



How to Hit a Second Serve

In this video, you will learn how to hit a good second serve.

Make sure you've checked out the video on how to serve

The three key steps are the toss, the shot and the follow through

The toss

For the second serve, one of the major differences is the toss

The ball should be almost over your head at contact

For the first serve the toss is almost above the hitting shoulder, slightly in front of the body

The Shot

Switch from the continental grip to the eastern backhand grip

Snap the racket upward and brush the ball

It's important to let the racket kick up into the ball

You could practice placing the ball in your non racket hand palm and brushing the ball upward

If the ball were a clock, the impact would be around 7 o'clock and you would brush your racket up to 1 o'clock

The topspin will add control, make the ball curve over the net and bounce high, making it harder for the opponent to hit a winner

You should aim for at least two to four feet above the net

The topsin will pull the ball into service box

Remember that the swing speed on the second serve is similar to that on the first

If you end up hitting your serve long, focus on the vertical swing of the racket as you brush the ball

The follow through

It's important to put some bodyweight into the second serve and take a step forward into the court

You can always get back to the baseline after your follow through

You're only as good as your second serve

Placing it is as important as your first serve

Practice them with a basket of balls or with a friend and serve with a purpose

Enjoy your game

<https://www.sikana.tv/en/sport/tennis/second-serve>