

SERVICE TECHNIQUE - Float Serving

Basic Posture for Standing Service

- the service technique should be kept simple so that players can stick to a routine serve. This will allow the server to concentrate on tactical serving,

Preferred Option for Simple Serve - Bow & Arrow

- front foot (opposite the hitting arm) should be slightly in front of the body,
- standing comfortable and balanced with feet apart,
- body position should be open to the court. That is, back foot should not be directly behind the other but should allow the server more options for direction by 'opening up'
- throwing hand should be directly in front of hitting hand,
- hitting hand should be in the ready position cocked & above the ear,
- ball should be tossed high enough so that hitting arm can reach a high point but should be limited so that timing is not affected,
- arm swing should be natural & fluent giving a high impact point to allow for even flat floating action of the ball,
- follow through of the arm should occur but can be varied according to individual preference,
- the wrist should be firm
- as soon as the ball is served the server should move onto the court area without delay,
- by sticking to the same routine, the server can conceal a change in direction or depth,
- the float serve should be hard & flat, that is the ball should have minimal loop

Priorities

Listed below are priorities in order of preference:

- ace
- 1 option pass by opposition - setter can only set up one player with ease & without deception
- 2 option pass by opposition
- 3 option pass by opposition

