



THE SERVE – KEY ELEMENTS FOR GENERATING POWER

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SERVING IS A DIFFICULT SKILL!

Leg drive (especially) and coordination of the top and bottom half is rarely achievable for our young kids, so let's get them to master throwing first.....

- Throwing

- Ø Relaxed arm, palm down, elbow bent

- Ø Elasticity (stretch/shorten cycle)

- Ø Displacement (greater distance travelled)

- Ø Elasticity and displacement aids in a fast arm



THE GRIP

- Eastern forehand grips and beyond can cause:
 - Ø Front-on at impact
 - Ø Racquet deceleration (if grip is extreme)
 - Ø Inability to hit a swing serve and/or a serve with arc (e.g. kicker), effects variation
 - Ø Predictability on favourite direction

Serve – Develop it as a weapon!

Some common elements that can be improved in our juniors:

- Grip – too many using grips tending forehand
- Long swings, tense swings
- Palm to sky
- Setting too early
- Supination
- No lag or elasticity
- Tossing off the back leg/excessive racquet trail
- Tossing arm in front – harder to achieve good shoulder turn/separation angle

Generating Racquet Acceleration

- Relaxed arm/shoulder/pec
- Palm down, elbow to sky in the backswing
 - Ø Palm down – compliments relaxed arm promoting lag and aligns with correct hand position at impact.
- Racquet head trails the swing – lag/elasticity
 - Ø Newton's 3rd Law
 - Ø Cracking the whip
 - Ø Clock drill – maximum velocity
 - Ø Thumb only drill
 - Ø Racquet head in vision – overload principle
 - Ø Goose neck drill









GENERATING RACQUET ACCELERATION CONT'D....

- Longer swing – less racquet trail
 - Ø Serving arm first (Barty drill)
- Abbreviated – more racquet trail allowable
 - Ø Hip and toss together drill

Key Points

- Learn to throw first
- Relax the arm/shoulder/pec
- Palm down, elbow to sky
- Racquet head trails the swing for lag and racquet displacement leading to a more powerful serve!

