

SUPPLEMENTAL SERVING INSTRUCTION FOR JUNIORS

Since serving is such a key for the success and the enjoyment of tennis we list some good internet resources. Developing a quality **first** and **second** serve is very important.

Reasons:

1. The server gets **two** tries.
2. It allows the server to control play from the first shot.
3. A well placed serve allows the server to predict possible returning shots.
4. It conserves energy when playing in hot weather.
5. It makes winning easier.
6. Even when behind it keeps pressure on the opponent.

Good Resources To Check Out On www.Youtube.com

1. feltennis.net How To Serve In 7 Steps
2. Somax Performance Institute - Andy Roddick's Serve
3. Nick Bollettieri - Sonic Serve - dailymotion
4. Tennis: How To Serve: Tennis Warehouse
5. Developing The Serve With Jeff Salzenstein
6. Fix The Hitch And Other Serve Problems With The ServeMaster - Lisa Dodson
7. How To Serve In Tennis- 5 Steps To A Great WTA Serve - TopTennis Training

Ten Tips To Improve The Toss

1. Hold the ball in the fingers not with finger tips or deep in the hand.
2. Lift from the shoulder keeping the arm comfortably straight as it goes up.
3. The thumb should go up and slightly toward the inside of the arm as it goes up.
4. The hand should not open too early or late.
5. Visualize an air target where you are placing the ball.
6. Place the ball about **two** rackets high so you have time to prepare the body for striking.
7. Look up and position the arm as if you were going to catch the toss.
8. Toss closer to you if you are working on spin serves using the Continental Grip.
9. Shoulder rotation should bring the tossing arm by the knee or between the legs.
10. Practice 25 good tosses every day catching it with an extended upward arm.

Look At The Grip Page

1. Practice serving with the Continental Grip until it feels natural. The two references are the heel pad and the first knuckle. The hand and fingers should be comfortably positioned.