



### 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 takeoff 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 center, 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.