Float Serve Keys and Pitfalls (from Gold Medal Squared)

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| Principles:   1. Torque 2. Speed and accuracy 3. Simple=repeatable | Routines:  --to focus, calm down, or hype up  --deep breath, rituals |

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| Standing Float | Two-Hand Jump Float | One-Hand Jump Float |
| 1. Bow and arrow    1. Stand 45 degrees    2. Ball in one hand (left)    3. Hitting elbow and shoulder back 2. Place, step, hit or   step, place, step, hit (first step, big step with back foot/ i.e. right)   * 1. Contact on heel of hand (no spin)  1. Place, step and swing to target    1. Everything in line.    2. “better to be good than sneaky” 2. See and connect the outcome | 1. Ball in two hands**, right foot forward**    1. First step with right foot 2. Step, step, toss, step, step, hit    1. Place ball in front of hitting arm    2. Don’t swing arms back when jumping (they stay up in bow and arrow position)    3. Contact on heel of hand (no spin) 3. Place, step, and swing to target 4. See and connect the outcome | 1. Ball in left hand, left foot forward    1. Standing 45 degrees    2. **First step is with right foot/ step over left foot**) 2. Step, step, toss, step, step, hit    1. Place ball in front of hitting arm    2. Don’t swing arms back when jumping (they stay up in “bow and arrow” position).    3. Contact with heel of hand, no spin   3) Pace, step, swing to target  4) See and connect the outcome |
| Pitfalls:   1. Square up too early=arm serve only (no torque) 2. Toss vs. placement 3. Using legs to toss ball (loses touch) 4. Holding ball in two hands | Pitfalls:   1. Toss disrupts rhythm 2. Using arms to jump (disrupts rhythm) 3. After toss, never gets arm back and open (so no torque) | Pitfalls:   * Toss location * Using arms to jump * During approach, player doesn’t stay in open position (upper body is too straight so no torque, only arm) * Starts with wrong foot (dominant/ right foot) forward (instead of left). |