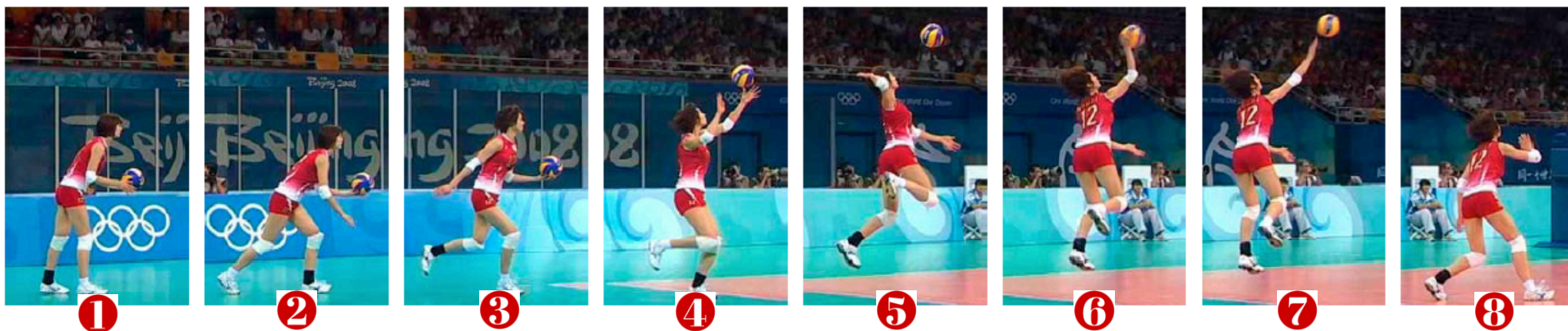


Jump Float Step Serve



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 defense**.