

Cardinal Rules of Serving

Suttich's Seven Sins of Serving



Nobody intentionally misses their serve. However, there are times when you can afford to be more aggressive and other times when you just need to keep it in. Below is a list of scenarios when it is ever so important that you serve the ball in the court. So if you find yourself serving during one of these moments, be confident and keep it in!

MOMENTUM MOMENTS (When NOT to miss your serve):

- 1) First serve of the game/match
- 2) The last serve was missed (2 in a row):
 - If your teammate missed their serve before you
 - If your opponent missed their serve before you
 - If you missed your serve the last time around
- 3) After a time out or a Sub
- 4) After a break (i.e. subs, shoelace, argument with ref, etc.)
- 5) After a long rally that we won
- 6) After a string of points by the other team or a string of serves by us.... Do not give them a heartbeat sideout
- 7) Game Point!

ESTABLISH A PRE-SERVING ROUTINE.

This could be as simple as holding the ball a certain way, a spin, a slap, a deep breath. The important thing is to be consistent once you establish this. Why? A routine helps you prepare mentally for the next step. It helps to keep you focused and confident - the two most important things while serving. You see this practiced in basketball (before free throws), golf (before the swing), baseball (pitcher or batter) and other sports. Once you create a good routine, try to do it exactly the same every time you step back to serve.

1. AVOID HITTING OR BOUNCING THE BALL TOO MANY TIMES

This can result in the ball spraying off the server's foot and the server having to chase it down. Not good.

2. AVOID A LONG ROUTINE

You only have 5 seconds and the last thing you want to feel is rushed when it comes to the serving mechanics.

3. KEEP IT SIMPLE

You don't get style or difficulty points for your pre-serve routine. Your routine does not have to be unique or different from the other player's routines. The whole point is to keep you focused. So don't overdo it. Keep it simple so it's easy to remember and easy to execute.