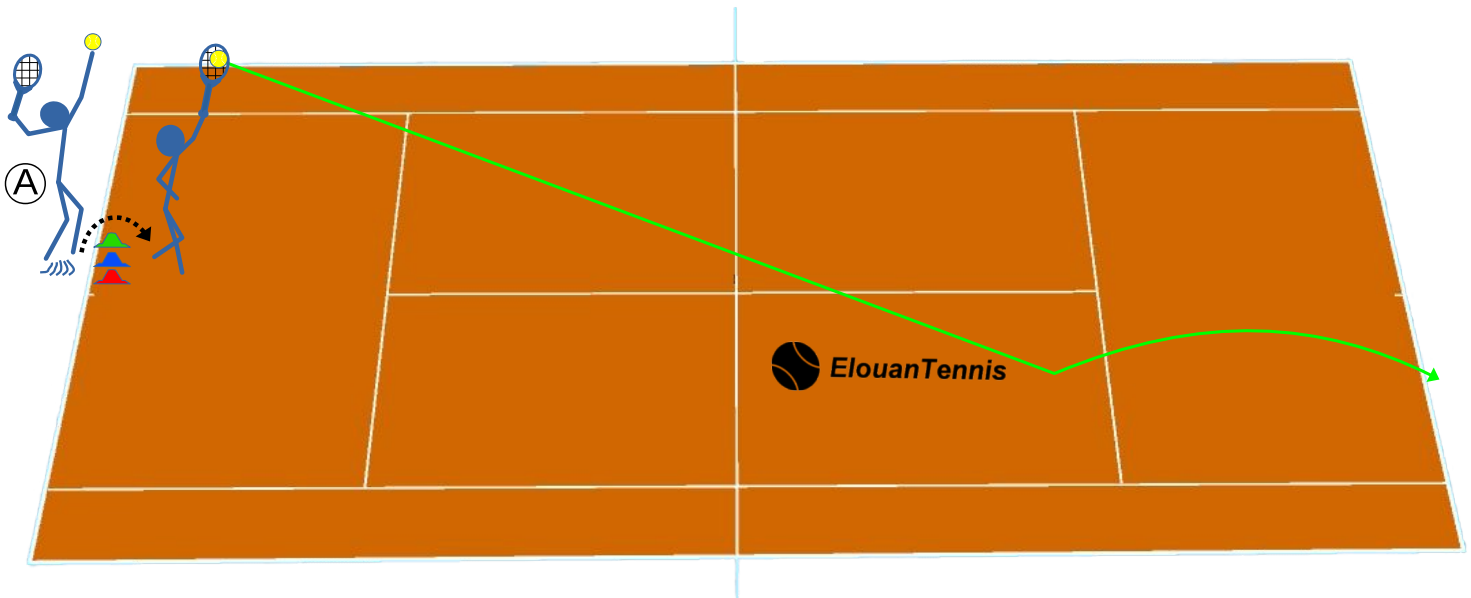


## Use your legs well to have a powerful serve

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



Hi friends !

To perform a powerful serve, you must use all the muscles of the body. And by using your legs effectively, you can improve your ability to generate power from the ground. Indeed, bending the legs and jumping when hitting the ball increases the power transmitted to the racket and thus amplifies explosiveness.

**Here is a simple exercise to help you use your legs properly when serving:**

- Place 3 small cones in front of you, on the baseline.
- Start in a good starting position by placing your feet shoulder-width apart and bending your knees slightly. Keep your weight balanced between both feet.
- As you begin your serve motion, use the strength of your legs to push up and forward, thus transferring your weight from the ground through your body to your arm.
- Just before you hit the ball, push off with your toes to raise yourself slightly onto your tiptoes. This will allow you to release more power during your punching movement.
- After hitting the ball, make sure you follow completely with your legs, pushing them forward and up to pass over the 3 cones and to maximize the power and explosiveness of your serve.



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



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