

ST. JUDE VOLLEYBALL SKILLS TRAINING

FLOAT SERVE

Here's How:

1. Stand facing the net with your feet staggered. Your foot opposite of your hitting arm should be forward and pointed towards the opposite court.
2. Keeping your weight on your back foot, hold the ball with your non-hitting hand underneath and hitting hand on the top.
3. Extend your arms in front of you, parallel to the ground, move your hitting hand to your ear with your elbow high and toss the ball about two feet above your head and in front of your shoulder
4. While transferring your weight to your forward foot, contact the ball with an extended arm and in front of you
5. Hit the ball with a slap on the backside of the ball, do not snap your wrist and do not follow through

Tips:

1. Hit the ball as if you were going to hit something very hot
2. Try to make the ball fly straight with very little trajectory
3. To get more power, use your abdominal numbers

