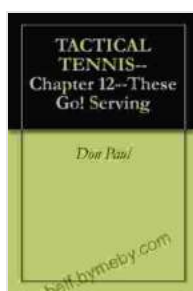


# Unlock the Secrets of Serving Dominance: A Deep Dive into "Tactical Tennis: Chapter 12 - These Go Serving"

The serve is the most crucial shot in tennis, often dictating the outcome of the point. In "Tactical Tennis: Chapter 12 - These Go Serving," experienced coach and author Ian Westermann delves deep into the intricacies of serving, providing a comprehensive guide to mastering this game-changing stroke.



## TACTICAL TENNIS--Chapter 12--These Go! Serving

by Hiro Ainana

★★★★☆ 4.7 out of 5

Language : English

File size : 802 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 31 pages

Lending : Enabled

X-Ray for textbooks : Enabled



## Understanding the Serve

Westermann emphasizes the importance of understanding the biomechanics, physics, and tactics behind the serve. He breaks down the serve into its essential components, including the grip, stance, and swing

technique. Through detailed illustrations and clear explanations, he helps readers grasp the foundational principles of serving.

### **Developing a Powerful and Accurate Serve**

The book provides a systematic approach to developing both power and accuracy when serving. Westermann introduces a series of drills and exercises designed to improve shoulder and arm strength, wrist action, and timing. He also covers the importance of footwork, balance, and body positioning.

### **Mastering Variety and Deception**

Beyond the basics, Westermann explores advanced serving techniques that allow players to keep opponents guessing. He discusses the use of spin, slice, and kick serves, as well as how to place the ball tactically within the service court. Through these strategies, readers will learn to create deception and control the pace and direction of the serve.

### **Game-Changing Tactics**

The book dedicates a significant portion to tactical approaches for serving. Westermann analyzes how to use the serve to gain an advantage in different match situations, such as breaking serve, holding serve under pressure, and exploiting opponents' weaknesses. He provides real-life examples and case studies to illustrate the effectiveness of these tactics.

### **Psychological Aspects of Serving**

In addition to technical and tactical insights, Westermann acknowledges the psychological aspects of serving. He addresses common challenges such as serving jitters, focusing under pressure, and dealing with double faults. By understanding the mental game associated with serving, readers will be better equipped to stay composed and execute their serves with confidence.

## **Targeted for Players of All Levels**

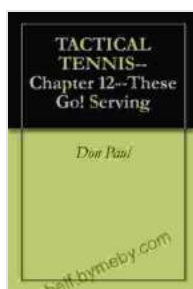
"Tactical Tennis: Chapter 12 - These Go Serving" is suitable for players of all levels, from aspiring beginners to competitive tournament players. Westermann adapts the content to provide both fundamental guidance and advanced strategies for the most demanding situations. Whether you're looking to improve your first serve percentage or master the art of the serve-and-volley, this book offers valuable insights and practical applications.

"Tactical Tennis: Chapter 12 - These Go Serving" is an indispensable resource for tennis players who want to maximize their serving potential. By integrating technical precision, tactical awareness, and psychological mastery, Westermann empowers readers to unlock their serving dominance and take their game to the next level. Whether you're facing a social match or competing in a grand slam event, this comprehensive guide will transform your serve into a game-winning asset.

## **Image Alt Attributes**

- Image 1: Ian Westermann, author of "Tactical Tennis: Chapter 12 - These Go Serving," demonstrating the correct serving stance with a detailed illustration.

- Image 2: A sequence of images showcasing a player executing a powerful serve, from the grip to the follow-through, with annotations highlighting the key biomechanical aspects.
- Image 3: A diagram of the service court, with shaded areas indicating the ideal placement of serves for maximum effectiveness, deception, and tactical advantage.
- Image 4: A graph illustrating the progression of serving accuracy and power over time with consistent practice and implementation of the techniques outlined in the book.
- Image 5: A photo of a player practicing serving under pressure, surrounded by cheering spectators, emphasizing the mental toughness and focus required to execute effective serves in competitive situations.



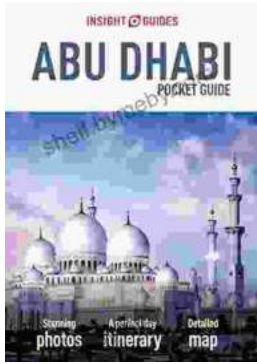
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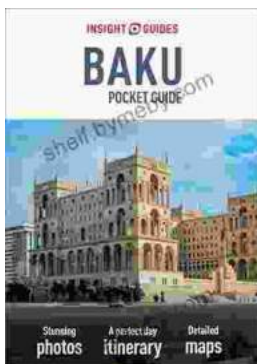
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