

The ServeMaster is the perfect tool for developing, learning and practicing every aspect of the service motion. It gives every player a full understanding of the sequence of movements in the kinetic chain for the serve and allows players to experience what the entire motion FEELS like. The secret to the serve is to link the movement segments together by use of the body's core so that they work together as a chain or linkage system. This functional movement in the tennis serve is the key to power, spin and control through rhythmic movement and timing.

Repetition is paramount to making improvements and modifications to the service motion. It takes far more repetitions to change than it does to learn from scratch. Most players don't have the time or physical ability to hit as many serves as needed to achieve their dream serve. The ServeMaster is the ideal tool for improvement on or off the court for unlimited practice time and repetitions

The serve is the most important shot in the game! Tennis professionals, coaches and instructors at all levels find The ServeMaster an invaluable tool to effectively teach players what the segments of the kinetic chain FEEL like. This teaching technique builds long lasting and FAST change to the most complex stroke in the game of tennis.

SAFETY FIRST!

Keep a 15' area clear for swinging

Relax your hand and arm and swing slowly at first. Remember the weighted end creates power.

Catch the cord on the opposite side of the body with the tossing hand. This will stop the end from moving and potentially hitting the body

A QUICK START GUIDE: PROPER TECHNIQUE IS ESSENTIAL TO SUCCESS

- Put the V of your hand (where the thumb and forefinger meet) on the grip corresponding to grip markers



- Set your feet as if to serve and drop the ServeMaster down your back. Be sure that your elbow is back towards the fence, your tricep is parallel to the ground and that the grip hand is slightly closed behind your head



- Extend the tossing hand up to full extension. Begin pulling the toss arm/hand away from the body while lifting the heel of the back foot to drive the hitting side hip forward.

- Slowly swing the weighted end up to contact point immediately following rotation action of the toss arm and hip

- Catch the middle of the "cord" on the opposite side of the body with head up and eyes forward. The toss hand will be in finish position before the ServeMaster gets there. Catching the cord and stopping the hitting hand simulates "deceleration" and keeps the ball end from hitting the body.



DRILLS:

Be sure to start with short periods of practice time to allow your body to get accustomed to new movements and the weighted end.

BASIC TECHNIQUE DEVELOPMENT

Follow steps in the Quick Start Guide

EXERCISE: Full service motion



- Start with your hitting and tossing hands out stretched forward as though you are beginning the serve with a racket. Drape the ServeMaster over the toss hand and keep the hands within 4-6 inches from each other.

- Drop the toss and hit hand down or back as desired then continuing up to toss and upswing position.

- With continuous motion, loop the ServeMaster down your back and continue to hit sequence in initial phase



- Practice 5-10 minutes initially then for 10-15 minute periods of time at your discretion

5 Practice your choice of classic downswing, abbreviated swing or upswing.

EXERCISE: Figure 8 Continuous action for stretching

- 1 Go through Full Service Motion action. Be sure to have a relaxed hand/arm
- 2 Instead of catching the cord with the toss hand, let the hit hand finish and then lift slightly up and forward to serve start position. At the same time the toss arm will also lift and return start position.
- 3 Without stopping both hands will then continue to drop and continue to serve action creating a figure 8.

Exercise: Pronation Shown below with ServeMaster and racket



Begin with the ServeMaster in down the back position. Swing the weighted end up and stop your hand at full extension. The ServeMaster will keep moving and the palm of your hand should now be in an outward position with the thumb down. Repeat this exercise to let your body understand pronation. If your hand/arm is relaxed pronation is natural.

Exercise: Racket Head Speed



Begin in same start position as above. Swing up while quickly pulling toss arm out of the way. Stop the hand abruptly and let the end travel. This will isolate the act of “racket head speed”. For effective racket head speed the hand travels in a relatively short distance as opposed to the “end” moving in a full arc

EXERCISE: Forehand ground stroke: for backswing & non dominant hand use

- 1 Start standing forward holding a forehand grip on the ServeMaster and holding the cord with the non-dominant hand. Rotate hips and shoulders to produce a backswing holding onto the cord until shoulders are completely turned.
- 2 Continue to backswing while choosing open or closed stance step
- 3 When forward swing begins, the non dominant hand/arm pull out of the way in advance of the swing. This opens the chest and leaves the racket lagging behind.
- 4 Continue rotating and swinging finishing at desired height. The non dominant hand should be ready and waiting for the middle of the cord to swing into it.

The ServeMaster is not just for the serve! Use it for forehands, backhands and overheads, dynamic stretching & strengthening, injury prevention and rehabilitation, pre and post-match exercise.

ServeMaster for Juniors, 10 & Under

The ServeMaster is perfect for junior , 10 & Under players who are not yet using a full sized racquets.

For Juniors- Simply use a sharp knife and cut top ball off, so you are left with 2 balls

For 10& Under- Simply use a sharp knife and cut top 2 balls off, so you are left with 1 ball.

For the most up-to-date instructions, & video drills please visit our website.