

Serving

Serving can be very effective in sitting volleyball to put pressure on opponents. Because of the lower net height and the challenges in moving on serve receive, points can be generated from the serving line. This is why front row players are allowed to block the serve on the opposition side. Both float serves and spin serves are used in sitting volleyball, however, the spin serve can be slightly less effective because of the angle of the ball going over the net. Because there is no jumping, there is no 'downward' angle put on the ball which is largely why it is effective in traditional volleyball.

- Sit behind the endline with legs out in front of the body
- In non-hitting hand, raise the ball to shoulder height with the arm extended
- Pull back on your hitting arm, keeping the elbow high and thumb pointed to the ground (simulating pulling back on a bow and arrow)
- Toss the ball gently 1-2 feet out of your hand
- Keeping the elbow high, swing through the ball, following through in the direction of your serving target
- When following through, an aggressive snap will result in a topspin serve, while keeping the wrist rigid on follow-through will result in a float serve

VARIATION: Attack Serve

The attack serve is based off the same technical aspects as the attack and its objective is to overpower the passers or serve off the opponent's block and out of play.

- Sit with the legs bent in front of body about 2m behind end line
- Toss ball high and in front of body with hitting hand
- Using the bicycle kick movement, move so that hitting arm is under ball
- Non-hitting hand is on ground for balance and power
- Pull back hitting arm, keeping the elbow high and the thumb pointed to the ground. This will simulate pulling back on a bow and arrow.
- Continue to slide through the ball, swing arm through keeping the elbow high and snapping wrist at contact. Rotate shoulders and trunk around non-hitting arm for increased power.

