

TOSS DRILL

This drill can be done alone. Assume the correct stance for the serve. Put the racket down in front of the baseline, a bit to the right if you are right-handed or a bit to the left if you are left-handed. Place the racket so the head points toward the net and the grip points toward the back fence. With your nondominant hand, toss the ball and let it land. The goal is to have the toss land on the strings of the racket (figure 9.7).

**9.7****Toss drill.**

TRAP THE BALL

This drill can be done alone. Assume the correct stance for a serve, facing a wall or fence. With the racket behind your dominant shoulder and your elbow bent as if throwing a ball, toss the ball with your nondominant hand, reach up with your racket and gently trap the ball between the racket strings and the wall or fence (figure 9.8). Your hitting arm should be in full extension.

SHORT SERVES

This drill can be done alone. Instead of serving from the baseline, serve from the service line. This helps you concentrate on your technique instead of thinking about hitting the ball hard. Serve at least 20 on each side before moving back to the baseline.

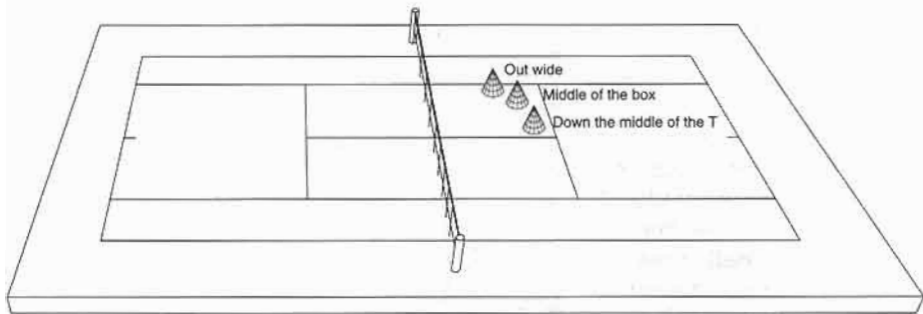


9.8

Trap the ball drill.

TARGET SERVES

This drill can be done alone. Set up cones or ball pyramids (one tennis ball on top of a base of three tennis balls) in three positions in the service box: down the middle of the T, in the middle of the box, and out wide (figure 9.9). Before attempting each serve, make sure you pick one target and go for it. If you hit the target, fix it before the next attempt. Perform five attempts at each target before moving on to the next target.



9.9 Target serves setup.

SPIN IT!

This drill can be done alone. This is a good drill for practicing second serves. Try to hit the serve as high as you can, using a regular service motion and a lot of topspin. This will help you practice the topspin, or kick, serve.