



“Things to Consider when Serving and Strategies to Keep in Mind”

How you want your players to serve in a match will often dictate what kind of work will be required at practice. Here are some possible strategies for practice to be implemented into match play.

- 1) Serve from as far back as possible. This will allow your server to hit the ball a little harder and enable a float server to get more movement out of the ball. It will also allow the ball to stay in the air longer and force passers to have to follow the ball for a lengthier period of time, and may cause tracking problems.
- 2) Serve from just behind the end line. This will take away some of the time passers have to react to the serve.
- 3) Serve down the line (from left end line to position 1 and from right end line to position 5). This will offer the team receiving the ball the worst angles for passing the ball back to the setter. This will help limit setting options and make for more difficult sets.
- 4) Serve short to position 2. Setters may have difficulty using all their setting options on offense if they have to look behind them before they set; therefore the time they have to look at the attackers and opposing middle blocker is reduced.
- 5) Serve short to position 3. Serving short to the middle of the court may cause confusion for middle attackers and teams that like to use 2 player combination attack options.
- 6) Serve short to a front row passer/attacker. This takes away some of the time and distance that attackers need to prepare for their attack.
- 7) Serve deep to front row passer/attacker. Conversely to number 6, serving long increases the distance players will have to move once they pass to get themselves in position to attack.
- 8) Serve the ball in between passers. This creates confusion and communication problems with passers, and forces players to have to move to the ball.

Keep in mind that while training athletes to serve properly, athletes should be using a mental serving routine (the same routine to be used each time the athlete serves a ball). This routine will help bring confidence and consistency to practice and match play. It often helps to have athletes write out their serving routine/script. This helps make the routine concrete.

For more information please visit www.volleyball.ca