



## Skill Context

The underhand serve is a slower and less powerful serve. It is a good serve to use for beginners but it is easier for your opponents to receive compared to the overhand serve

## Main Cues

Hold ball at knee level  
Eyes on ball

Shift weight forward  
when striking ball

Stiff palm & open hand  
Contact lower-half of ball

## Skill Breakdown

Learn how to perform this skill with this detailed breakdown.



**Ready Position**  
Face target  
Non-dominant foot forward  
Hold ball (palm up) with non-dominant hand palm up at knee level in line with swinging arm  
Weight on back foot  
Eyes on the ball



**Pre Contact**  
Swing hitting arm back and at the same time shift your weight to your back foot



**Contact**  
Shift weight forward and take a small step forward with your foot on the side where you are holding the ball  
Strike the ball with a stiff palm and open hand  
Make contact with the lower-half of the ball so that it lifts



**Follow Through**  
Follow through the ball with your swinging arm straight towards the target



**Video Demonstration**  
Scan the code above with your mobile device's QR code scanning app to watch a video demonstration of this skill being performed.

## Activities For Deliberate Practice

Choose your skill level, refer back to this poster, and start mastering this skill.

Level One  
Novice



Level Two  
Intermediate



Level Three  
Expert

