**Tennis - The Serve**

1. **Ready Position**
   - Stand with feet one behind each other, facing the way you want to serve.
   - Racket and throwing hand should be in contact in front of the body.

2. **Throw Up**
   - Throw the ball up in front of the body and head so contact is made in front of the body.
   - The throw up should be straight.
   - As you throw up bring your racket back ready to accelerate towards the ball.

3. **Approach: Arm Movement**
   - Accelerate racket towards the ball meeting it high above your head.
   - Snap your wrist through the ball.

4. **Contact Point**
   - Make contact as high as possible - the higher it is the more power that is possible.
   - As you make contact rotate hips from side on to front on.

5. **Follow Through**
   - The racket will follow through and come across the body.
   - Your feet will naturally step on to the court after contact use this to help get a ready position before the return.