

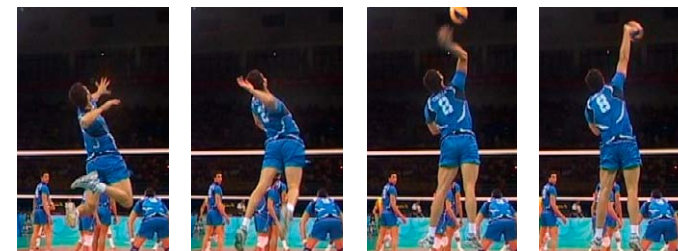
Serving – Jump Spin Power Control Serve

Serie 1 | Poster 1

1 Jump Spin Power Control Serve / Alberto CISOLLA (ITA) / Olympic Games 2008



2 Position/ball contact phase



3 Teaching Description

Approach/position - pre contact phase 1-4

- 1 The ball is tossed (higher as in an attack) by the serving right hand in line with the hitting shoulder and the approach angle for the toss is in the direction of the serve target zone.
- 2 The approach begins with left step, when the ball is released (with back spin), and this toss is quite long in distance followed with a slightly longer step with the right foot; i.e. Toss – Left - Right – Left (if right handed).
- 3 The approach ends right-left for take off; the toes of the feet are in the direction of the target and feet are usually separated so 'forward drifting' occurs. However, some players turn the left foot to the side to create 'rotation' of the body into the contact point of the serve.
- 4 Both arms swing quickly upward lifting the body.

Ballcontact - contact phase 5-6

- 5 After take off the hitting arm, with high elbow, draws back which opens the shoulder and hips to the ball ("bow and arrow")
- 6 The hand of the stretched hitting arm swings over the top off the ball with contact being in line with the right shoulder, right hip and right leg and follow through to the direction of target.

Follow through - post contact phase 7-8

- 7 The non-hitting arm reaches high to point at the ball and then is 'pulled' down to the chest giving balance in the air
- 8 Landing is balanced on both feet, drifting two or more meters inside the court, followed by defensive readiness.

Both the Jump Spin Power Control Serve and the Jump Spin Power Serve are almost similar except that the Control Serve is more directional and tactical rather than 'power' orientated.

4 Individual technique features



5 Jump Spin Power Control Serve / Alexander VOLKOV (RUS) / Olympic Games 2008



6 Position/ball contact phase



7 Jump Spin Power Control Serve / André Luiz da Silva NASCIMENTO (BRA) / Olympic Games 2008



8 Approach and takeoff movement

