

SERVE SCHOOL



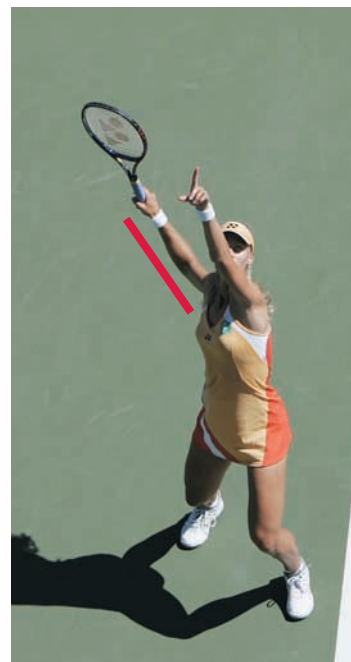
1 Tall and strong, Dementieva should have a powerful serve. She starts nicely balanced, with a traditional continental / hammer grip.



2 Letting go of the ball too early, her weight is on the back foot. Her body will not catch up to the ball.



3 Dementieva is starting to get into a better position as her body moves forward.



4 Her hitting elbow goes too high. It needs to be below her shoulder height.

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Pat Cash, who won Wimbledon in 1987, contributing to a total of seven singles titles during his career, reached a career-high World No.4 ranking. The Melbourne-born champion will also be remembered as one of Australia's finest Davis Cup players. The classic hard-fighting serve and volleyer also reached the final of the Australian Open in 1987 and 1988, the first year at Melbourne Park.

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Talented and strong, **Elena Dementieva** has many strengths as a player, as evidenced by her five tour titles and two Grand Slam runner-up performances.

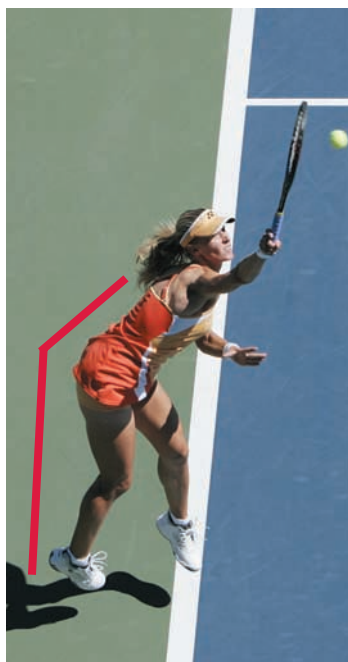
Unfortunately, however, the Russian's **serve** needs much improvement. With several fundamental problems it is, in fact, a wonder that the flawed action hasn't contributed to shoulder injuries.

For students of the game, Dementieva's serve provides valuable lessons in what to avoid in their own service action.

By Pat Cash



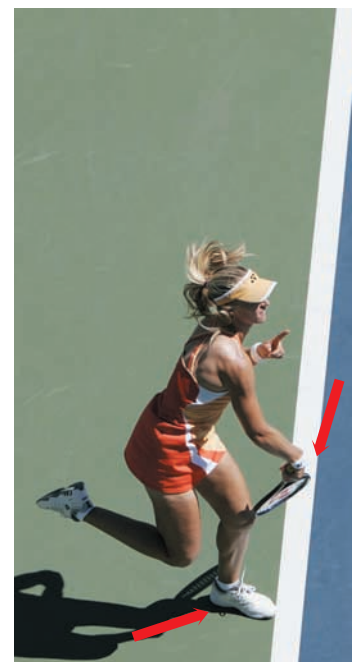
5 The Russian's ball toss is way too far to the right. She can only hit around and not through the ball.



6 She bends at the waist and her lower body is stuck behind the baseline. This is a total waste of power.



7 After contact, her body needs to move forward – not backwards!



8 There is almost no follow through with either her body or her arm. The end result is that Dementieva is only able to hit a slow slice serve with no real penetration.

Next month:

Monitoring Martina – As attention turns to Roland Garros, we look at the progress of comeback queen Martina Hingis.