



Key words

- Routine
- Arm high
- Lift in front of striking shoulder
- Strike with stiff wrist
- Balance

Common Problems

- Off balance after contact
- Toss too high or not in body line
- Too big of first step

Teaching Progression

- Throw over net
- Practice lift, check landing of ball
- Serve at 20' line to partner and work toward 30'

Drills

- Partner serve
- One leg serve
- Serve & chase (emphasize routine)
- + - 0 drill to target
- 30 Pt. Drill (Miss = -1)
- Dead bug game