Higher Volleyball

Focused Observation Schedule

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

√ = effective X = not effective

**Underarm Serve**

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| --- | --- | --- |
| **Criteria** | Before training | After training |
| **Preparation Phase** |  |  |
| **If you are right-handed, put your left leg forward and put all your weight on your back foot.** (opposite for left-handers) |  |  |
| **Place the ball in the palm of your *non striking* hand under the volleyball** |  |  |
| **Hold the ball out in front of you a little lower than your hip and in line with your striking hand with your** **elbow straight.** |  |  |
| **Make sure your striking hand has the heel of hand facing forward up to the ball.** |  |  |
| **Action Phase** |  |  |
| **Swing your striking hand back behind the ball to beyond your hips with elbow straight, closed fingers and heel of hand facing the floor.** |  |  |
| **Step forward with the opposite foot of the striking hand, both elbows are still straight and bring your striking hand forward to meet the ball.** |  |  |
| **Strike the ball with the heel of your hand and** **don't let your foot go over the line or it is considered a foot fault.** |  |  |
| **Recovery Phase** |  |  |
| **Once you make contact with the ball, extend your legs up for power.** |  |  |
| **Follow through**: **continue your arm swing upward and point your striking hand in the direction of your intended target.** |  |  |
| **Return to ready position to continue play.** |  |  |