



## Skill Context

The overhand serve is a faster and generally more powerful serve. It is more aggressive compared to the underhand serve and is more challenging to receive

## Main Cues

Hold ball at shoulder level  
Eyes on ball

Shift weight forward  
when striking ball

Stiff palm & open fist  
Contact lower-half of ball

## Skill Breakdown

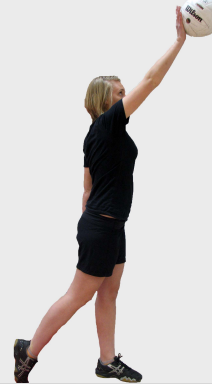
Learn how to perform this skill with this detailed breakdown.



**Ready Position**  
Face target  
Non-dominant foot slightly in front  
Hold ball with non-dominant hand palm up at shoulder level  
Weight on back foot  
Eyes on the ball



**Toss and Step**  
Toss ball straight up  
Step forward with front foot (weight shifts forward)  
Elbow high and drawn back (like a bow and arrow)  
Swing elbow forward and let arm follow through to the ball (like throwing a baseball)



**Contact**  
The upper body will be straight upright or have a backwards lean  
The ball is contacted with the arm at or near full extension with a stiff, open palm



**Follow Through**  
The hand should follow through the mid line of the ball in the direction of the serve  
The body keeps moving in the direction of the serve



**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

