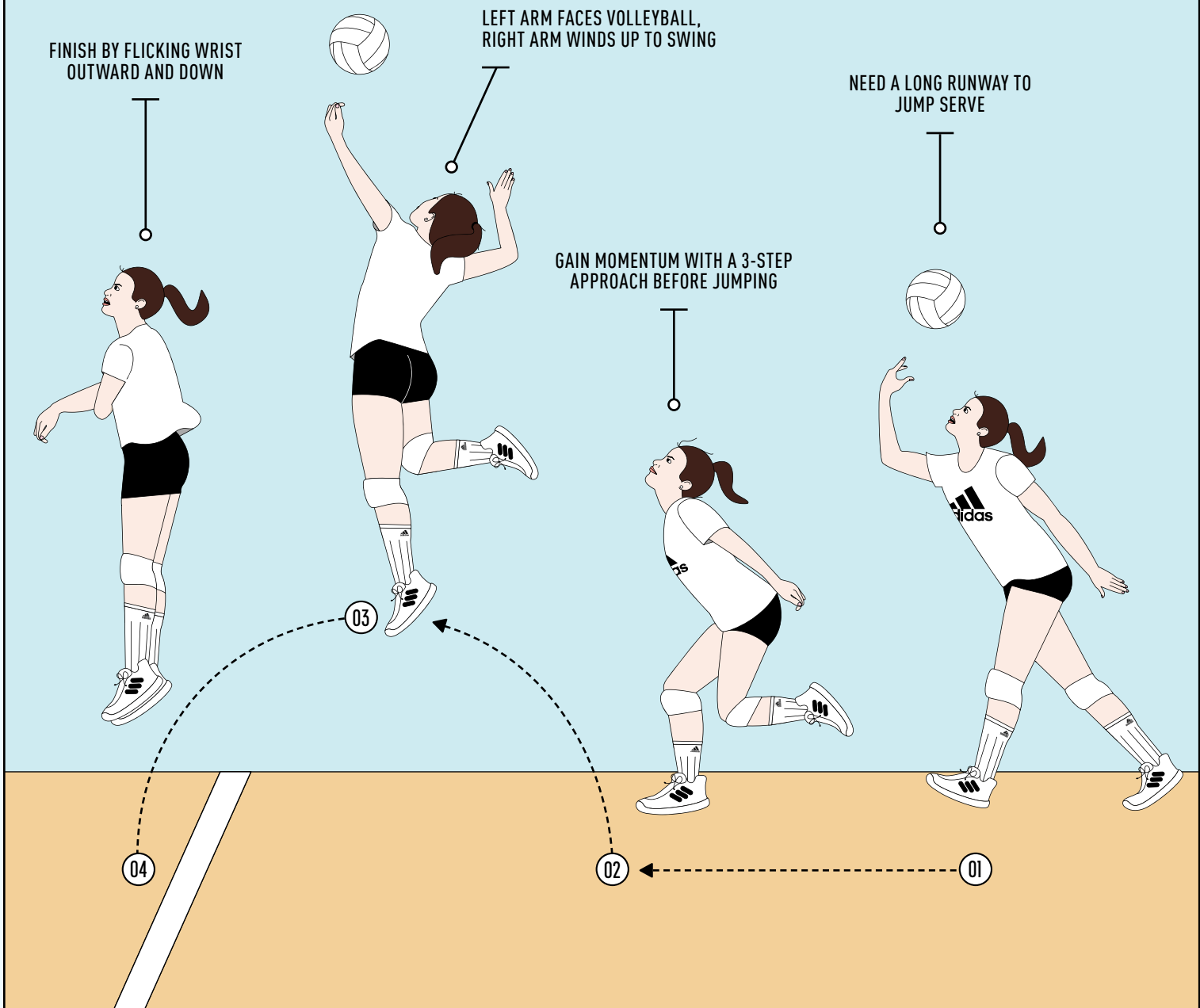


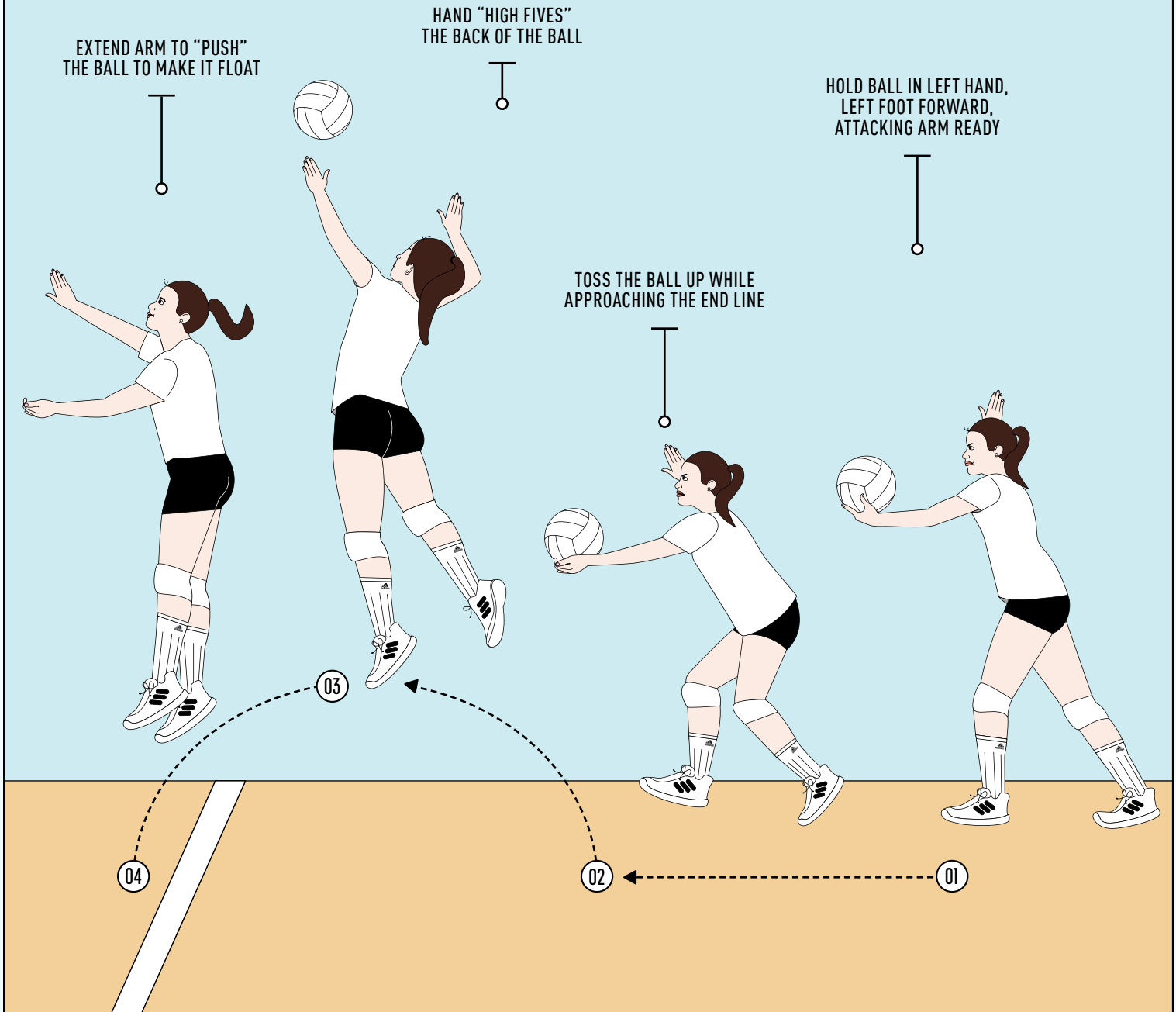
HOW TO JUMP SERVE: TOPSPIN JUMP SERVE



TOPSPIN JUMP SERVE

- ① **SETUP + TOSS:** 4 steps back from end line. Toss ball high and ahead.
- ② **APPROACH + JUMP:** Step left, right, left, jumping off the last step. Swing your arms to propel you up.
- ③ **SWING:** From a bow and arrow position, swing attacking arm and contact the ball at the highest point of your reach.
- ④ **FOLLOW THROUGH:** Swing your hand outward and down to add topspin.

HOW TO JUMP SERVE: JUMP FLOAT SERVE



JUMP FLOAT SERVE

- 01 **SETUP:** 3 steps back from end line, ball in left hand, right hand ready to swing.
- 02 **TOSS AND APPROACH:** Toss ball 2 feet up as you step left, right, left.
- 03 **JUMP:** Jump off last step, swing right hand, hitting the ball with a flat palm.
- 04 **FOLLOW THROUGH:** Keep palm extended out to push the ball across the net.

HOW TO JUMP SERVE

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