

# VOLLEYBALL



techniques

# Underhand Serve

When a player hits the ball below the waist with a closed fist (for beginners)



Put one foot in front of the other to get ready and put all the force in the other foot



**One hand holding  
the ball and one  
hand swinging  
backwards to hit**



A photograph of a volleyball in mid-air, positioned above a volleyball net. The net is black with red borders and is set against a clear blue sky. The volleyball is white with visible panel lines. The text "Hit the ball over the net and get ready for the underhand reception!" is overlaid in a bold, yellow, sans-serif font across the lower half of the image.

Hit the ball over the net  
and get ready for the  
underhand reception!



Underhand reception  
is receiving the ball  
on your side of the  
net and sending it  
back



It involves bringing your hands together, keeping your arms straight and in front of your body, and using the angles of your arms to direct the ball



It is a technique often used to  
pass to your team player

