

**TASK ANALYSIS**  
**Underhand Serve**

SKILL: Underhand Serve

VISUAL DESCRIPTION: While holding the ball in the palm of non-dominant hand with a straight arm at waist level, with shoulders square to net, swing the dominant hand straight back and straight forward. Contact the ball with a firm heel of the hand on the lower back portion of the ball out of the non-dominant hand. At the same time, step forward on the non-dominant hand.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

1. Feet shoulder width apart facing the net.
2. Hold ball in palm of non-dominant hand
3. Position non-dominant arm straight out at waist height
4. Eyes on ball
5. Shoulders square to net
6. Swing dominant hand straight back and forward
7. Contact lower third of the back of the ball with Firm heel of the hand
8. Step forward on the non-dominant foot

1. Jumper stance
2. Hold ball
- \*3. Ball at waist
- \*4. Eyes
- \*5. Square shoulders
6. Swing arm
- \*7. Contact ball
8. Step forward

\* = 4 Most Critical Points

**COMPLEXITY VARIABLES**

LEARNER: beginner level

SKILL: discrete

ENVIRONMENT: distance from net, height of net, weight of ball

**CHECKLIST:**

Student	Ball at waist	Eyes	Square shoulders	Contact ball
1				
2				
3				
4				