Ease of understanding	Applicable to what standard	Discussion points
**	*	**	*		
Some players may find the condition too restricting. Discuss with the players the choices they would make at critical points in a real game. Discuss with the players their choice of strokes that could be played. (The number of choices may be more than they first envisage)	Rally length will not be affected	Restrictions only apply to the return of service and could replicate replies played at crucial points in a match. Reinforce the concept that 'any' straight reply can be played. Ensure that players prepare for the reply with a positive mindset.	Simple to understand Coaches may have to explain ways of 'preparing' to receive during the rally break The range of replies should be discussed with players and their contributions requested. Ensure that the server does not move too far over to cover all straight replies. However, the variation of straight replies should be sufficient to create opportunities	Applicable to players of all ages and abilities Especially those who try to play high risk or technically difficult strokes at crucial times.	Did you feel that your replies were limited in only playing straight? When did you decide which shot to play for the return? Which returns give you the greater confidence? Do you feel overly restricted not being able to hit crosscourt? How could you use this at a critical point in a match?