



Tennis Q and A

by Peter Farrell –
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In this series of 'Tennis Questions and Answers', Peter Farrell responds to some of the most common queries that players put to their coach.

QUESTION: *I can't get much power on my first serve.* I have been playing tennis for ten years, and have only ever hit one ace! What can I do to hit more winning serves and aces?

ANSWER:

A number of things could be holding you back from developing power. A common one is that ***the forward swing of the racquet as it comes to meet the ball is too short.*** In order for the racquet to accelerate sufficiently to allow the ball to be hit with pace, it needs to travel a considerable distance. Acceleration requires distance and time. Even the fastest cars cannot go from 0mph to 100 mph in a fraction of a second. They need some time and some road (distance) to gain speed. Examine how far your racquet travels from the time you finish your backswing and begin swinging up and forward to meet the ball. If you can lengthen this part of the service action you will have the potential to hit with more pace.

TRY THIS: 'Shadow' your service swing without the ball and listen to the sound of the air through the strings of the racquet. Is the volume high, medium or low?!

For individual advice on any aspect of tennis,
please contact your local Tennis Coach Ireland
coach - see www.tenniscoachireland.ie

