

ST. JUDE VOLLEYBALL SKILLS TRAINING

TOPSPIN SERVE

Here's How:

1. Stand well behind the end line. Get set with your feet in a stride position with the foot opposite of your hitting arm forward and pointed towards the net post.
2. Set your shoulders so that they are turned slightly toward the sideline
3. Visualizing where you want the ball, toss the ball slightly behind your hitting shoulder
4. Arch your back and swing your arm back, raising your elbow high and hitting hand next to your ear
5. Contact the ball with a fully extended arm, snapping your wrist on contact and rolling your hand over the top of the ball
6. As you contact the ball, crunch your stomach and transfer your weight to the forward foot
7. After contacting the ball, bring your arm quickly down to your waist and move onto the court

Tips:

1. The more you snap your wrist the quicker the ball will spin, consequently dropping faster and sooner
2. If the ball does not cross the net, you are probably not tossing the ball behind your head.

