

Training the First Contact Serve and Serve Reception

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Serve Reception Key Elements:

- The Passing Platform
- Controlling the Direction of the Ball
- Control the Trajectory of the Ball
- Control the Speed of the Ball
- Movement to the Ball and Stability of the Passer at the moment of Contact.
- Perceptual Quality



The Forearm Pass – As Service Reception

- first contact for either serve receive or defense – quality often determines the teams success for attack and counter attack
- must be able to perform and control varieties

The Passing Platform

- use arms, shoulders, and upper body to create a stable platform to direct the ball to the target
- Reference Points – heels of hands together, thumbs to floor, arms away from body (How far?), relaxed but controlled



Controlling the Platform

- upper body leaning forward so platform in front of body
- knees bent and in front of toes, feet shoulder width or wider and one foot slightly ahead
- angle the platform to face the target
- hips oriented towards target

Controlling the Trajectory

- parallel to thighs
- short distance – platform parallel with floor
- long distance – platform more angled to the floor

Control the Speed of the Ball

- must be able to use the whole body as well as the platform
- decrease – withdraw platform, increase



Movement to Ball and Stability at Contact

- move quickly to get behind the ball
- keep head on a level plane when moving
- avoid any excess movements
- try to come to a complete and stable stop in good contact position
- try not to stray too far from contact position while moving

Perceptual Elements

- ability to determine where to intercept the ball – speed, trajectory, spin
- must learn to recognize elements to determine the above – speed of arm, location of hand
- know your area of responsibility
- create these situations (repetitions) in practices

Thoughts:

- Keep things Simple. Reduce unnecessary or useless movements.
- Be Efficient.
- Get a feel or rhythm.
- Have a good MENTAL IMAGE...use the pictures above.

Drills

- Partner Drills – used to get a rough approximation of the skill – blocked drills
- 3 Person Drill – target skill more in target context, random/variable practice
- Competition Drills

Overhead Pass – As Service Reception

- used to help cover more area and reduce movements
- hands a little stiffer but yet soft to absorb
- body behind ball and play ball at forehead
- direct hands towards target

Thoughts:

- Keep things Simple. Reduce unnecessary or useless movements.
- Be Efficient.
- Get a feel or rhythm.
- Have a good MENTAL IMAGE...use the pictures above.

Drills

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The Serve

Beginners

- Initiating Play

Advanced

- Offensive action to score points
- Disrupt opponent's offense
- Create point scoring opportunities

Types of Serves:

Standing Float	Long or Short (Distance) Deep or Short in court
Jump Float	Same
Jump Spin	

Basic Mechanics: Standing Float

Starting Position	
Preparation	- Weight Transfer - Toss
Striking Action	- Trunk Rotation - Arm Action - Accelerate to the ball
Contact Position	- Line of Power - Hand Position - Contact middle of ball
Follow Thru	- Arm to target

Increasing Effectiveness:

- adding velocity – contact solid
- length of serve
- trajectory
- starting position
- keep simple

Tactical Considerations:

- serving weak passer
- serving front row hitter
- serving to create confusion/disruption – target areas
- different rhythms/timing
- Serving best players – psychological advantage

- create blocking match ups
- to accentuate the advantages of defence
- variety – change locations up / each player with a diff serve

Jump Float Serve

Basic Mechanics

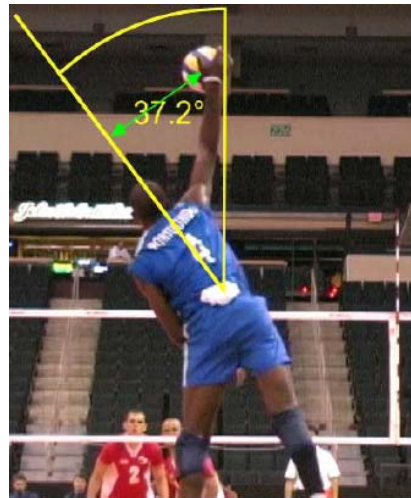
Starting Position approx 3-4 m back
Right foot forward

Toss 2 Hand – Dead Ball - ht ?
Step(non hit foot) and toss to begin
3 step approach to jump
Hitting arm up and back
Upright Body Position

Striking Action – reach up and forward
Opposite Hitting arm
Body Action
Landing in court
Follow to target

Jump Spin Serve





Basic Mechanics:

Starting Position approx 3-4 m back
Right foot forward

Toss 1 hand with spin
Height??
Step(non hit foot) and toss to begin
3 step approach to jump
Hitting arm up and back
Reverse 'C'

Striking Action – reach up and forward
Opposite Hitting arm
Body Action – Hips behind ball at contact

Landing in court
Follow to target

Thoughts:

- far to many players are serving ineffective spin serves
 - spin serves without velocity are easy to pass
 - velocity is more important to the spin serve because the ball flight is more predictable...compared to float
- too many players are missing serves that are easy to pass
- To be effective you need to be able to hit the spin serve with VELOCITY
 - 110 kmh – goal for top international players...must be over 100kmh to cause any problems internationally
 - 17 yr olds 90 – 100 kmh
- You need to have the 'RIPPER' velocity...if you do then you can have the 'CHANGE-UP' velocity or the 'CUTTER'...think how effective Baseball Pitchers are with change-ups
- Once players have the basic mechanics they need to work on hitting the serve with velocity...What environment or conditions should they perform this under?
- How many missed serves are you willing to allow? Is it appropriate for the level of play? May be based on your ability to side out.
- Do not underestimate the value of a good float serve.
- Keep things Simple. Reduce unnecessary or useless movements.
- Be Efficient.
- **Get a feel or rhythm.**
- **Have a good MENTAL IMAGE...use the pictures above.**

Training Ideas and Drills:

- We need to spend more time on serving and emphasize the importance more throughout our practices
 - Individual practices – good volume
 - Warm-up contacts
 - Players serving rather than coaches in various drills
 - Even if it is an easy version of the serve
- Standing spin serves in 3's (Server, Passer, Target over Net)
 - Work on velocity mechanics
- 4 Man Over Net
 - random volume
- Competition Drills
 - Put the target skill in the target context
 - Wash
 - 3 serve Wash
 - Tough Serve Wash
 - Coach evaluate serve