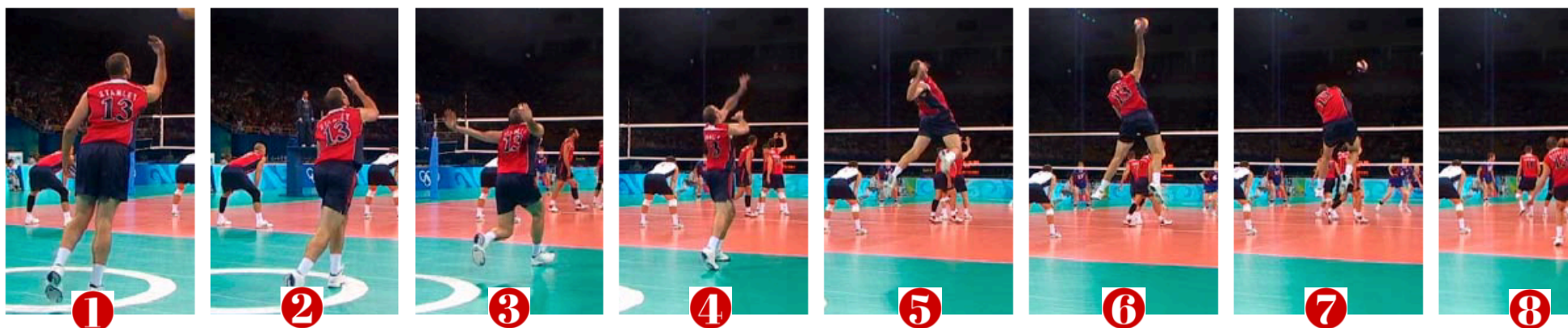


Jump Spin – Power



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 center 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.*