

# **SERVE HARDER TRAINING PROGRAM**

# **MANUAL**

**Serve 10 to 20 MPH faster !!**

**Presented By**  
**Joseph Correa**

# CONTENTS

**PART 1: *HOW TO PERFORM THE EXERCISES***

**PART 2: *INTERPRETING THE CHARTS***

**PART 3: *SIX SECRETS TO A FASTER SERVE***

# PART 1

## HOW TO PERFORM THE EXERCISES

This is a training workout that produces results and will get you serving 10 to 20 mph faster than you originally served before starting this program. Remember that there are a number of things that contribute towards having a harder serve. We will go over them one at a time. Remember to work the program so that the program works for you. In other words, follow the charts and the manual without skipping steps or days in the training calendar so that you see results.

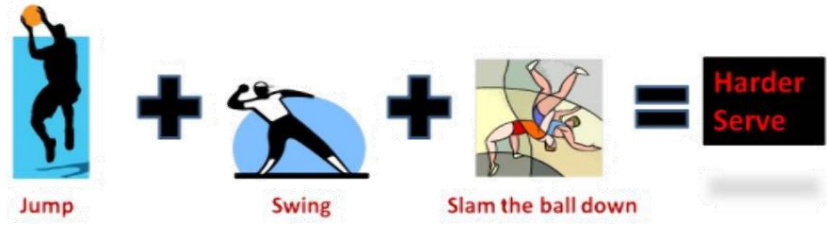
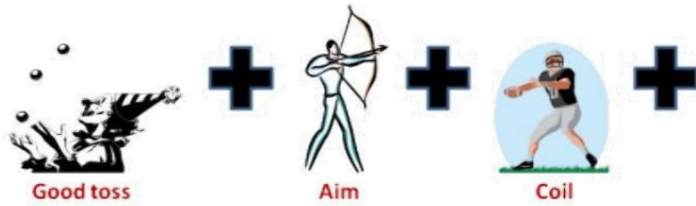
First of all let's go over what you will need:



**You will need:**

- ✓ **1 TENNIS RACQUET (PREFERABLY YOURS)**
- ✓ **10 TENNIS BALLS (ANY TYPE)**
- ✓ **1 BOUNCEABLE MEDICINE BALL (MAKE SURE IT WILL NOT BREAK)**
- ✓ **1 STRETCHABLE OR ELASTIC EXERCISE BAND**
- ✓ **TENNIS ATTIRE (COMFORTABLE EXERCISE CLOTHES)**
- ✓ **TENNIS COURT**

WWW.SERVEHARDER.COM<sup>©</sup>



In order to serve harder you need to have 6 basic elements that work together as a team. In this case, we are going to focus on 6 exercises performed in different sports but used in a similar way as in the tennis serve.

**Having a good toss** just like a juggler is *the first* and most important element. Having a good toss equals having the potential of having a good serve and **having a bad toss is the equivalent to never having a good serve.** It only makes sense to think, that if you will be reaching a faster serving speed than your normal, you need to make sure the ball is at the right place at the moment of impact.

*The second element* is **aim**. If you want to have aim like an archer, proper posture is necessary. In tennis a proper posture is obtained by holding a “tennis trophy position” before starting your acceleration. Look for a tennis

trophy and copy that position. You will see a similar form to an archer but directed upwards and with a deep knee bend.

***The third element*** is **coiling before hitting the ball**. Most quarterbacks in football have incredible throwing power and the main reason why they can generate so much acceleration is because of their coiling position. Practice turning your shoulders more sideways so that you can turn towards the ball and use all of your upper body in a second (or as fast as you can, a fraction of a second would be ideal).

***The fourth element*** is **jumping**. This is where most advanced tennis players get the additional speed on their serves. Basketball players are masters at creating a quick and powerful vertical leap. You should learn and apply this important factor to your serve to get the results you want even though it might take a while to learn to incorporate jumping and swinging together.



*The fifth element* is the **swing acceleration**. We use a baseball players throw to understand the fundamental technique behind a good throwing motion since it is very similar to a tennis players arm motion when swinging a tennis racquet and creating the necessary acceleration. By improving your throw, you will improve your swing. You will be working a lot on this in the training program so that you can throw further and further every time which will equate to a stronger serve.

*The sixth and last element* is to **“slam the ball down”**. As important as it is to thrust your body upwards towards the ball, you still need the other half of the equation which is creating as much force downwards with both arms and upper body when impacting the ball while keeping your head up as to maintain eye contact.

*These are the 6 serve training exercises you will be doing:*



1. Tennis ball throw
2. Serve accelerations
3. Squat jumps
4. Medicine ball throws
5. Band triangle
6. Complete serves



**Tennis ball throws** should be done with a relaxed motion just like a baseball pitchers throw. Start with your weight on your back foot and finish with your weight on your right foot (for a righty, for a lefty it would be

backwards). Try to make sure your elbow is bent as a straight arm throw will only injure your shoulder. Use your left arm to help you turn faster by turning it to the left as your throw. You will be implementing a similar left arm pull when you serve but it will be from a vertical angle downwards as you begin impact on the ball.

**Serve accelerations** are the backbone of these series of exercises so make sure to do them properly. Using serve accelerations as part of your pre-serve warm up is very effective and will reduce shoulder, elbow, and wrist



injuries. Serve accelerations are service swings you perform without the use of a tennis ball, which means, you are actually swinging at the air and creating a swooshing sound when you start going faster. The friction between your racquet and the air creates this whistling sound. Prepare just like a normal serve, include your jump and follow through. Finish by stepping or landing in front of the baseline. Always finish in front of the

baseline. NO JUMPING BACKWARDS! If you jump backwards you will never



learn to use your body weight to increase serve velocity.

**Squat jumps** are very simple exercises that can be done on court but it's better if you do them on grass or a softer surface to minimize knee impact. Also, have

comfortable shoes that will absorb as much of the impact as possible since you will be performing many jumps. Bend your knees with your legs apart and your hips and gluts downwards toward the ground without letting your

knees go forward (just like sitting on a chair!). Going forward with your knees causes unnecessary strain on your knees and keeping your knees together will hurt joints and ligaments so stay away from these two things. Use your arms to propel you upwards as you jump into the air. When landing on the ground, bring your feet together to reduce impact every time you perform this exercise.

As you repeat the squat jumps every week you should be jumping higher off the ground and this will equate to a lot more momentum towards your



arm. The additional strength in your legs will help not only improve your acceleration but also will give you a higher point of impact which will help you get more serves in.



**Medicine ball** throws need to be performed with a ball that is acceptable to your strength level. Do not use a medicine ball over 20 pounds as it will only make your serve slower instead of faster. Try different balls

and see which one is comfortable for you. Choose one based on the amount of repetitions that you see in the training chart that you can complete with

proper technique. Good form is everything. You want to strengthen the right muscles every time you exercise. You should start with the ball behind your head and elbows bent. Bend your knees and throw the ball straight down so that it bounces back up to your shoulder level. Catch the ball and repeat as many times as the chart requires.

**Band triangle** training is advanced and needs to be done properly to gain maximum results. Start by getting down on your right knee if you are right handed (and the opposite for left-handed players).





Next, place the band around a sturdy object such as a fence, tree, net post, or other. Take the band with your right hand and bend your elbow as to complete a pushing and pulling motion with your right arm just like you would when you do a serve. At the same time pull your left elbow down towards your left ribs as to feel them contract and then simply go back to the same starting position which should not have any resistance on your right or left hand, and then repeat as required by the training chart. Find a band that is right for you.



A **Complete Serve** requires you to perform as many serves as stated by the training chart. Try to push and pull with all the muscles you previously worked out in the last 5 exercises of the training program. In other words you want to make

sure you are jumping, coiling, accelerating, swinging, and pulling down towards the ball on every serve. Your objective should be to work all the pieces of your serve separately and then on the 6<sup>th</sup> exercise bring them all together as a stronger and faster serve.

All 6 exercises need to be performed in the same order and with as many repetitions as required in the work out charts. Do not alter or change the order, amount, technique, or position in which you are supposed to complete them as it might change the results negatively.



# PART 2

## INTERPRETING THE CHARTS

Go over each chart and determine two things:

1. **What stage of training are you in?** Competition stage is when you are in the middle of competition. Pre-competition is when you are a few months away from competing. Off season is the third stage and this is when you are not competing nor in pre-competition. Each chart is for a specific stage of competition so make sure you decide where you are at since the difficulty level of each chart changes drastically.

2. **What level tennis player are you?** Beginner, Intermediate, and Advanced. Each level will affect the difficulty and repetitions for each exercise. If you find one level to be too difficult you can always move down a level and move up as your ability and strength improves.

Once you have these two things clear go to the chart and columns on the chart that best describes where you are at so that you may begin training.

**ALWAYS WARM UP BEFORE  
STARTING THE SERVE HARDER  
TRAINING PROGRAM!**

# SERVE HARDER TRAINING PROGRAM

# MANUAL



Workout training Chart

[WWW.SERVEHARDER.COM](http://WWW.SERVEHARDER.COM)

Pre-Competition

3 SERIES EACH	MONDAY		TUESDAY			WEDNESDAY			MONTH 1 THURSDAY			FRIDAY			SATURDAY			SUNDAY			
	Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training					
	Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions					
Ball Throws	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.
Accelerations	10	12	15				10	12	15				10	12	15						
Squat Jumps	10	12	15				10	12	15				10	12	15	TOURNAMENT OR REST			TOURNAMENT OR SERVICES		
Medicine Ball Slams	10	10	15	REST						10	10	15	REST								
Band Triangle	10	15	18				10	15	18				10	15	18						
Complete Serves	8	10	12				8	10	12				8	10	12				ONLY 1 SERIES		
	10	15	20				10	15	20				10	15	20				30	50	80

3 SERIES EACH	MONDAY		TUESDAY			WEDNESDAY			MONTH 2 THURSDAY			FRIDAY			SATURDAY			SUNDAY			
	Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training					
	Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions					
Ball Throws	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.
Accelerations				12	15	20	12	15	20	12	15	20									
Squat Jumps				15	20	25	15	20	25	15	20	25				TOURNAMENT OR REST			TOURNAMENT OR SERVICES		
Medicine Ball Slams				12	15	20	12	15	20	12	15	20				REST					
Band Triangle				15	20	25	15	20	25	15	20	25									
Complete Serves				10	12	15	10	12	15	10	12	15							ONLY 1 SERIES		
				15	20	30	15	20	30	15	20	30							40	70	110

**YOU SHOULD BE SERVING ATLEAST 10 MPH FASTER. IF YOU WANT TO REACH PAST 10 MPH COMPLETE MONTH 3.**

3 SERIES EACH	MONDAY		TUESDAY			WEDNESDAY			MONTH 3 THURSDAY			FRIDAY			SATURDAY			SUNDAY			
	Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training					
	Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions					
Ball Throws	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.
Accelerations	15	20	25				15	20	25				15	20	25						
Squat Jumps	20	25	30				20	25	30				20	25	30	TOURNAMENT OR REST			TOURNAMENT OR SERVICES		
Medicine Ball Slams	15	20	30	REST			15	20	30	REST			15	20	30	REST					
Band Triangle	20	25	30				20	25	30				20	25	30						
Complete Serves	12	15	20				12	15	20				12	15	20				ONLY 1 SERIES		
	20	25	40				20	25	40				20	25	40				60	90	150

Plan a tournament around this week as you should be performing at your best.  
Tournament

**CONGRATS YOU SHOULD BE PAST 20 MPH FROM YOUR ORIGINAL SERVICE SPEED!**  
**YOU WILL BE SERVING HARDER THAN EVER BEFORE! MAKE SURE TO WARM UP BEFORE AND STRETCH AFTER TRAINING TO PREVENT INJURIES.**



Workout training Chart

[WWW.SERVEHARDER.COM](http://WWW.SERVEHARDER.COM)

During Off Season

	MONTH 1																							
3 SERIES EACH	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY					
	Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training					
	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions			
	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.			
Ball Throws	10	12	15							10	12	15				10	12	15						
Accelerations	12	15	18				12	15	18				12	15	18	TOURNAMENT OR			TOURNAMENT OR					
Squat Jumps	10	15	20	REST						REST						REST			SERVES					
Medicine Ball Slams	10	15	18				10	15	18				10	15	18									
Band Triangle	10	12	15				10	12	15				10	12	15							ONLY 1 SERIES		
Complete Serves	20	30	40				20	30	40				20	30	40							30	50	80

	MONTH 2																							
3 SERIES EACH	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY					
	Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training					
	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions			
	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.			
Ball Throws				12	15	20	12	15	20	12	15	20												
Accelerations				15	20	25	15	20	25	15	20	25				TOURNAMENT OR			TOURNAMENT OR					
Squat Jumps	REST			15	20	25	15	20	25	15	20	25	REST			REST			SERVES					
Medicine Ball Slams				15	20	25	15	20	25	15	20	25												
Band Triangle				12	15	20	12	15	20	12	15	20										ONLY 1 SERIES		
Complete Serves				25	35	45	20	30	40	20	30	40										40	70	110

**YOU SHOULD BE SERVING ATLEAST 10 MPH FASTER. IF YOU WANT TO REACH PAST 10 MPH COMPLETE MONTH 3.**

	MONTH 3																							
3 SERIES EACH	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY					
	Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training					
	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions	Repetitions			
	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.			
Ball Throws	13	16	21				13	16	21				13	16	21									
Accelerations	20	25	30				20	25	30				20	25	30	TOURNAMENT OR			TOURNAMENT OR					
Squat Jumps	20	25	35	REST			20	25	35	REST			20	25	35	REST			SERVES					
Medicine Ball Slams	20	25	30				20	25	30				20	25	30									
Band Triangle	15	18	25				15	18	25				15	18	25							ONLY 1 SERIES		
Complete Serves	35	45	60				35	45	60				35	45	60							60	90	150

Plan a tournament around this week as you should be performing at your best.  
Tournament

**CONGRATS YOU SHOULD BE PAST 20 MPH FROM YOUR ORIGINAL SERVICE SPEED!**  
**YOU WILL BE SERVING HARDER THAN EVER BEFORE! MAKE SURE TO WARM UP BEFORE AND STRETCH AFTER TRAINING TO PREVENT INJURIES.**



Workout training Chart

[WWW.SERVEHARDER.COM](http://WWW.SERVEHARDER.COM)

During Competition

3 SERIES EACH		MONTH 1																							
		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY											
		Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training								
		Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions								
		Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.			
Ball Throws		6	8	10				6	8	10				6	8	10									
Accelerations		10	10	10				10	10	10				10	10	10	TOURNAMENT OR			TOURNAMENT OR					
Squat Jumps		5	7	10	REST			5	7	10	REST			5	7	10	REST			SERVES					
Medicine Ball Slams		5	8	10				5	8	10				5	8	10									
Band Triangle		10	10	10				10	10	10				10	10	10									
Complete Serves		10	15	20				10	15	20				10	15	20									

3 SERIES EACH		MONTH 2																							
		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY											
		Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training											
		Repetitions			Repetitions			Repetitions			Repetitions			Repetitions											
		Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.						
Ball Throws					8	10	12	8	10	12	8	10	12												
Accelerations					12	12	12	12	12	12	12	12	12				TOURNAMENT OR			TOURNAMENT OR					
Squat Jumps		REST			7	9	12	7	9	12	7	9	12	REST			REST			SERVES					
Medicine Ball Slams					6	8	12	6	8	12	6	8	12												
Band Triangle					12	12	12	12	12	12	12	12	12												
Complete Serves					10	15	20	10	15	20	10	15	20												

**YOU SHOULD BE SERVING ATLEAST 10 MPH FASTER. IF YOU WANT TO REACH PAST 10 TO 20 MPH COMPLETE MONTH 3.**

3 SERIES EACH		MONTH 3																							
		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY											
		Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training											
		Repetitions			Repetitions			Repetitions			Repetitions			Repetitions											
		Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.						
Ball Throws		10	12	14				10	12	14				10	12	14									
Accelerations		14	14	14				14	14	14				14	14	14	TOURNAMENT OR			TOURNAMENT OR					
Squat Jumps		8	10	13	REST			8	10	13	REST			8	10	13	REST			SERVES					
Medicine Ball Slams		8	10	14				8	10	14				8	10	14									
Band Triangle		14	14	14				14	14	14				14	14	14									
Complete Serves		10	15	20				10	15	20				10	15	20									

Plan a tournament around this week as you should be performing at your best.  
Tournament

**CONGRATS YOU SHOULD BE PAST 20 MPH FROM YOUR ORIGINAL SERVICE SPEED!**

**YOU WILL BE SERVING HARDER THAN EVER BEFORE! MAKE SURE TO WARM UP BEFORE AND STRETCH AFTER TRAINING TO PREVENT INJURIES.**



# THE 3 STAGES OF THE SERVE HARDER TRAINING PROGRAM

## During Competition

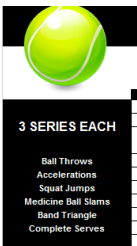
This would be when you are competing against other tennis players and are doing additional serves during competition besides this program.

## During Off Season

This is the stage when you are not competing at all and can work as hard as you want without sacrificing match results.

## Pre-Competition

This is the stage when you are preparing for competition and need to be at your best. This could be 1, 2, or 3 months before an event.



These are the 6 exercises you will be performing during the training. You must perform 3 series of each.

MONDAY		
Serve Harder Training		
Repetitions		
Begin.	Interm.	Adv.
6	8	10
10	10	10
5	7	10
5	8	10
10	10	10
10	15	20

MONDAY		
Serve Harder Training		
Repetitions		
Begin.	Interm.	Adv.
	<b>REST</b>	


This is the description of a training session for Monday on one week and the following week. The first Monday is divided into Beginner, Intermediate, and advanced. Below you will see how many repetitions you must complete depending on your level. The Monday below represents a resting day in which you do not perform any serve training.

SUNDAY		
Serve Harder Training		
Repetitions		
Beg.	Interm.	Adv.
TOURNAMENT OR SERVES		
ONLY 1 SERIES		
30	50	80

This is an example of a weekend day when you might have a tournament. In that case you would not practice serves. If, on the other hand, you do not have competition on that day, you would perform only one series of serves based on your level of play.

MONTH 1 THURSDAY		
Serve Harder Training		
Repetitions		
Beg.	Interm.	Adv.
MONTH 2 THURSDAY		
Serve Harder Training		
Repetitions		
Beg.	Interm.	Adv.
8	10	12
12	12	12
7	9	12
6	8	12
12	12	12
10	15	20

This part of the chart shows MONTH 1 and MONTH 2. Make sure you do not skip months and follow the charts as directed.



3 SERIES EACH	MONTH 1																				
	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
	Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve Harder Training		
	Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions		
Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	
Ball Throws	6	8	10				6	8	10				6	8	10						
Accelerations	10	10	10				10	10	10				10	10	10						
Squat Jumps	5	7	10		REST		5	7	10		REST		5	7	10	TOURNAMENT OR REST			TOURNAMENT OR SERVES		
Medicine Ball Slams	5	8	10				5	8	10				5	8	10						
Band Triangle	10	10	10				10	10	10				10	10	10						
Complete Serves	10	15	20				10	15	20				10	15	20						

This part in one of the charts shows entire weeks’ training with all respective rest days. On rest days you should rest your shoulder so that you can continue working hard on the following training day.

## PART 3

### SIX SECRETS TO A FASTER SERVE

#### SECRET # 1

#### ***IMPACT THE BALL OUT IN FRONT OF THE BASELINE***

No serve will ever reach maximum velocity if you are hitting the ball behind you. Even though you might feel comfortable doing things the wrong way, it's still the wrong way and needs to be corrected. Old routines need to be replaced with newer and better routines. This is how you will reach your full potential. After completing a serve your whole

body should have landed passed the baseline which can only mean you tossed the ball out in front of you. By throwing your body out in front of you when you serve will not only prevent injuries but will also generate much more force than just your arm by itself. Most serve injuries happen because of a bad toss, and that's usually behind your ideal point of contact.

## SECRET #2

### *WRIST PRONATION*

Most people never notice one of the most important elements to a fast serve. There are two stages the ball goes through after you serve: the first is after impact, the ball goes at an initial speed upon impact in the air, and the second is the speed the ball goes after impacting the ground on your opponents' side. One of two things can happen here: either your serve hits the ground and starts to lose speed as is most common, or the ball hits the ground and maintains or increases speed. How is this possible? This is where wrist pronation comes into play. Right when you are snapping your wrist at impact with the ball you want to snap your wrist down and to the left so that your racquet face is perpendicular to

the court (with your right thumb aiming down to the court, if you are a righty) instead of facing it and then bring that arm down to your opposite hip. You can watch some of our instructional serve technique videos for free as a bonus for purchasing this product by going to [www.tennisvideostore.com](http://www.tennisvideostore.com).



## SECRET #3

### *CONNECT YOUR FEET WITH YOUR HANDS*

In order to generate any real power you must use your entire body. The starting point is your feet. Practice adding a stronger jump beginning with your legs. Experiment with different types of jumps, either with your feet together, apart, or coming together as you prepare for impact and see which one helps you push off the ground the hardest. The one that allows you the jump the highest or push the hardest will be the type of jump that will allow you to increase your hand speed as every serve is a chain reaction that has a beginning and an end. It all starts with your legs.

## **SECRET #4**

### ***SOUND BIOMECHANICS***

Serve biomechanics are the basis for a good serve. It basically means how efficiently your body connects with every other part to create a smooth and effortless service motion. Having good technique on your serve is the only way you will reach serve speeds passed 100 mph. Make sure you have a good coach to go over it with you. This training program includes one-on-one coaching so make sure ask questions and get the most out of it.

## SECRET #5

### *KEEP YOU HEAD AND CHIN UP*

By keeping your head and chin up during the service motion you promote two very important things: first you allow yourself to watch the ball longer which will allow you to impact the ball cleaner which will equal a faster serve immediately, and second, it will help you to keep your left arm up so that you can use it to pull down at the right moment and generate good body rotation. Good form is essential. Make sure you remind yourself to keep your head up by keeping your left arm up (if you are right handed and the opposite if you are left handed) as long as possible to maintain a good frame of body.

## SECRET #6

### ***IMPACT THE BALL ON THE HIGHEST PART OF THE STRINGS***

Most people probably never check to see where they are impacting the ball on their strings and so miss out on the potential to add more mph's to their serve. You should always strive to hit the ball on the high part of your strings as to create the most leverage on your swing. Low contact on the strings will never generate as much acceleration as a ball that is impacted on the high part of the racquet. Check to see where most tennis ball hairs are left on your racquet and work to find the ideal point upon impact. Keep working at it until you find this spot. Also, creating a larger circle with your swing by reaching your arm out is also part of this concept of leverage so make sure you don't impact the ball with a tight

or completely straight elbow. Stay relaxed and swing freely through the ball. Using leverage as a tool to increase the speed of your serve will allow you to achieve results faster.

# **SERVE HARDER TRAINING PROGRAM**

# **MANUAL**

**Serve 10 to 20 MPH faster !!**

**Presented By**  
**Joseph Correa**