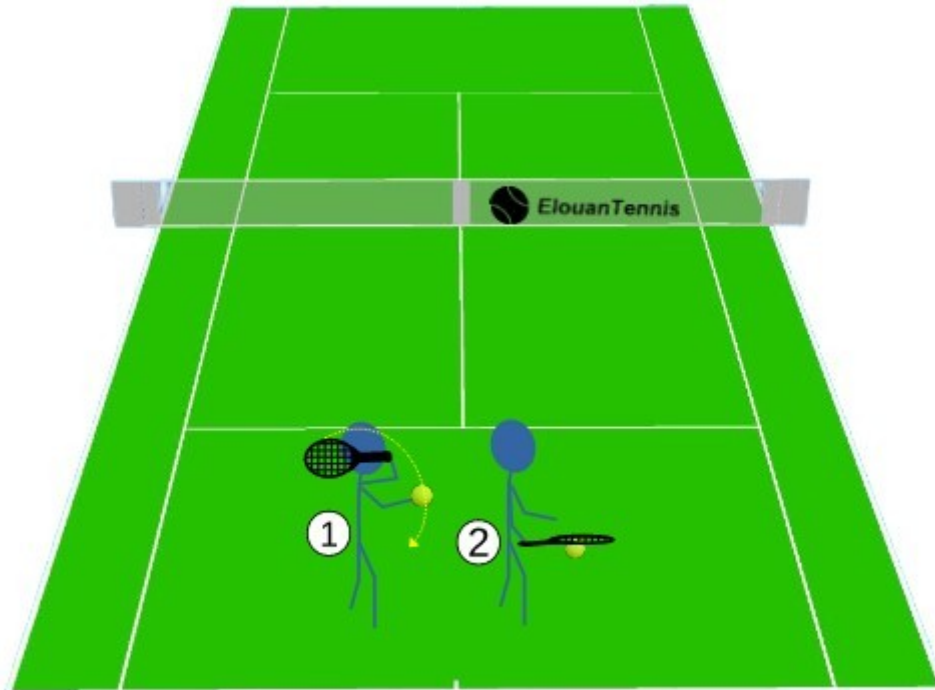


## Practice turning your arms on the tennis serve

Category(s):	Service, arms rotation
Level:	Yellow ball – Beginner, intermediate
Duration :	10 min
Materials:	-



Hi !

Arm rotation is very important during a serve. It makes it possible to generate a large part of the power of service. By rotating your arms efficiently, you can harness the force centrifugal to accelerate the racket and ball, increasing the speed and power of your service.

**Here is a simple exercise that will allow you to properly oil the rotation of your arm for a serve impeccable:**

- Position yourself as if you are going to do a service.
- Hold a ball with one hand at chest level.
- With the other hand, hold the racket at shoulder level.
- Strike the ball gently with the face of the racket.

**NB: The racket must not rotate in your hand to hit the ball in the face, this is your arm which must ensure this rotation.**



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



<https://elouan-tennis.com>