

The 9 Serve Checkpoints



1) RITUALS

Player should have their weight on the front foot and racket should be inside the baseline. Feet should be at least shoulder width apart.



2) WEIGHT TRANSFER

Players should transfer their weight to the back foot, but the racket should remain in front of the body.



3) BALL RELEASE

Players arms should be staggered with palm down. Toss release should be about eye high. The weight begins to transfer back to the front foot.



4) LOADING (TROPHY)

Player's left hip and/or knees should extend inside the baseline. Arms staggered. Racket head up towards sky. (no waiters tray)



5) LAUNCH

Players launch up and forward into the court.

Pull with lead elbow.

Strings should be visible from the side. Hips are still facing to the side.



6) POINT OF CONTACT

The left arm collapses in towards the chest/ribs.

The hitting arm should be fully extended with no “pike” in the hips. Eyes should be up at the ball.



7) ARM ROTATION

The hitting side of the strings should be facing the camera now. Inverted elbow and thumb is pointed down revealing the fingers.



8) LANDING

The player should land **inside the baseline** and on his left foot. The follow through begins to occur on the left side of the player's body.



9) COUNTER-BALANCE

Player should be bent at the waist with his non-landing leg extended backwards.