



STEPS TO CORRECT SERVE TECHNIQUE

Thanks for downloading this free report / checklist that contains the short version of the 7 Steps To Correct Serve Technique.

It's a quick reminder on **WHAT** are the key steps in building the serve and **HOW** to execute them.

You can of course always go back to the whole article with the video on feeltennis.net in case you want to go more indepth again.

STEP 1

The Stance



A proper tennis serve stance is when your feet are positioned so that the front foot is pointing towards the right net post (for right-handers) and the left foot is parallel to the baseline.



The toes of the left foot are also roughly aligned with the heel of the right foot because you need to be stable in all directions once you initiate and execute your full service motion.

This is a basic stance which you adjust depending on which direction you're serving to.

STEP 2

The Grip



A proper tennis serve grip technique is to hold a continental grip.

Grip the racquet like a hammer and hold the racquet with the edge perpendicular to the ground, as shown in the picture.



Then place your left index finger in the "valley"

between the thumb and the index finger of your right hand (for right-handers), just next to the bone on the thumb.

Now check where your left index finger is pointing on the racquet handle. It should point to the top left edge on the racquet handle.

STEP 3

The Hitting Part - Loose Drop, Swing Up And Pronation

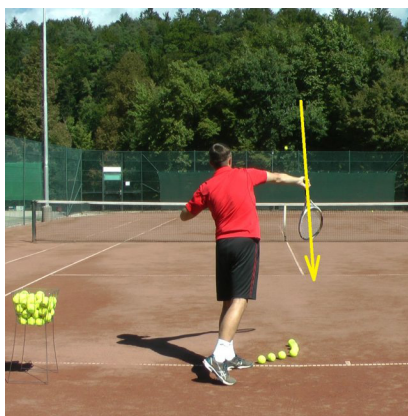


There are smaller parts of the hitting part:

- loose drop of the racquet and arm
- swing up & contact
- pronation

The loose drop before the swing up is achieved by “bouncing” or dangling the racquet behind you.

The swing up and pronation parts are best imagined and learned by placing two rows of balls on the ground.



The first row of balls is at a roughly 45 degree angle, and the second one is perpendicular to the net.

Imagine swinging towards the ball at a 45 degree angle leading with the edge of the racquet and following the first row of balls.

Once you reach the contact, push the racquet head straight towards the net following the second row of balls and finishing on the right side of the body with the buttcap pointing upwards at a roughly 45 degree angle or more and the stringbed pointing towards the back fence.

STEP 4

Backswing & Toss

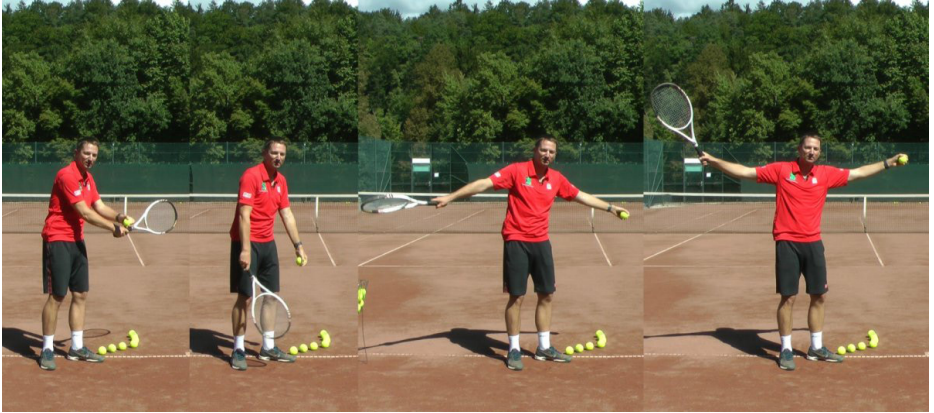


The key points about the toss:

- Place the ball in the middle of your hand, meaning exactly where the palm spreads out into fingers.
- Hold the ball with your thumb on top gently.
- Always toss with a straight arm using only your shoulder joint.
- Release the ball at around your eye level and keep lifting the arm up following the ball.



The backswing should be a relaxed swing backwards, as if your arm and the racquet are a pendulum that you swing backwards.



The tossing arm moves simultaneously up as the dominant arm swings up.

Trophy Position

As you swing back, your arm eventually ends up in the trophy position as we like to call it.



I suggest bringing your racquet into a more diagonal position which you can determine by bringing the racquet closer to your head and touching it. The bottom edge of the racquet should touch the back of your head.

Move the racquet then slightly away from your head and you'll now be in a good trophy position

on your serve. From there, you will drop the racquet into the loop and find it much easier to time this swing with the ball coming down from the toss.

STEP 5

Serve In Two Parts



The serve in two parts consists of step 4 and step 3, meaning we'll do the backswing & toss first (step 4) and then the hitting part (part 3) in sequence.

Complete first your backswing & toss phase and catch the ball back in your hand while holding your trophy position.



Toss again from this position and complete the hitting part which consists of the drop (bounce) and two swing paths.

You can still keep the balls on the ground in two lines in order to get proper guidance on how to move your racquet in the swing up and pronation phases.

Repeat this process of serving in two parts until you are quite successful with two key points:

- tossing the ball so accurately that you can catch it back in your hand without moving your feet, and
- finding your trophy position where the bottom edge is just behind your head without much correcting when you check for it.

STEP 6

The Power Move



The power move is initiated from the trophy position, and two things must happen simultaneously:

- your racquet starts to drop, and
- your body starts to rotate/turn forward.



The power move has to be practiced often in order to feel the lag of the racquet and how we create a whip effect with it. This effect creates a lot of racquet head speed with little effort.

STEP 7

Putting It All Together



The best way to start serving correctly is to do a few serves in two parts and then take a leap of faith and do the complete serve from start to finish.

As for the follow-through, we swing outwards towards the ball. For right-handers, that's forward and right, roughly at 45 degrees which then changes as pronation takes place.



As soon as we finish the pronation, we start to relax our body and arm (since all the work is done and the ball is on the way), which eventually brings the arm to the left side.

Finding Flow

Because we have been breaking down the serve into smaller parts so that they are easier to learn, we have unfortunately also broken down the natural flow of the body.

We stopped moving our body fluidly, making our movements now very mechanical.

Therefore, we must re-establish the natural flow of the body which is another key element of generating effortless power on the serve.



You use the Serve Master by swinging it in a continuous manner that simulates the whole service motion.

You can of course also use the ball on the string or the famous trick with a couple of tennis balls in a long sock. Either of these will also help you feel the fluidity of the service motion.

Summary

There are of course many drills and exercises that help you address various sticking points that you may have as you're working on your serve.

I've shared many of them for free on feeltennis.net, and there are some that you can access only in my [ServeUnlocked video course](#) that goes much more in-depth on:

- unlocking the mental locks that hold you back from hitting your best serves,
- unlocking the body by showing you drills on how to loosen up your wrist,
- understanding the difference between speed

and “strength” and how to learn a fast, effortless serve, and

- understanding how to integrate the toss into your service motion and how to troubleshoot it.

The ServeUnlocked video course also includes the **extended version** of these 7 Steps To Proper Serve Technique where I share additional tips on the grip, racquet acceleration, coordination of both arms and even how to use your shadow on a sunny day to correct your serve technique! ;)

I hope this points you in the right direction of taming the most challenging tennis stroke.

Best, Tomaz Mencinger
<http://www.feeltennis.net>

