

## *Serving*

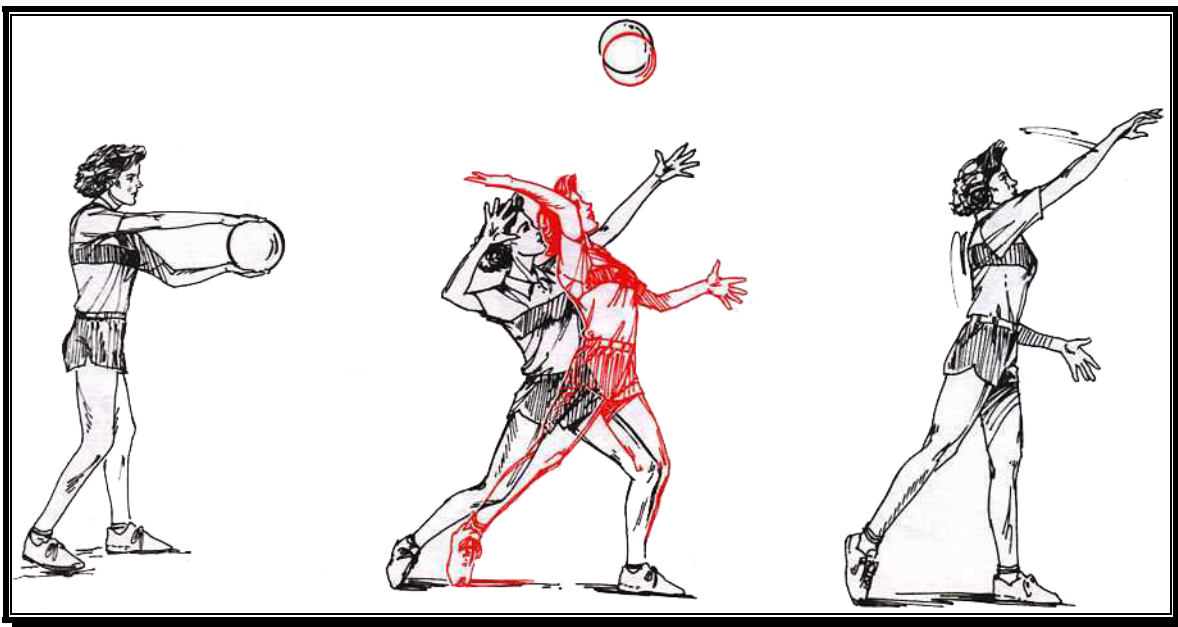
Serving remains one of the most basic skills but continues to give coaches headaches when trying to teach it. At the very core of serving is the problem of hitting a ball over a barrier that is 30 feet away. To accomplish this task, many different approaches have been taken. To learn how to serve or to learn how to serve more effectively, a player must serve. Do not underestimate your ability to figure things out for yourself. Provided you understand several key principles, you will get the ball over the net and hopefully develop a tough, consistent serve.

The first key to emphasize is avoiding extra movements or thoughts that hinder the specific goal at hand. Make the skill as simple as it really is. You should focus on the target and exhale as you prepare yourself physically to initiate the serve. The toss sometimes causes players more problems than it really should. Toss the ball with one hand, normally the hand opposite the serving arm. This will free the serving arm to prepare for striking the ball. Players should toss the ball in front of the hitting shoulder slightly higher than their maximum reach to allow the arm sufficient time to gather the necessary momentum to strike the ball. The serving arm should follow a simple throwing motion with the elbow high and drawn back in preparation and through the path of the ball at follow-through. The ball should be contacted through its center to allow for the preferred "knuckleball" effect. This floating action will occur regardless of how players hold their hand, but a suggestion would be to start with an open and strong hand. Players should not attempt to disguise the area of the court to which they are serving, since the server stands more than 30 feet from the passer. Players should instead face the target and finish through the target, leaving no doubt as to where they intend to serve.

- Cues:**
- Stable Stance!
  - Low Toss!
  - Swing Fast!

- Mechanics:**
- Opposite foot forward & knees bent
  - Toss low, in front & consistent
  - Elbow high, rigid wrist/hand

- Details:**
- If underhand serving, stance is the same, just contact ball below waist
  - Pick a target
  - Transfer your weight from rear to front foot; can add a step into the transfer
  - Contact with a fist (underhand), or open palm/heel of hand
  - Fast armswing for deep/hard serves; slower for short/soft serves
  - Follow through to the target
  - Serve and run to defense



- Errors:**
- Knuckles or uneven surface contacts the ball
  - Floppy wrist on contact
  - Toss is too low to hit
  - Same foot (as hitting arm) is forward
  - Loss of power from contact with fingers

- Options:**
- |   |  |
|---|--|
| <input type="checkbox"/> Underhand            | <input type="checkbox"/> Deep Zones    |
| <input type="checkbox"/> Overhead             | <input type="checkbox"/> Topspin       |
| <input type="checkbox"/> Roundhouse           | <input type="checkbox"/> Floater       |
| <input type="checkbox"/> At Endline           | <input type="checkbox"/> Jump Serve    |
| <input type="checkbox"/> Off Endline          | <input type="checkbox"/> High Spin     |
| <input type="checkbox"/> Deep & Short Corners | <input type="checkbox"/> Sky/Moon Ball |
| <input type="checkbox"/> Short Zones          | <input type="checkbox"/> Slide Jumper  |