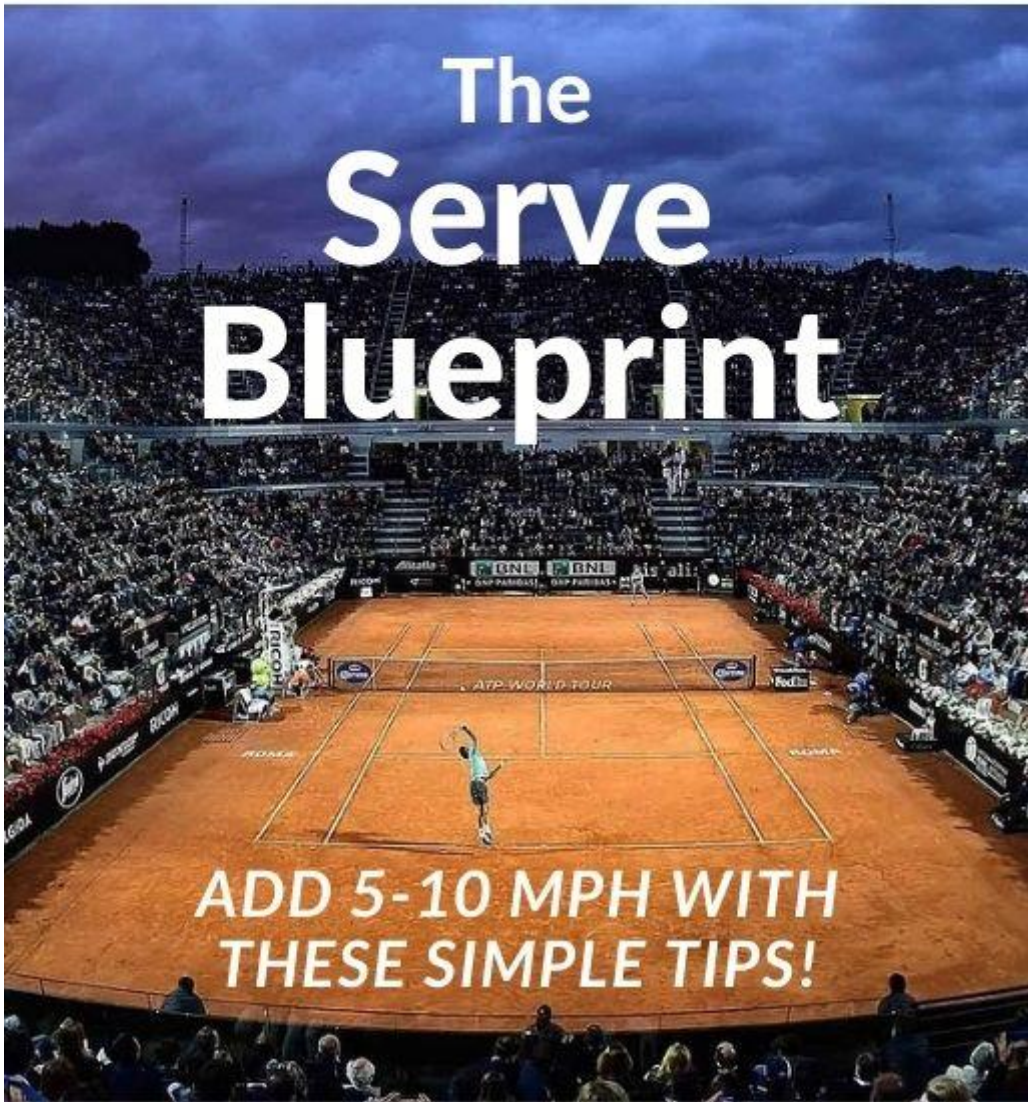


# THE TENNIS BROS.COM



## The Serve Blueprint

ADD 5-10 MPH WITH  
THESE SIMPLE TIPS!

The serve is arguably the most important shot in tennis. It is the only shot that you have 100% control over, as every other shot you hit will be a reaction to your opponent's last shot!

Therefore, it is important to take control of your [serve](#) and turn it into a **real weapon!**

What you have to remember is, tennis is a game of controllables. There are certain things you can control and certain things you can't.

For example, the weather, court surface, how your opponent is playing and even which version of you turns up on the day are variables you have little to no control over.

Sometimes, you can do all of the best preparation in the world and you still won't play your best.

You also have to accept that if you want to play good tennis, you will lose a lot of points. It is a matter of which points you win and lose rather than winning every single point.

This is an important shift in mentality to make when thinking about the serve, as it highlights just how much time and effort should be spent on it.

A lot of players will spend time hitting [forehands](#), [backhands](#) and [volleys](#), thinking they will be hitting these very frequently in matches.

Yet, when they actually start to play some points, they find that their game is dominated by serves and returns.

This is because nowhere near enough time is spent practicing serves or [returns](#), yet these are the two shots that start off every point you play!

With that being said, the only one of these you can actually have complete control over **is the serve**. You have the ball in your hand and you can hit it wherever you like.

However, this doesn't make it an easy shot to hit by any means. Simple, yes. But easy? No.

So, how exactly can you take control of your serve, start ramping up your mph and feeling confident as you step up to the centre line? Well, let's find out!

### **Tip 1: Power Up Your Stance**

Whether you use the platform or pinpoint stance, the key to getting more pop on your serve is in the LEGS. Look at players like Kyrios and Isner. The point of impact on serve is almost a mini explosion! As the ball is tossed, the knees bend, the left hip moves forward and they jump HARD into the ball. Most club players we see almost fall into the ball, or worse yet, aren't aware that the legs need to be active during the serve.

The legs are the starting point of the **kinetic chain** during the serve, so are arguably the most important aspect when it comes to thumping down those aces with some real pop!

This tip alone WILL give you an extra 5-10 mph on your serve.

## **Tip 2: Shoulder Turn**

Having a great shoulder turn will automatically give you more power on serve. Generally speaking, the more you turn away from the ball, the more force you can exert on the way back through to making contact with the ball. Tennis legend, [Pete Sampras](#) turned away from the ball more than anyone in tennis history! We wouldn't advise you to turn quite that far, but, providing you can make clean contact with the ball, when you turn back in you can automatically add more power to your serve this way.

A good way to check how you are turning is to check your front foot as you set up to serve. If your foot is 45 degrees to the baseline, or less, we'd advise turning the foot further round towards being parallel with the baseline. There's no need to go completely parallel, but starting with your front, squarer on will naturally give you a greater shoulder turn without having to change anything else in your setup.

## **Tip 3: Pronation**

Pronation is one of the most important aspects of the serve. When we discussed the legs, we talked about how kinetic energy is built from the ground up. With pronation, this is the point where the kinetic energy built during the serve is going to exit the body and into the ball. Having poor pronation will result in loss of power as well as spin, so it's vital that you nail this!

During pronation, the forearm should turn outwards in a vicious SNAP! So, if you're right-handed, the inside of your palm should end up pointing to the right hand side before it swings through past your body, if you've fully pronated.

A lot of players end up with their palm facing straight ahead to the ball, losing serious amounts of power and spin in the process.

In our course, [Secrets of the Serve](#), our Head Coach, Dave Ireland walks you through the process of pronation step by step, which will give you access to easy power and spin more often!

#### **Tip 4: Plyometrics**

Implementing jumping exercises (plyometrics) into your training schedule will help you become more explosive on serve, and therefore, more powerful. These type of exercises will be targeting your fast twitch muscle fibres, so it's important to rest fully between sets and keep the repetitions low.

After warming up, try this short workout before starting your tennis session:

*5 x Standing Vertical Jumps x 3 sets (2 mins rest between sets)*

*5 x Double Footed Bunny Hops x 3 sets (2 mins rest between sets)*

#### **Tip 5: Weight Training**

Turning yourself into a bodybuilder certainly won't help your tennis! However, making your entire body stronger WILL, as a stronger muscle will be able to deliver more impact to a tennis ball. Being strong will also help you to stay injury free, so you can spend longer on the tennis court improving your game.

Try:

*3 x 10 reps (1 minute rest between sets)* for all the major muscle groups and exercises. For example, back squats, leg press, bench press, shoulder press, lat pulldowns, calf raises, glute/hamstring raises.

## **Final Thoughts!**

We promised you an extra 5-10mph on serve when you decided to read this guide. However, we love to overdeliver at TheTennisBros.com! If you're not already executing the points we have mentioned perfectly, you could reasonably pick up an extra 5mph for EVERY one of those 5 tips!

## **Next Steps For Your Serve**

Our serving courses are amongst the BEST out there. Whether you're looking for more kick on your topspin serve, how to carve your slice harder, or how to avoid double faulting more often, we have you covered!

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