

Serving - Float Serve

Serie 1 | Poster 1

1 Backline Float Serve / Jenny BARAZZA (ITA) / Olympic Games 2008



3 Teaching Description

Approach/position - pre contact phase 1-4

- 1 Consistent serve routine ending with hips and shoulders, square to target direction
- 2 Transfer of weight from right foot to small step forward with left foot, eyes focus on the ball
- 3 The back, right foot drags to lock the hips – the elbow of the contact arm is above the shoulder
- 4 The ball is tossed low with the left hand, which points to the ball until just prior to contact - hips and shoulders rotate to be square to target, followed by the elbow and open hand

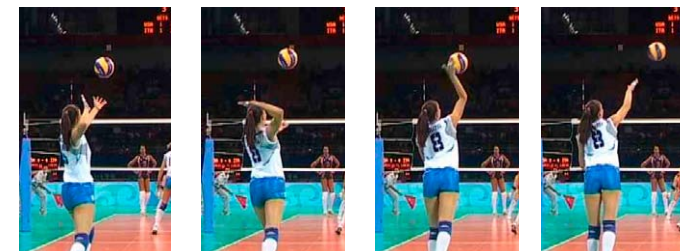
Ball contact - contact phase 5-6

- 5 The wrist should be "locked" upon contact, stay tall with limited back bend; the ball is contacted with the open palm
- 6 The hitting arm is straight and stays "high" upon the finish – back foot drags forward with the ball in line with the hitting shoulder

Follow through - post contact phase 7-8

- 7 The hand stays high with an open palm to target upon finish; the back foot comes close to the leading foot
- 8 Toes, hips, shoulders and the palm face the target direction; after the player moves into the defensive position within the court

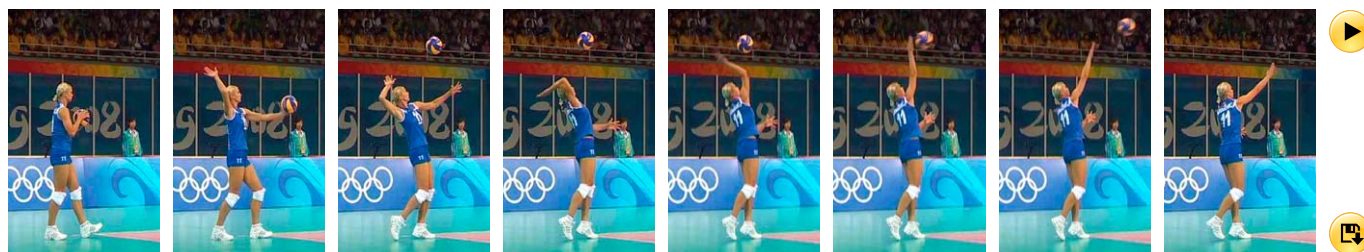
2 Position/ball contact phase



4 Individual technique features



5 Backline Float Serve / Vesna CITAKOVIC (SRB) / Olympic Games 2008



6 Break of the hitting arm



7 Backline Float Serve / Kimberly GLASS (USA) / World Cup 2007



8 Position/ball contact phase

