

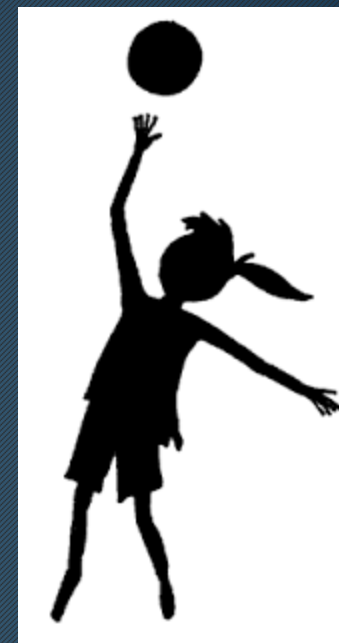
3 Methods to Serve a Volleyball

OVERHAND

Basic Overhand Serve

Top-Spin Jump Serve

Jump Float Serve



An Overhand volleyball serve provides more momentum and control than an underhand serve.

Method 1:

Basic Overhand Serve

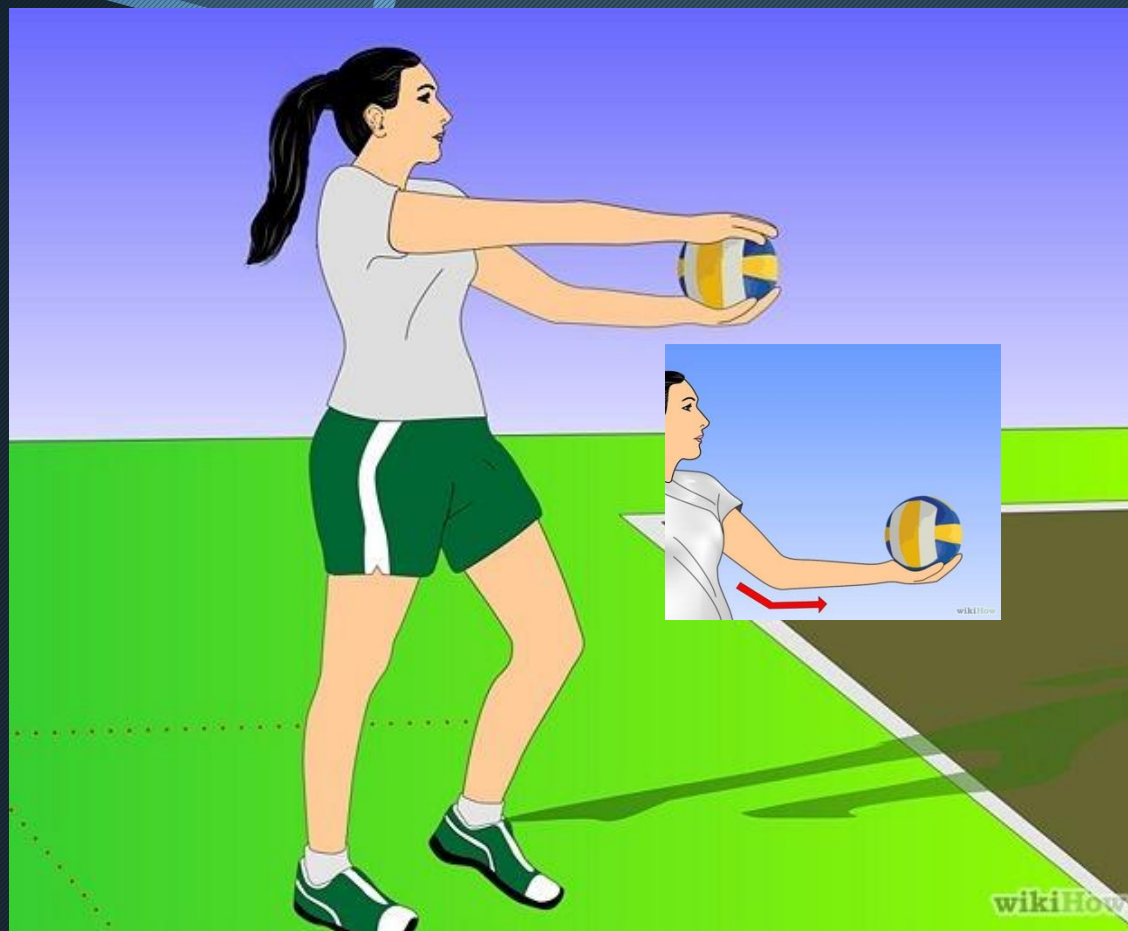


Method 1: Basic Overhand Serve



Step 1: Line up both your feet about shoulder length apart. Place your non- dominant foot ahead of your dominant foot. Your shoulders and hips should be aligned with the net.

Method 1: Basic Overhand Serve



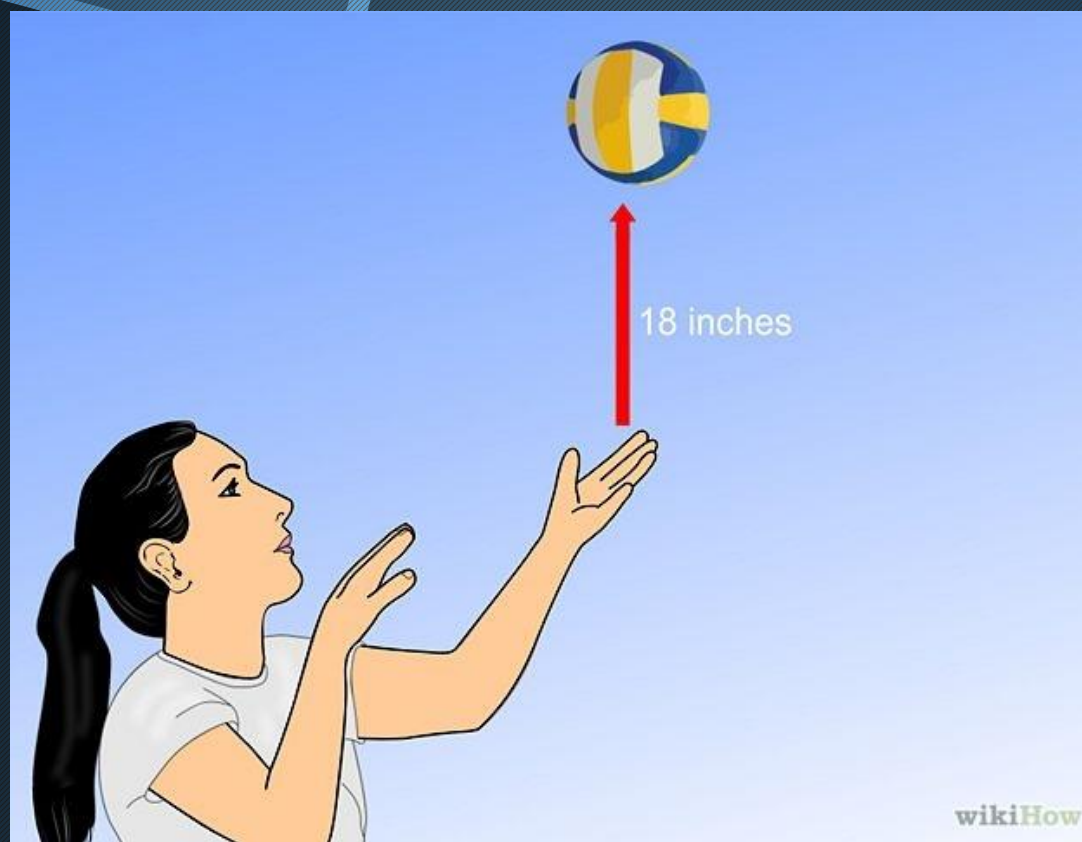
Step 2: Place your non-dominant hand directly in front of you, almost completely straight (but with a flexible elbow) and palm up with the ball in it.

Method 1: Basic Overhand Serve



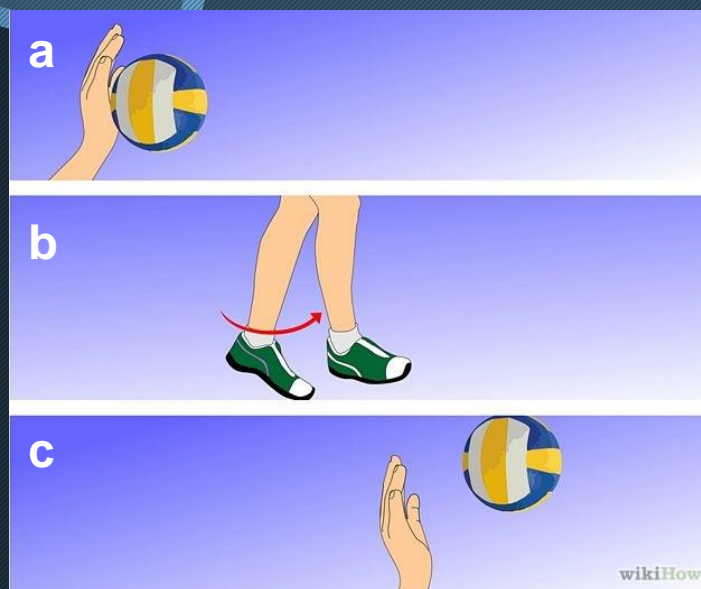
Step 3: Swing your serving arm back next to your head. Make sure that your elbow is pointing upwards and your hand is at or slightly above your ear.

Method 1: Basic Overhand Serve



Step 4: Toss the ball up with your palm of your left hand (not fingers) about 12 to 18 inches (30 to 45 cm) in the air. Remember that you want your dominant hand to make contact with the ball just after it changes direction and begins to drop back down. Swing your dominant arm back at the same time, keeping your wrist rigid.

Method 1: Basic Overhand Serve



Step 5:

- (a) Hit the ball with the heel of your dominant hand. Bring your dominant hand forward and smack the ball with the heel of your hand, or the bottom of your palm. Try not to hit it with your fingers or the flat of your palm, as this will cause the serve to have less power. (If you're worried about your fingers getting in the way, try to curl them down toward your palm.)
- (b) Add momentum to your hit by stepping forward with your dominant foot as you serve. Drag your right foot forward, and hit the bottom of the ball with the palm of your right hand. As you are hitting the ball, send all your weight from your arm to the ball; this should add a lot of speed and force
- (c) Make sure that your serving hand is slanted slightly upward. This will help loft the ball over the net. If you aim down with your hand, the ball will hit the ground before it goes over the net.

Method 1: Basic Overhand Serve



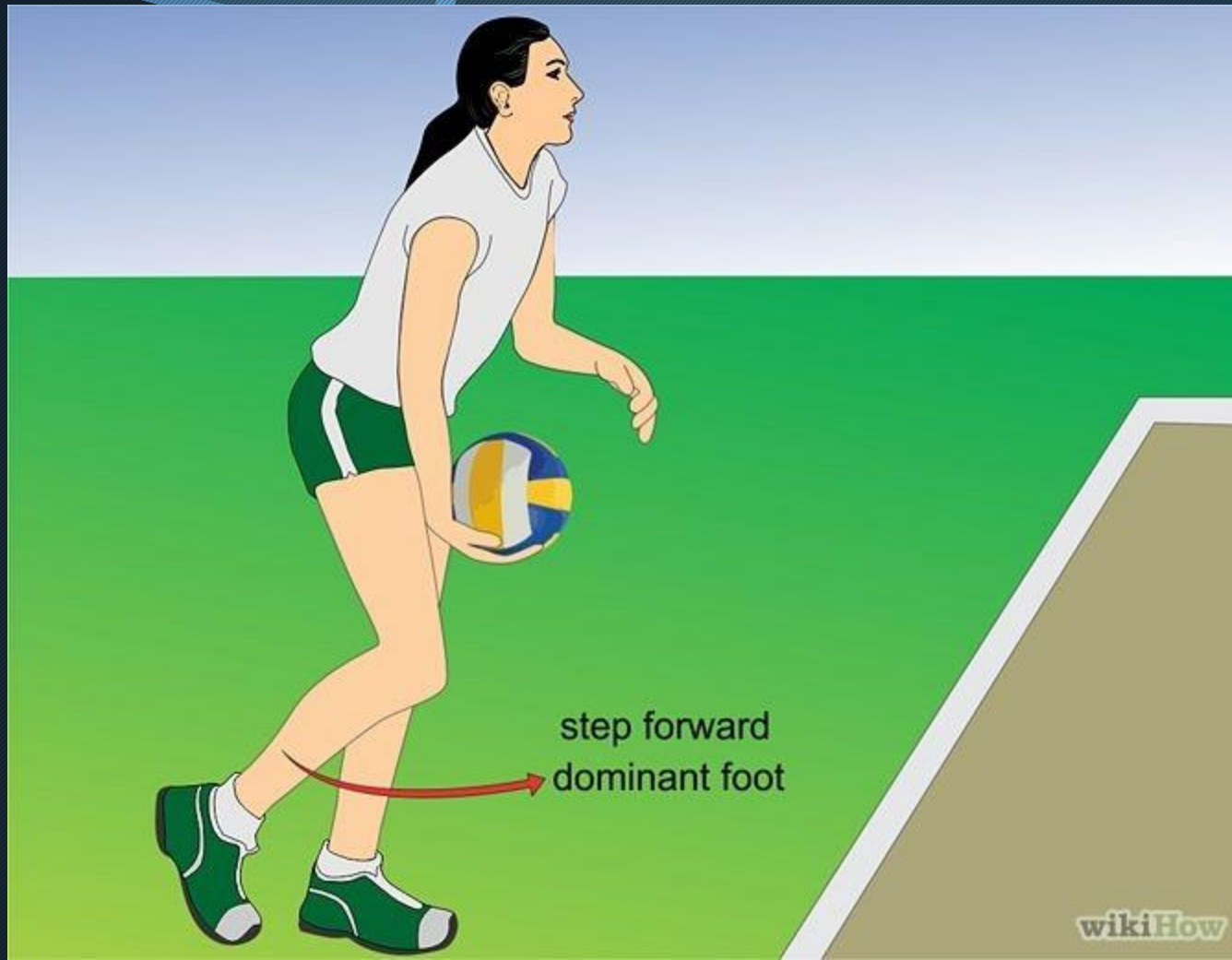
Step 6: After striking the ball, use your momentum and run to your defensive position.

Method 2:

Top-Spin Jump Serve

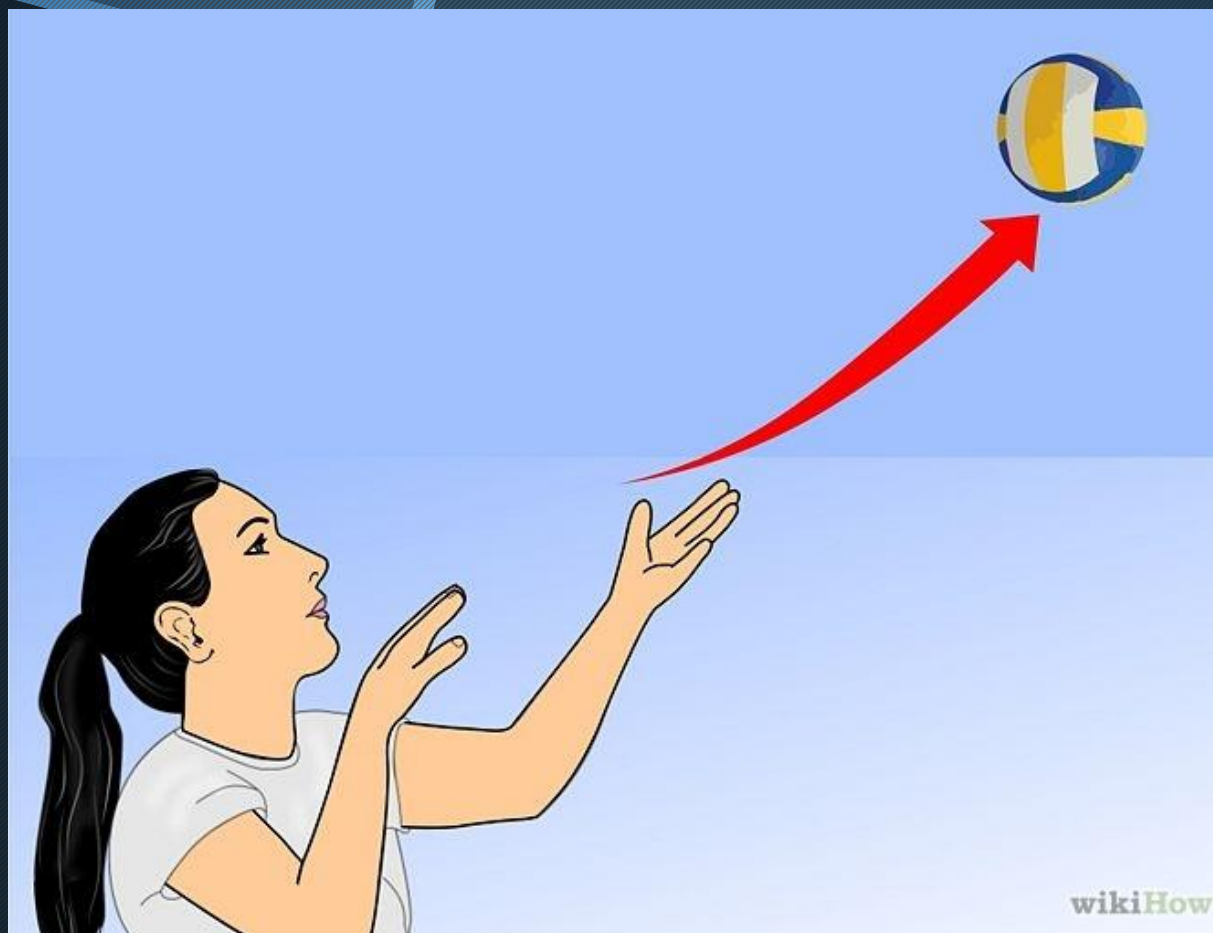


Method 2: **Top-Spin Jump Serve**



Step 1: forward with your dominant foot.

Method 2: **Top-Spin Jump Serve**



Step 2: As you step forward, throw the ball high into the air and slightly forward with your dominant hand. Again, start with your arm directly in front of you, palm up, with the ball in your palm.

Method 2: **Top-Spin Jump Serve**



Step 3: Take three or four quick steps forward. You'll need to be fast to get to where the ball is going to fall. How many steps you choose to do is up to you - practice a few times to see what feels most comfortable.

Method 2: **Top-Spin Jump Serve**



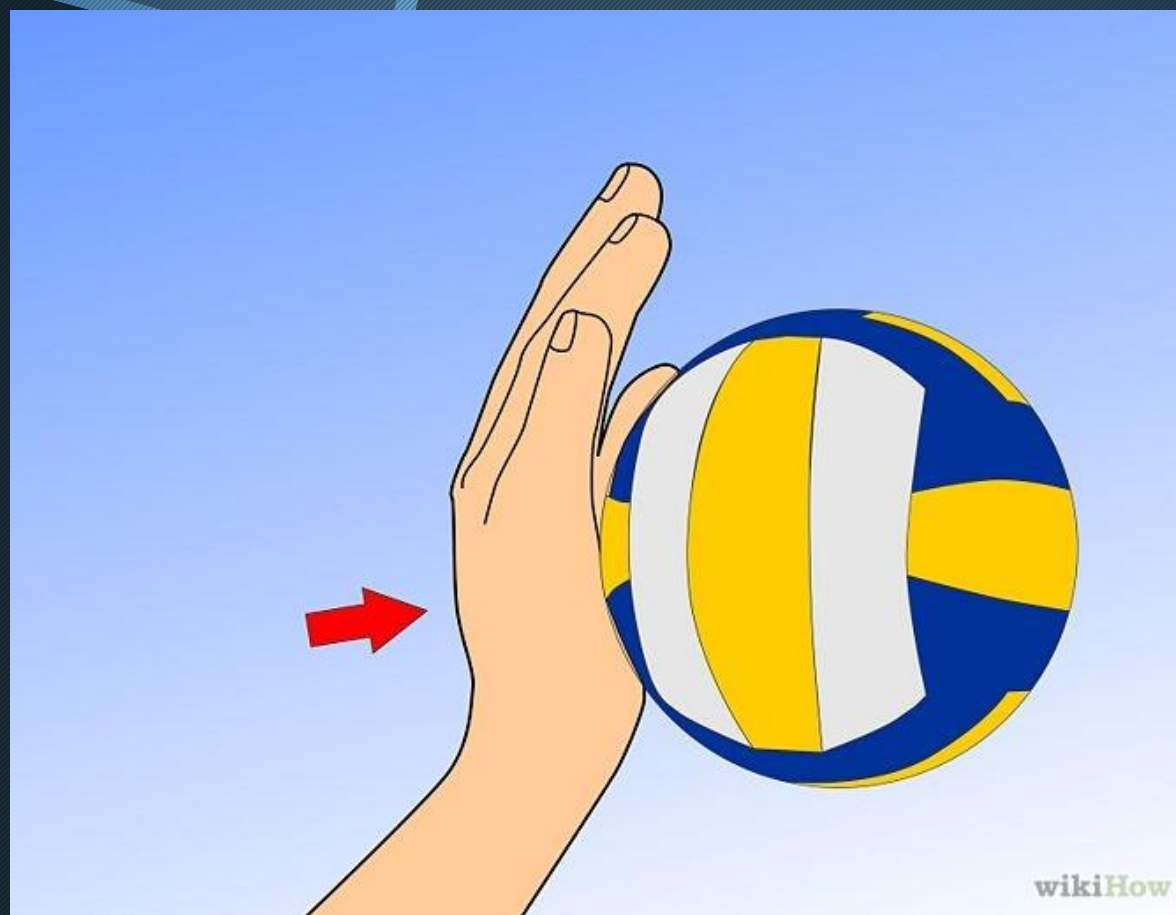
Step 4: On your last step forward, launch yourself into a jump. Use the momentum from the steps above to get higher in the air.

Method 2: **Top-Spin Jump Serve**



Step 5: As you jump, wind back your dominant arm. As with the basic overhand, your elbow should be pointing upward, with your wrist rigid and at or slightly above your ear.

Method 2: **Top-Spin Jump Serve**



Step 6: Hit the ball. At the highest point of your jump, strike the ball with the heel of your hand, or the bottom of your palm, for maximum force.

Method 3: Jump Float Serve



Method 2: **Jump Float Serve**



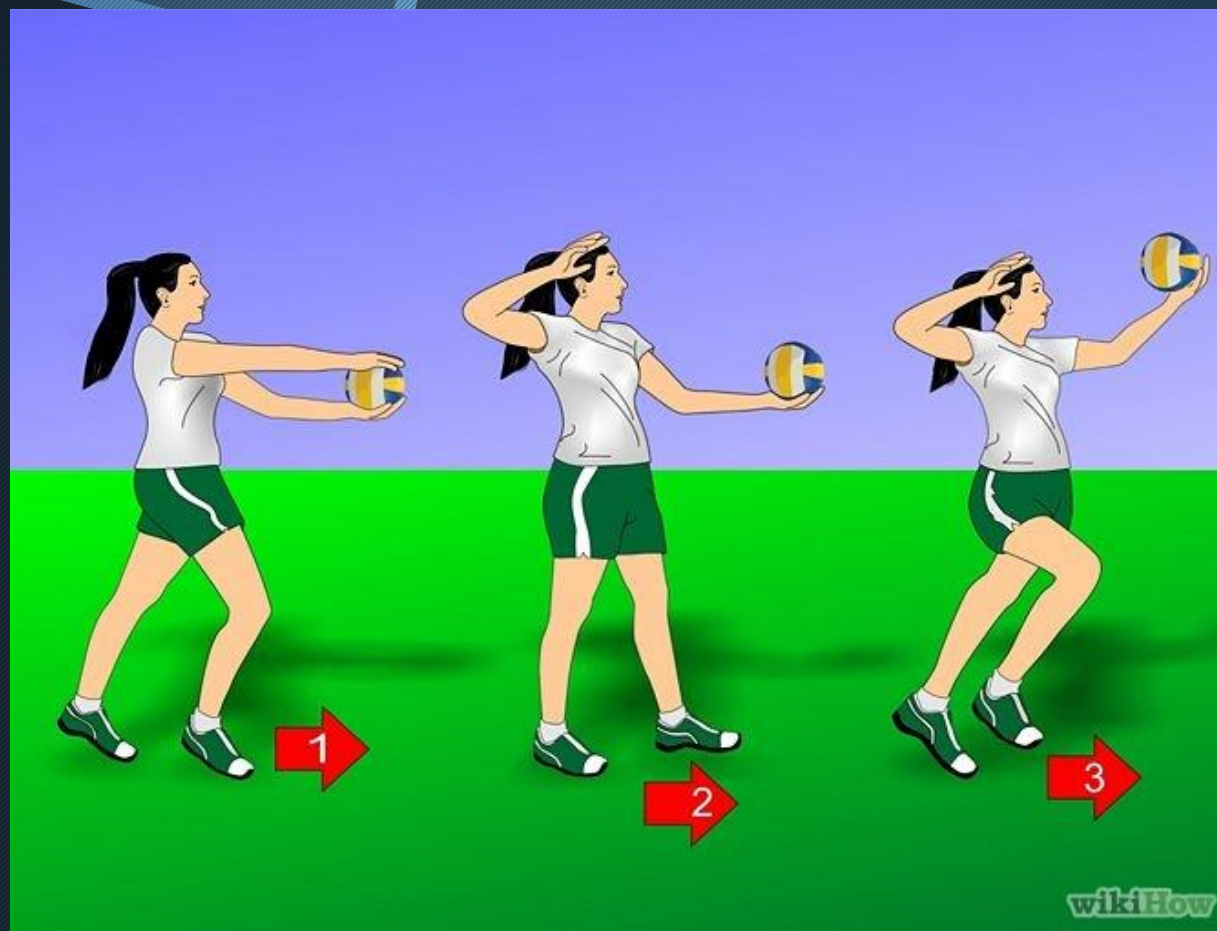
Step 1: Start with the ball in both hands, straight in front of you. Hold the ball between both palms. Keep your elbows straight, but somewhat loose.

Method 3: Jump Float Serve



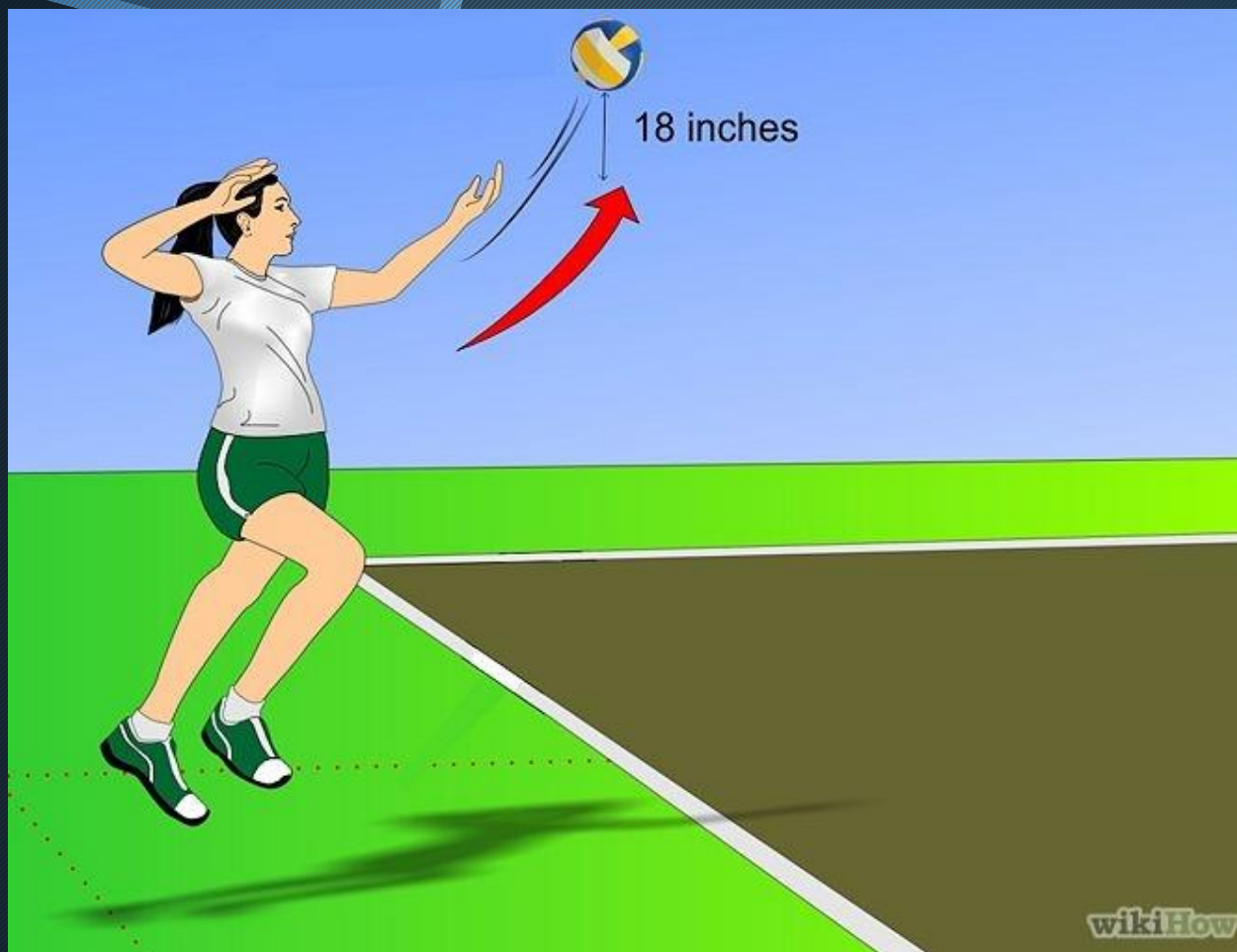
Step forward with your dominant foot.

Method 3: Jump Float Serve



Step 3: Take a three-step approach. After the first step, you'll take three quick steps in your approach. Start with your non-dominant foot.

Method 3: **Jump Float Serve**



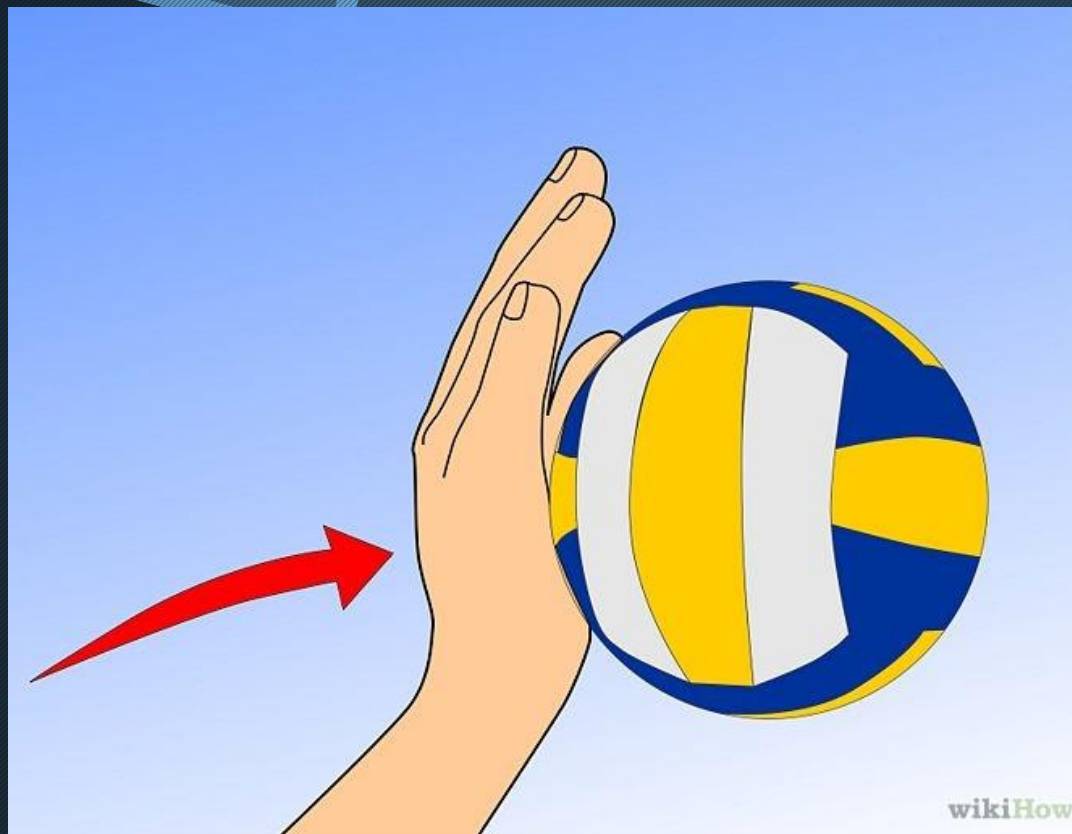
Step 4: On the last step of your approach, throw the ball upward and slightly forward. For a float, you only want to throw it 12 to 18 inches (30 to 45 cm).

Method 3: **Jump Float Serve**



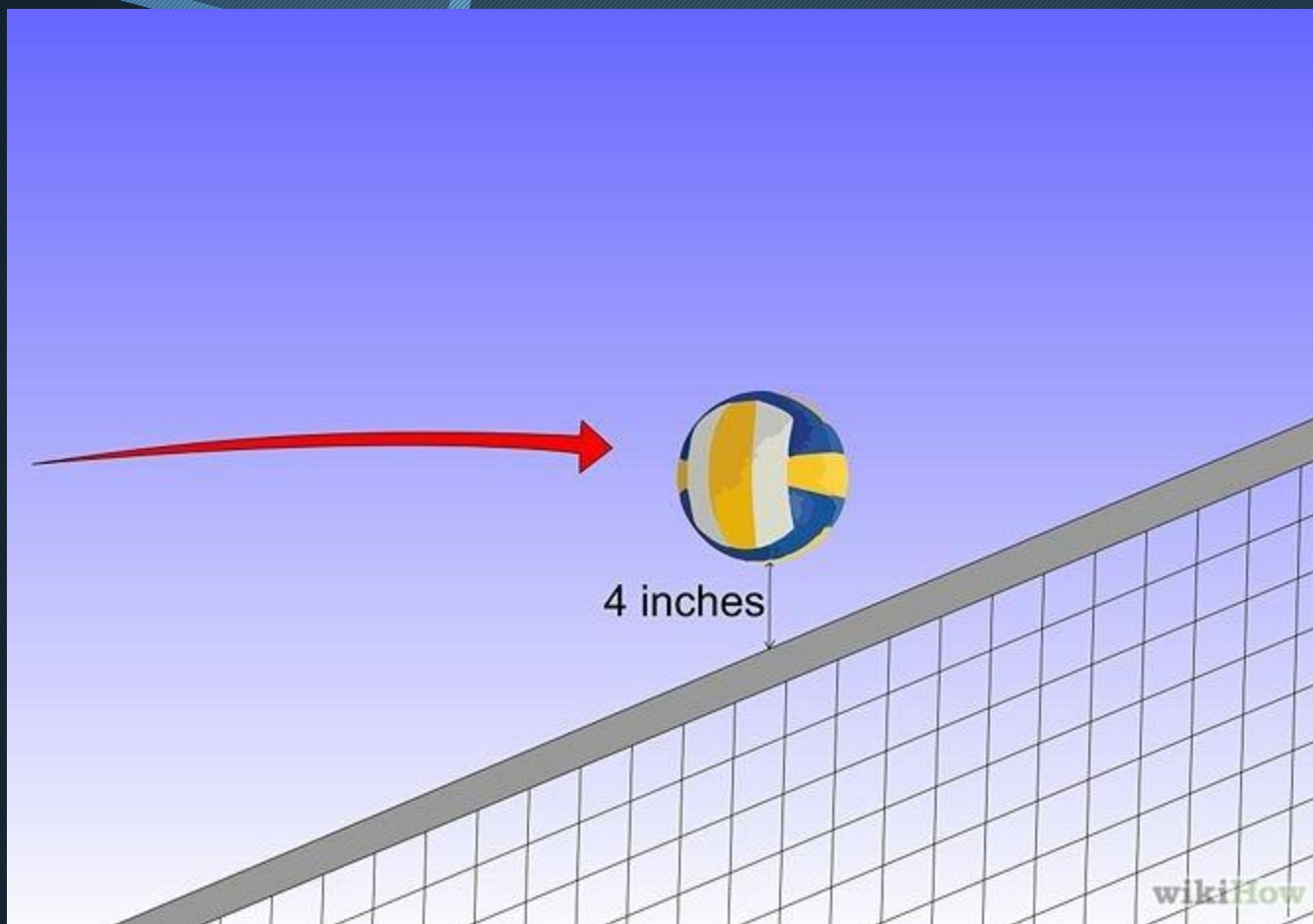
Step 5: Push off and jump. Directly after you loft the ball, jump upward with your next step and the momentum from your approach.

Method 3: Jump Float Serve



Step 6: Hit the ball with the heel of your dominant hand. As with the basic overhand serve, your elbow should be pointing upward, and your wrist should be rigid and at or slightly above your ear.

Method 3: Jump Float Serve



Step 7: Master the float. A float serve should clear the net with only three or four inches to spare. It also shouldn't travel quite as quickly as a basic overhand or high-spin overhand.

Tips To Pass Onto Players



- * Make sure you follow through, sometimes if you don't the ball may travel a different direction.
- * If you have ever played tennis before, the serves are fairly similar and have the same set up process.
- * It's okay if you don't get it right the first time. Even famous volleyball players struggled through this! Just keep practicing - you just need to get the hang of it!
- * For stronger serving work on your chest shoulders and triceps, strength in these muscles can be gained by doing push-ups.
- * Practice makes precision (not perfection!), so practice a lot.
- * Don't get discouraged if it doesn't go over. It can take a very long time to master an upperhand serve especially if you are small.
- * This is strange, but it works! If you put a little spin on the ball when you toss it, somehow it just makes it fly. Give it a try!
- * If you're having trouble with your serve, try practicing just the toss. If you throw it up and just let it drop, it should land directly in front of your right foot, which should still be in the position in front of your right foot, before the step. Practice this fifty times a day and your serve should seriously improve.
- * Sometimes if you cup your hand in a serve, it has more power. Also, if you rotate your shoulder, you have more power and you get a good swing on the ball.
- * Dropping a serve depends on the rules you are using and the age. If you are playing club, the rule is different about letting the ball drop. For 14 and under competitions, you can toss the ball and let it drop once for every time you complete a serve. For 15 and up competitions, you must hit every toss. You cannot let the toss hit the floor or it will be a sideout. The rule for the NCAA is the same. If you toss it, you will hit it.

More Tips To Pass Onto Players

- * Perfect your underhand serve first, so that if you have a bad overhand serving day, you are always confident with that.
- * Try to remember to hit it with your palm. If it hits the sides or your fingers, the ball is going to travel crooked.
- * You should be able to hear a solid thud when you hit the ball if it is a good serve.
- * Taking a big step will really increase the power of your serve.
- * Using your momentum can help a lot especially if you have a small body. Really just wail on the ball. You need a lot of strength to get your serve over the net.
- * Keep a firm hand. If you have floppy fingers the ball won't go as far.
- * If you are having trouble, ask a coach or an older, more skilled volleyball player to help you and critique your serve.
- * A common mistake that girls (and guys) make is to hit the ball with their fist. Although this does give the ball a little more power, it is not reliable at all and you have absolutely no control. You always want to hit it with your open hand, either in the palm or your wrist. Make sure that your hand or wrist is extremely firm.
- * Once you toss the ball up in the air, don't reach for the ball. Wait for it to fall at the right moment so you can hit it.
- * If you make a bad toss, catch it, don't try to hit a bad toss or you'll just lose control of the ball and it will be a complete bust

