

Serving – Jump Float Serve (short) Serie 1 | Poster 3

1 Jump Float Serve / Pawel ZAGUMNY (POL) / World Championship 2006



2 Position/ball contact phase



3 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 Start far enough behind the end line in order to make the approach and take-off behind the end line. Begin with the foot on the non-hitting side forward and the weight on the back foot. This means that the initial step is with the leading foot.
- 2 While moving forward with the ball near the hitting shoulder it can be held in both hands, about waist high, (or in the non-serving hand). Keep the serving hand high and in line with and slightly in front of the serving shoulder. The toss is at the same time as step forward with the non-weighted foot.
- 3 This is followed by a step onto the hitting side foot and then placing the non hitting-shoulder foot (angled ahead of the hitting side foot with slight separation), allowing the athlete to take off both feet floating forward.
- 4 The 'arc' of the ball allows the forward momentum to contact the ball.

Ballcontact - contact phase 5 - 6

- 5 On movement forward, focus on the ball and see the ball being contacted. The contact point is on the back of the ball, slightly below center, with the palm of the hand. Stop the arm slightly on contact, allowing the momentum of the body, to contact the ball high.
- 6 Forward momentum of the body allows for the ball to be contacted on the shoulder, or slightly behind. The wrist should be rigid and turned back slightly to keep the fingers off the ball.

Follow through - post contact phase 7 - 8

- 7 The hitting hand should be high, with the palm, hips and shoulders facing towards the target zone. The non-hitting arm moves into the chest after lifting the ball into the side of the serving shoulder, giving balance in the air.
- 8 Land inside the court, balanced on both feet and continue to move into the defensive position on the court.

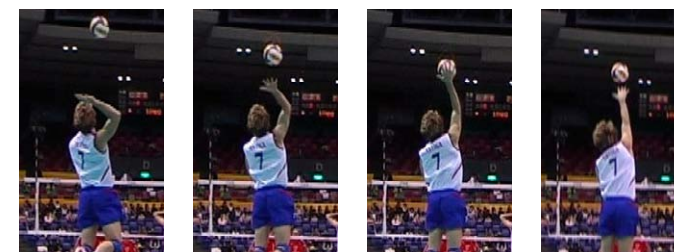
4 Individual technique features



5 Jump Float Serve / Stephane ANTIGA (FRA) / World Championship 2006



6 Position/ball contact phase



7 Jump Float Serve / Dante AMARAL (BRA) / World Championship 2006



8 Position/ball contact phase

