

A low-angle shot of a volleyball net against a blue sky with light clouds. A volleyball is suspended in the air above the net. In the foreground, the hands of players are visible, reaching up towards the net.

Volleyball Skills

Underhand Reception & Underhand Serve

By: Kader Rahman – 5th Grade

Underhand Reception (Bump)

- Underhand reception is used to control the ball after a serve.
- Players use their forearms to guide the ball to a teammate.
- Good reception helps your team stay in control.

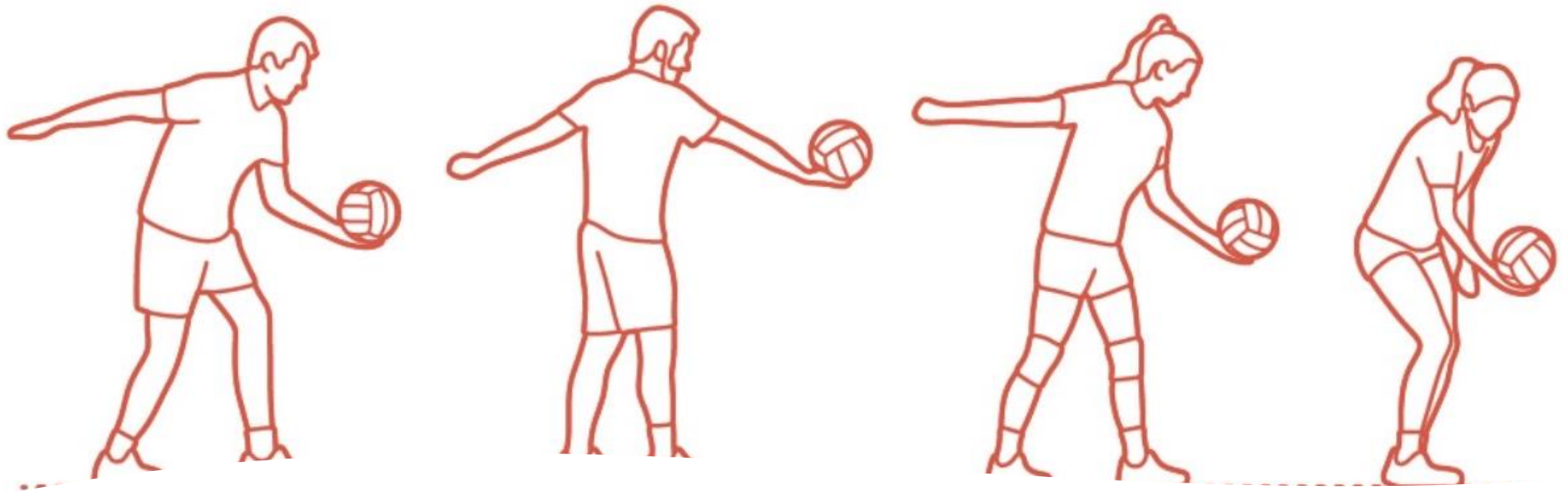


A photograph showing the forearms and hands of four people joined together in a platform formation. The person on the far left is wearing a black t-shirt with a white logo that includes the letters 'CAA' and the text 'CAMPUS ANNUAL CONFERENCE' and 'UNIVERSITY'. The hands are pressed together, with fingers pointing downwards, creating a strong, unified platform.

Correct Platform Technique

- **Keep both arms straight and locked**
- **Hands together forming a strong platform**
- **Use forearms—not hands—to contact the ball**
- **Bend knees and move your feet underneath the ball**
- **Always keep your eyes on the ball**

Dimensions.com | Volleyball Serve - Underhand



What Is the Underhand Serve?

- The underhand serve is a simple and controlled way to begin the game.
- It helps players focus on accuracy before learning stronger serves.
- A strong, accurate serve makes it harder for the other team to return the ball.

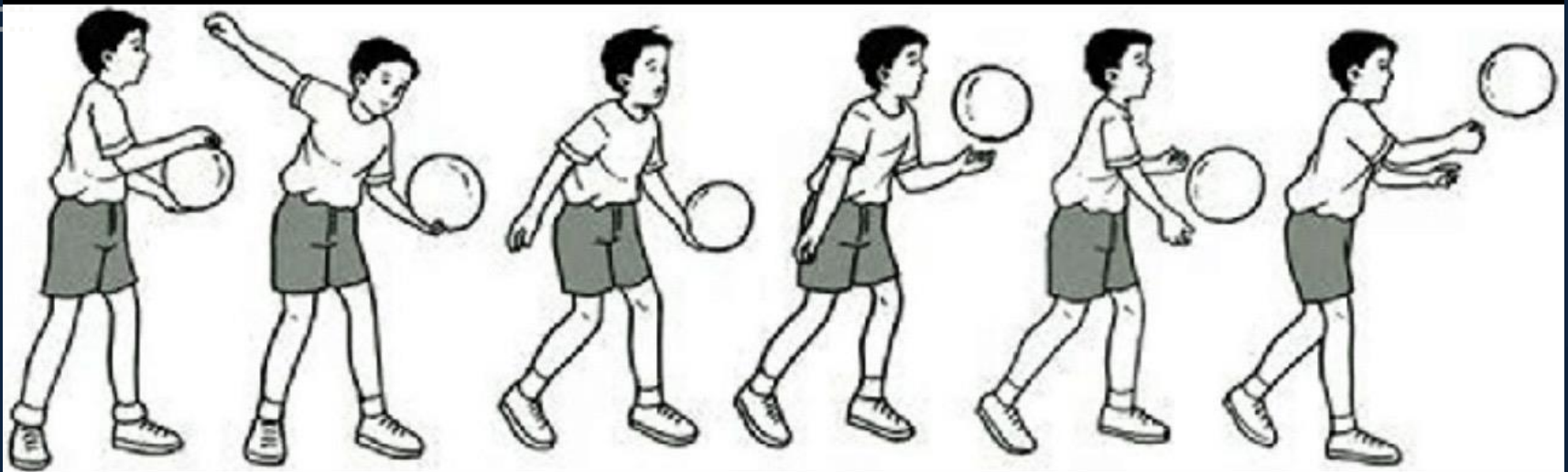
4

simple steps
to master the
**UNDERHAND
SERVE**



4 Simple Steps to Master the Serve

- 1. Step forward with one foot
- 2. Hold the ball steady at your waist
- 3. Swing your serving arm back
- 4. Hit the ball with your palm and aim over the net
- Keep your body balanced and follow through.



Serve Motion Breakdown

- This picture shows the step-by-step body movement during an underhand serve.
- Focus on timing, balance, and hitting the ball with the center of your palm
- for a clean, accurate serve.

Practice Makes Perfect!

- The more you practice your underhand serve and reception,
- the more control, power, and accuracy you build.
- Good volleyball players master the basic skills through repetition.

