



LESSON TWO HANDOUT: THE SERVE AND THE VOLLEY

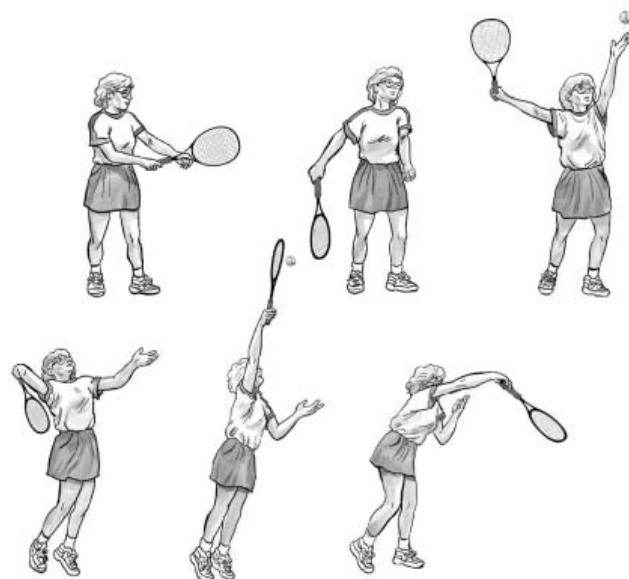
Serving Basics

- The target area is the service box immediately over the net, and diagonally across from server. The server must stand behind the baseline (i.e., the line furthest from the net).
- Use a balanced stance with feet and shoulders angled toward target.
- Swing arms down together and up together in unison during the wind-up.
- Toss ball up smoothly at least as high as the racquet can reach.
- Reach up at contact.
- Follow-through across body.

Conventional Scoring

The server announces the score before serving for each point. The server's score is called first.

No score.....	Love
First point.....	15
Second point	30
Third point.....	40
Fourth point	Game



The Serve

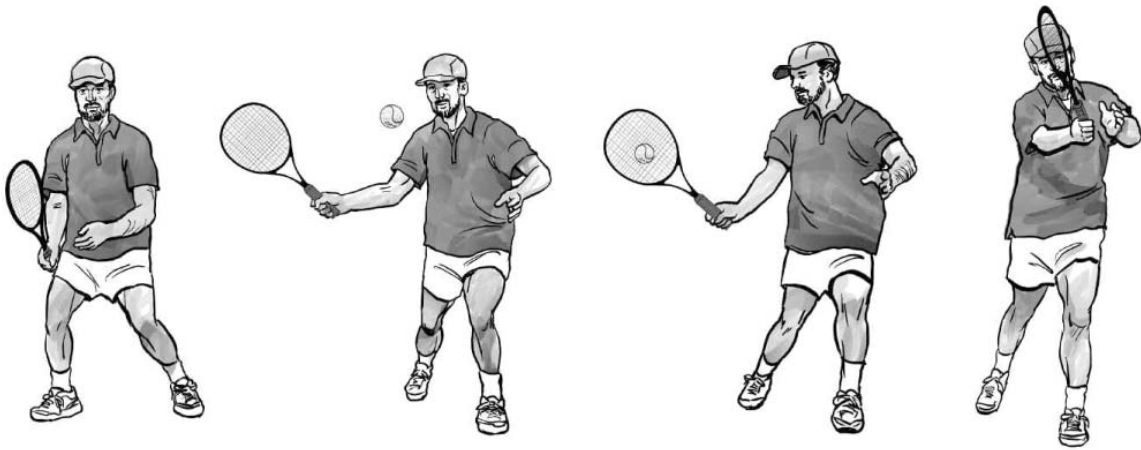
When the score is tied at 40 to 40 (i.e., three points each), it is called deuce. One player must win two points in a row to win a game when it is at deuce. The player who is one point ahead after deuce is said to have the advantage. Server's advantage is called ad in; receiver's advantage is called ad out.

No-Ad Scoring

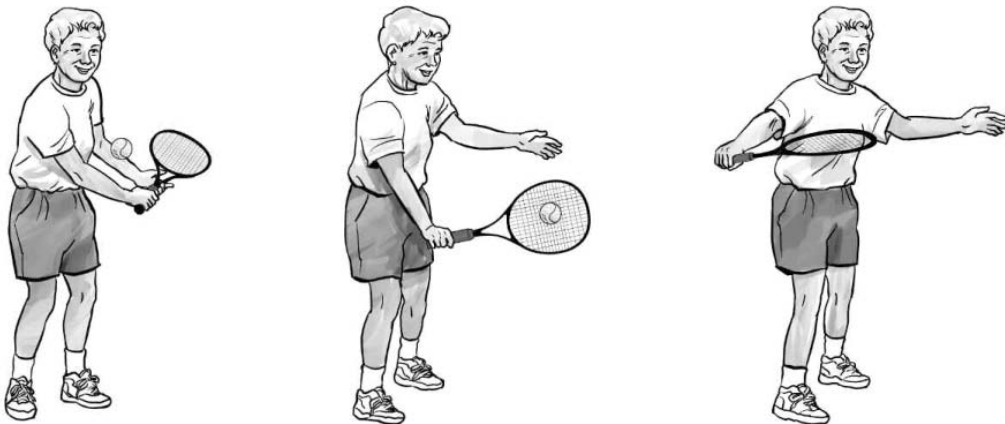
This is a simplified scoring system that eliminates ad-ins and ad-outs. At three points each, the next point wins the game. The receiver chooses into which service box the game-deciding point will be served.

Volley (both Forehand and Backhand)

- Balanced sideways stance
- No backswing
- Contact in front of body
- Little racquet movement—abbreviated follow-through



Forehand Volley (above) and Backhand Volley (below)



Practice Suggestions

- Practice service swing.
- Practice serving against a wall or backboard.
- Practice serving on a tennis court: Play a “match against yourself.” You win a point every time you get a first or second serve in play. You lose a point when you double fault (miss both service attempts).
- Practice forehand ground strokes against a wall or backboard. Try to set a record for consecutive hits.