

3x Power Serve System Weekly Practice Schedule



DAY 1: LOWER BODY FOCUS

Step 1: Watch All the Lower Power Leg Videos in the Course

Do the following exercises:

Section 1 Toe Turns:

1. Practice the Toe Turn with without a racket just to warm up. Do about 20 to 30 to get lose.
2. Then 20 shadow stroke serves with the toe turn
3. Then serve a basket where you do 2 shadow strokes and then hit the ball on the 3rd swing! Be patient this works great!

NOTE: Film yourself! You will be surprised sometimes by what you learn!

DAY 2: CORE BLAST

Start your day by watching all the core videos inside the course.

1. Start by getting in the baseball wind up position do not throw. Practice 10 times or til you feel on balance.
2. Next get into the baseball wind up and practice throwing. Start throwing slow and work your way up to about 90% throwing speed. Throw about 30 balls.
3. Practice hitting a basket in the baseball wind up. Don't worry about power!
4. Hit a basket of normal serves. Focus on the cradle the baby move. Do 2 shadow strokes and then hit the 3rd toss.

DAY 3: MASTERING THE TILT

Watch the Windy Tree, Cradle the Baby, and Power Toss Video inside the course

1. Practice tossing the ball up and getting into windy tree position.
2. Now practice tossing and also focus on getting yourself into rocket eyes position
3. Hit a basket of balls where you focus on getting into windy tree position. Do 2 practice tosses and freeze in windy tree for 3 seconds and hit the 3rd toss.

NOTE: Don't look to see if you made the serve...keep your head and upper body up even after the ball is gone

Bonus work: Go into the weight room and practice these 2 exercises. 3 sets of 15 reps for each exercise.

DAY 4: RACKET HEAD ACCELERATION THE SECRET SOURCE

Watch the Pro Delivery System Parts 1 2 and 3. Watch very closely these 3 videos before going out to the court.

1. Practice throwing a ball in the quarterback position. Make sure to aim up. For bonus points get yourself a football and practice with a friend. Throw about 40 to 50 balls starting slow and building up acceleration. Make sure to also focus on throwing out of the TILT position.
2. Next go to the fence and focus on getting your hand, arm, and elbow into proper position.
3. Grab a racket and do shadow strokes against the fence for 3 minutes. Film yourself.
4. Practice a basket of serves from the quarterback throwing position. Make sure your racket and arm are in the SECRET SOURCE position. Start slow and then work on building tremendous racket head speed. Think of your racket as a whip.

DAY 5: FLOW

Watch the Serve Master Flow Video

Warm up by throwing 30 balls over the net. Focus on all the moves you have learned so far.

- *The toe turn
- *Toe extension
- *Knee bend
- *The Baseball Wind up
- *The quarterback power source position
- *The Tilt

Next Grab the Serve Master or Sock with 2 to 3 tennis balls inside and do shadow serves. Work on this til you can go 1 minute straight without stopping your swing momentum.

NOTE: You may have to start is small bite size pieces like I show in the video but you want to build up until the rope pretty much has a mind of its own and you are just along for the relaxing ride.

Serve a basket of balls where you do two smooth shadow strokes without stopping and then hit the ball on the 3rd toss. Try and do this with no pauses in between serves.

DAY 6: LAUNCH

Watch the Jump Power Serve Videos

Warm up by throwing 20 to 30 balls over the net.

Next do a basket of serves with your feet on the ground. Remember to focus on all your training so far.

After you have properly warmed up. Put a towel inside the baseline Practice shadow strokes, where you jump up and out into the court landing on the towel and holding your balance for 3 seconds.

Next Practice a basket of serves where you do shadow strokes for the first 2 serves landing on the towel for 3 seconds, on the 3rd jump hit the serve and try and stick the landing for 3 seconds.

NOTE: If you are not physically able to jump into the serve just repeat day 5 exercises.

DAY 7: FINDING YOUR IDEAL SERVE SPEED

Review 3 Videos on Concepts that gave you the MOST Trouble

Warm up with 20 to 30 throws from the power source position.

Serve a basket of warm up serves.

Then find your ideal serve speed by serving slow at a level 1 and work your way all the way up to a level 10 if you can get that high.

Start to notice where your serve starts to feel out of control, this will be a serve you NEVER want to try in a match. Then find a serve that you feel under control and can hit pretty hard (use this for BIG moments in a match). Finally, find the serve you can hit hard but still make over 60% of the time, (this is your ideal serve speed).