

Serve Doctor ™ Instructions www.0nCourtOffCourt.com

Everyone says the serve is the most important shot in tennis since, after all, every point in tennis always begins with the serve. At the very least, it is the shot most frequently hit. And, most people say it is the most complicated as well. If both of these arguments are true, it is our responsibility to make the serve as easy to learn as possible.

The Serve Doctor consists of an extension pole with a rope and Velcro on the end. To attach a ball to the pole, take a tennis ball with moderate to full fuzz and twist it onto the Velcro.

Use the Serve Doctor to give players a feel for the height and location of the contact point on the serve.

You can also use the Serve Doctor as a tool to hit groundstrokes.



