



USA VOLLEYBALL.ORG FIVB.ORG NORCECA.ORG

CENTRAL COAST VOLLEYBALL INC

# 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.



FÉDÉRATION INTERNATIONALE DE VOLLEYBALL