

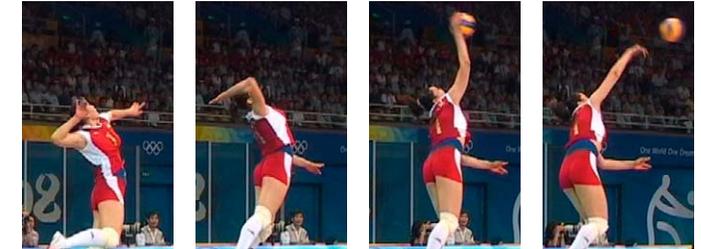
Serving - Jump Spin Power Serve

Serie 1 | Poster 4

1 Jump Spin Power Serve / Yimei WANG (CHN) / Olympic Games 2008



2 Position/ball contact phase



3 Teaching Description

Approach/position - pre contact phase 1-4

- 1 Weight on the back foot, toss ball with right hand, as it rolls off the fingers.
- 2 As in an attack as the ball is tossed forward (2-3m) the left foot initiates the angle of approach to keep the ball on the serving shoulder.
- 3 This is followed with a longer right step, similar to an attacking action.
- 4 As the left foot closes there usually is separation between the feet so forward momentum and rotation of hips is created. The forward 'drift' and the rotation of the hips give the velocity to the ball.

Ballcontact - contact phase 5-6

- 5 Trying to have a straight line through ball, arm, shoulder, hip and leg.
- 6 Just prior to contact there is a back bending of the back with knees bent. As the knees straighten and body drifts forward it adds the velocity to the contact point for the serve.

Follow through - post contact phase 7-8

- 7 As contact is made the arm follows through to end up along the right hip.
- 8 Drifting forward the player lands on both feet and attempts to get ready for defensive actions.

Purpose of Use During the Match: To give service variation and variety to an opponent's reception and to give an advantage to the serving team through the velocity and spin caused by this powerful serve.

4 Individual technique features



5 Jump Spin Power Serve / Paula PEQUENO (BRA) / World Cup 2007



6 Position/ball contact phase



7 Jump Spin Power Serve / Logan TOM (USA) / Olympic Games 2008



8 Position/ball contact phase

