

Tennis Acrostic for Serve

Brought to you by Coach Katherine from the Babette Horenstein Tennis Center

Stand with the front foot at a 45 degree angle behind the baseline.

Eyes stay looking up at the tossed ball until the racquet has made contact with the ball.

Remember your serve consistency will only be as good as your toss consistency. Practice your ball toss!

Volley, overhead, slice groundstrokes and serve all use the #2 grip otherwise known as the continental or the hammer grip.

Even though the served ball hits the net and drops in the correct service box, you will do that serve over. This is called a let. When the ball hits the net and drops into the court during a rally, there is no call of a let.

