

STANDING FLOAT SERVE



STANCE

1 KEY PRINCIPLE

Verbal Cue 1
Stable Stance

Verbal Cue 2
Staggered and Balanced



LOW TOSS

2 KEY PRINCIPLE

Verbal Cue 1
Low Toss

Verbal Cue 2
Lift in Front



WEIGHT SHIFT

3 KEY PRINCIPLE

Verbal Cue 1
Toss Shift

Verbal Cue 2
Step, Toss, Shift



SWING/CONTACT

4 KEY PRINCIPLE

Verbal Cue 1
Swing Fast

Verbal Cue 2
Palm to Target

PASSING



READY

1 KEY PRINCIPLE

Verbal Cue 1
Ready, Read, Anticipate
and Move

Verbal Cue 2
Low, Wide and Ready



PLATFORM

2 KEY PRINCIPLE

Verbal Cue 1
Platform Out Early

Verbal Cue 2
Solid Platform



REBOUND TO TARGET

3 KEY PRINCIPLE

Verbal Cue 1
Step to Ball

Verbal Cue 2
Be a Backboard



HOLD THE PLATFORM

4 KEY PRINCIPLE

Verbal Cue 1
Platform to Target

Verbal Cue 2
Eyes on the Elbows

SETTING



READY

1

KEY PRINCIPLE

Verbal Cue 1
Stopped, Staggered and
Balanced

Verbal Cue 2
Right Foot Forward



MOVE TO BALL

2

KEY PRINCIPLE

Verbal Cue 1
Beat the Ball to the Spot

Verbal Cue 2
Square to Target



HAND POSITION

3

KEY PRINCIPLE

Verbal Cue 1
Ball-shaped Hands

Verbal Cue 2
See Under the Ball



FOLLOW THROUGH

+

KEY PRINCIPLE

Verbal Cue 1
Superhero Fingertips

Verbal Cue 2
Follow the Ball

ATTACKING



READY POSITION

1

KEY PRINCIPLE

Verbal Cue 1
Get Available

Verbal Cue 2
Get Ready



APPROACH

2

KEY PRINCIPLE

Verbal Cue 1
Go!

Verbal Cue 2
Run / Accelerate



FAST STEP-CLOSE/TAKE-OFF

3

KEY PRINCIPLE

Verbal Cue 1
Step-Close-Jump

Verbal Cue 2
Explode



ARM SWING / CONTACT

4

KEY PRINCIPLE

Verbal Cue 1
Swing Fast and Snap

Verbal Cue 2
Throw Hand at the Ball

BLOCKING



READY

1 KEY PRINCIPLE

Verbal Cue 1
Ready and Anticipate

Verbal Cue 2
Coiled and Ready



FRONT THE HITTER

2 KEY PRINCIPLE

Verbal Cue 1
Front the Hitter

Verbal Cue 2
Square Up



JUMP AND SEAL

3 KEY PRINCIPLE

Verbal Cue 1
Jump and Seal

Verbal Cue 2
Big Eyes - Big Hands



SURROUND / PRESS

4 KEY PRINCIPLE

Verbal Cue 1
Body Tight-Arms Locked

Verbal Cue 2
Seal and Surround

DIGGING



READY AND READING

✓ KEY PRINCIPLE

Verbal Cue 1
Ready, Read, Anticipate
and move

Verbal Cue 2
Stopped and Blanced on
Hitter Contact



PLATFORM

2 KEY PRINCIPLE

Verbal Cue 1
Solid, Flat Platform

Verbal Cue 2
Hands to the Ball



CONTACT

3 KEY PRINCIPLE

Verbal Cue 1
Absorb the Force

Verbal Cue 2
Body Low = Ball Up



FOLLOW THROUGH

4 KEY PRINCIPLE

Verbal Cue 1
Freeze to Target

Verbal Cue 2
Platform to Target