

SERVING

Ready Position

1. Feet shoulder width or closer
2. Front foot aimed at target
3. Back foot at 45 degree angle
4. Weight is on back foot
5. Tossing hand in front of attack shoulder, elbow slightly bent
6. Attack hand directly behind ball

Serving Motion – (3 Step Motion)

Step 1: Attack arm draws back, elbow stays high.

Step 2: Small toss in front of attack shoulder and small step transferring weight from back leg to front leg.

Step 3: Arm swing same as throwing motion, except follow-thru is at target, not across body.

Sequence of movement (hips, shoulders, elbow, forearm, and wrist).

Contact is made in center of palm.

Hand is open, fingers spread and firm.

Wrist is firm.

Contact is in center of ball (Floating Serve).

Follow-thru is at target.

Speed of hand controls the pace on ball.

Pre-flight of hand controls trajectory.

Common Errors

Suggested Corrections

Step (s) in Footwork

Start with non-dominant foot forward.
Start with weight on back leg.

Tossing Arm Starting Low
Or dropping Low

Small motion is tossing shoulder.
Ball in front of shoulder.
Tossing arm high.

High Toss

Hit the ball at its apex.
Little toss or Small toss.
Toss the ball head height.

Attack Arm Low

Keep your elbow high.
Keep your hand high.
Draw back on the elbow.

Toss away from shoulder line
Or Toss too close to body

Toss in front of attack shoulder.
Toss out in front.
Reach to the Ball.

Relaxed Wrist

Firm up your wrist.
Don't snap.
Drive your hand thru the ball.
Finish with fingers at target.

Poor Sequence

Specific comments on breakdown of
Sequence.

Poor Contact

See the center of the ball.
Hit the back of the ball.
Keep your hand parallel to the net.

Poor line of Direction

Be aware of your pre-flight.
Follow-thru at your target.
Check your toss.
Swing straight.