

Tennis Serve

Submitted by [N Mailman](#) on Mon, 05/30/2011 - 16:17 [Tennis](#) [Tennis Serve](#) [Fundamental Motor Skills](#)



Online Video File: http://www.PEvideo.org/sites/pevideo.org/files/2011/05/imgp0513_4657.flv

Original Video:

 [imgp0513.avi](#)

Tags

Category: [Fundamental Motor Skills](#)

Sport: [Tennis](#)

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Comments

Sports Skills Analysis

Submitted by [Tammie Grimmage](#) on Fri, 06/03/2011 - 22:55.

Stage: Intermediate

Stage Characteristics: He seems confident enough with handling the ball and racquet to not be a beginner. He doesn't seem to have enough follow through to be an expert.

What to Change: Follow through by stepping forward

Cue: Follow through by stepping forward

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Tennis Serve

Submitted by [Kevin Guettler](#) on Thu, 12/01/2011 - 17:58.

Stage: intermediate/expert

Stage Characteristics: Kept eye on the ball, strong swing, good follow through.

What to Change: Could add more force to make it a scorching ball

Cue: Hit hard!

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PES 494 Video Analysis

Submitted by [Loren Endsley](#) on Mon, 06/03/2013 - 13:28.

Stage: I think he is clearly high intermediate to an expert tennis player.

Stage Characteristics: He hits the ball at the perfect height of his swing. His eyes stayed focused on the ball. His grip is good continental grip form, which is perfect for serves. He seems like he knows what he is doing but lacks real power.

What to change: I would say swing harder like some of my classmates have shown. Use more momentum instead of stopping it on the follow thru.

Cue: "follow-Thru" This seems to be the only thing he really is lacking on top of lack of power.

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Tennis serve Analysis

Submitted by [Kasey McPetridge](#) on Thu, 06/06/2013 - 14:08.

This player is probably an intermediate player.

The form on his serve for the most part looks pretty well, he starts with his racket low and as he tosses the ball he brings his racket up and contacts the ball at about the spot you would want to contact it at. One major issue I saw was that he did not keep his arm up as he made contact with the ball. The video does not allow us to see whether or not the ball goes in, however the majority of the time if a player does not keep his arm up when they make contact with the ball it will go into the net. Upon contact however he falls into the court indicating that it is overall a good serving motion.

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Tennis Serve

Submitted by [Breyon Burrell](#) on Sun, 06/09/2013 - 02:20.

Stage: Intermediate

Stage characteristics: racket from low to high, strong follow through. eyes focused on ball

What to change: It was an excellent serve but he could have gotten into a more aggressive ready position once the serve was complete.

Cue: step towards target

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Tennis serve

Submitted by [Jessica Sosnowski](#) on Mon, 06/10/2013 - 13:49.

Stage: Intermediate, just short of being an expert

Stage Characteristics: He seems to have a descent serve, he does a nice job of keeping eye contact and hitting the ball at its proper peak.

What to change: I think he could use a little more follow through, It does look like the ball may have gone into the net so not dropping his arm as much before hitting it may help to solve this problem. He needs to complete the serve.

Cue: "Completion"

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Recommended Skill Analysis Tasks

Written Analysis: Analyze the following

- **Stage:** Identify the stage of the skill that is exhibited (e.g. beginner, intermediate, expert).
- **Stage Characteristics:** Describe 2-3 features of the movement on the video that is characteristic of the stage identified.
- **What to Change:** Identify and describe the most important aspect of the skill that will need to be changed for the subject to improve.
- **Cue:** Write the single most important verbal instructional cue to help the performer improve.

Video Annotations

1. Download the original video
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3. Go to the My Videos section and choose Annotations
4. Copy the link provided for the video.
5. Return to the comment form and share your work by pasting the link in the comment field.