

The Serve Made Easy

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This workshop reviews the foundation of the serve in the first few minutes. After that, the tips will assist coaches and tennis teachers of all levels and experience to better help their students develop effective serving skills as quickly and painlessly as possible. Statistically, tennis points last on average well under three hits. Therefore, players will serve at least one out of every five shots they ever hit while playing tennis, more than any other stroke. With today's emphasis on game-based learning, serving is essential, right from the start. (On court)

1. The serving two-step: Stand and throw, followed by stand, toss, and throw.
2. Feeling the wrist: Kneeling and sitting from different positions of the court.
3. Loosening the wrist. Finger drop. Hold extra ball. Get to the "F" in STIF.
4. Toss: How to learn by feeling. Why not to toss and trap the ball on the fence. Using the gate. Big ball to small ball. Catch one, hit one. Keeping the tossing hand up!
5. Grips: When and how. Is a young child strong enough to hit the continental
6. Telephone serving
7. Full motion – When, how, and choices.
8. The start and weight transfer: Common inconsistencies and sources of problems.
9. Balance and the left foot
10. Starting with the slice – pros and cons
11. Correcting the grip changers
12. Knuckles up or are we serving pizza?
13. Serving in every session
14. Serve and bounce-hit return if serve inconsistent.
15. Serve and ready-to-hit drill
16. Service relays
17. Service H.O.R.S.E.

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