

Serving Technique

1. Body Position

- a. Starting position when standing at service line
 - i. Feet, hips and shoulders pointed in the direction of desired serving position. Left foot slightly behind right foot for right-handed players and vice versa for left-handed players.
 - ii. Right-handed players
 - 1. Ball in the left hand
 - 2. Right arm slightly bent with elbow higher than player's shoulder
 - iii. Left-handed player
 - 1. Ball in right hand
 - 2. Left arm slightly bent with elbow higher than player's shoulder
- b. Toss
 - i. Players should step with left or right foot and then toss ball in front of their hitting shoulder.
 - ii. Toss should not be more than 3-4 feet higher than players shoulder, to help create low flat serve.
- c. Jump Serve
 - i. Top Spin
 - 1. Start about 8-10 feet behind service line
 - 2. Start with left or right foot back – depending on hitting approach.
 - 3. Player steps with first step then tosses ball out towards service line with hitting hand. Toss should be at least double height of antenna.
 - 4. Player takes last two quick steps of approach and jumps, bringing both arms up as in arm swing.
 - 5. Player should contact ball high above shoulder and snap hard to bring ball down into court.
 - ii. Jump Float
 - 1. Start about 8-10 feet behind service line
 - 2. Start with left or right foot back – depending on hitting approach.
 - 3. Player takes first two steps then tosses ball out towards service line with both hands. Toss should only be about 2-3 feet higher than players head. Player finishes taking third step and jumps out towards service line.
 - 4. As the player tosses with both hands, arms should continue to rise as in arm swing.
 - 5. Player should contact ball in front of hitting shoulder with strong, stiff wrist