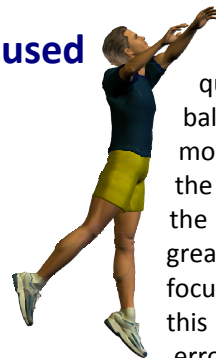
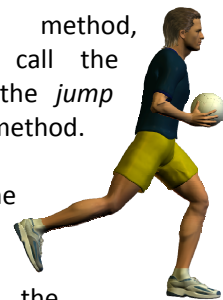


Two Methods for Executing a Jump Float Serve

In the previous article I explained why a properly executed jump float serve can be very effective. However, realizing its effectiveness and being able to execute it properly are two different things. In this article I will describe two fundamentally different methods for executing a jump float serve. The two methods are delineated by the toss. The first method is the *toss focused* method, while I call the second, the *jump focused* method.

With the toss focused method, the ball is tossed as the right leg (for right-handed servers) comes forward for the last time in the service approach. The approach finishes with the left foot touching down and then the jump up and out towards the tossed ball. This method prevents a maximum jump due to a reduced arm action. During a well executed spike approach for max height,

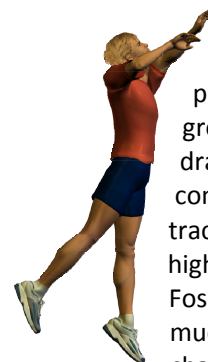
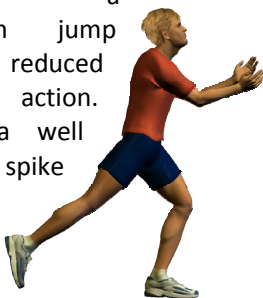


Toss Focused

height. This reduction in jump height means the height of ball contact will subsequently be reduced. With the toss focused method, the ball is contacted near the peak of the toss's trajectory just as the ball has started to descend. The ball will have very little vertical motion at this point in its trajectory, which means that any timing errors

by the server will have a minimal effect on the quality of ball contact.

With the jump focused method,



Jump Focused

(for right-handed servers) comes forward for the second last time in the service approach. At ball release, both arms are forward along with the left foot. This is the identical position that is reached during a spike approach for maximum height. From this position, the server simply executes a standard two-step approach in which the

contribution from the arms towards max jump height can be fully realized. For this method, the ball must be tossed higher to provide enough time for the server to complete their approach. This inevitably means that the ball will be travelling with substantially more vertical velocity when the server makes contact.

Making solid contact with a quickly falling ball is considerably more difficult. As the magnitude of the toss is also greater for the jump focused method, this means that any errors in the toss will be magnified.

The toss orientated method is easier to learn and execute. However, while the jump focused method is more difficult; the potential for maximizing performance is greater. I would draw a comparison to track and field high jumping. The Fosbury Flop is much more challenging to learn and execute, but has the potential to yield greater results than the scissor kick. As a coach or player, you have to decide if the extra inches in contact height outweigh the level of difficulty in execution.

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