

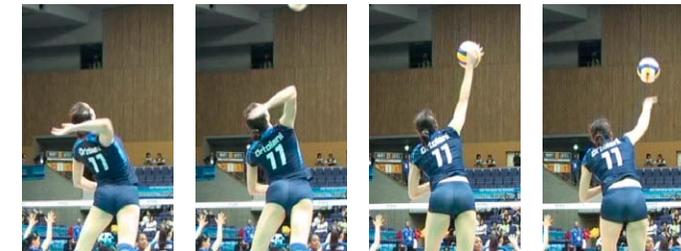
Serving - Jump Spin Power Control Serve

Serie 1 | Poster 5

1 Jump Spin Power Control Serve / Serena ORTOLANI (ITA) / World Cup 2007



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. The forward 'drift' and the rotation of the hips give the velocity to the ball.

Ballcontact - contact phase 5-6

- 5 The arm is pulled back to create rotation from the hips and shoulder area.
- 6 The contact point on the shoulder can differ depending upon the placement area - short or long serve and cross or line angles.

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 utilize a spin serve but in this case the placement of the serve and use of the various top, right side and left side spins is more important than giving top velocity and at the same time putting the opponent in difficulty.

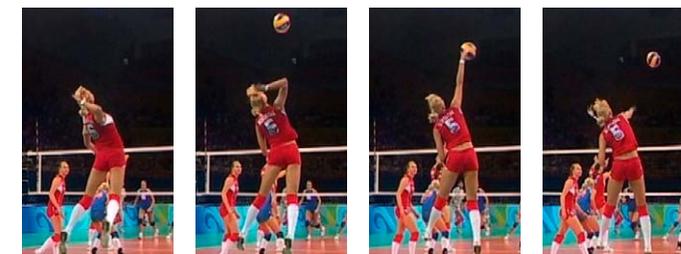
4 Individual technique features



5 Jump Spin Power Control Serve / Liubov SOKOLOVA-SHASHKOVA (RUS) / Olympic Games 2008



6 Position/ball contact phase



7 Jump Spin Power Control Serve / Nancy CARRILLO (CUB) / World Championship 2007



8 Position/ball contact phase

