

VOLLEYBALL

Partner Task Sheet
Peer Coaching

SKILL: THE UNDERHAND SERVE

Partner 1	Partner 2	
	10 Toes to the Target	
	2 Dribbles	
	Step Back (slide back the same foot/same as punch hand)	
	Cool Spin!	
	DRIP OF SWEAT	
	Flat Thumb FIST – Sandpaper Flat (punching fist)	
	LINE UP Ball on Punching Hand Shoulder	
	Lower Part of the Ball – Next to Your Pinky!	
	One-two-STEP & PUNCH	
	FINISH in the Same Position that You Started	