

Skills N' Drills – Beginner

Week 1 – Serve and Return of Serve

Serve – Develop good mechanics so later you can add spin and pace to your serve

- Transfer your weight from your back foot to your front foot is KEY to getting maximum power
- Serve and rotate hips and shoulders for maximum efficiency and power
- Stance – start with a closed or semi-open stance. This will help with the rotation and swing path of low to high.
- During serve, have a full, relaxed swing throughout your entire serve motion – don't muscle the ball.
- Watch your grip pressure – should be loose and relaxed (3-4 pressure on a scale of 1-10)
- When serving, swing with a relaxed motion, starting with a loose/relaxed grip
- Swing path – (right-handed players) Start at right knee, ending by left shoulder (opposite for left-handed players)
- When working on your serve mechanics, make sure to start off with a slow swing (about 25% of max power).
- Backswing – start with a small to medium backswing for a more efficient serve (by hip or knee)
- Release or Toss – release the ball from waist level to ensure that you have a consistent contact point
- Go practice your serve – you can do this without a drill partner

A good serve has: Depth, Pace and Top Spin but all good serves start with great mechanics.

Return of Serve –

- Basic starting position 18-24 inches behind the line. You can adjust based on wind or players who short serve (take a step in). Give yourself room.
- Based on the type of serve you get, decide if you are likely going to take it on the forehand or backhand and set early.
- You want to hit ball at apex, stepping into the shot and continue moving forward towards the NVZ line.

- Don't RUSH the return – hit first and THEN move
- Your swing path should be a low to high motion
- Do not hesitate after your return the serve – start moving forward right away. When you hesitate, you are losing time and giving your opponents an opportunity to hit at your feet.
- If you need more time to advance toward the NVZ, you can return the serve with some loft (ball takes longer to travel, giving you more time).
- Goal is to hit your return of serve deep (like the back 1/3 of the court), not hard. This makes it more difficult for the serving team to make a good 3rd shot.