



# USTA's High Performance Tennis: the Serve - NTSC

*United States Tennis Association*

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Great servers dominate the game of tennis with consistency, accuracy, power, disguise, and variety. Learn the technique of the top pros and apply it to your game! *USTA's High-Performance Tennis: The Serve* video features the top servers in the game:

- Pete Sampras
- Venus and Serena Williams
- Marat Safin
- Richard Krajicek
- Lindsay Davenport
- Lleyton Hewitt

Shot with a high-speed camera capable of producing super-slow-motion images, the video gives you an unparalleled ability to analyze every facet of serving. With this footage you'll be able to see precisely how top players deal with each phase of serving. You'll learn how to study the serve and improve your ability to analyze serves for yourself or your players.

*The Serve* takes you through the four phases of the serve: preparation, loading, hitting, and follow-through. Super-slow motion, stop action, graphics, and superb instruction help you analyze every facet of the stroke and see exactly what elements are needed for a dominating serve. Replays from numerous angles during U.S. Open television coverage allow you to see the servers' technique and see how to transfer that technique to the court.

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