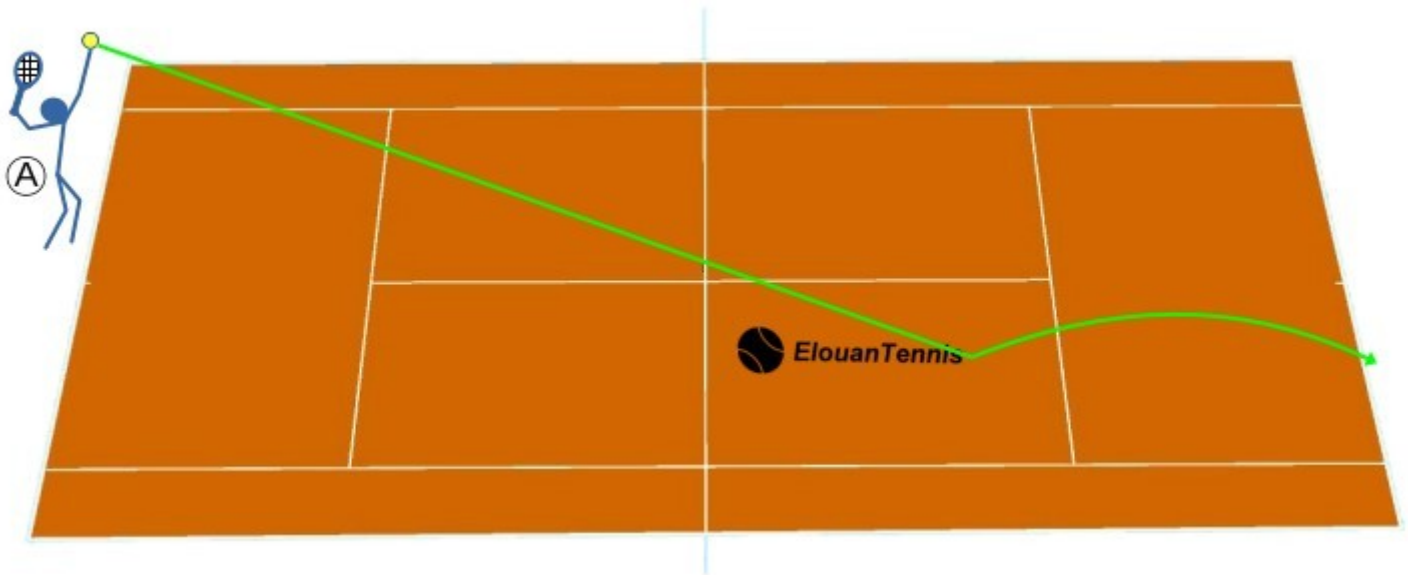


## Service exercise – 10-20

Category(s):	service
Level:	Yellow ball - beginner, Intermediate
Duration :	10 min
Materials:	-



Hi friends !

Today, I'm showing you a little exercise to improve the precision and regularity of your serve, as well as to strengthen your mind by setting goals. I call him on 10-20.

The goal is to serve 10 service balls into the opponent's service square without a mistake.

### Execution of the exercise:

- Serve one ball at a time, focusing on serving technique and aiming to place the ball in the serving square.
- Count 1 point for each successful serve that lands in the service square without touching the lines or leaving the square.
- If you make a mistake, it will be minus 1 point.
- Do your best to earn all 10 points with the minimum amount of service.

By practicing this exercise regularly, you will be able to improve the reliability of your serve and gain confidence on the court.



Elouan Tennis Drill Maker (ETDM)  
Software for creating & editing tennis exercises



<https://elouan-tennis.com>