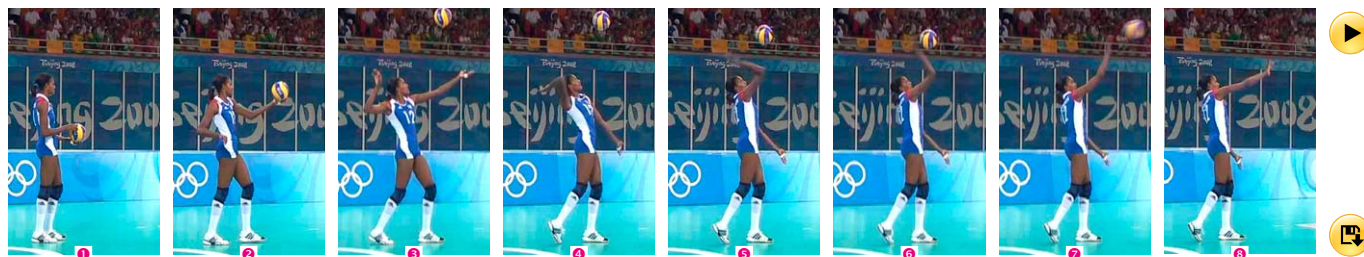


Serving - Float Serve

Serie 1 | Poster 2

1 Distance Float Serve / Rosir CALDERON (CUB) / 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

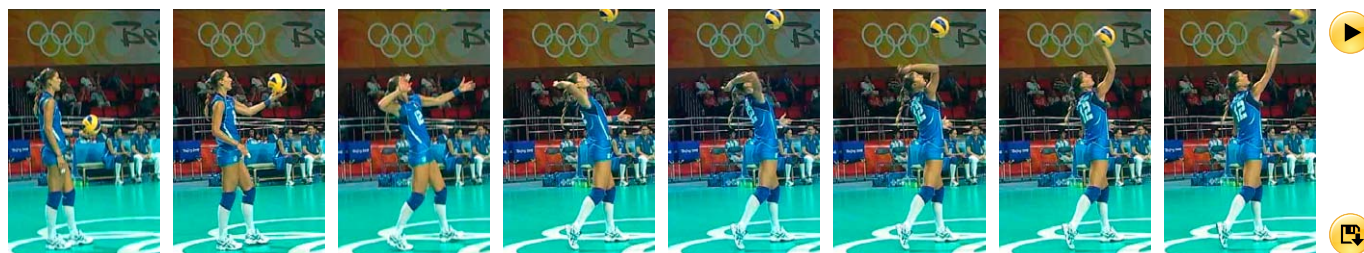
Follow through - post contact phase 7 - 8

- 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

* Depending upon the upper body strength, the player may have to increase the intensity and the speed of the arm and the stepping action when contacting the ball

* Because the distance is greater, the contact point for the player is more 'back' on the shoulder and the ball is 'targeted' to cross further above the net because of the longer distance

5 Distance Float Serve / Francesca PICCININI (ITA) / Olympic Games 2008



7 Distance Float Serve / Tayyiba HANEEF-PARK (USA) / Olympic Games 2008



2 Position/movement of the hitting arm



4 Individual technique features



6 Position/movement of the hitting arm



8 Position/movement of the hitting arm

