



USAVOLLEYBALL.ORG FIVB.ORG NORCECA.ORG

CENTRAL COAST VOLLEYBALL INC

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# SERVING

KEEP IT SIMPLE

READY WITH ARM BACK

PLACE THE BALL CONSISTENTLY

RIGID, CONSISTENT CONTACT POINT

FAST ARM, FAST FLIGHT

ALWAYS SERVE OVER AND LONG VS. IN THE NET FOR TEAM LEARNING



USAVolleyball.

**FIVB**

FÉDÉRATION INTERNATIONALE DE VOLLEYBALL