

Serving Breakdown and Cues

Breakdown of Float Serve:

- Consistent toss with opposite hand, but tossed in front of hitting shoulder
- One step with non-hitting foot
- Let the weight shift of the step be your power
- Serving arm up in air with high elbow before toss
- Hand should be wide open with fingers spread wide
- Keep elbow high throughout swing meeting ball at high contact point slightly in front of body

Philosophy of Serving:

- Use full end line to create shortest distance between server and intended receiver—the longer the distance traveled, the more reaction time the passer has
- Square up to intended receiver...no trick serving
- Float serves should cross the plane of the net between net and top of the antenna
- Players need to be able to serve 90% or better before switching to more complex serve type
- Players should become proficient at evenly serving spots 1, 6, and 5 at 90% efficiency. Serving locations 2, 3, and 4 should be practiced, but stress need to serve these locations with a flat serve.