

POWER AND VELOCITY © 2007

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- **The serve: the complete analysis**
- **What you should know about the Positive and the Negative serve: Dominic Cobello's theory**
- **Full analyze on customized tennis equipment for higher results?**
 - **Muscles you need to reinforce**
 - **The conclusion**

"The Serve"

90% of the game

75% of the injuries



CHAPTER #1:

Description of the test:

The NFSCtour analyzed some tennis equipment for players who need to improve their tennis gear. More than 500 players have joined the NFSCtour since 2004. My test report is going to add a difference for players looking to get better results on court. Participating for the test: Playmate Ball machines, Sports radars, Court One manufacturer, Wilson, Head and Dunlop. They all agreed to participate in this form of analysis on the serve.

The velocity and power test on serve proved that, anyone can customize their tennis equipment, if needed. For instance, allow more power for the same energy used, in other words, hit the ball the same way you did yesterday. Permit your capacity to feel less demanding. Capacity means body fitness and strength.

Based on your energy, arm strength, body condition, and tennis experience you are able to get an average of 15 TO 25% more power of your serve. Plus, it will help on each shots used on court. You be the judge for that.

What is customizing your tennis equipment?

When you customize your gear there should be at least two reasons: get better results and have less injuries. The former is important and the last is unquestionable.

For this test I am using my know how on the serve to bring some improvement and more possibilities for many of you pros and amateurs tennis players. Always looking to get the best out of what you buy. Even the pros are still looking to get the best results out from their equipment. The most common question is “Should I play with more tension, or should I use a bigger grip or what kind of string should I use. Sampras used to change his strings and tension as often he played. Agassi was constantly changing is gear. It’s not just a question of sponsorships or money. When you have reached a certain level on the rankings, the gear is the reason why you are there. Your gear is your weapon, just like a gladiator coming into the arena. He needs full gear to stay alive.

Take my neighbour for example; he got himself a Chevrolet 2001. He upgraded the motor, rebuilt the whole interior, bought a new suspension and changed the transmission. It’s not a Chev 2001 anymore; it’s more like a spaceship. But you know what, he likes it and it’s a real bomb, I know I hear him every day.

Same excitement for your racquets, find the best racquet for your capacity, and yes look at the pros with what they play, they are the best demos on court. Here, I decided to go ahead with some of the finest equipment on the market and probably the best. For this test I am using tennis racquets, balls, grips, strings, ball machine, radars and a special court.

About the balls:

To test the balls, we used one of the most reputable ball machines on the market, the Playmate ball machine “Deuce”. The metal structure and the wheel engineering to force the ball out have a much more precise shot than the usual blowing machines. Blowing does the job on a court if you need to feed balls only. The difference with a blowing system machine and a spinning wheel ball machine, you can get a more precise shot at a higher speed. On the Playmate, the ball’s friction is 50% less than a blowing ball machine. It’s like a snap between two fingers; the ball is compressed just like getting hit in a racquet. Ball resist longer on the court because of the less friction from the machine. Good for the money you spend.

The ball’s speed in the Playmate is immediate, compared to an air machine the ball travels between 30 to 40 inches. The Playmate gave us speed, effects and precision. In the Playmate I have tried 4 different balls: Dunlop Grand Prix, Dunlop Championship, Penn ATP and the Pro Penn. Our test put The Pro Penn and Dunlop Grand Prix equal on the top speed. The Pro Penn with an average speed of 87 mph (140kh) and the Dunlop Grand Prix 86.5 mph (139kh). They both did the

job we needed. We are thinking of using both balls on our National Fast Serve Events and our new Tennis Action Games, in the near future.

During all our serving sessions, I used new balls on each of the serves: one ball, one serve. 14 top racquets were on the podium for the test and each of the racquets got to serve with new balls at each time.



Top picture left: (Head), right top (Wilson) and below (Dunlop), I worked with a tennis pro serving flat only, using the same energy on each of the shots. If I felt he would increase his power I would make him redo the serve. If I felt he did not push enough, again he would redo it. Sound, experience and hit, is what I used to judge each of the serves. The radars did the rest.

The complete list of the equipment used for the experimentation:

Dunlop group	Head group	Wilson group	Playmate Deuce
 <p>5</p> <p>6</p>	 <p>7</p> <p>8</p>		 <p>22</p>
 <p>m-fil</p> <p>200</p>	 <p>Airflow1</p> <p>Flexpoint</p>	 <p>K51</p> <p><u>K1</u></p>	 <p>23</p>
 <p>500</p> <p>300</p>	 <p>airflow 5</p> <p>instinct</p>	 <p>surge</p>	 <p>24</p>
 <p>500tour</p> <p>500</p>	 <p>Airflow3</p> <p>extreme</p>		

* (photo #)

5 Dunlop: Balls: Grand Prix Hard Court and Championship Hard Court (#6).

Racquets: Men: Aerogel 200 / 300 / 500 tour Woman: Aerogel 300 / 500 and M-Fil Lady Strings: Max Comfort 16g. And finally Grips: Hydramax Tour/ Hydramax comfort / Hydramax Cushion.

Head: Balls: Penn ATP (#7) and Pro Penn #8

Racquets: Racquets: Men and woman: Flexpoint Instinct / Airflow 1 / Airflow 5 / Airflow 3 / Microgel Extreme / Microgel Radical / Grips: Strings:

Wilson: Men: KSix-One 95 / Wilson K Factor KSurge / K Factor KOne

#22 Ball Machine: the Playmate Deuce quiet and 99.9% accurate

#23 Radars: To test the speed of each ball I used my new NFSCtour twin head radars Covers every angle on the court.

#24 Ground adherences: A soft surface with a good shoe and a good sole: 3 important factors during a fast serve competition. The circular blue rubber surface is from Mondo rubber. This mount will keep you from slipping when you are preparing for a serve. Your energy starts to build up from your gut first than the power starts in your feet. Figure that you are launching a spacecraft and you need a turbo push. In the next chapter you should meet what you need for your next serving session.

CHAPTER #2:



The Positive and the Negative Serve:

When you are getting ready to serve don't step back, this is negative. Think positive, go forward.

The following analyze is from a list of ATP and WTA players which I watched during some of their matches thanks to YouTube.com. I have screened every video of each player during their serve. The first thing I watched was the stance, and then the toss, the elevation of the ball, the path of the ball, next the contact with racquet and ball, finally the footwork.

It will give you a better idea of how they serve and what they use as equipment. I was surprised to find the entire list of players on youtube.com

When you read the mention negative or positive, it does not reflect on a player's judgement but only the way their body perform on the serve. E.g.: backward is negative and forward is positive etc... Federer is negative, but mind you is still #1.

Next is a description of the negative/positive serve definition.

The Negative serve:

- **The Stance:** a) the weight is on the foot on the opposite side of the tossing arm (for right hand toss/ left foot steps back) b) serving and moving back from the baseline c) bending down to hit the ball d) the body is sideways
- **The Toss:** a) the cathedral toss: the ball is tossed very high and hit on it's way down b) the avalanche toss: the ball is tossed inside the court in a reverse way to come back and fall on the baseline c) the suicide toss: the ball is tossed right over the head which you need to bend down to hit the ball.
- **The hit:** a) you have tossed the ball and you keep your arm straight after the hit, so that the arm tossing the ball hide the eyes or the face, which makes you loose for a fraction of a second where your opponent is, and the eyes and brain looses all concentration b) hit the ball always at the same angle, gives no surprise c) the second serve is 30% less faster than the first.

The Positive serve:

- **The Stance:** a) the body weight is on two feet or the body weight on the foot same side of the toss or moving the weight towards the baseline: right arm toss/ weight on right foot b) the body is facing the net c) feet wide apart like the base of the Eiffel tower.
- **The Toss:** the ball is tossed about 4 feet in court at racquet's height b) tossed in front towards the net c) tossed using the head as direction

- **The hit: a) the perfect hit is when you hit the ball when it stops moving at racquet's height, like if the ball was floating in mid-air b) hit it with shoulder power and not the wrist.**

CHAPTER 3



Muscles you need to reinforce

Customize your equipment and your body.

Dominic Cobello founder of the National Fast Serve Challenge (NFSCtour.com) and producer of the Tennis television program On Court with the Stars, Author of The Agassi Story, has designed the first sport radar in 1975. He has been doing many researches and experiences on power and velocity with all kinds of material, mostly tennis equipment. This year 3 companies have been asked to take part: Head, Wilson and Dunlop.

“We are not creating any rankings among companies but only customizing some of their equipment” said Cobello who has been around in tennis for 40 years. Tennis is a sport that I have respected and has been good for me. I adopted the game when I was 15. Living in the Italian community in Montreal, I started to play with a tennis racket and a hairless tennis ball belonging to my oldest brother. I took it against my school wall and played. It was the first time I ever heard about tennis.

I started serving on the wall, focussed at eyes level. I took a distance of 20 feet from the wall than I increased the speed when I felt I was hitting the ball good. I could differentiate on the impact when the sound of the strings was odd. Without exaggerating my speed, I wanted to improve my swing. When I felt good about it, I increased the speed on my swing. I practiced everyday when I had a chance.

One day I drew a 24 inches x 24 inches square on the brick wall with a chalk. Than I drew a baseline on the cement about 20 feet away and a cross line aimed straight to the square. My first objective, hit the ball into the square. I went from slow to faster on my swings. When I finally controlled the square, I drew another square, 12 x 12 inches inside the first one.

Slowly I got the ball into the smaller square and then raised the speed of my swing to a higher level.

After a while I was controlling the trajectory so I could hit the ball anywhere in that small square. Next I drew a smaller square of 6 inches x 6 inches inside the second one and started to serve in.

It took a while but got to serve in it easy.

Today when I start serving I always keep my focus on that imaginary 6x6 square just over the net. This has nothing to do with position of the body when serving, or the ball toss just for target practice.

The wall exercise is something to consider for any level of players. It allows you to raise speed on your footwork level, anticipation, preparation and most of all the eye and brain coordination. Being 20 feet away from the wall and if you start getting some power in that serve, the ball will come back pretty quick.

Building power on your serve is like adding power to your car. If you boost the power on your car you need to reinforce some parts of your car. The more you serve and the faster your serve needs good body reinforcement.

Before going into the equipment analysis, let's talk about your body.

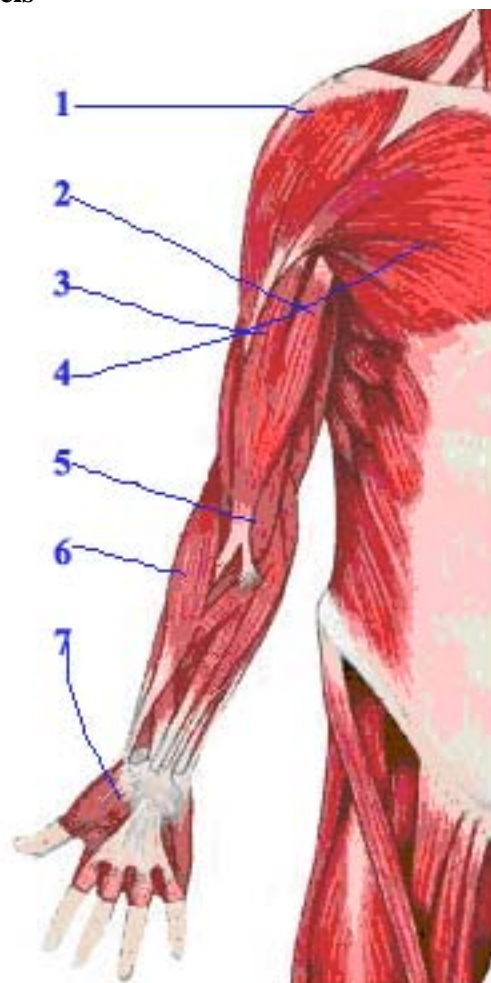
In the following you will find a list of muscles that has to be reinforced and trained. Before going into training, check out with your doctor to get his full approval.

If you have a small hand, than you might be playing with a small grip. This is normally being advised so. Although, if you are using a small grip, you are working the muscles from your forearm. You are not using the whole power that you own. In order to increase your power, the force has got to come from the shoulders. So you need to build the couple of soft muscles in that region.

Here is the muscle group you need to reinforce to avoid major injuries and get maximum power.

Photo references:

- 1 The Deltoid**
- 2 The Biceps Brachii**
- 3 The Brachialis**
- 4 The Pectoralis Major**
- 5 The Brachioradialis**
- 6 The Supinator**
- 7 The Adductor Pollicis**



**#1
The
Deltoid
work out**



**#2
The Biceps
Brachii**



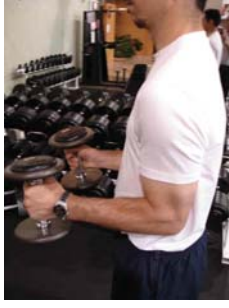
**#3
The
Brachialis**



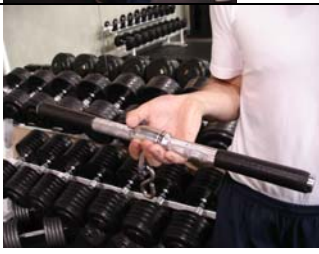
**#4
The
Pectoralis
Major**

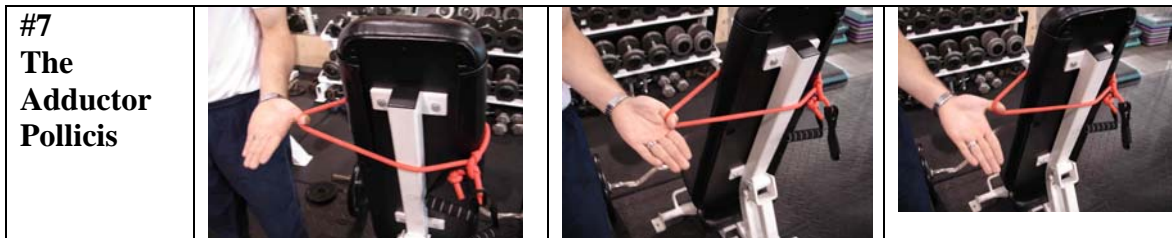


**#5
The
Brachiorad
ialis**



**#6
The
Supinator**





If you are using a larger grip, you need to work the upper arm muscles

Photo # 2 Biceps Brachii

Photo #3 Brachialis

Photo #5 Brachioradialis

Using a small size grip you will need to work two muscles:

See upper muscle body picture:

Photo # 5 Brachioradialis

Photo # 6 Supinator

Your training cannot be complete as you also need to reinforce these 3 other muscles associated to the first 3:

Photo # 1 Deltoid

Photo # 4 Pectoralis Major

Photo # 7 Adductor Pollicis As for the last one it's in your hand, this exercise will give you a stronger lock to the grip.

Once you are satisfied with the final results of your work-out you are near ready to get additional power to your serve.

Logically, to increase power from your arm it needs to come from the upper part of your arm. Think of when you are lifting snow with a shovel, you are using the strength from the upper arm which is supported by your shoulder's muscle. Look at the players that are benched for weeks because of injuries. How does it happen? It's easy to define. The player is serving negative, or using his equipment the wrong way.

Major injuries barely happen during an exchange on court, mostly due because of the serve. Couple of players that shortened their career because of injuries: Rusedki's serve with a positive stance is almost perfect as well as Goran Ivanisovic. He missed many of his matches because of a back injury. By watching his serve and the kind of whip he finishes his swing, I can imagine on a five set match which Greg

used the lower back muscle, no way he could go on. He needed to reinforce his shoulder and the upper arm. When you play power tennis like he did, you need to have the best trainer in body building and the best adviser. Often I saw trainers become doctors.

Agassi had the same problem. Mike, Andre's father used to say that he was against weight lifting as kind of training. We talked about the way Andre was training and Mike use to say that Tennis is so similar to boxing. Mike was a professional boxer in his young days. In boxing, speed is unconditional. The faster you are on court, than you have a very good chance to be up there winning. Casius Clay was among the fastest boxer on the ring. "We train on a punching bag, sand bag and we skip the rope" he said. And to increase stamina we ran around the block, outside. Andre was building muscles and lifting heavy weights just like many of the ATP and WTA players. At the time he got back on court and running all over after the ball, his muscles were kind of surprised on the demand and had to give in, they could not resist. They were telling him, what the hell are you doing? You are lifting weights at a speed of 1/2 mile and hour and now you are asking for 80 miles and hour movements. I am sorry: I have to say, ouch.

This is what I mean by asking a specialist before going into bodybuilding. In Andre's case, I would not be surprised that since he started on the machines, this is when he weakened his back muscles than created a spine problem. I don't think that Andre needed to reinforce that much. This guy was quick on court already; he has the best shots on the market, he is the best architect on tour and as he also had a perfect eyesight. What else do you need? You are right if you said better equipment.

Mike asked him to modify his equipment instead. He told him many times that he disagreed with body building. Reduce the racquet head to at least "100si" from the "110si" he had. Sampras played with a Wilson racquet containing 85 square inches of string surface and he served an average of 135 mph. Andre finally gave in at the end of his career, changing from 110 square inches to 105 square inches. He served much better.

As for using the right grip size, use a bigger size than normal. E.G.: If you have a 4 1/8 grip, go for a 4 3/4. Raise the size substantially of 2 sizes.

As for getting more power on your serve, a sticky and soft grip will be useful. And if you already play with bigger grip than normal or if you had to make the grip bigger, you would have to start reinforcing your higher body muscles. Always get the best advices from your doctor.

Here are some very important training advices which will help you have a better muscular support to avoid injuries and get a better grip on the racquet.

Keep in mind that these advices will help you get better results and enjoy the game more. My 40 years' experience in power and velocity on the serve results to this: a 6' 2 player has normally a bigger advantage to ace in a game, think of a 6'10, what will be his results. Exceptionally in the tall group of players, 99% have a big handicap

on mobility. Although the handicap on a smaller person from 5 feet to 5'10 inches is the serve, they need to develop a good serve, with power and precision, than they have a perfect mobility on court. Maria Sharapova, Venus Williams and Justine Henin have what in common? Nothing: Sharapova has problems of mobility and serve, Venus serves hard and runs great and Justine runs great but the serve stinks.

Take for instance Andre Agassi. McEnroe, Federer, Nadal, Henin Hingis or Yan Zi, they all need a constant serve with a difference of 10 mph between the first and the second.

This was the best shot for Sampras and why it kept him #1 for a few years. Federer seems to be copying that, although if Andre could have kept this kind of beat, he could have had a better consistence and concentrate on other shots. But forget the serve for a moment; see the way they move on a court, the footwork, the size of their legs, they look like a boxer.

I must conclude by saying again that the serve is 90% of the game. Make it your special shots, and take my word, it won't take long that your opponents would prefer to have you on the opposite side on the draw.

The serve starts the game. The serve is a fantastic weapon, Roddick for example. It's the speed of the serve which destabilizes your opponent. And it's the serve that makes you confident for the rest of the game. If you can run 25% more aces to Federer or Mauresmo during a game, I will bet everything I own on you.

If it's your turn to serve, don't put the ball in play, ace the opponent. Don't just put the ball in play, control the serve and dominate the game.

Don't offer the ball while serving, off balance the opponent.



CHAPTER 4:

Full analyze on customized tennis equipment for better results?

Ball testing

10 Balls per test	Average speed mph
Penn ATP	86.5
Pro Penn	87
Dunlop GP	87
Dunlop Champion	86

Racquets, grips and strings testing: 45 lbs tension Using 2 grip sizes

Grip size	4 3/8	4 3/4
String tension	45 lbs	45lbs
equipment	results	results
Dunlop200r	108	111
D 300m	107	109
D 500 tour	114	112
D lady	103	105
D lady 500	105	107
Head a 5	100	106
Head a3	106	109
Head a 1	105	110
Head Extr 1	109	110
Head radical	109	109
Head instinct	109	110
Wilson k1	105	109
Wilson Surge	110	110
Wilson 156	114	110

Racquets, grips and strings testing: 58 lbs tension

Size Grip	4 3/8
String tension	58 lbs
Equipment	Results
Dunlop 500 Alain	108
Dunlop 200	107
Dunlop 300	109

Racquets, grips and strings testing: 65 lbs tension

Size grip	4 3/8	4 3/4
String tension	65 lbs	65lbs
Equipment	Results	Results
Dunlop200r	108	108
D 300m	111	111
D 500 Tour	107	107
D Femme lady	110	110
D 500 Ladies	108	108
Head a 5	108	108
Head a3	108	108
Head a 1	112	112
Head extreme 1	113	113
Head radical	109	109
Head instinct	108	108
Wilson k1	103	103
Wilson Surge	106	106
Wilson 156	107	107

Racquets, grips and strings testing: 58 lbs tension

Size Grip	5 1/4
String tension	58 lbs
Equipment	Results
Dunlop 500 Alain	110
Dunlop 200	109
Dunlop 300	108

Racquets, grips and strings testing: 81 lbs tension

Grip size	4 1/2	4 1/2
Balls	Penn	Dunlop
Tension	80lbs	80 lbs
Equipment	Results	Results
D 300m jaune	112	108
D 500 tour rouge	111	110
Head Extr 1	111	109
Head radical	112	110
Wilson rouge	113	111
Wilson vert	109	110

CHAPTER 5



Players	Height & weight	Racquets	Strings	Tension	Stance **	Body	Toss
Roger Federer	6'1" (185 cm) 177lbs	Wilson KFactor KSix-One Tour	Wilson Natural Gut/Luxilon Big Banger	12.5 oz	Positive	Twist	High Over head
Rafael Nadal	6'1 188lbs	Babolat AeroPro Drive Racquets	Babolat Pro Hurricane Tour 16 String	na	Positive	Sideways Twisted	Lowest toss with effect, cannot read it
Andre Agassi	5' 11" 177 lbs (80 kg)	Head Agassi Radical Limited Edition Racquets	Luxilon Big Banger ALU Power 16L String Grey	60lbs	Negative	Sideways	Low overhead Hits when ball is still
Goran Ivanisevic	6'4" (193 cm) 180lbs	Head Liquidmetal Prestige		58lbs	Positive perfect	Facing the net	Low, hits at dead point way inside the court
Lleyton Hewitt	5'11" (1.80m) 170lbs	Yonex RDS 001	Luxilon Big Banger ALU Power 16L String	na	Negative	Sideways twisted	Too high back on his head on the baseline
Pete Sampras	6'1" (1.85 meters) 170lbs	Wilson ProStaff 6.0 Original	Babolat VS Natural Team Gut 17 (1.25) String	80lbs	Almost positive	Sideways twisted on both feet falls in court deep	Low and deep inside the court
Boris Becker	6' 3 183	Volkl BB 10		na	Negative	Sideways	High hit at peek before it comes down on the baseline
Andy Roddick	6'1" (1.85 meters) 195	Pure Drive Roddick +	Pro Hurricane+&VS+/ Babolat	65 lbs	Positive	Sideways Weight on two feet,forces his way in court looses time	High over head, on the baseline
Martina Hingis	5' 7" (1.70 m)	Yonex RQS 11	TOUR SUPER 850 PRO	na	Positive	Almost facing the net : good position	Too high, hits the ball half way down, opponent has time to read the

							serve
Venus Williams	6'1" (1.85m)	Wilson W5 Divine Iris	Babolat VS Natural ThermoGut 15L Touch String	Na	Positive	Sideways Weight transfer is perfect falls in court	High and inside the court
Serena Williams	5' 9" (1.75 m)	Wilson [K] Factor Experimental	Wilson Natural Gut 16 String	Na	Positive	Sideways Weight on two feet	High just over the baseline Hits coming down
Amelie Mauresmo	5' 9" (1.75 m)	HEAD Flexpoint Radical	Babolat VS Natural Team Gut 17 (1.25) String	na	Positive	Sideways Jumps to hit the ball, looses time and eye contact	High inside the baseline, hits when ball coming down
Maria Sharapova	6' 2" (1.88 m)	Prince O3 White		53 - 62	Negative	Sideways Twist to hit, bends down to lift	High and hits the ball coming down and just over the baseline
Andy Murray	6'3" (190 cm) 175	Head Prestige		na	Slightly positive	Sideways	High, hits half way down, just over the baseline
Novak Djokovic	6'2" (187cm) 176	Wilson nBlade		na	Positive body, negative toss	Sideways Twisted and steching, his arm hides the court,	High and back on his head, hits when ball coming down
Ivan Lendl	6'2" (187 cm) 175	Adidas GTX PRO-T	Natural gut	50-60 pounds	Positive	Slightly facing the net	Low, hits at dead point,inside the court
Justine Henin	5' 5 3/4" (1.67 m)	Wilson nCode nTour Two		na	positive	Slightly facing the net	Too high , , hits the ball coming back inside the court but stays back ?
John McEnroe	5'11" (180 cm) 165	Dunlop Maxply McEnroe Racquets	luxilon big banger	60lbs	negative	Sideways and moves to the net.	Good height and hits the ball when it's dead.

Roger Federer: negative / serves sideways and uses his two feet for power. His body twists towards the inside of the court and tosses the ball high enough and brings it back on his head, hits the ball with the head straight forward. An 8/10

Andre Agassi: negative stance, sideways, ball over head low, hits when ball is dead, drops on the baseline, 8/10

Pete Sampras: Ball low inside the court and over the head. Hits sideways and twisted, both feet in the air and falls in the court. 9/10

Lleyton Hewitt: throws the ball back on his head (negative) the balls falls on the baseline, a bit too high, sideways. 6/10

Boris Becker: negative/sideways throws the ball high and hits the ball at almost its peak before coming down. Ball is almost inside the base line. 7/10

Andy Roddick: positive serve, sideways, weight on two feet, the toss is high over the head, hits the ball almost on the base line, forces his way in court and looses time, the only problem I see is that he hides his face when he tosses, looses complete concentration between ball/eye and opponent. 7/10

Martina Hingis: negative /throws the ball just in the court very high and jumps on the ball when almost half way down. 5/10

Venus Williams: she throws the ball high and inside the court the weight transfer on her feet is almost perfect making her fall in the court to hit the ball and be 6 feet closer to the net at impact. 9.5/10

Serena Williams: positive/ sideways and toss the ball not too high and a perfect stance, weight on two feet, hits the ball inside the court a few inches coming down. 10/10

Amelie Mauresmo: negative/ throws the ball very high behind the base line and hits the ball when descending by jumping side ways on her two feet: 6/10

Justine Henin: positive/ hits ball too high, falls in the court which she doesn't need as she like to stay in the back, good weight transfer, not powerful enough, 5/10

Maria Sharapova: negative/ throws the ball at 3/4 were it should go, hits the ball at its peak and starts on a negative way by stepping back with weight on the right foot and throwing the ball, form our point of view the ball is not high enough from hers by being bent on her right foot she is one foot shorter so she gets the impression of throwing the ball high enough. 4/10 she can be #1 for a long time if she could correct this.

Andy Murray: negative/ sideways, slightly positive stance, tosses the ball very high, hits the ball half way down, ball tossed just over the baseline and falls in the court slightly over the baseline, 6/10

Novak Djokovic: negative/ sideways, the ball toss is over his head slightly in court, positive stance, body twist to hit the ball. 7/10

Rafael Nadal: negative/ sideways and almost twisted body, his ball is the lowest toss on the tour, not powerful but a ton of effect, good first ball percentage, and positive stance / toss the ball in court. 9 / 10

Ivan Lendl: positive stance almost facing the net, ball toss low hits at dead point way inside the court 10/10

John McEnroe: sorry Mac it's negative / sideways and ready to move to the net. In 1970 this was a great game. Today with returns at 90 mph he would have to stay back a bit or get passed. The toss is positive/ in the court at racquets heights and hits when the ball dies or floats.
I give him an 8/10

The perfect 10

Goran Ivanisevic: body almost facing the net, perfect toss, he wants the ball to stop and falling in the court at almost 6 feet away the baseline, positive stance weight on his two feet, ready to jump on it, when he hits the ball he is almost at the net. 10/10

When your body is facing the net while serving you can see the player at all time, you are in a direct line running to the net or both feet on baseline; get more power to your serve, less twist and less injuries. Injuries because of your body position. Think about it. A good flat serve on the player makes the other guy move instead of him waiting for the ball.