

SLICE SERVE vs KICK SERVE

The more SPIN you impart on the ball when serving, the quicker it comes down into the court, making it possible for you to SWING HARD without risking missing your serve.



Slice Serve

Swing on the back of the ball at 8 o'clock towards 2 o'clock.

The ball spins sideways and it has a low bounce

Toss:
should be slightly away from you towards the dominant side

Swing up and away from you to create side-spin

Kick Serve

Swing on the back of the ball at 7 o'clock towards 1 o'clock.

The ball spins upwards; it tends to bounce high

Toss:
should be higher, over the non-dominant shoulder

Swing up and "over" the ball to spin like a "wheel"

Benefits of Slice and Kick Serves:

- great as second serves for consistency
- harder to return due to their "heavy" spin
- push the returner wide (off the court)
- easy to send into the court under pressure.