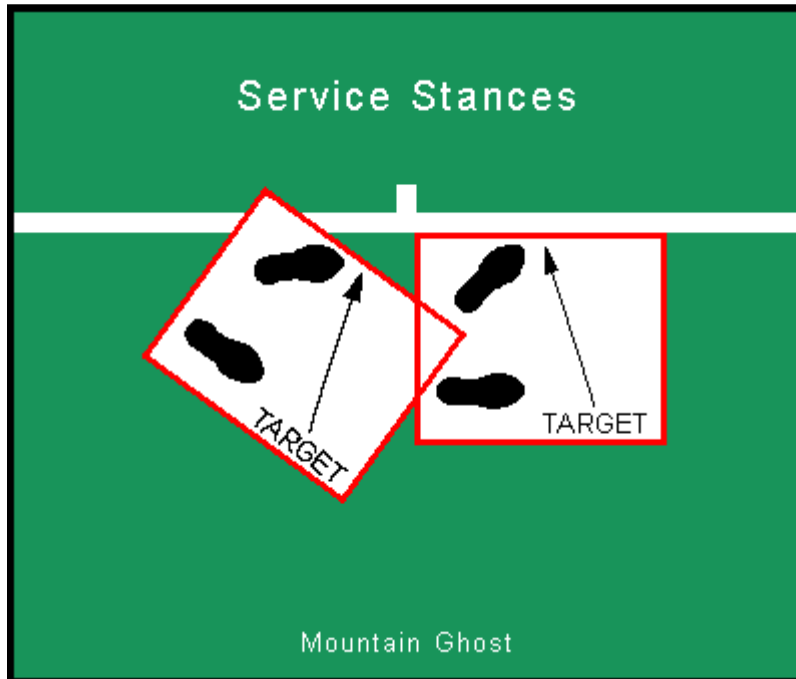


# DEUCE & AD SERVICE STANCES

Here's a graphic visualization of how to find your service stances:



- 1) Place a piece of poster board on the ground just behind the baseline on the deuce side
- 2) Step onto the board and find your "perfect" stance for serving to the deuce service box
- 3) Draw outlines of your feet, plus a line with an arrow pointing toward the deuce target
- 4) Now move the board over to the ad side and point the arrow toward the ad target
- 5) Get on the board with your feet over the foot outlines
- 6) This is your stance for serving to the ad side

All body positions and movements for serving to either the deuce or the ad courts are the "SAME" . . . IN RELATION TO THE STANCE!

If you have mental reference points on the court for certain body alignments and movements when serving to the deuce court, you will need to have a different set of reference points for body alignments and movements when serving to the ad court.

The difference in stances will be even more extreme when serving farther from the center mark, as in doubles.

MG

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