

# Second serve

“The second serve is a critical element of every player’s game. A consistent, but effective second serve will boost confidence and allows a player the freedom to be more aggressive with their first serve. You can’t afford to be worrying about whether you’re going to get your second serve in on big points so get out there and practise it!”

Bob Brett

## Go on the attack

More and more pros are occasionally using their kick second serves as first serves, particularly on high-bouncing hard courts and clay courts. A big kick serve takes opponents way out of court and forces them to play high backhand returns which are difficult to hit with any power.

Bob Brett

## BOB SAYS

- 1 Use a Continental (Chopper) grip or Eastern backhand grip, although my old friend Boris Becker was very effective using a forehand grip!
- 2 Make sure you create a solid base with your legs. Bend your legs and arch your back – your back should arch naturally when you bend your legs, don’t force it.
- 3 Place your ball toss slightly further to your left than on your first serve and just behind your head. Get the racket head under the ball and hit up, lifting the ball over the net with topspin.



1. Use a Continental or Eastern backhand grip. Consider moving towards a backhand grip to get more rotation on the ball.



2. Mark’s arms begin to move in unison – the racket arm goes down and the left arm starts to rise smoothly.



3. Mark’s left hand releases the ball, placing it slightly further behind his head and over his left shoulder than on a first serve.



4. His knees bend, allowing him to push up into the serve and enabling him to hit from underneath the ball.



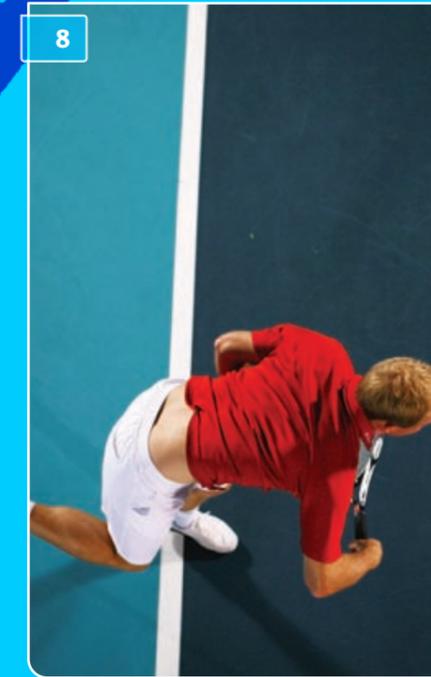
5. Mark’s left arm starts to drop which allows his racket more space to drop down behind his back.



6. His right elbow begins to rotate around and up towards the ball and the racket head is also about to accelerate upwards.



7. Mark’s racket head hits up from the bottom left-hand side to the top right-hand side of the ball which creates topspin and a nice arch with good clearance over the net.



8. Mark finishes the stroke by bringing the racket down on the right-hand side of his body. Notice that he’s still watching the ball – ready for his opponent’s return.