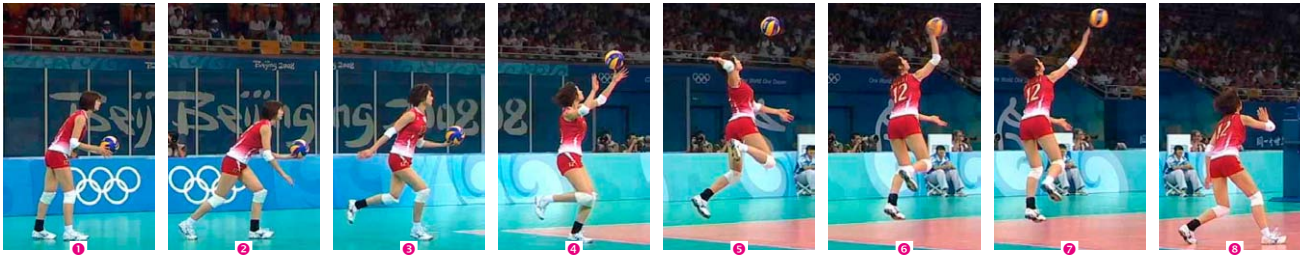


Serving - Jump Float Serve

Serie 1 | Poster 3

1 Jump Float Serve (one leg takeoff) / Saori KIMURA (JPN) / Olympic Games 2008



2 Position/ball contact phase



3 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 Pre-serve routine: ball in left hand, start deep enough to make a three step approach
- 2 Approach at a 45 degree angle – first with left foot, transferring weight from right to left
- 3 Second step with right foot, hitting arm preparing to move into contact position
- 4 The left foot becomes the take off step; eyes focused on the ball which is tossed low with the left hand. Body is drifting forward with rotation from the left foot and the hitting hand moves to a point at, or above the shoulder. (takeoff with two feet is possible too)

Ballcontact - contact phase 5 - 6

- 5 The ball is contacted in the air with an open hand and a 'tight' wrist, after pushing off the left foot
- 6 The ball is contacted in front of, and in line with the hitting shoulder. Ideally, there is a straight line from the contact point through the shoulder to the hip. lower the right leg with a straight back

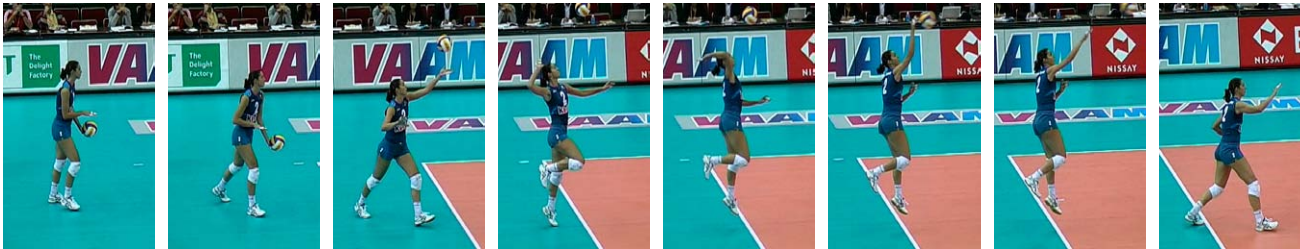
Follow through - post contact phase 7 - 8

- 7 Hips, shoulders and the hitting arm rotate in the direction of the serve
- 8 Land balanced with the right foot ahead of the left and be prepared to step into the court

4 Individual technique features



5 Jump Float Serve (one leg takeoff) / Simona RINIERI (ITA) / World Championship 2006



6 Position/ball contact phase



7 Jump Float Serve (one leg takeoff) / Malgorzata GLINKA (POL) / Olympic Games 2008



8 Position/ball contact phase

