

VOLLEYBALL

Partner Task Sheet
Peer Coaching

SKILL: THE OVERHAND 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!	
	11:00 back foot for left-handers/1:00 for right-handers	
	Volleyball lined up with the Hitting Shoulder	
	Big Punching Hand on Top of the Volleyball	
	Pull & Pause	
	Four Fingertips to the Ceiling - Elbow above Your Ear	
	Big Hand	
	DELIVER (toss) —STEP & PUNCH	