



The **Serving Sock** helps players improve the rhythm and fluidity of their serve. Corrects uneven and awkward serving motions. Just swing the Serving Sock like a racquet. The goal is to take a full service motion and avoid having the balls in the sock touch your back.

Like all kinesthetic training aids, swing the Serving Sock about 10 times without the balls hitting your back to get a better feel for the service motion. Then switch to a real racquet and serving a ball. Repeat back and forth as needed. Keep in mind that it may be easier to start in a modified beginning position, such as the one shown in photo #2 in the sequence on this page.