

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

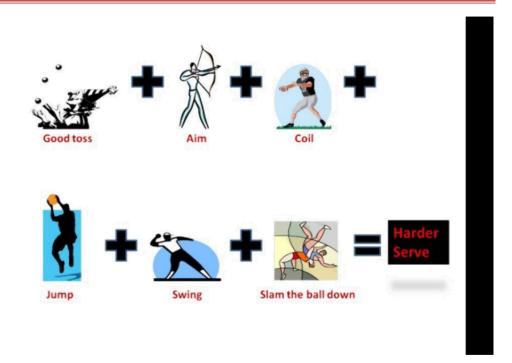
HOW TO PERFORM THE EXERCISES

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.



- √ 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®



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.

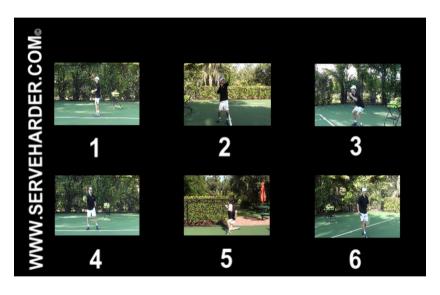
The third element is coiling before hitting the ball. Most quarterbacks in football have incredible throwing power and the main reason why they can generate so much acceleration is because of their coiling position. Practice turning your shoulders more sideways so that you can turn towards the ball and 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).



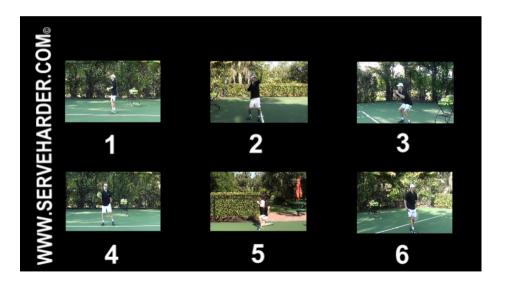
Next, place the band around a sturdy object such as a fence, tree, net post, or other. Take the band with your right hand and bend your elbow as to complete a pushing and pulling motion with your right arm just like you would when you do a serve. At the same time pull your left elbow down towards your 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 6th 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? <u>Competition stage</u> is when you are in the middle of competition. <u>Pre-competition</u> is when you are a few months away from competing. <u>Off season</u> 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!

							MONTH 1							-									
		MONDAY	,		TUESDAY	,	MONTH 1 WEDNESDAY THURSDAY						FRIDAY SATURE					RDAY SUNDAY					
	Serve	Harder T		Serve							Harder T		Serve	Harder Tr	aining		Harder T		Serve	Harder T			
	00110	Repetition			Serve Harder Training Repetitions			Serve Harder Training Repetitions			Repetitions			Repetitions			Repetitions		Repetitions				
3 SERIES EACH		repetition	Ĭ				No position to				Topotition	ĺ	Repetitions			Repetitions							
	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Ad		
Ball Throws	10	12	15				10	12	15				10	12	15								
Accelerations	10	12	15				10	12	15				10	12	15	TOU	IRNAMEN'	ΓOR	TO	URNAMEN	T OR		
Squat Jumps	10	10	15		REST		10	10	15		REST		10	10	15		REST			SERVES			
Medicine Ball Slams	10	15	18				10	15	18				10	15	18								
Band Triangle	8	10	12				8	10	12				8	10	12				0	NLY 1 SEF	IES		
Complete Serves	10	15	20				10	15	20				10	15	20				30	50	80		
										Λ	HTMON	2											
		MONDAY	r		TUESDAY	1	V	WEDNESDA	Y		THURSDAY			FRIDAY		:	SATURDA	Y		SUNDAY			
	Serve	Serve Harder Training						Serve	Harder T	raining	Serve Harder Training			Serve Harder Training			Serve Harder Training			Serve	Harder T	raining	
SERIES EACH		Repetition	s		Repetitions	s		Repetitions	s		Repetitions	3		Repetitions			Repetitions	3		Repetition	s		
	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Ad		
Ball Throws	beg.	interni.	Auv.	12 12	15	20	12	15	20	12 12	15	20	Deg.	interni.	Auv.	beg.	miterin.	Auv.	Deg.	interni.	Au		
Accelerations		-		15	20	25	15	20	25	15	20	25				TOI	IRNAMEN	r OP	TO	URNAMEN	F OP		
Squat Jumps		REST		12	15	20	12	15	20	12	15	20		REST		100	REST	I OK	10	SERVES			
Medicine Ball Slams				15	20	25	15	20	25	15	20	25											
Band Triangle							-					20					_			_	100		
										10	1 12	15							0				
Complete Serves		VOL	SHOL	10 15	12 20	15 30	10 15	12 20	15 30	10 15	12 20	15 30	TTOP	EACH	DAST	10 MD	H COM	DI ETE	40	70			
		YOU	SHOU	15	20	30	15		30	STER.	20	30 J WAN	T TO R	EACH	PAST	10 MP	н сом	PLETE	40	70			
		YOU		15 JLD BE	20	30 ING A	15 TLEAS	20	30 PH FA	STER.	IF YOU	30 J WAN	T TO R	EACH	PAST		H COM		40	70	110		
	Serve	MONDAY Harder T	raining	JLD BE	SERV TUESDAY Harder T	30 /ING A	TLEAS	20 ST 10 M WEDNESDA	30 PH FA Y raining	STER.	IF YOU MONTH THURSDAY Harder T	30 J WAN 3 Y raining	Serve	FRIDAY Harder Tr	aining	Serve	SATURDA Harder T	Y raining	40 E MON	70 ITH 3. SUNDAY	110		
Complete Serves	Serve	MONDAY	raining	JLD BE	20 SERV	30 /ING A	TLEAS	20 ST 10 M WEDNESDA	30 PH FA Y raining	STER.	IF YOU MONTH	30 J WAN 3 Y raining	Serve	FRIDAY	aining	Serve	SATURDA	Y raining	40 E MON	70 ITH 3. SUNDAY	110		
Complete Serves		MONDAY Harder T Repetition	raining s	JLD BE	SERV TUESDAY Harder T	7ING A	TLEAS Serve	20 ST 10 M WEDNESDA Harder T Repetitions	PH FA	STER.	IF YOU MONTH THURSDA Harder To	30 J WAN	Serve	FRIDAY Harder Tr Repetitions	aining	Serve	SATURDA Harder Ti Repetitions	Y raining s	40 MON Serve	70 ITH 3. SUNDAY Harder T Repetition	rainings		
Complete Serves SERIES EACH	Beg.	MONDAY Harder T Repetitions	raining s	JLD BE	SERV TUESDAY Harder T	30 /ING A	TLEAS Serve	T 10 M WEDNESDA Harder T Repetitions Interm.	PH FA	STER.	IF YOU MONTH THURSDAY Harder T	30 J WAN 3 Y raining	Serve Beg.	FRIDAY Harder Tr Repetitions Interm.	aining Adv.	Serve	SATURDA Harder T	Y raining	40 E MON	70 ITH 3. SUNDAY	110		
Complete Serves SERIES EACH Ball Throws	Beg.	MONDAY Harder T Repetitions	raining s Adv.	JLD BE	SERV TUESDAY Harder T	7ING A	Serve Beg.	T 10 M WEDNESDA Harder T Repetitions Interm.	PH FA Y raining s Adv. 25	STER.	IF YOU MONTH THURSDA Harder To	30 J WAN	Serve Beg. 15	FRIDAY Harder Tr Repetitions Interm.	Adv.	Serve Beg.	SATURDA Harder Ti Repetitions Interm.	y raining s Adv.	40 MON Serve	TH 3. SUNDAY Harder T Repetition Interm.	rainings		
SERIES EACH Ball Throws Accelerations	Beg. 15 20	MONDAY Harder T Repetition:	Adv.	JLD BE	TUESDAY Harder T Repetitions	7ING A	Serve Beg. 15	WEDNESDA Harder T Repetitions Interm. 20 25	PH FA Y raining s Adv. 25 30	STER.	IF YOU ONTH THURSDA Harder To Repetitions Interm.	30 J WAN	Serve Beg. 15	FRIDAY Harder Tr Repetitions Interm. 20 25	Adv. 25	Serve Beg.	SATURDA Harder Ti Repetitions Interm.	y raining s Adv.	40 MON Serve	SUNDAY Harder T Repetition Interm.	raining s		
SERIES EACH Ball Throws Accelerations Squat Jumps	Beg. 15 20 15	MONDAY Harder T Repetition: Interm. 20 25 20	Adv. 25 30 30	JLD BE	SERV TUESDAY Harder T	7ING A	15 TLEAS Serve Beg. 15 20 15	VEDNESDA Harder T Repetitions Interm. 20 25 20	AY raining s Adv. 25 30 30	STER.	IF YOU MONTH THURSDA Harder To	30 J WAN	Beg. 15 20 15	FRIDAY Harder Tr Repetitions Interm. 20 25 20	Adv. 25 30 30	Serve Beg.	SATURDA Harder Ti Repetitions Interm.	y raining s Adv.	40 MON Serve	TH 3. SUNDAY Harder T Repetition Interm.	rainings		
SERIES EACH Ball Throws Accelerations Accelerations Medicine Ball Slams	Beg. 15 20 15 20	MONDAY Harder T Repetition: Interm. 20 25 20 25	Adv. 25 30 30 30	JLD BE	TUESDAY Harder T Repetitions	7ING A	15 TLEAS Serve Beg. 15 20 15 20	WEDNESDA: Harder T Repetition: Interm. 20 25 20 25	30 PH FA Y raining s Adv. 25 30 30 30	STER.	IF YOU ONTH THURSDA Harder To Repetitions Interm.	30 J WAN	Beg. 15 20 15 20	FRIDAY Harder Tr Repetitions Interm. 20 25 20 25	Adv. 25 30 30 30	Serve Beg.	SATURDA Harder Ti Repetitions Interm.	y raining s Adv.	Serve	TH 3. SUNDAY Harder T Repetition Interm. URNAMEN SERVES	raining s Adv		
SERIES EACH Ball Throws Accelerations Squat Jumps ledicine Ball Slams Band Triangle	Beg. 15 20 15 20	MONDAY Harder T Repetition: Interm. 20 25 20 25 15	Adv. 25 30 30 20	JLD BE	TUESDAY Harder T Repetitions	7ING A	15 TLEAS Serve Beg. 15 20 15 20 12	20 8T 10 M WEDNESDÆ Harder T Repetition: Interm. 20 25 25 15	30 PH FA Yraining s Adv. 25 30 30 30 20	STER.	IF YOU ONTH THURSDA Harder To Repetitions Interm.	30 J WAN	Beg. 15 20 15 20 12	FRIDAY Harder Tr Repetitions Interm. 20 25 20 25 15	Adv. 25 30 30 30 20	Serve Beg.	SATURDA Harder Ti Repetitions Interm.	y raining s Adv.	Serve Beg.	TH 3. SUNDAY Harder T Repetition Interm. URNAMEN SERVES	raining s Adv		
SERIES EACH Ball Throws Accelerations Accelerations Medicine Ball Slams	Beg. 15 20 15 20	MONDAY Harder T Repetition: Interm. 20 25 20 25	Adv. 25 30 30 30	JLD BE	TUESDAY Harder T Repetitions	7ING A	15 TLEAS Serve Beg. 15 20 15 20	WEDNESDA: Harder T Repetition: Interm. 20 25 20 25	30 PH FA Y raining s Adv. 25 30 30 30	STER.	IF YOU ONTH THURSDA Harder To Repetitions Interm.	30 J WAN	Beg. 15 20 15 20	FRIDAY Harder Tr Repetitions Interm. 20 25 20 25	Adv. 25 30 30 30	Serve Beg.	SATURDA Harder Ti Repetitions Interm.	y raining s Adv.	Serve	TH 3. SUNDAY Harder T Repetition Interm. URNAMEN SERVES	raining s Adv		
S SERIES EACH Ball Throws Accelerations Squat Jumps Medicine Ball Slams Band Triangle	Beg. 15 20 15 20	MONDAY Harder T Repetition: Interm. 20 25 20 25 15	Adv. 25 30 30 20	JLD BE	TUESDAY Harder T Repetitions	7ING A	15 TLEAS Serve Beg. 15 20 15 20 12 20	20 8T 10 M WEDNESDÆ Harder T Repetition: Interm. 20 25 25 15	30 PH FA Adv. 25 30 30 30 40	STER. Serve Beg.	IF YOU MONTH THURSDA' Harder Ti Repetitions Interm. REST	30 J WAN' 3 Y raining s Adv.	Beg. 15 20 15 20 12 20	FRIDAY Harder Tri Repetitions Interm. 20 25 20 25 15	Adv. 25 30 30 30 20	Serve Beg.	SATURDA Harder Ti Repetitions Interm.	y raining s Adv.	Serve Beg.	TH 3. SUNDAY Harder T Repetition Interm. URNAMEN SERVES	raining s Adv		

Repetitions			VVOIKC	out train	ing Ork	art		<u> </u>	V V V .	OLI	<u> </u>	<u>HAR</u>	<u> </u>	1.00	ZIVI		Dun	ng C	/11 00	asui			
Serve Harder Training Serv												MONTH	1	ı									
SERIES EACH Repetitions			MONDAY	1		TUESDAY	_	V	VEDNESD/	Y					FRIDAY			SATURDAY	Y		SUNDAY		
Beg Inferm Adv Beg I		Serve	Harder T	raining	Serve	Harder T	raining	Serve	Harder T	raining	Serve	Harder T	raining	Serve	Harder T	raining	Serve	Harder Ti	raining	Serve Harder Training			
Beg Interm Adv. Beg Interm Adv.	3 SERIES EACH		Repetition	s		Repetitions	3		Repetition	3		Repetitions	3		Repetitions	3		Repetitions	3	Repetitions			
Ball Throws 10 12 15 18 10 12 15 18 10 12 15 18 10 12 15 18 10 15 20 REST TOURNAMENT OR SQUARD SQU	0 021120 271011																						
12 15 18					Beg.	Interm.	Adv.				Beg.	Interm.	Adv.				Beg.	Interm.	Adv.	Beg.	Interm.	Adı	
Serve Serv																							
Medicine Ball Stams																	TOL		ΓOR	TOU		TOR	
Serve Serv						REST						REST						REST			SERVES		
MONIDAY																				- 01	12/4 050		
MOIDAY TUESDAY WEDNESDAY TUESDAY STURDAY SUIDAY						_					_						_					80	
MONIDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY	Complete Serves	20	30	40				20	30	40		4ONITH	2	20	30	40				30	50	00	
Serve Harder Training																							
Repetitions																							
Beg Interm. Adv. Beg Interm. Adv.		Serve																					
Ball Throws 12 15 20 12 15 20 12 15 20 25 25 25 25 25 25 2	3 SERIES EACH		Repetition	S		Repetitions	5 		Repetition	S I	_	Repetitions	5		Repetitions	5 		Repetitions	3		Repetitions	s T	
Serve Harder Training Serv		Beg	Interm	Adv	Beg	Interm	Adv	Beg	Interm	Adv	Beg	Interm	Adv	Beg	Interm	Adv	Beg	Interm	Adv	Beg	Interm	Adı	
Accelerations Squal Jumps REST 15 20 25 25 25 25 25 25 2	Ball Throws									_													
Rest 15 20 25 15 20 25 15 20 25 15 20 25 15 20 25 15 20 25 15 20 25 15 20 25 15 20 25 15 20 25 25 25 20 25 25 2																	TOL	IRNAMENT	r or	TOU	RNAMEN	T OR	
Molitary Serve Harder Training Serve Harder Trai			REST		15	20	25								REST			REST			SERVES		
Serve Serv																							
YOU SHOULD BE SERVING ATLEAST 10 MPH FASTER. IF YOU WANT TO REACH PAST 10 MPH COMPLETE MONTH 3. MONTH 3				1	15	20	25	15	20	25	15	20	25		l		1						
MONDAY Serve Harder Training Serve Harder Traini						_														00	ILY 1 SER	ES	
Serve Harder Training	Band Triangle		Y	OU SI	12 25	15 35	20 45	12 20	15 30	20 40	12 20	15 30	20 40	ANT TO	O REA	CH PA	ST 10	MPH C	OMPLI	40	70	110	
Repetitions	Band Triangle				12 25	15 35 BE SE	20 45 RVINO	12 20 G ATLE	15 30 AST 1	20 40 0 MPH	12 20 FASTI	15 30 ER. IF Y	20 40 YOU W	ANT TO		СН РА				40	70 ONTH	110 3 .	
Beg. Interm. Adv. Beg.	Band Triangle		MONDAY	•	12 25	15 35 BE SE	20 45 RVINO	12 20 G ATLE	15 30 AST 1	20 40 0 MPH	12 20 FASTI	15 30 ER. IF Y	20 40 /OU W		FRIDAY			SATURDA	Y	ETE M	70 ONTH	3.	
Ball Throws 13 16 21 13 16 21 13 16 21 13 16 21	Band Triangle Complete Serves	Serve	MONDAY	raining	12 25 HOULD	15 35 BE SE TUESDAY Harder T	20 45 ERVINO	12 20 G ATLE Serve	15 30 AST 1	20 40 O MPH	12 20 FASTI	15 30 ER. IF Y MONTH THURSDA Harder T	20 40 YOU W 3 Y	Serve	FRIDAY Harder T	raining	Serve	SATURDAY Harder Ti	Y raining	ETE MO	70 ONTH SUNDAY Harder T	3.	
Sall Throws 13 16 21 13 16 21 13 16 21 13 16 21	Band Triangle Complete Serves	Serve	MONDAY	raining	12 25 HOULD	15 35 BE SE TUESDAY Harder T	20 45 ERVINO	12 20 G ATLE Serve	15 30 AST 1	20 40 O MPH	12 20 FASTI	15 30 ER. IF Y MONTH THURSDA Harder T	20 40 YOU W 3 Y	Serve	FRIDAY Harder T	raining	Serve	SATURDAY Harder Ti	Y raining	ETE MO	70 ONTH SUNDAY Harder T	3.	
Accelerations 20 25 30	Band Triangle Complete Serves		MONDAY Harder T Repetition	raining s	12 25 HOULD	BE SE	20 45 ERVING	12 20 G ATLE Serve	15 30 EAST 1	20 40 0 MPH	12 20 FASTI	15 30 ER. IF Y MONTH THURSDA Harder T Repetitions	20 40 YOU W	Serve	FRIDAY Harder T Repetitions	raining s	Serve	SATURDAY Harder Ti Repetitions	raining	ETE MO	ONTH SUNDAY Harder To	3.	
Squat Jumps 20 25 35 REST 20 25 35 REST SERVES Medicine Ball Slams 20 25 30 20 25 30 20 25 30 30 20 25 30 0	Band Triangle Complete Serves	Beg.	MONDAY Harder T Repetition	raining s	12 25 HOULD	BE SE	20 45 ERVING	12 20 G ATLE Serve	15 30 EAST 1	20 40 0 MPH	12 20 FASTI	15 30 ER. IF Y MONTH THURSDA Harder T Repetitions	20 40 YOU W	Serve	FRIDAY Harder T Repetitions Interm.	raining s Adv.	Serve	SATURDAY Harder Ti Repetitions	raining	ETE MO	ONTH SUNDAY Harder To	3.	
Medicine Ball Stams 20 25 30 20 25 30 20 25 30 20 25 30 20 25 30 20 25 30 20 25 30 20 25 30 20 25 30 20 25 30 20 25 30 20 25 30 20 25 30 20 25 30 20 25 30 20 25	Band Triangle Complete Serves S SERIES EACH Ball Throws	Beg.	MONDAY Harder T Repetition Interm.	raining s Adv.	12 25 HOULD	BE SE	20 45 ERVING	12 20 3 ATLE Serve	AST 1 VEDNESD/ Harder T Repetition Interm. 16	20 40 O MPH	12 20 FASTI	15 30 ER. IF Y MONTH THURSDA Harder T Repetitions	20 40 YOU W	Serve	FRIDAY Harder T Repetitions Interm.	Adv.	Serve Beg.	SATURDAY Harder Tr Repetitions Interm.	raining s Adv.	Serve	ONTH SUNDAY Harder Tr Repetitions	3.	
Band Triangle 15 18 25 15 18 25 ONLY 1 SERES Complete Serves 35 45 60 35 45 60 35 45 60 60 90 1 Plan a tournament around this week as you should be performing at your best.	Band Triangle Complete Serves 3 SERIES EACH Ball Throws Accelerations	Beg. 13 20	MONDAY Harder T Repetition Interm. 16 25	Adv.	12 25 HOULD	15 35 BE SE TUESDAY Harder T Repetitions	20 45 ERVING	12 20 3 ATLE Serve Beg. 13 20	15 30 EAST 1 VEONESD/ Harder T Repetition Interm. 16 25	20 40 0 MPH raining s Adv. 21 30	12 20 FASTI	15 30 ER. IF Y	20 40 YOU W	Serve Beg. 13 20	FRIDAY Harder T Repetitions Interm. 16 25	Adv.	Serve Beg.	SATURDAY Harder Tr Repetitions Interm.	raining s Adv.	Serve	70 ONTH SUNDAY Harder Ti Repetitions Interm.	3.	
Plan a tournament around this week as you should be performing at your best.	Band Triangle Complete Serves 3 SERIES EACH Ball Throws Accelerations Squat Jumps	Beg. 13 20 20	MONDAY Harder T Repetition Interm. 16 25 25	Adv. 21 30 35	12 25 HOULD	15 35 BE SE TUESDAY Harder T Repetitions	20 45 ERVING	12 20 3 ATLE Serve Beg. 13 20 20	15 30 EAST 1 WEONIESD/ Harder T Repetition Interm. 16 25 25	20 40 0 MPH Y raining s Adv. 21 30 35	12 20 FASTI	15 30 ER. IF Y	20 40 YOU W	Beg. 13 20 20	FRIDAY Harder T Repetitions Interm. 16 25 25	Adv. 21 30 35	Serve Beg.	SATURDAY Harder Tr Repetitions Interm.	raining s Adv.	Serve	70 ONTH SUNDAY Harder Ti Repetitions Interm.	3.	
	Band Triangle Complete Serves 3 SERIES EACH Ball Throws Accelerations Squat Jumps Medicine Ball Slams	Beg. 13 20 20 20	MONDA Harder T Repetition Interm. 16 25 25 25	Adv. 21 30 35 30	12 25 HOULD	15 35 BE SE TUESDAY Harder T Repetitions	20 45 ERVING	12 20 3 ATLE V Serve Beg. 13 20 20 20	15 30 EAST 1 WEONESD/ Harder T Repetition Interm. 16 25 25 25	20 40 0 MPH Y raining s Adv. 21 30 35 30	12 20 FASTI	15 30 ER. IF Y	20 40 YOU W	Beg. 13 20 20	Interm. 16 25 25	Adv. 21 30 35 30	Serve Beg.	SATURDAY Harder Tr Repetitions Interm.	raining s Adv.	Serve Beg.	SUNDAY Harder T. Repetitions Interm.	3.	
	Band Triangle Complete Serves 3 SERIES EACH Ball Throws Accelerations Squat Jumps Medicine Ball Slams Band Triangle	Beg. 13 20 20 20 15	MONDAY Harder T Repetition Interm. 16 25 25 18	Adv. 21 30 35 30 25	12 25 HOULD	15 35 BE SE TUESDAY Harder T Repetitions	20 45 ERVING	12 20 Serve Beg. 13 20 20 20 15	15 30 EAST 1 VEDNESD/ Harder T Repetition 16 25 25 25 18	20 40 0 MPH Y raining s Adv. 21 30 35 30 25	12 20 FASTI	15 30 ER. IF Y	20 40 YOU W	Beg. 13 20 20 20 15	FRIDAY Harder T Repetitions Interm. 16 25 25 25 18	Adv. 21 30 35 30 25	Serve Beg.	SATURDAY Harder Tr Repetitions Interm.	raining s Adv.	Serve Beg.	SUNDAY Harder T. Repetitions Interm. RNAMENT SERVES	3. rainings s Adv	
rounanen	Band Triangle Complete Serves 3 SERIES EACH Ball Throws Accelerations Squat Jumps Medicine Ball Slams Band Triangle	Beg. 13 20 20 20 15	MONDAY Harder T Repetition Interm. 16 25 25 18	Adv. 21 30 35 30 25	12 25 HOULD	15 35 BE SE TUESDAY Harder T Repetitions	20 45 ERVING	12 20 3 ATLE Serve Beg. 13 20 20 20 15 35	15 30 EAST 1 WEDNIESD/ Harder T Repetition 16 25 25 25 25 18 45	20 40 0 MPH syraining s Adv. 21 30 35 30 25 60	FASTI Serve Beg.	15 30 ER. IF) MONTH THURSDA' Harder Ti Repetitions Interm.	20 40 YOU W 3 Y raining s Adv.	Beg. 13 20 20 15 35	FRIDAY Harder T Repetitions Interm. 16 25 25 18 45	Adv. 21 30 35 30 25	Serve Beg.	SATURDAY Harder Tr Repetitions Interm.	raining s Adv.	Serve Beg.	SUNDAY Harder T. Repetitions Interm. RNAMENT SERVES	3.	
	Band Triangle Complete Serves 3 SERIES EACH Ball Throws Accelerations Squat Jumps Medicine Ball Slams Band Triangle	Beg. 13 20 20 20 15	MONDAY Harder T Repetition Interm. 16 25 25 18	Adv. 21 30 35 30 25	12 25 HOULD	15 35 BE SE TUESDAY Harder T Repetitions	20 45 ERVING	12 20 3 ATLE Serve Beg. 13 20 20 20 15 35	15 30 EAST 1 WEDNIESD/ Harder T Repetition 16 25 25 25 25 18 45	20 40 0 MPH syraining s Adv. 21 30 35 30 25 60	FASTI Serve Beg.	15 30 ER. IF \(\) MONTH THURSDA Harder T. Repetitions Interm. REST	20 40 YOU W 3 Y raining s	Beg. 13 20 20 15 35	FRIDAY Harder T Repetitions Interm. 16 25 25 18 45	Adv. 21 30 35 30 25	Serve Beg.	SATURDAY Harder Tr Repetitions Interm.	raining s Adv.	Serve Beg.	SUNDAY Harder T. Repetitions Interm. RNAMENT SERVES	3. raining s Adv	
CONGRATS YOU SHOULD BE PAST 20 MPH FROM YOUR ORIGINAL SERVICE SPEED!	Band Triangle Complete Serves 3 SERIES EACH Ball Throws Accelerations Squat Jumps Medicine Ball Slams Band Triangle	Beg. 13 20 20 20 15	MONDAY Harder T Repetition Interm. 16 25 25 18	Adv. 21 30 35 30 25	12 25 HOULD	15 35 BE SE TUESDAY Harder T Repetitions	20 45 ERVING	12 20 3 ATLE Serve Beg. 13 20 20 20 15 35	15 30 EAST 1 WEDNIESD/ Harder T Repetition 16 25 25 25 25 18 45	20 40 0 MPH syraining s Adv. 21 30 35 30 25 60	FASTI Serve Beg.	15 30 ER. IF \(\) MONTH THURSDA Harder T. Repetitions Interm. REST	20 40 YOU W 3 Y raining s	Beg. 13 20 20 15 35	FRIDAY Harder T Repetitions Interm. 16 25 25 18 45	Adv. 21 30 35 30 25	Serve Beg.	SATURDAY Harder Tr Repetitions Interm.	raining s Adv.	Serve Beg.	SUNDAY Harder T. Repetitions Interm. RNAMENT SERVES	3. rainings s Adv	

											HTMON										
		MONDAY			TUESDAY			WEDNESDA			THURSDA			FRIDAY			SATURDA			SUNDAY	
	Serve	Harder T		Serve Harder Training			Serve Harder Training			Serve Harder Training Repetitions			Serve Harder Training				Harder T			Harder T	
3 SERIES EACH		Repetition	S	Repetitions			Repetitions			Repetitions			Repetitions			Repetitions				Repetitions	s
	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Α
Ball Throws	6	8	10				6	8	10				6	8	10						
Accelerations	10	10	10				10	10	10				10	10	10	TOL	IRNAMEN	OR	TOL	JRNAMEN	
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						
		MONDAY			TUESDAY			WEDNESD/		MONTH 2				EDIDAY			CATUDDA	,		SUNDAY	
	Serve	Harder T		Serve	Harder T			Harder T		THURSDAY Serve Harder Training			FRIDAY Serve Harder Training			SATURDAY Serve Harder Training			Serve Harder Traini		
3 SERIES EACH			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			Repetitions			s
3 SERIES EACH	Beg.	Interm	Adv.	Beg.	Interm	0.40	Pag.	Interm		Pag	Interm		Pee	Interm	A 46.4	Pag	Interm.	A disc	Baa	Interm	A
Ball Throws	Beg.	Interm.	Auv.	8 8	Interm.	Adv.	Beg. 8	Interm.	Adv.	Beg. 8	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	interni.	Adv.	Beg.	Interm.	 ^
Accelerations		_		12	12	12	12	12	12	12	12	12				TOI	IRNAMEN	OR	TOI	JRNAMEN	LOB
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								0_110_0	
Band Triangle				12	12	12	12	12	12	12	12	12									
Complete Serves		-	1	10	15	20	10	15	20	10	15	20									
										MONTH 3											
			MONDAY TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			
	Serve	Harder T			Harder T			Harder T		Serve	Harder T			Harder T			Harder Ti			Harder T	
3 SERIES EACH		Repetition	s 		Repetitions			Repetition	s		Repetitions	s		Repetitions			Repetitions			Repetitions	s
	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	Adv.	Beg.	Interm.	A
	10	12	14	_			10	12	14				10	12	14						
Ball Throws	14	14	14	-			14	14	14				14	14	14	TOL	IRNAMEN	OR	TOL	JRNAMEN	
Ball Throws Accelerations		10	13	-	REST		8	10	13		REST		8	10	13		REST			SERVES	
Ball Throws Accelerations Squat Jumps	8		14	_	_		8	10	14	_	_	-	8	10	14						-
Ball Throws Accelerations Squat Jumps Medicine Ball Slams	8						14	14	14 20				14	14	14					_	\vdash
Ball Throws Accelerations Squat Jumps Medicine Ball Slams Band Triangle	8	14						15	20				10	15	20						
Ball Throws Accelerations Squat Jumps Medicine Ball Slams	8		20					•													
Ball Throws Accelerations Squat Jumps Medicine Ball Slams Band Triangle	8	14					Plan a to	urnament a	around this	week as	you shouk	d be perfo	rming at yo	our best.							

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.



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.





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.

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

										٨	MONTH	1	ı										
		MONDAY			TUESDAY		WEDNESDAY			THURSDAY			FRIDAY				SATURDA	Υ		SUNDAY			
	Serve	Harder T	raining	Serve	Harder T	raining	Serve	Harder T	raining	Serve Harder Training			Serve	Serve Harder Training			Serve Harder Training			Serve Harder Training			
3 SERIES EACH		Repetitions	3		Repetitions	3		Repetitions	3		Repetitions			Repetitions			Repetitions			Repetitions			
3 SERIES EACH																							
	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	TOL	TOURNAMENT OR TOURN		DURNAMENT 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								

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 of 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.

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.

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.

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.

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.

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