HOW TO FIX YOUR SERVE

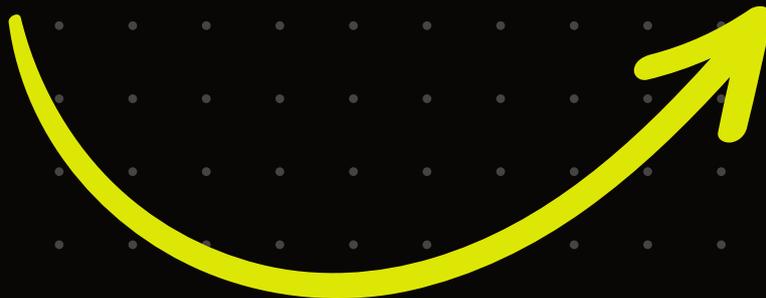## COMMON PROBLEMS & SOLUTIONS

COMMON PROBLEMS

1. HITTING YOUR SERVE INTO THE NET
2. HITTING YOUR SERVE LONG OR WIDE
3. LACK OF CONSISTENCY
4. LACK OF POWER
5. LACK OF SPIN

EACH PROBLEM CAN OCCUR DUE TO A FEW REASONS, SO LET'S GET STARTED

1.HITTING YOUR SERVE INTO THE NET

WHEN YOU'RE SERVING INTO THE NET, ON A CONSISTENT BASIS, IT USUALLY HAPPENS DUE TO:

- DROPPING YOUR HEAD TOO EARLY
- DROPPING YOUR TOSSING HAND TOO EARLY
- NOT ENOUGH LIFT ON THE BALL

1. AFTER YOU TOSS THE BALL, FOCUS ON KEEPING YOUR TOSSING HAND UPRIGHT, UNTIL THE VERY LAST MOMENT.

2. FOCUS ON TRACKING THE BALL AS IT COMES OFF YOUR RACKET, THIS WILL FORCE YOU TO KEEP YOUR HEAD UP UNTIL AFTER CONTACT.

3. INSTEAD OF AIMING DOWNWARDS, TRY TO GIVE YOUR SERVE SOME MARGIN BY HITTING WITH MORE NET CLEARANCE. THIS WILL HELP YOU AVOID THE NET.

2.HITTING YOUR SERVE LONG OR WIDE

WHEN YOU'RE SERVING LONG OR WIDE, IT USUALLY HAPPENS DUE TO:

- AIMING FOR THE LINES (WIDE)
- OPENING UP THE BODY TOO EARLY (WIDE
- TOSSING BEHIND YOUR HEAD (LONG)
- SERVING WITH A FOREHAND GRIP (LONG)

1. IF YOU'RE CONSTANTLY TRYING TO HIT THE LINES, YOU WILL MISS MANY SERVES. GIVE YOURSELF MORE MARGIN, BY AIMING FOR LARGER TARGETS. STAYING SIDE ON UNTIL CONTACT WILL HELP YOU AVOID PULLING THE BALL OFF TO THE SIDE.

2. IT'S IMPOSSIBLE TO CREATE THE IDEAL RACKET ANGLE IF YOU TOSS TOO FAR BEHIND YOUR HEAD. FOCUS ON TOSSING THE BALL IN FRONT OF YOUR BODY FOR THE FLAT OR SLICE SERVES.

3. IF YOU SERVE WITH A FOREHAND GRIP, IT'S VERY HARD TO HIT ON TOP OF THE BALL WITH ANY REAL PACE. ENSURE YOU'RE USING A CONTINENTAL GRIP

3.LACK OF CONSISTENCY

CONSISTENCY STARTS WITH THE RIGHT FUNDAMENTALS, YOUR GRIP, YOUR STANCE, YOUR BALL TOSS, BUT ONCE YOU HAVE THESE IN PLACE, FOCUS ON:

- AIMING FOR LARGER TARGETS
- USING THE SPIN SERVES
- REDUCE YOUR POWER
- AVOID HITTING TOO FLAT

1. GIVE YOURSELF PLENTY OF MARGIN, BOTH OVER THE NET, AND INSIDE THE BOX. AIM FOR LARGER TARGETS.

2. INCREASE THE AMOUNT OF SPIN YOU USE ON SERVE. THIS CAN BE SLICE OR THE KICK SERVE. BY INCREASING THE RPM, IT WILL HELP YOU CONTROL THE BALL WITH INCREASED SPEED.

3. IF YOUR SERVE TIMING IS OFF, REDUCE YOUR POWER. PULL BACK DOWN TO 65-70% FULL SPEED AND BUILD YOUR CONSISTENCY BACK UP BEFORE INCREASING.

4. FLAT SERVES ARE GREAT, IF YOU'RE VERY TALL. FOR EVERYONE ELSE, AVOID GOING TOO FLAT.

4.LACK OF POWER

POWER COMES FROM RACKET HEAD SPEED, ANYTHING THAT GIVES YOU MORE RHS, WILL INCREASE THE POWER. THE MAJOR MUSCLE GROUPS ARE KEY

- LEG DRIVE
- THROWING MECHANICS
- TIMING
- MOMENTUM

1. GROUND FORCE KICK STARTS THE KINETIC CHAIN ON SERVE. EVEN IF YOU CAN'T JUMP, FOCUS ON PUSHING OFF THE GROUND CREATING AN UPWARDS MOTION.

2. IMPROVING YOUR THROWING MECHANICS WILL HELP YOU INCREASE POWER. REACH A GOOD POWER POSITION AND WORK ON LONG AXIS ROTATION (PRONATION)

3. FOCUS ON HAVING A FASTER MOTION, THE FASTER, THE MORE POWER YOU'LL GAIN FROM TIMING.

4. BUILD MOMENTUM I YOUR MOTION FROM THE START, AND TRY TO HAVE NO PAUSES ON BREAKS DURING YOUR SERVE.

5.LAST OF SPIN

LACK OF SPIN (SLICE OR KICK) USUALLY COMES DOWN TO:

- WRONG GRIP
- LACK OF PRONATION
- INCORRECT SWINGPATH

1. IF YOU'RE USING A FOREHAND GRIP, PRODUCING SPIN BECOMES VERY HARD. ENSURE YOU'RE USING THE CONTINENTAL GRIP.

2. SUPINATION (PRIOR TO CONTACT) AND PRONATION (DURING AND AFTER CONTACT) WILL HELP YOU PRODUCE SPIN AS YOU CAN MANIPULATE THE RACKET ANGLE, AND CREATE THE IDEAL POSITION FOR SPIN PRODUCTION. IF THE RACKET IS TOO FRONT ON, SPIN LEVELS WILL BE MINIMAL.

3. FOR THE SLICE SERVE, FOCUS ON MAKING CONTACT AT 1 O'CLOCK ON THE BALL FACE, FOR THE KICK SERVE, FOCUS ON BRUSHING UP AND ACROSS FROM 8-2 O'CLOCK

ENJOY THESE TIPS?

NEED A STEP BY STEP PROCESS TO MASTER YOUR SERVE?

VISIT:

HTTPS://WWW.TOP-TENNIS-TRAINING.COM/PRODUCT/SERVE-REVOLUTION/

BY COACH SIMON KONOV
LTA LEVEL 4 SENIOR PERFORMANCE COACH
RPT NATIONAL PROFESSIONAL COACH

THE END