

THREE PHASES

Preparation Phase	From the first sign of movement until maximal external rotation of the shoulder. Which coincides at the point when the tip of the racket head points toward the ground
Acceleration Phase	Begins from maximal external rotation of the shoulder until the end of ball contact
Follow-Through Phase	Begins immediately post ball contact and continues through the end of the service motion



EIGHT STAGES

1. Start	
2. Release	From the start stage (ball and racket at rest) until the ball is released from the non-serving hand
3. Loading	From the release stage until a fully loaded lower body position. This position coincides with the elbows lowest vertical position and also maximum knee flexion
4. Cocking	From the end of the loading stage until maximal shoulder external rotation coinciding with the tip of the racket head pointing toward the ground
5. Acceleration	From end of the cocking stage until contact
6. Contact	The very short period where ball and racket impact
7. Deceleration	Following contact until the end of upper and lower body deceleration of the serve
8. Finish	The short period at the end of deceleration and before the initial movement to prepare for the next stroke











