



SERVING Cheatsheet

Here's a cheatsheet of tennis serve tips to help improve your technique:



GRIP

- Ensure a continental grip, where the base knuckle of your index finger is on bevel 2 of the racket handle.
- Don't squeeze the grip tight. Imagine there was an egg in your hand, you don't want to squeeze too hard or you will break it.



STANCE

- Stand sideways to the net with your non-dominant foot slightly ahead of the other.
- Keep your feet shoulder-width apart for balance.



BALL TOSS

- Toss the ball slightly in front and to the side of your body around the 1 o'clock position if you were looking straight ahead at a clock.
- The toss should be consistent and should have a maximum height.



RACKET PREPARATION

- Keep your racket back early, with the head higher than your grip hand.
- Use your non-dominant hand to guide the racket into the proper position during the backswing.



BODY POSITIONING

- Bend your knees slightly for better balance and power generation.
- Rotate your shoulders and hips to coil your body during the backswing.



CONTACT POINT

- Aim to make contact with the ball at the highest point of your reach.
- Make contact slightly in front of your body for optimal power and accuracy.



FOLLOW-THROUGH

- Extend your arm fully towards your target after striking the ball.
- Finish with your racket pointing towards the target and your body facing the net.



WEIGHT TRANSFER

- Shift your weight from your back foot to your front foot during the swing.
- Transfer your body weight into the shot to maximize power.



TIMING

- Coordinate your toss and swing to make contact at the peak of your jump or at the highest point of your reach.
- Practice timing to ensure consistency and accuracy.



RELAXATION AND FLUIDITY

- Keep your muscles relaxed throughout the motion to allow for fluid movement.
- Avoid tensing up, especially in your arms and shoulders, which can hinder your serve.



PRACTICE

- Regularly practice your serve to improve technique and develop muscle memory.
- Focus on specific aspects of your serve that need improvement.



VIDEO ANALYSIS

- Record yourself serving and analyze your technique to identify areas for improvement.
- Compare your serve to professional players for further insights.



REMEMBER, MASTERING THE TENNIS SERVE TAKES TIME AND PRACTICE. FOCUS ON ONE ASPECT AT A TIME AND GRADUALLY INCORPORATE THESE TIPS INTO YOUR GAME FOR BETTER RESULTS.