



TECH PERFORMANCE
TENNIS

SERVE Mechanics

A structured, step-by-step system designed to build a world-class serve from the ground up.



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Break down every component of the serve with a structured progression

Most serve instruction focuses on tips, cues, or power drills—but without a systematic approach, players will struggle to identify what's truly limiting their serve. *Serve Mechanics Breakdown* is different: it's a deep, technical exploration of the serve, breaking the stroke into its essential components so you understand exactly how each part contributes to performance.

The course is organized into **6 progressive phases**, each centered on a key technical element that defines any true high-level serve. Each phase layers mechanics in a natural sequence — combining *isolation drills* to sharpen the individual movements and *integration drills* that blend the movement into the full stroke.

This structure gives players a clear technical reference point and allows them to identify and **address any specific weaknesses**.

This program focuses on precision, awareness, and control. You'll analyze and train each key element of the serve, including:

- Build a **reliable toss** and **loading pattern**
- Master a **clean contact point**
- Improve **throwing mechanics**
- Develop **fluidity** to build up power
- Use effective **leg drive** for energy transfer
- Confidently execute all serve types: **flat, slice, and kick**

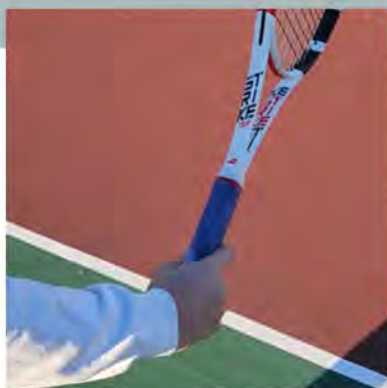
This isn't about copying a single style — it's about mastering the universal mechanics that elite players rely on, then integrating them into your own game.

Outcomes:

- Develop precise, repeatable mechanics for both first and second serves
- Gain deep understanding of the movement patterns that underpin power and accuracy
- Reduce compensations and technical errors that lead to inconsistency or injury

Serve Phases

Build the serve progressively through these phases



Grip & Contact

Establish the grip and understand that ball contact is where energy is released.



Power Loop

Reinforce proper throwing mechanics with the correct racket path and angle



Toss & Trophy

Build a repeatable toss and optimal loading position while keeping the palm down



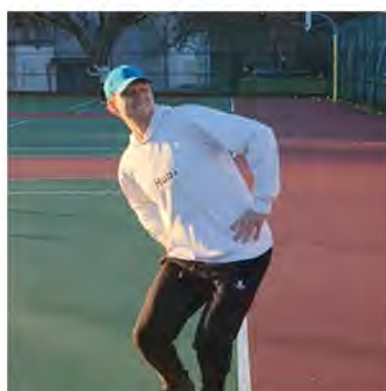
Full motion & Rhythm

Create a fluid, uninterrupted serving motion



Spin Development

Develop all three serves for tactical variation



Leg drive & Kinetic chain

Transfer force from the ground up





Grip & Contact

Establish the continental grip and understanding that contact is where energy is ultimately released. Players learn how racket speed is released through elbow extension, forearm pronation, and shoulder internal rotation, while allowing the wrist and hand to move freely through contact. Isolation drills are used to train and feel each component individually. Integrate by starting in the racket drop position and freeze in pronated “thumb-down” position—to connect these elements into the full motion.



Power Loop

Achieve proper throwing mechanics and eliminate the “waiter’s tray”—palm-up position. Starting in the trophy position with the racket tip aimed at the ball, let the racket drop behind the head (use gravity) with the palm facing forward (“salut”), the elbow moving up and forward as the racket tip traces a large loop (“lasso”) toward contact. Ball throws are used to emphasize the pattern, finishing with a half serve starting from the trophy position to integrate the power loop into the full motion.



Toss & Trophy

Develop a repeatable toss and an optimal loading position while keeping the palm down throughout the motion. The toss is initiated with a smooth shoulder lift and a straight elbow, as players simultaneously load into the trophy position (tilting/rotating back and down) with the racket tip pointing at the ball. Integrate by starting from a palm-down position—to prevent “waiter’s tray”—integrating toss, load, and release into one coordinated action.



Full Motion & Rhythm

Build a fluid, uninterrupted service motion driven by the hips, with weight transferring from the back foot to the front. The palm stays down as the hitting arm comes up, delaying into the “Y” position to sequence the motion correctly, while maintaining relaxation in the arm, shoulder, and wrist. Players perform continuous swings to develop one smooth action with a clear slow–medium–fast rhythm. Progressing from half serves to full serves helps integrate mechanics and highlights how proper sequencing improves overall fluidity.



Spin Development

Develop all three serves—slice, flat, and kick—to create tactical variation. For the slice, players learn to lead with the edge of the racket, hitting the outside of the ball and aiming toward the side wall. The kick serve emphasizes an upward motion of the racket moving from horizontal to vertical, a toss slightly behind, and a racket path that tracks along the baseline. For the flat serve, keeping the feet facing forward promotes a forward racket path. A common mistake across all spins is failing to pronate fully.



Leg Drive & Kinetic Chain

Transfer force from the ground up to maximize serve power. Players load the hips back and down, and tilt the shoulders back, then explode upward—using the back leg as the primary power source to drive the motion. Progressions include using the leg drive to throw a ball for maximum height, shadowing the serve with a leg drive, then applying it to full serves. Players can adopt either a Platform stance (back foot stays) or Pinpoint stance (back foot moves up), depending on their preference.

WHAT'S NEXT?

*Understanding the serve is only **step one**.
The real work starts *now*.*

1. Make Each Serve Automatic

Flat, slice, kick—each serve has to be trained into your nervous system. That means thousands of high-quality repetitions, done with intention.

2. Integrate the Serve Into Match Play

Next, the serve has to live inside patterns of play:

- *Serve +1*
- *Serve + volley*
- *Second serve + defensive shot*

Again—thousands of reps until decision-making and execution happen without conscious thought.

3. Train the Mind to Let the Serve Show Up

Great technique means nothing if it disappears in matches. That's where psychological skills come in:

- *Focus control*
- *Trust under pressure*
- *Emotional regulation*

The **serve** is a **long-term project**—and that's a **good thing**.
Enjoy the process, trust the work, and keep building.

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See you on court,
Wes

