

Serve Stand™

INSTRUCTIONS

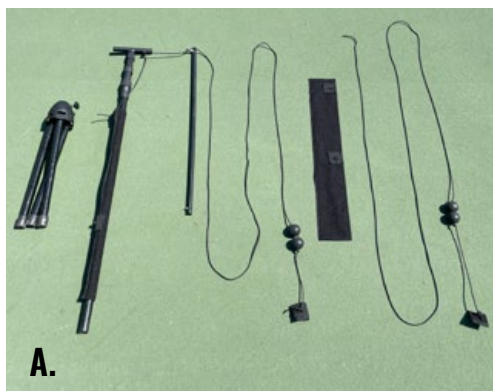
The **ONCOURT OFFCOURT SERVE STAND™** is a must-have training tool for perfecting your serve. With a tennis ball suspended from an adjustable telescoping pole, it ensures consistent ball placement, eliminating toss errors.

Players can focus on swing mechanics, rhythm, and accuracy, making practice more efficient. Ideal for all skill levels, it helps develop muscle memory and confidence. Great for solo training or coaching sessions, this tool accelerates serve improvement.



STEP 1

- A. Lay out all parts.
- B. Connect three telescopic poles together.



STEP 2

- Extend all three telescopic poles. Attach the top arm using the push pin.



STEP 3

Place Velcro straps on bottom and second pole.



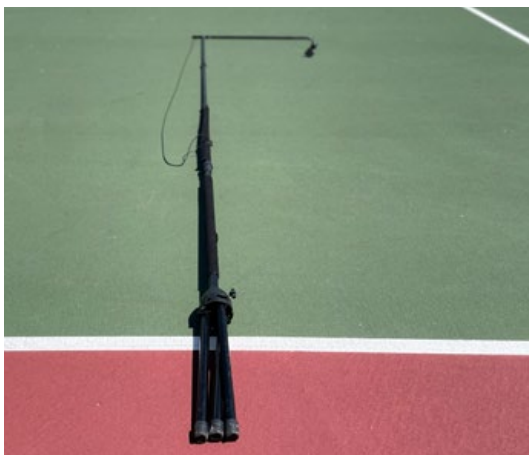
STEP 4

Loop string through hole. Make sure the string is NOT looped over.



STEP 5

With poles extended, attach tripod. Extend lower legs of tripod. Once standing, press down so the legs are flat with the ground. Check to make sure joints are screwed in tight and secure.



STEP 6

Attach ball to the Velcro on string. Find the ideal height by adjusting the string and securing the Velcro strap on the pole. Mark this point and test the height.



STEP 7

Serve!



For more information, plus a detailed assembly instruction video, please visit:

OnCourtOffCourt.com/serve-stand