

10 "QUICK FIXES" TO IMPROVE YOUR SERVE:

NO LESSONS REQUIRED



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For TennisFixation.com

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INTRODUCTION

You've heard it before - your serve should be a weapon.

But why? As long as you're not planning on joining the pro circuit, why bother spending the time and effort to acquire a serve that your opponents will have problems with? Can't the serve just be something that you use to get the point going?

This "just get the point going" idea may be your current serve philosophy (it used to be mine). And, as long as you keep playing at lower levels, you may be able to get away with it. But, if you hope to move up to more competitive levels, your serve has to become more than something that just starts the point. If you want to truly compete against better players, you've got to transform your serve into a weapon.

But isn't it hard to improve your serve? Doesn't it require a lot of effort? Won't it take too long? Can't it be really expensive? Isn't the only way to improve your serve to take many costly lessons over many long months? Or even over years?

Fortunately, it turns out the answer to all of those questions is No! With just a bit of effort, in a short amount a time, and without costly lessons, you CAN significantly improve your serve. By following the 10 "quick fixes" given here, your serve can become a tool that you can use to gain control of points. It can become more powerful, more accurate and something you're actually proud of.

So read on to improve your serve with these 10 "quick fixes" . . . no lessons required!

QUICK FIX 1:

USE A SERVICE RITUAL TO RELAX AND FOCUS.

Before EVERY serve, go through the same motions to calm yourself, release any tension in your body, and focus on your next serve. If you don't have a ritual, here's a simple one to try - take your service stance at the baseline, bounce the ball three times, decide what your serve target is, inhale deeply and then hit your serve.

QUICK FIX 2:

USE THE CONTINENTAL GRIP.

To get a great serve, you can't beat the Continental grip. Obtain this grip by holding your racquet like you would hold a hammer (not like you would hold a frying pan). While it may feel awkward at first, this is the best grip for getting pronation, speed and spin on your serve.

QUICK FIX 3:

TARGET YOUR SERVE.

You will control and win more points if you have good placement of your serve. And you can increase the accuracy of your serve by simply having a target. So, before you begin your toss, you should have a target in mind.

QUICK FIX 4:

HIT A GOOD TOSS.

Because the ball toss is the motion that actually gets your serve going, it is the most important part of your serve. Since you can toss as many times as you want, you should always hit a good toss - one that travels straight (not arcing) and slightly into the court.

QUICK FIX 5:

GO FOR YOUR FIRST SERVE.

You get two serves for a reason - so you can really go for that first serve. Don't hold back and just try to get the first serve in. Relax and go for it!

QUICK FIX 6:

GET A REAL SECOND SERVE.

A "real" second serve is not a puff ball that gets the point started. A real second serve is something that not only goes in most of the time, but also has a little something extra to it. And that something extra is usually spin. Spin can make your serve bounce higher and/or curve off to one side after bouncing. Many players fear a spinny, curving serve more than a straight, flat rocket so it's worth developing a real second serve.

QUICK FIX 7:

MIX IT UP.

Do not hit the same serve over and over. Keep your opponent guessing by changing your serve. While a powerful serve can be intimidating, a weak serve can draw a weak return. And a serve that moves around the service box prevents your opponent from ever relaxing on the return.

QUICK FIX 8:

RELY ON YOUR SECOND SERVE WHEN NECESSARY.

When your first serve is going wrong, rely on your second serve for a game or two, using it in place of your usual first serve. Once you've relaxed by getting your serve in, you'll be ready to go for your first serve again.

QUICK FIX 9:

DON'T THINK ABOUT NOT DOUBLE FAULTING.

Just thinking about *not* double faulting means you're thinking about double faulting. Stop! Instead, go through your service ritual, pick a target and hit each of your serves with confidence.

QUICK FIX 10:

BELIEVE IN YOUR SERVE.

Believe that your serve CAN be a weapon. Tennis is truly a mind game. So use your mental skills to improve your serve. Feeling confident and positive (as opposed to insecure and negative) will help you obtain and hit a better serve.

BONUS CHEAT SHEET!

Keep this "Cheat Sheet" in your tennis bag and refer to it before or during your matches to quickly amp up your serve!

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9. DON'T THINK ABOUT NOT DOUBLE FAULTING
10. BELIEVE IN YOUR SERVE

THANK YOU!

Hi! I'm Kim Selzman and I want to thank you for downloading this e-book, *10 "Quick Fixes" to Improve Your Serve: No Lessons Required*. I'm happy to share this with you as well as all of my tennis adventures on my blog – Tennis Fixation, found at TennisFixation.com. If you're completely fixated on tennis, if you love hitting a tennis ball and playing matches, if you're putting lots of time, energy and effort into improving your game, AND you want to have a good time while you're doing all of these things, then you're just like me! And I think you would love Tennis Fixation.

Tennis Fixation is a great resource that will help you play better tennis. It is full of tips, techniques, and strategies to improve your tennis game – things that ordinary players can put into action right away to see real results. You'll also find lots of info about the fun part of tennis – the clothes, the gear, the pros, fitness, teams, etiquette, and even the food! I love to tell my readers about anything associated with tennis, whether its the latest tennis book, a really great line of equipment, or fabulous tennis outfits – stuff that makes you look like you know what you're doing out there on the court.

I hope you enjoy this e-book and will visit me at TennisFixation.com. You can also join the fun on the [Tennis Fixation Facebook page](#) or on Twitter ([@TennisFixation](#)).

Happy Tennis!

Kim