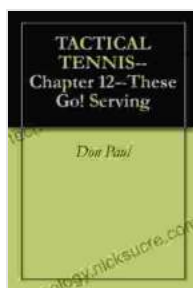


# Tactical Tennis Chapter 12: These Go Serving

The serve is one of the most important shots in tennis. It's your chance to take control of the point and put your opponent on the defensive. There are many different types of serves, each with its own advantages and disadvantages. In this chapter, we'll discuss the different types of serves and how to choose the right one for your game. We'll also cover the basics of serve technique, including the grip, stance, and swing.



## TACTICAL TENNIS--Chapter 12--These Go! Serving

by Hiro Ainana

★★★★☆ 4.7 out of 5

Language : English

File size : 802 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 31 pages

Lending : Enabled

X-Ray for textbooks : Enabled



## Types of Serves

There are three main types of serves: the flat serve, the topspin serve, and the slice serve. The flat serve is the most basic type of serve. It's hit with a flat racquet face and travels in a straight line. The topspin serve is hit with a topspin motion, which causes the ball to spin forward. This makes the ball bounce higher and with more speed. The slice serve is hit with a slice

motion, which causes the ball to spin backward. This makes the ball bounce lower and with less speed.

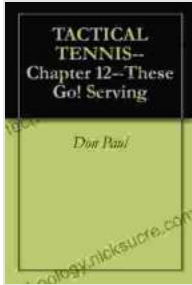
## **Choosing the Right Serve**

The type of serve you choose will depend on your playing style and the situation. The flat serve is a good choice for players who want to hit the ball hard and flat. The topspin serve is a good choice for players who want to hit the ball with more spin and height. The slice serve is a good choice for players who want to hit the ball with less power and spin.

## **Serve Technique**

The serve is a complex motion, but it can be broken down into a few basic steps. The first step is to get into the correct grip. The most common grip for the serve is the Eastern grip. To get into the Eastern grip, place your hand on the racquet with your knuckles facing the net. Then, turn your hand so that the palm of your hand is facing down and the V formed by your thumb and forefinger is pointing to the net. The next step is to get into the correct stance. The most common stance for the serve is the open stance. To get into the open stance, stand with your feet shoulder-width apart and your knees slightly bent. Your weight should be evenly distributed on both feet. The last step is to make the swing. The serve swing is a continuous motion that starts with the racquet behind your head and ends with the racquet in front of your body. As you swing, keep your eyes on the ball and make sure to contact the ball with the sweet spot of the racquet. The sweet spot is located near the center of the racquet.

The serve is an important shot in tennis. By understanding the different types of serves and how to choose the right one for your game, you can improve your chances of winning points and matches.

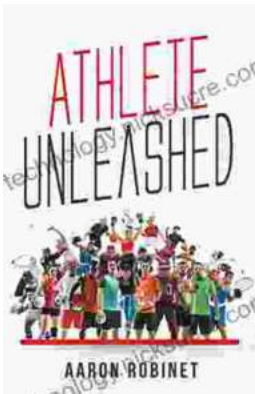


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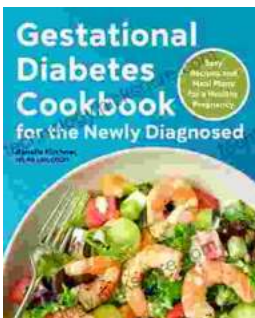
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