

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

ØRelaxed arm, palm down, elbow bent

ØElasticity (stretch/shorten cycle)

Ø Displacement (greater distance travelled)

ØElasticity 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

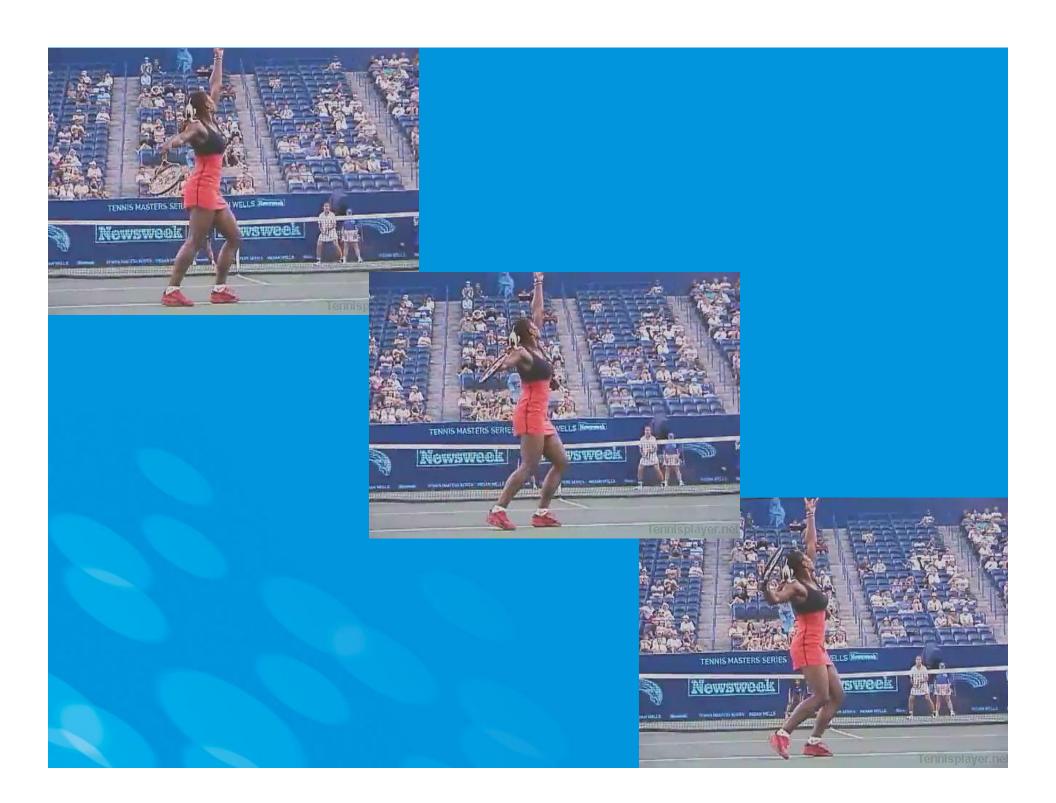
Serve – Develop it as a weapon!

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

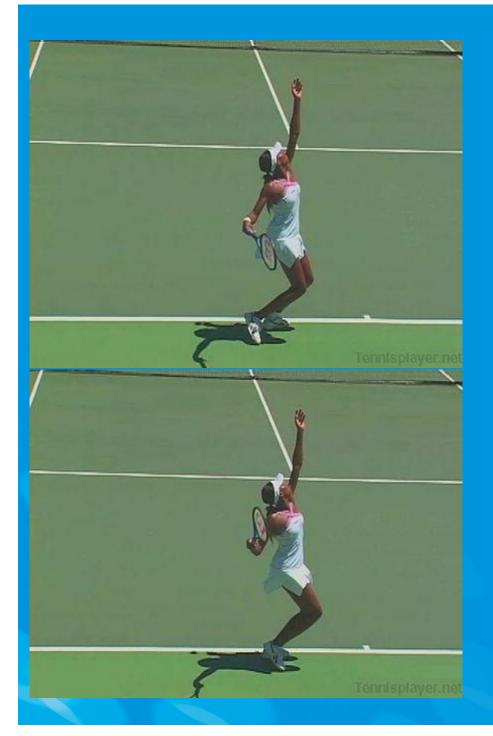
- Relaxed arm/shoulder/pec
- Palm down, elbow to sky in the backswing
 - Ø Palm down compliments relaxed arm promoting lag and aligns with correct hand position at impact.
- Racquet head trails the swing lag/elasticity
 - ØNewton's 3rd Law
 - **Ø**Cracking the whip
 - **Ø**Clock drill maximum velocity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





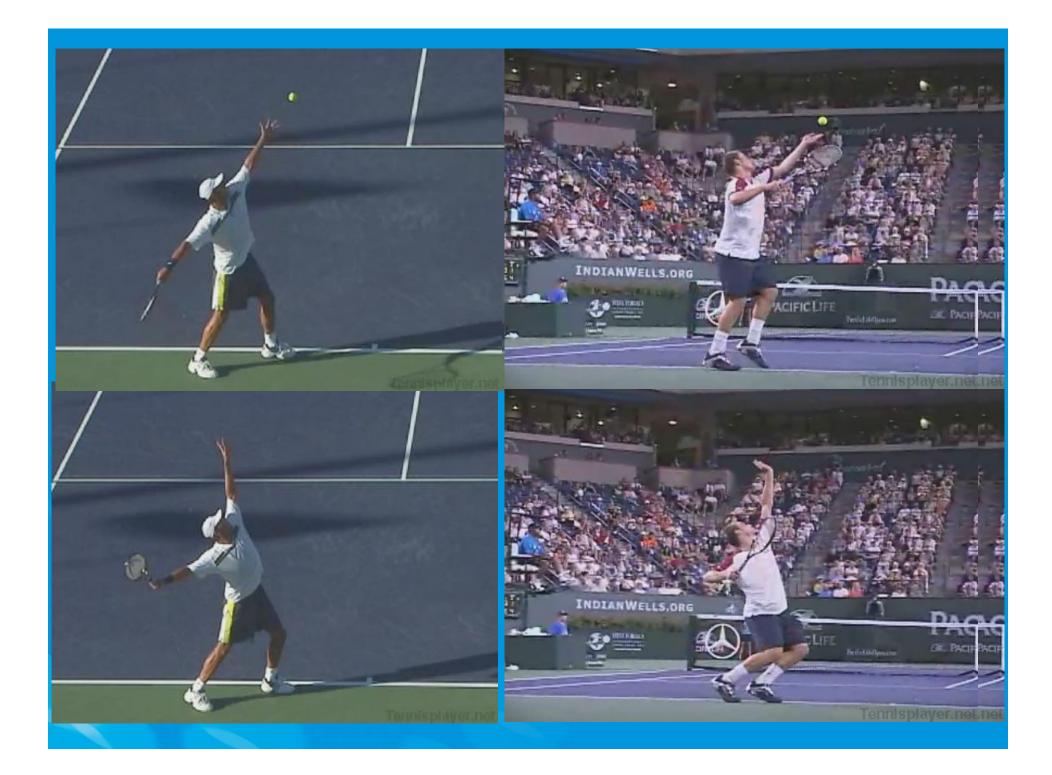












GENERATING RACQUET ACCELERATION CONT'D....

- Longer swing less racquet trail
 ØServing 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!

