



The Tennis Vault

Course outline and notes for: The Seven Serve Death Moves - And How To Eliminate Them!

Key points for video 1:

The Grip:

-Most recreational players use a continental for their forehands and ground strokes and an eastern/semi-western grip for their serves. This is completely backwards!

- NOT using a continental grip causes a bad toss, elbow drop and a wrist snap that does not allow us to hit up on the ball, get the proper spin for pronate for forearm to efficiently power a serve that can be hit and AND land where you want it to go in your opponent's service box.

Key points for video 2:

The Toss:

- We want a firm foundation for the ball by locking the wrist in a cocked position. This creates a platform for the ball to move up and down vertically like an elevator.

- We cradle the ball gently while keeping our hand parallel to the ground and when the ball reaches eye level, we simply straighten our arm upward and open our fingers.

- This will keep the toss consistent and you will recognize this by the fact

that the ball will not be spinning.

- Keeping our arm close to our body will ensure efficient movement and an accurate toss, much like a football quarterback and a baseball pitcher.
- You can practice this at home very easily!

Key points for video 3:

Body position at address:

- We want to point our left foot toward the right net post.
- This will make it easier for us to get a good shoulder turn and torque in our body, which creates separation between our hips and shoulders, which helps us efficiently generate power with our body.

Key points for video 4:

Service Motion:

- Having a 'stop-and-go' motion does not allow you to 'link the kinetic chain', meaning we are wasting movement and energy.
- We DON'T want to start, stop and go again.
- We want to 'rev the engine', and keep it accelerating through impact.
- We do NOT want to stop after our racket drop, but rather we want to keep our elbow up, the arm loose, bend our knees and extend our legs UP.
- This will create a LOOP during our racket drop, keeping the racket moving and accelerating toward the ball.
- This will turn your arm into a WHIP!

Key points for video 5:

The racket swing:

- We MUST understand that, in relation to our bodies, we swing the racket UP toward the tennis ball, NOT toward our opponent's service box.
- The racket will eventually move forward during the swing, but NOT by swinging our arm forward.
- A good drill to get the correct feeling of swinging UP, keep the elbow up above your ear, swing up and hit the ball on the edge of your racket.
- NOTE: Do NOT be embarrassed to go out and find a court and practice this!!!!!! I CANNOT overstate the importance of doing this drill!!!! It is THE way to get the right FEELING of swinging UP on the tennis ball, which will give you all the power you need to start hitting a KILLER serve!!!!

Key points for video 6:

Weight shift:

- We need to keep our weight moving UPWARD and FORWARD during the swing.
- We do this to transfer our energy.
- Again, common examples would be a baseball pitcher, football quarterback or even a golfer. They all shift weight to gain momentum and transfer energy.
- HOW to shift the weight is highly personal, and feel free to use the best way for YOU from the examples provided.

Key points for video 7:

Pronation:

- The location of your arm may be moving forward, but only as a result of your body moving forward in an angular fashion.
- Pronation is the key to TRANSFERRING energy, not CREATING it.
- As our racket approaches the ball, we pronate the forearm toward our target JUST BEFORE it would hit the edge of our racket if we DIDN'T pronate.
- All of the things we are doing, creating torque with a correct body position, a good deep knee bend, a fluid motion and swinging UP on the ball are all done in order to take the potential energy created from those movements and release is at kinetic energy as we pronate.
- Good pronation can (and should!) be used on ALL your serves: topspin, flat and slice!

Key points for video 8:

Drills and commentary:

- We want to wait until the LAST SECOND to pronate.
- The faster we pronate, the faster the ball will travel!
- Imagine you are going to hit the ball on the edge of the racket, and then 'high-five' the ball with the racket face as you are about to strike the ball.
- The lower body isolation drill (either on your knees or sitting on a stool or in a chair) will help us practice our toss and our pronation technique.
- The 'One-Foot' drill will allow you to feel what the pros feel when they serve!
- Stand on one foot and do the 'hop-and-stop' drill, landing on your left

foot.

- This will allow you to unleash power efficiently into the ball AND keep you balanced and help you with your weight shift!
- Once you comprehend and can execute pronation, the 'one-foot' drill is the the one drill that will help you more than any other!!!
- You can use this with slice, tospin and flat serves!

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