

Module 4

Effortless Power & Solid Technique

Week 2: Serve

Lesson 1: It's All In The Start: The 1st Move Drill

Schedule 2-3 10-20 minute 1st move drill sessions per week
Perform the drill against the fence (2-3 minutes)
Step away from the fence and perform the drill (2-3 minutes)
Step to the baseline and perform the drill (2-3 minutes)
Hit regular serves practicing the first move (3-5 minutes)

Make sure to:

Strings face the fence

Delay dominant arm as tossing arm goes up

Spread fingers on tossing hand

Chin on the shoulder

Feel weight shift to back foot

Keep legs straight, no knee bend

Lesson 2: Sloooooow Go: Delay The Hand

Schedule 2-3 10-20 minute $\frac{3}{4}$ serve drill sessions per week
Perform the $\frac{3}{4}$ serve drill against the fence (2-3 minutes)
Perform the $\frac{3}{4}$ drill serving over net (2-3 minutes)
Serve with full serve motion (3-10 minutes)

Make sure to:

Avoid dominant hand going too fast at beginning

Strings face the knee at the start in $\frac{3}{4}$ serve

Move to full motion after practicing $\frac{3}{4}$ serve

Lesson 3: Rhythm Is A Dancer: Continuous Swings

Schedule 2-3 10-20 minute continuous serve drill sessions per week

Perform the continuous serve drill against the fence (2-3 minutes)

Perform the continuous drill over net: no knee bend and knee bend) (2-3 minutes)

Serve with full serve motion (3-10 minutes)

Make sure to:

Make wind with acceleration swing

No knee bend until you hit full serves

Finish with all weight on the front foot

Tap back toe on the ground

2 continuous swings, then hit