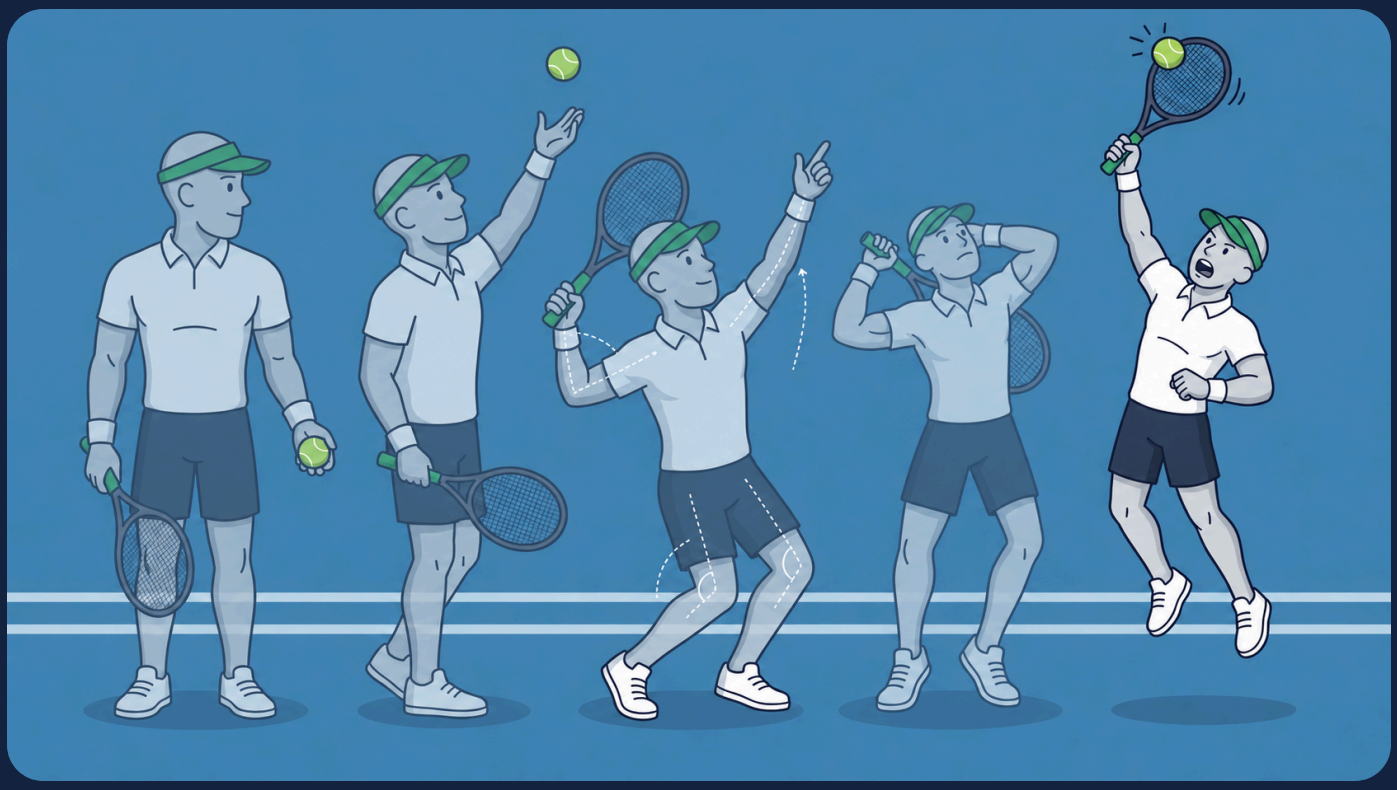
THE CLUB PLAYER

FREE CHECKLIST

Fix Your Serve in 7 Days

One small fix a day. 15 minutes.
A serve you can trust in a match.



How this works

The serve is the only shot you fully control, and every point starts with it. Fix it, and you stop handing your opponent free points.

Each day gives you

one **fix**, one **drill** and one **pass mark**. Don't move on until you hit the pass mark. If a fix takes two days, take two days.

What you need

- A basket of balls (20+)
- A court, or a wall with a line at net height
- Your phone, to film one serve
- 15 minutes a day

Before you start

Film one serve from the side. Don't watch it yet. You'll compare it on Day 7. (Tips are for right-handers. Left-handers, just mirror them.)

DAY 1 The grip

FIX	Use the **continental grip**, the "hammer grip". Hold the racket as if you're about to hammer a nail with its edge. Most club players serve with a forehand grip: it feels easier, but it caps your power and spin.
DRILL	20 slow shadow swings with the new grip, then 20 serves from the service line (halfway into the court).
PASS MARK	☐ 12 of 20 serves land in, still using the continental grip. It will feel strange. That's normal.

DAY 2 The toss

FIX	Most bad serves start with a bad toss. Release the ball from a straight arm, with no wrist flick, to just above where your racket reaches, slightly in front of you and to your right.
DRILL	Get in your serving stance, lay your racket on the ground just in front of your front foot, and toss without hitting. Let the ball drop.
PASS MARK	☐ The ball lands on or near the racket 7 times out of 10.

DAY 3 Stance and rhythm

FIX	Stand side-on, front foot pointing toward the right net post, feet about shoulder-width apart. Then find one smooth rhythm: **"down together, up together"**. Both arms drop together, then both arms rise together.
DRILL	10 shadow serves saying "down together, up together" out loud, then 20 serves from the baseline at half speed.
PASS MARK	☐ 12 of 20 in, with no rushing.

DAY 4 Trophy pose and knees

FIX	Power comes from the ground up. At the top of your toss, pause in the **trophy pose**: knees bent, tossing arm pointing at the ball, racket up behind your head.
DRILL	10 serves where you freeze in the trophy pose for one second before swinging. Film one from the side.
PASS MARK	☐ In your video, your knees are clearly bent at the trophy pose.



Legs, core and shoulder drive the serve. Your arm is the last link, not the engine.

DAY 5 Throw the racket up

FIX	The serve is a throwing motion. Let the racket drop behind your back, then swing **up** to the ball, not down at it. A loose arm hits harder than a tight one.
DRILL	Throw 10 balls overarm as high and far as you can (onto an empty court or a field). Feel how your arm whips. Then 20 serves trying to copy that feeling.
PASS MARK	☐ Your serves feel looser and faster, with at least 10 of 20 in.

DAY 6 Aim small

FIX	Stop aiming at "the box". Aim at one spot. Put a target (a can, a towel or a cone) in the wide corner and another at the centre line, the "T".
DRILL	10 serves to the wide target, 10 to the T.
PASS MARK	☐ 5 of 20 land within one big step of a target.

DAY 7 Second serve and routine

FIX	Double faults come from nerves, not technique. Build a routine you repeat before every serve: the same number of bounces, one breath, picture your target. Then hit your second serve with **more** spin and a higher arc over the net, not just slower.
DRILL	Play 10 "points": your routine, first serve, and a second serve if needed. Count your double faults.
PASS MARK	☐ 2 or fewer double faults out of 10.

Then: the Day 7 video

Film one serve from the side and compare it with your Day 1 video. Look for three things: the continental grip, bent knees in the trophy pose, and contact high above your head. Send it to theclubplayer@gmail.com. We read every one.



Stuck on a day?

- **Serves going long?** Your toss is drifting behind you. Go back to Day 2.
- **Serves going into the net?** You're hitting down at the ball. Go back to Day 5 and reach up.
- **No power at all?** Check your knees on video (Day 4) and your grip (Day 1).

Your 7-day tracker

Print this page and fill it in on court.

DAY	FIX	DRILL SCORE	PASSED
1	Continental grip	____ / 20 in	☐
2	The toss	____ / 10 on target	☐
3	Stance and rhythm	____ / 20 in	☐
4	Trophy pose and knees	Knees bent on video?	☐
5	Throw the racket up	____ / 20 in	☐
6	Aim small	____ / 20 near target	☐
7	Second serve and routine	____ double faults / 10	☐

The 5 mistakes that ruin club serves

1. Serving with a forehand grip
2. Tossing the ball behind your head
3. Rushing: no pause, no rhythm
4. Standing straight-legged: no knee bend, no power
5. Hitting the second serve softer instead of with more spin



Ready for the next level?

The Club Player Playbook, Book 1: The Serve takes you further: a 30-minute practice plan, slice and kick serve drills, a match-day routine and printable drill cards.

Get it, and the rest of the Playbook series, at theclubplayer.com.

See the Playbook →

The Club Player gives general tennis training tips for healthy adults. Warm up before serving and stop if you feel pain. If you have a shoulder, elbow or back injury, ask a doctor or physio before training. © 2026 The Club Player.