

# Presents



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# Coach Mick's 10-Step Serving Progression

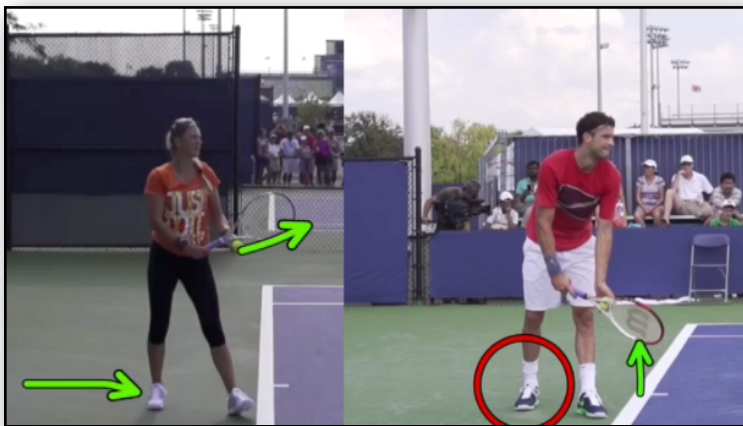


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## Stage 1 - Preparation Stage

### SETS – Get sideways and plan it out

- Player should be sideways (comfortably) and have weight on the front foot (stable base)
- Racquet should be inside the baseline (Out in front of you).
- You should have a plan where you want to serve the ball and picture yourself serving it there (imagery)
- You even visualize what the plan is for the next shot.
- This is also the stage where you perform your ritual (helps under pressure). Ritual Might be (Ex. 3 bounces) or Whatever you choose



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## Stage 2 - Weight Transfer

### SETS – Weight on back foot

- Players should transfer their weight to the back foot
- The racket should remain in front of the body.
- This will help later in acceleration

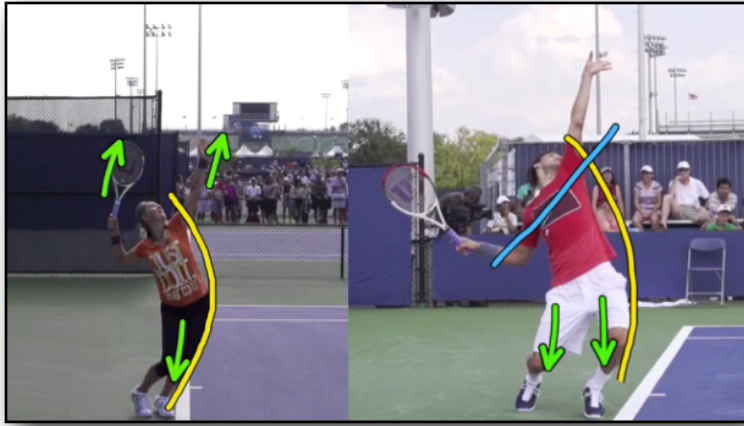


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## Stage 3 - Release Stage

### SETS – Knees go down and arms go up

- Players arms should be staggered
- The knees begin to bend down and start to store energy.
- Weight should be fairly evenly distributed on both feet.
- The release will happen somewhere around the shoulder, depending on where you need to "Place" the ball.



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## Stage 4 - Loading Stage

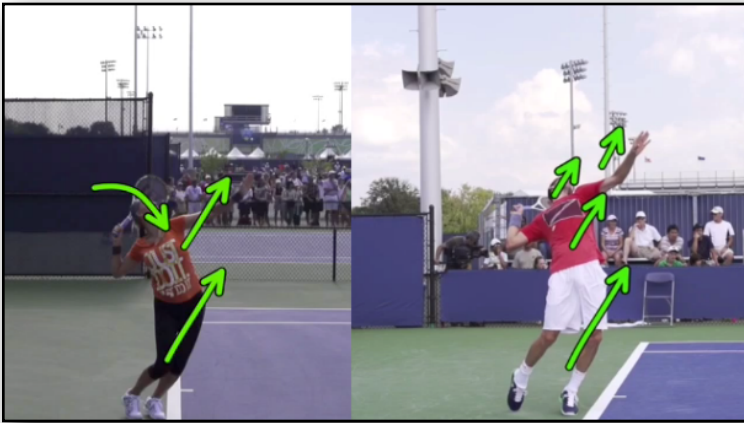
### SETS – Fully bent and coil up

- Players should create a “bow” shape with their left hip and/or knees (whether they are in the “pinpoint” or foot up position or foot back position) being inside the baseline
- The arms should be in the **trophy** position
- Racquet is pointing up (Elbow Low)
- You should be able to draw a straight line from (**elbow –shoulder- shoulder**).
- Your body is coiling up at this stage

## Stage 5 - Launch Stage

### SETS – Push up with your legs

- This is where the first phase the “Kinetic chain starts to unwind link by link, starting with the legs.
- Player launches up and forward into the court starting with BOTH legs.
- Knees begin to straighten out and the strings should be visible from the side.
- Hips are still facing to the side. Racquet will start to drop back into the “Cocking position” AUTOMATICALLY because of the leg drive.
- This stored energy will help achieve maximum racquet velocity during the acceleration stage.
- Shoulder will start to rotate externally
- Elbow will start to drive up
- Legs are extended at the end of this stage

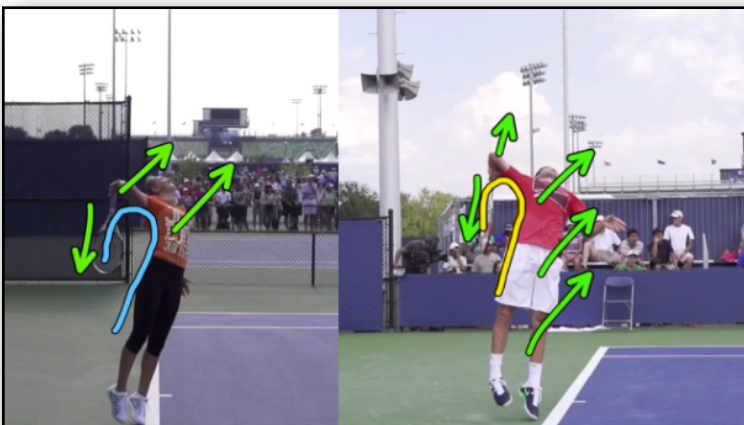


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## Stage 6 - Cocking Stage

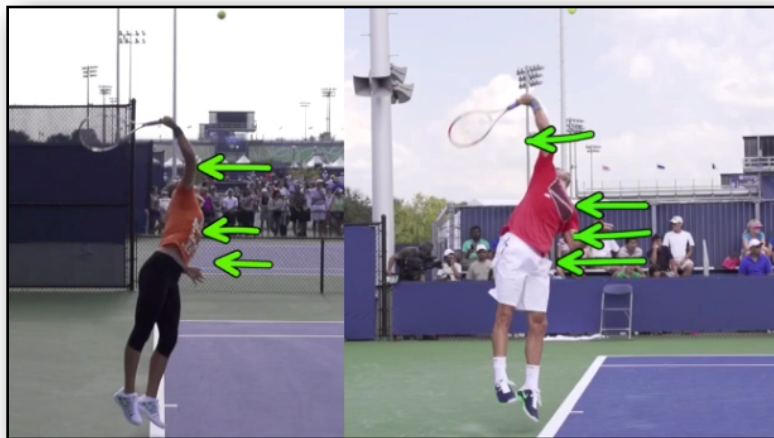
### SETS – The so-called “Backscratch” position

- This stage is at the very end of the Launch Stage and Precedes the acceleration stage.
- Legs are fully extended and driving up
- This is where the racquet should be fully “cocked” or down due to full “external rotation” of the shoulder.
- **NOT A FORCED BACKSCRATCH.** Doing this will interrupt the natural uncoiling or “Kinetic Chain”
- This is where you get that “Baseball Pitcher” contorted looking effect



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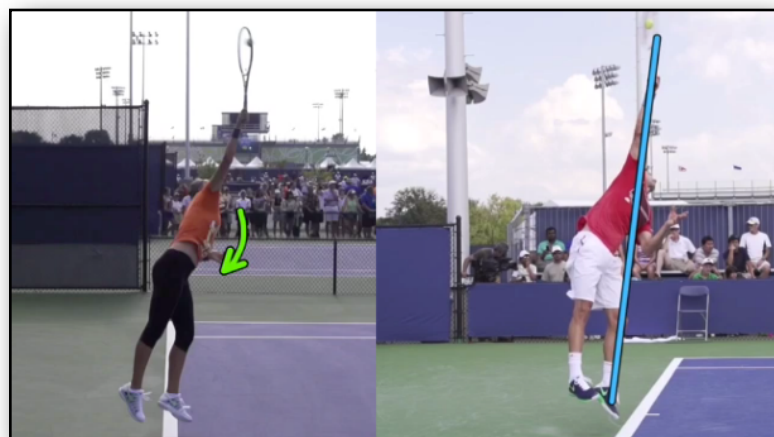


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## Stage 7 - Acceleration Stage

### SETS – PUSH “Up” and “Out”

- This is where the next two phases of the kinetic chain take place HIP – TRUNK (OBLIQUES and – SHOULDER).
- The greatest kinetic energy produced in the serve comes from the legs and the trunk.
- The hip will start to drive up into the ball but start to lock because of the backward movement of the back leg that is starting to go in the opposite direction and
- Abs and then Chest starts to uncoil and drive “Up” into the ball followed by the elbow (elbow up) and then the racquet.
- Head and chest should be uncoiling and driving “UP” into the ball (through contact).
- **Quick Tip: keep your chin “up”**

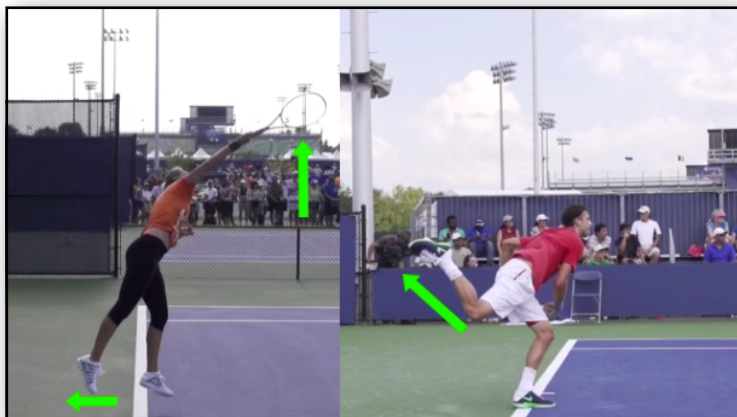


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## Stage 8 - Contact Stage

### SETS - Hit up and out - fully extended

- This is where the next phase of the kinetic chain (unwinding) starts, the arm and shoulder
- The left arm collapses in towards the chest
- The back, or left, foot starts to kick backwards (near or at contact)  
(This aids in acceleration by preventing the hip from opening too early.)
- When the hips lock, the rest of the upper body will accelerate
- The hitting arm should be almost fully extended  
**(Slight elbow flexion).**
- Hips are now facing the net.
- Shoulder over Shoulder – Hip over Hip  
**(about 48° tilt of the trunk)**
- Straight line from front foot to contact



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## Stage 9 - Follow Through Stage

### SETS – Land on front foot/Back foot back

- Last stage of kinetic chain the wrist
- Server starts to decelerate.
- Forearm Pronation (**Internal rotation of arm**)  
**or**  
(**Thumb toward net**)
- The wrist snaps and the hitting side of the strings should be facing the camera now.
- Head and chest should still be driving up at this point through contact. (Not down)
- The player should land inside the baseline and on his left foot.
- Racquet starts to move across and toward the left side of the players body
- Right foot has kicked back toward the back fence/curtain (like a baseball pitcher for balance).



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## Stage 10 - Finish

### SETS - Split and Recover

- The player should be bent at the waist
- The back foot will come forward
- Player takes Split Step and plans for recovery.



Questions? Email me anytime at  
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**Good Luck!**

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