

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 | |