

Volleyball Movement Skills: Grade 7

The Underhand Serve

The following instructions are for right-handed servers. Reverse the directions for left-handers.

Get Ready

- stand with the feet at a 45 degree angle to the net or the target
- feet are placed shoulder width apart with the left foot ahead of the right
- bend forward from the waist
- bend the knees
- place the ball in the left hand, the palm is facing upward
- left arm is straight
- ball is directly below the chin
- look up and determine the target and then focus the eyes on the ball
- keep the fingers and the thumb of the right hand firmly together with the palm slightly cupped
- weight is placed on the back foot.

Action

- swing a straight right arm from the shoulder backward away from the ball
- take a small step forward with the left foot
- weight is transferred to the left leg
- right arm swings forward and the ball is contacted with the heel of the right hand
- ball is contacted on the back side just below its centre.

Follow-Through

- left hand drops away toward the floor
- right arm follows through toward the target
- body remains bent from the waist.

