TENNIS SERVE STEP BY STEP CHECKLIST.

Video your tennis serve and analyse using this checklist. You may want to pause the video at different stages for a better analysis.

Remember, for a good tennis serve, it takes time and hard work to master. Be patient and you will achieve success!

Feel free to print this page and use it for your own reference. There is a one page quick reference at the bottom too.

Name of player: __________________
Sex: M/F
NTRP Level: ______

Mental Preparation

- Establish your routine (e.g. bounce the ball 3 times)
- Picture a good serve in your mind
- Do not rush

Grip

- Relaxed continental grip (Fig 1)

Preparation Stance

- Feet shoulder width apart (Fig 1)
- Front foot angled toward the net post (the right post for righties)
- As you start the motion, transfer the weight to your back foot and then shift it forward

Figure 1: Relax before you serve. Do not grip the racket too tight
Toss

- Hold the ball with the tips of your fingers
- Palm facing upwards
- Lift the tossing arm alongside with body, moving your arm parallel to the baseline (Fig 2)
- Release the ball by opening the palm

![Image](image_url)

Figure 2: Lift the whole tossing arm without bending the elbow

Loading phrase

- Shoulders and hips begin to rotate
- Back remain straight
- Use only pinpoint (foot up) or platform stance (foot down)
- Look up at the ball
- Knees bent
- Racket pointing upwards
- Tossing arm fully extended
- Establish the "trophy" position (Fig 3)
Swing path and Contact

- Keep non-hitting arm pointing up for as long as you can
- Come down just before you contact the ball
- Straighten legs to propel upwards and drop your racket head
- Accelerate racket to the ball (Fig 4)
- Shoulders should uncoil (righties will rotate clockwise)
- Racket face pronate towards the ball (Fig 5)
- Contact the ball* (See note)
Follow Through

- Tuck your non-hitting arm into your stomach as you follow through
- The force of your legs will drive you into the court and you should land on one foot
- Racket should end on the non-dominant side (Fig 6)

Note:
* For slice serve, hit the ball across the outside edge of the ball, i.e. at 2 to 3 o’clock
* For topspin serve, brush the ball up from 7 to 1 o’clock
* For flat serve, contact the strings at the ball.

Federer Serve: [http://www.youtube.com/watch?v=vcjZ5r_YHV0](http://www.youtube.com/watch?v=vcjZ5r_YHV0)

Nadal Serve: [http://www.youtube.com/watch?v=n76f2KJ36yA](http://www.youtube.com/watch?v=n76f2KJ36yA)

Djokovic Serve: [http://www.youtube.com/watch?v=vPUiBc2Ru2c&feature=related](http://www.youtube.com/watch?v=vPUiBc2Ru2c&feature=related)

Sharapova Serve: [http://www.youtube.com/watch?v=kMBSgLq_O8c](http://www.youtube.com/watch?v=kMBSgLq_O8c)

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## One Page Quick Reference

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