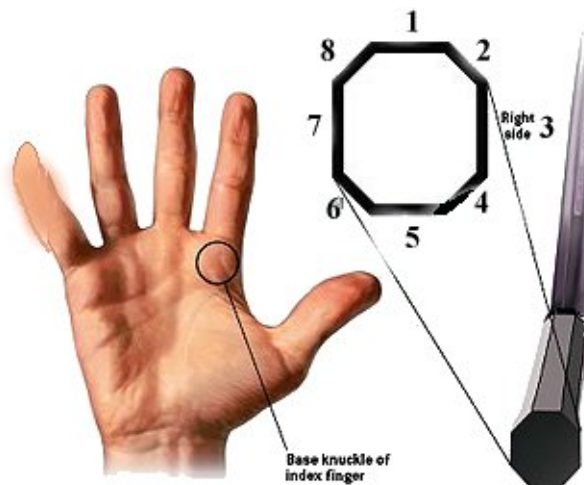


## T122 - Continental Reference Picture



## SRTT3-301 - Continental Grip Reference Points

Set the continental grip by placing the base knuckle of the index finger on bevel #2 and the V created from the thumb and the forefinger is on top of the racket. For lefties the base knuckle is on bevel #8 (the top bevel is #1 and move clockwise).

## T102 - Serving with a Continental Grip



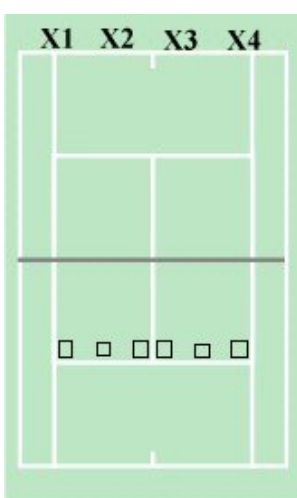
One of the toughest things to do as a tennis player is to use a continental grip when you serve. Here are a few ways to practice and increase your chances for success. First practice bouncing the ball against the ground using a continental grip. This may feel a little uncomfortable in the beginning but try to keep your hand relaxed (do not squeeze the grip too tight).

Next as you begin to serve use an abbreviated motion with your racket starting above your shoulder with your arm bent (focus on making a solid contact). You may also want to choke up on the grip. The continental grip will eventually help you hit faster more powerful serves as well as spin serves - it's a grip you must have!

## SRTT3-302 - Continental Advantages and Disadvantages

**Advantages;** generates more wrist snap, can hit a spin and flat serve with this grip, don't need to switch grips when using serve and volley tactics.  
**Disadvantages;** hard to learn for younger and new players, may need to switch more to a backhand grip for a kick serve.

## SRC375 - Serve 24s



Here is a large group practice set up for serves (an individual can also use this practice set up to improve serve placement and focus). Start with four stations on a baseline with three players at each station (12 players on a court). Here are the positions for the stations; deuce side wide, deuce side center, ad side wide and ad side center. Players will hit two balls each time they serve aiming for three different areas for their respective service box; center, wide and middle. So they hit six balls from each station using a first and second serve for each target area. While one player is serving the other two players in their line are doing serve strength builder exercises such as jump squats. After all players in a group hit 6 serves teams rotate one station. When finished each player will hit 24 serves, not a large number but each serve has a target area and the lower repetitions allow for better focus.

Notes: