

## Serving

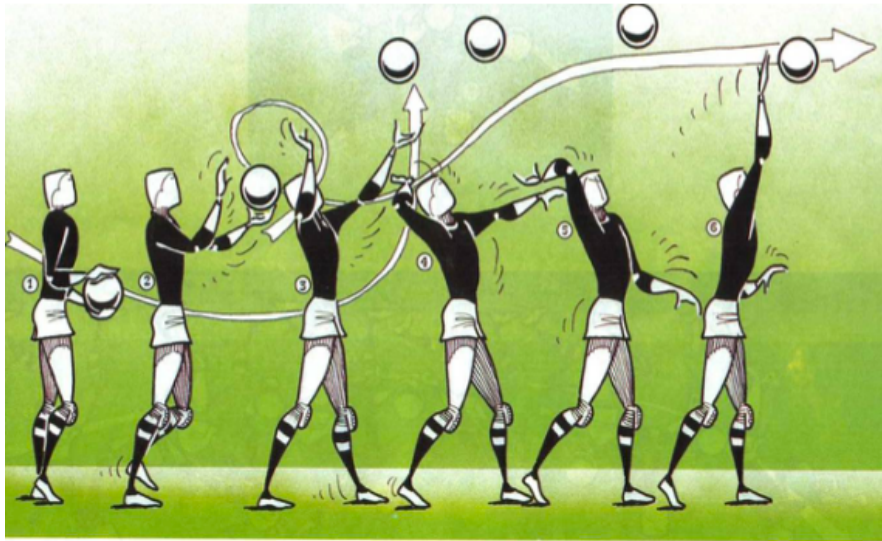


Figure 1: An illustration of the standing float serve.

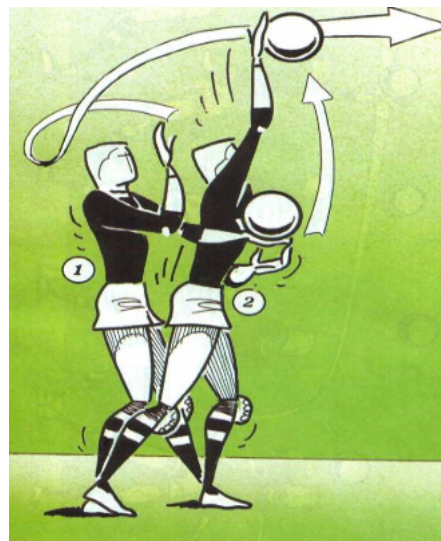


Figure 2: An illustration of the body movement when tossing and hitting.

**NB:** Notice that in figure 1 the non-hitting hand is the one that tosses the ball and opens up the shoulders. The elbow of the hitting hand is high when the hitting motion begins. In figure 2 the position of the toss is shown and the movement after the toss in order to serve.

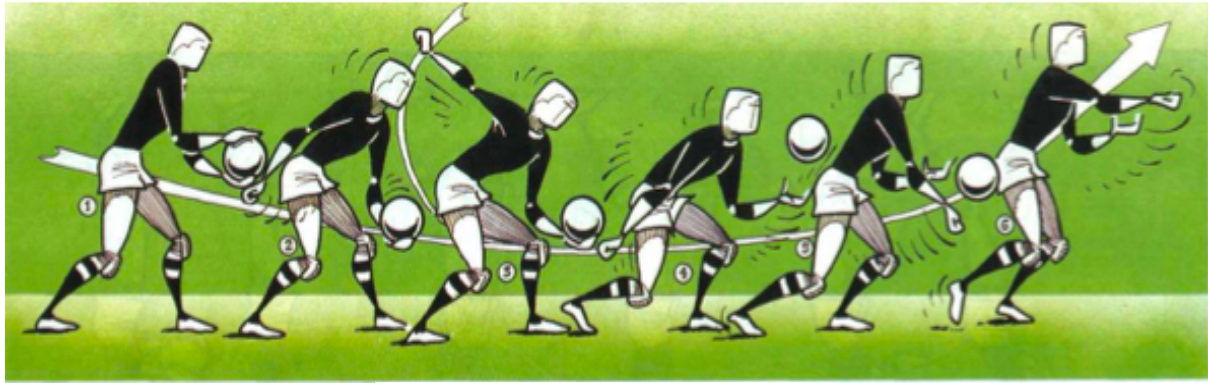


Figure 3: An illustration of the under arm serve.

**NB: Although not discussed, the server goes in a low posture and tosses the ball a little, then the swing the hitting hand from behind and hits the ball from below. This gives the ball an upward trajectory to allow it to go over the net.**