**WHY?**

To give yourself an advantage at the start of the rally

To dictate what shot your opponent plays

To force mistakes or play outright winners

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**When?**

- Power serve for outright ace
- Serve at body to force mistakes or weak return
- Wide serve to create space on court to attack

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**HOW?**

Serve from point 1.
Concentrate on accuracy over power, if successful 5 times in a row move to point 2

Serve from point 2.
Concentrate on accuracy and fluidity of movement over power, if successful 5 times in a row move to point 3

Serve from point 3.
Concentrate on accuracy and fluidity of movement over power, if successful 5 times in a row add more power.