



Get your Serve Down Pat

Get Your Serve Down Pat with Pat Rafter is a **full-length training program** that will transform your serve into a consistent, reliable weapon. You learned why the serve Pat wants to teach you is so effective - particularly at the recreational level - and in this course you are going to **master it completely**.

You're only as good as your second serve, right? After you complete the full training program, you will possess a dominant, accurate, heavy second serve. Take pressure off your first serve when you know your second serve is a weapon, too.

But we're not stopping there. Get Your Serve Down Pat is actually three (**3**) courses in one. Not only are you going to get your serve down pat, but your volleys and return too. Pat is going to teach you how to **become an aggressive all-court player**.

So here's a video-by-video breakdown of exactly what's inside the full training program, and why it's worth the price of admission.

The Pace Serve	Pat calls it the pace serve, but you probably know it as the flat serve. He's got a simple technique for developing racket head speed and adding MPH to your serve. Also, racket head speed is a key to an effective kicker as well, because it allows you to put more spin on the ball.
Kickin' it with Pat Rafter	This was the first video in the free training series you've just seen over the last 2 weeks. Pat teaches you why the kick serve is the best serve at the recreational level, and why getting the opponent to make contact outside the center of his stringbed is more important than acing him.
The Toss	This was the second video in the free training series you've seen over the last two weeks. Pat explains how he used to struggle with his toss (even as a pro player!) and the changes he made to make it more consistent. Pat then teaches you

	<p>a simple technique for making sure your toss ends up in the same place over your head every time.</p>
<p>Holding the Ball</p>	<p>Ever wonder EXACTLY how a pro player holds the ball in his hand when he's tossing? How tightly should you grip the ball? Where should the racket and ball be at the start of your motion? There's also a simple trick to make sure you're holding the ball the right way.</p>
<p>The Stance</p>	<p>Pat dishes on how your stance affects your service motion, then he shows you the stance he prefers and explains why. Fun word of warning - he admits his method might ruin a few pairs of your shoes.</p>
<p>Using Serve Variation to Break Down the Returner</p>	<p>In the free training, Pat told you that variation was the key to the effectiveness of his serve - and at the recreational level, a serve that you can create variation with is DEADLY. Your opponents will never know what serve you're going to hit, how it will move through the air, and how it will bounce. They'll be constantly off balance and off target with their returns, giving you weak balls that you can volley or put away as a short-ball groundstroke.</p>
<p>Picking Balls</p>	<p>Ever wonder exactly what a pro is doing and thinking when they pick balls before serving? Pat dishes in this fun, quick segment.</p>
<p>Develop the Correct Serve Swing in Under 3 Minutes</p>	<p>The swing up from the racket drop to contact is the most important part of the serve. Most recreational players don't have this down at all. With this one exercise, you'll instantly get it. It'll give you that racket head acceleration you need for pace and spin.</p>
<p>Instantly Improve your Serve with this Routine</p>	<p>A pre-serve routine is key to developing confidence and consistency. What you think about is</p>

	<p>stunningly important. So Pat explains what goes through his mind right before he hits his serve.</p>
<p>Developing a Deadly, High-Bouncing Kicker</p>	<p>Pat demonstrates a simple progression (and fun game) you can practice to really get the feel for hitting a high-bouncing kicker that will give your opponent fits - especially when you place it out wide to his backhand.</p>
<p>Serve Accuracy Progressions (5-video mini-series)</p>	<p>Develop your serve placement and accuracy with step-by-step target progression. This one starts simple and ends with one of the most insightful target practice drills I've ever learned (even Pat was surprised by it!). By the end of these five videos, you're easily going to be able to direct the ball to the forehand, backhand, or body, and start tapping into your opponents' weaknesses.</p>
<p>The Craft of Serving, Part 1</p>	<p>We sit down with Pat and listen as he explains the thought process he uses to approach serving and returning against various types of opponents - and gives you specific examples with players he faced on the pro tour.</p>
<p>The Craft of Serving, Part 2</p>	<p>Pat explains why the serve he teaches is so incredible for doubles players. With well placed kick serves, your net man will be given tons of easy poaches and put-aways. He also discusses why recreational players struggle so much to return the high kick to the backhand, and how you and your partner can take advantage of that fact.</p>
<p>The Craft of Serving, Part 3</p>	<p>Pat talks about how to serve effectively even when you're facing an incredibly talented returner like Michael Chang or Andre Agassi.</p>
<p>Moving In To The Net</p>	<p>This was the fourth video in the free training series you've seen over the last two weeks. Pat explains</p>

	<p>the technique he uses to close the net after serving, and why rhythm was so important to him. He also explains why Pete Sampras' style of serving and volleying isn't the best model for a recreational player to follow.</p> <p>Don't want to serve and volley? You'll still be getting plenty of short, weak returns that you can take as a groundstroke. Recreational players HATE handling short balls, and they hate missing those shots even more. Pat's got you covered by showing you how to close short balls and end points quickly.</p>
<p>Successfully Hitting your First Volley</p>	<p>Pat shares the secrets that recreational players need to know if they want to be in position to successfully hit their first volley as they approach the net. He explains how to make the court "feel small" for your opponent, how to make decisions on where to place your volley, and how to force your opponent to hit tough passing shots. This video also has an awesome segment where Pat plays out live points with a hitting partner, and explains (walks through) his decision making process thoroughly after each point.</p>
<p>Volley Technique</p>	<p>Pat is one of the greatest volleyers that ever played the game. But he didn't do it on talent alone - his volleys are textbook technique and EXACTLY what you want to copy as a recreational player. So Pat demonstrates the technique from start to finish for both the forehand and backhand, low and high. Pat shares a simple tip that could give you incredible results the very next time you step out on court.</p>
<p>Volley Technique, Part 2</p>	<p>Pat dedicates a video especially to hitting those tough body volleys and shows you the footwork and hands you need to hit these volleys effectively.</p>
<p>High Backhand Volleys</p>	<p>Pat dedicates another volley video specifically to</p>

	<p>the high backhand since recreational players tend to struggle with it so much. He demonstrates how to turn your high backhand volley into an explosive punch that penetrates the court and will have your opponents on their heels.</p>
Reflex Volleys	<p>Calling all doubles players... Pat demos the techniques he uses to recognize a reflex volley and decide how to handle it. He also demonstrates how to practice these tough volleys with a hitting partner.</p>
Volley Footwork Drill	<p>Pat shares his favorite drill for improving your volley footwork. Not only will it develop great technique, but it will massively increase your leg strength. Want to move like Pat at the net? Do this drill.</p>
The Overhead	<p>In this video Pat shows you how to be more confident hitting overheads by treating them like moving serves. You'll learn the footwork you should use to add more power to your overheads and end points quickly. You'll learn to read and react to lobs more effectively. This is great for singles players, but HUGE for you dubs players out there.</p>
Pressuring Your Opponent's First Serve	<p>Pat explains why returning first serve is all about getting the ball back in play, getting the point started, and then applying pressure to the server. He explains how you can apply huge pressure to the server's first serve by making him feel incredibly uncomfortable on second serve. Pat does live point play and walks you through his decision making. If you want to get your teeth into your opponents service games more regularly, you NEED to watch this video.</p>
Make Your Opponent's Second Serve Fold Under Pressure	<p>Learn why Pat is willing to "sacrifice" a few second serves early in the match in order to achieve his</p>

	<p>hidden objective. Pat also demonstrates why, and HOW, you should use the chip and charge on your opponent's second serve effectively. Then Pat plays live points against the hitting partner and walks you through his entire thought process.</p>
<p>How to Return a Kick Serve</p>	<p>This was the third video in the free training series you've seen over the last two weeks. We had to cut out a few great sections in the free video because of time constraints, but learning how to return a kick serve effectively is key if you want to be aggressive and apply pressure to your opponent's first serve. Master returning the kick, and you could be in the drivers seat not just during your service games, but during your opponents as well.</p>
<p>The Drop Shot</p>	<p>Most people think the drop shot should be played from the baseline. But it's actually more deadly when you're coming to net (and easier to hit). Pat used the drop shot all the time when he served and volleyed, and he's going to teach you the right way to use it.</p>
<p>The Slice Backhand</p>	<p>Pat thinks his slice backhand is his best shot, so you know this advice will be good. Rather than using it defensively, he shows you how to be aggressive with the slice and hurt your opponents. You'll learn how to knife your slice deep to the corners for incredible approach shots.</p>
<p>Covering Angles in Doubles</p>	<p>Don't forget that Pat won an Australian Open Doubles title - this guy knows exactly what he's doing when it comes to the dubs game, too. In this video he demonstrates how a doubles team should work and move together to effectively cover the court and force your opponents to hit difficult shots into small windows.</p>
<p>Mind Meld with Pat</p>	<p>Parents! Pat discusses what worked for him as he was growing up, and offers some advice if</p>

	<p>you've got kids that play the game seriously. He talks about how he learned how to play a "rounder" game, a "smarter" game. Then Pat explains the strategies he used to beat some of the worlds' best players.</p>
<p>Warm Up Like Pat</p>	<p>Pat's got a different approach than most coaches to warming up. Hint - no short court. He talks about why Pete Sampras wasn't an ideal warm-up partner. You'll learn how to "find your hands" before a match, as Pat puts it, and how the warm-up can be a great opportunity to develop mental discipline.</p>
<p>The "Aussie Rules" Warm-Up</p>	<p>Pat demonstrates how to warm up and get your shoulder loose before you play. These warmup videos are all about injury prevention.</p>
<p>Stories You Can Learn From</p>	<p>Pat shares some of his most memorable stories from when he played on the pro tour. But these aren't fluff stories - Pat explains some of the toughest challenges he faced as a server (and serve-and-volleyer) and how he overcame them by brainstorming and implementing strategies.</p> <p>Videos like this (the the on-court point-play walkthroughs) are an incredible, unique opportunity for the recreational player. This is your chance to get inside the head of an incredibly high-level player who can explain in plain english how they think about the game, the thought processes they go through on court, and what they learned about playing winning tennis for 20+ years.</p>

As you can see, Get Your Serve Down Pat contains tons of incredibly detailed and valuable instruction from one of the best that ever played the game - and it will absolutely transform YOUR game.

Coming Soon: **BONUSES!**

You can see that the four free videos you've seen over the last two weeks were taken right from inside the full training program - so if you liked those, and they helped you improve, there should be **no doubt** in your mind that the full program will produce incredible results for you - and is absolutely worth the price of admission.

If you have any questions about the program don't hesitate to email me:

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In touch soon,

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