

# SquashRocs – The Serve

## How To Make A Legal Serve

1) stand in the service box with 1 foot fully inside the box (it can not touch the lines). The other foot can be anywhere, inside or outside the box.

2) aim your shoulders (sideways on) towards the middle of the front wall, so that your upper body (from the hips and above) is angled with your shoulders.

3) raise your racket (and hand / forearm) up, ready to swing at the ball.

4) hold the ball out directly in front of you (at right-angles to your shoulder line), palm up.

5) throw the ball up :-

a) high against the side wall and let it bounce

b) high up in front of you, but no side wall, and let it bounce

c) from waist height, just a little up in front of you (to about chest height)

6) swing the racket at the ball to hit it :-

for a) and b) - at the top of the bounce

for c) - at the top of the throw

7) try to hit the ball high enough onto the front wall so that it goes above the service line, and hard enough that it comes back and clears (for the first bounce on the floor) the short line.

## Making a Better Serve

After you can consistently make a legal serve, as above – then you can make your serve better by :-

1) getting the ball to hit the side wall, just as it passes the short line

2) getting that hit on the side wall to be higher and further back, so the ball goes deeper into the back corner

TIP: try not to have the ball going so high that it is above the side (out) line too much.

**Remember – in a game you only get 1 chance at the serve, so make sure you get it 'in' (legal), so at least the rally gets started and you don't give away a free point.**