



Skill Cue Cards

SERVE

Standing Float



Pre-contact phase

1. Start with the weight on the back foot, holding the ball with the non-dominant arm around hip height or higher.
2. Transfer the weight by taking a small step forward with front foot, eyes focus on the ball for the entire toss.
3. The back foot drags. The elbow of the contact arm is above the shoulder.
4. The ball is tossed low with the non-dominant hand, which points to the ball until just prior to contact. Hips and shoulders rotate to be square to the target, followed by the elbow and hand.

Contact phase

5. The player must remain "tall" with limited back bend.
6. The wrist should be "locked" at contact, and the ball is hit with an open palm.
7. The hitting arm is straight and remains high upon the finish. The back foot drags forward. The ball is in line with the hitting shoulder.

Post-contact phase

8. The hand stays high with an open palm to target upon finish; the back foot comes close to the leading foot.
9. Toes, hips, shoulders and the palm face the target direction; the player then moves into a defensive position.

Jump Float Serve



Pre--contact phase

Server starts far enough behind the end line to be able to do a three-step approach (typical spike approach pattern (see *Spike*). The server begins the approach with a first step with the left foot. The ball is held with one or two hands in front of the body.

1. The second step is taken with the right foot as the server picks-up speed. As the right foot moves forward the arms lift the ball up and the release happens as the right foot touches the floor.
2. The left foot comes around as the take-off step and plants in front of the right foot with enough distance between them to allow the server to drift into the court as they serve. The arms go up to help with the jump after releasing the ball.
3. The ball is in front of the hitting shoulder, which is pulling back as the hips open to get ready for the hit.
4. The server is in the air with the left arm leading and the right arm pulled back in a ready-to-hit position. The hand is open with the wrist stiff.

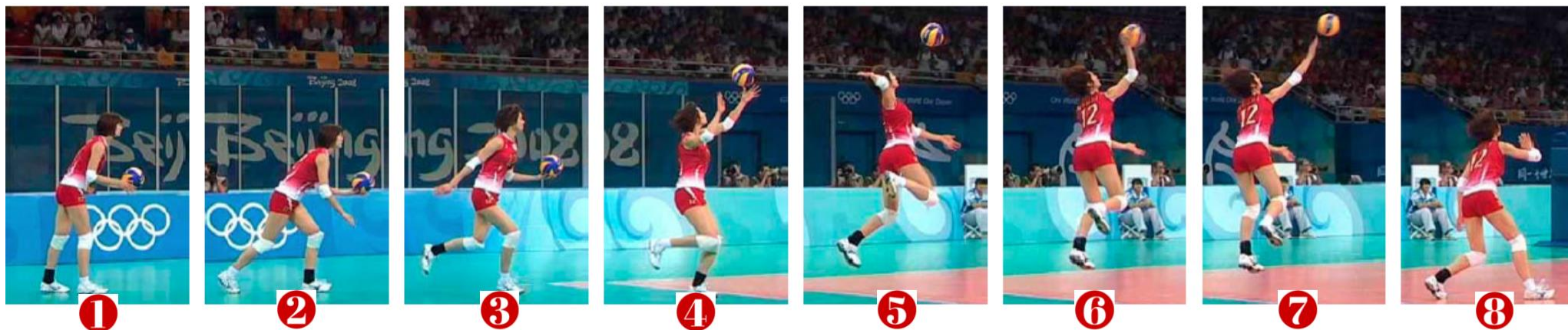
Contact phase

5. The abdominal muscles initiate the rotation. The right-hand swings towards the ball and the left arm drops.
6. The hand contacts the back of the ball, slightly below centre, with the palm of the hand. The contact is made as high as possible with the body being straight in the air.

Post--contact phase

7. The arm follows through in the direction of the target. The shoulders and hips now face the direction of the serve.
8. The server lands inside the court, balanced on both feet and continues to move into the defensive position on the court.

Jump Float Step Serve



Pre--contact phase

1. Server does their pre-serve routine. Ball is in non-dominant hand and the server is deep enough to make a three-step approach.
2. The server starts their approach with the non-dominant foot at a 45-degree angle. The ball is still held in front of the body.
3. The second step is taken with the dominant foot as the player picks-up speed. The hitting arm is behind the body as it would normally be while running but is prepared to move up into ready-to-hit position.
4. The non-dominant foot becomes the take off step as the ball leaves the hand of the server in a low toss. The eyes are focused on the ball. The shoulders are still at a 45-degree angle and the dominant hand is lifting above and behind the head.

Contact phase

5. The arm that tossed the ball starts lowering down as the abdominal muscles initiate the rotation of the body to bring the dominant hand on the ball. The hitting hand is open with a tight wrist.
6. The ball is contacted in front of, and in line with the hitting shoulder. Ideally, there is a straight line from the contact point through the shoulder and through the hip. The hips and shoulders now face the direction of the serve.

Post--contact phase

7. The arm stays extended as it follows through in the direction of the serve. The legs get ready for landing.
8. Landing is balanced with the non-dominant foot touching ground ahead of the non-dominant foot. The server lands in a running stride and gets positioned to play defence.

Jump Spin – Power



Pre--contact phase

1. Server starts approximately 3 meters behind the end line to allow for a full approach. Server steps forward with the right foot and tosses the ball in line with the hitting shoulder and the approach angle. At the moment of releasing the ball, there is a wrist flick that gives some forward spin to the ball.
2. The toss is quite long in distance so the server picks-up speed as he steps forward with the left foot. Both arms are in front of the body and the eyes are on the ball.
3. The server identifies the quality of the toss and takes a big right step towards the ball while lowering their centre of gravity. (This step is used to adjust to the toss). At the same time, both arms are drawn backwards.
4. The approach ends with the left foot planted in front of the right foot to allow some forward drifting. As the left foot plants and both legs push hard into the floor, both arms swing upward. The server jumps with the left arm leading.

Contact phase

5. After take off, the hitting arm, with high elbow, draws back which opens the shoulders and hips to the ball ("bow and arrow").
6. The abdominal muscles rotate the body. The left arm is pulled down by the side of the body as the right arm swings towards the ball. The contact happens in line with the right shoulder. The hand hits the back of the ball and rolls on it to give it topspin.

Post--contact phase

7. The hitting arm follows through in the direction of the serve and the shoulders bend forward.
8. Landing is balanced on both feet, drifting two or more meters inside the court, followed by defensive readiness.

**Both the Jump Spin Power Control Serve and the Jump Spin Power Serve are similar with the exception that the Control Serve is more directional and tactical rather than 'power' orientated. Source Volleyball Canada*