



THE SERVE

“TAKE CONTROL”

GAA
HANDBALL

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THE SERVE

Every rally in Handball is initiated with a serve, and thus its importance is paramount. The serve is also the only time that a player has complete control over the point. As well as initiating the point, the server can also retain control over the point by hitting a serve that would dictate what type of return would be hit.

The aim of the serve could be defined as:

'To make a point by serving an irretrievable ball or by putting the opponent in as much returning difficulty as possible.'



In relation to the serves in Handball it is important to remember that there is no set amount of serves, and creative ability can call for any type of serve to be used.

As well as that, serves can be executed in an offensive or defensive mode. For example:

- a) A power serve may be executed with the aim of getting an un-returnable point
- b) A lob serve may be executed to force a weak off-hand return from the opponent in order for the server to gain immediate advantage in the ensuing rally.

REMEMBER!

- Take your time, and never rush your serve
- Think about what would be the most effective serve considering your opponents style
- Ensure to practice a variety of serves in training



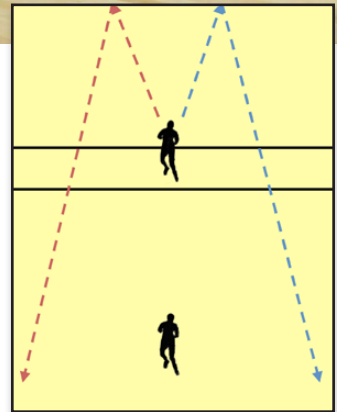
1

LOW POWER SERVE

(40X20, 60X30 & ONE-WALL)

KEY POINTS:

- Ball should be contacted low and hit with power
- Point of contact on front wall is division of distance between server and sidewall
- Ball kept low so as to bounce just behind the short line
- Ball to be kept close to sidewall and off the back wall
- In most cases should be directed towards the opponents weak hand
- Can be executed with underhand, sidearm or low-sidearm.
- Can be used from either side of the court, as shown.



2

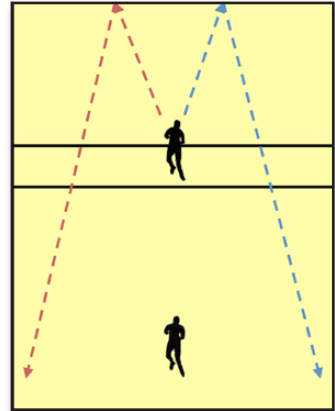
DEEP POWER SERVE

(ONE-WALL)

THIS SERVE IS ONLY A RECOMMENDED SERVING OPTION FOR THE ONE-WALL CODE

KEY POINTS:

- Can be executed with underhand, overhand or sidearm
- Primary aim of this serve is to hit the ball with power, aiming to bounce deep in the back court, as close to the back line as possible
- If using the overhand stroke, the ball should be bounced above shoulder height to allow ease of the overhand swing
- Point of contact on front wall is division of distance between server and sideline
- In most cases should be directed towards the opponents weak hand
- Can be used from either side of the court, as shown.





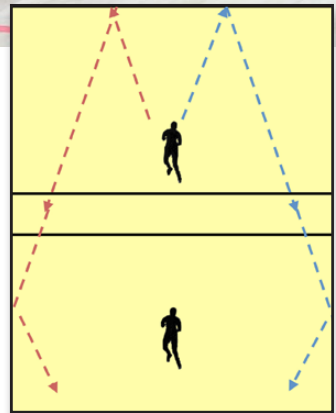
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TWO WALL POWER SERVE

(40X20 & 60X30)

KEY POINTS:

- Ball should be contacted low and hit with power
- Point of contact on front wall should be slightly closer to the sidewall as opposed to the server
- Ball kept low, and to cut in low off the sidewall as shown
- Ball to be kept off the back wall
- In most cases should be directed towards the opponents weak hand
- Can be executed with underhand, sidearm or low-sidearm.



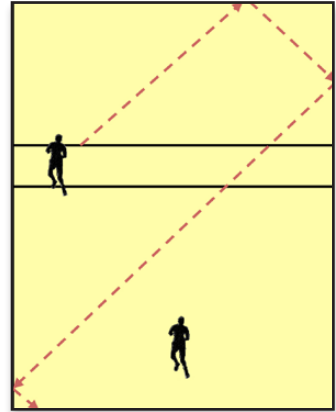
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THREE WALL 'Z' SERVE

[40X20]

KEY POINTS:

- Point of contact on front wall close to side wall
- Ball kept at shoulder height so as to reach deep court
- Ball to hit sidewall close to back wall and descend
- Ball should be kept off the back wall
- Can be executed with underhand or sidearm
- Can be used from either side of the court

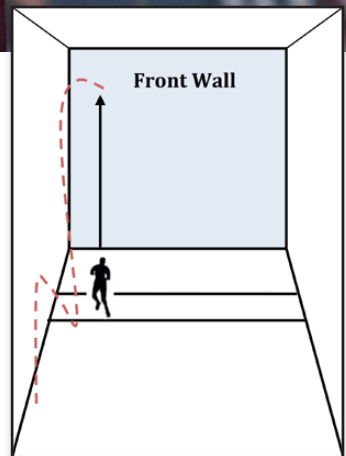




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STRAIGHT LOB SERVE

(40X20 & 60X30)



KEY POINTS:

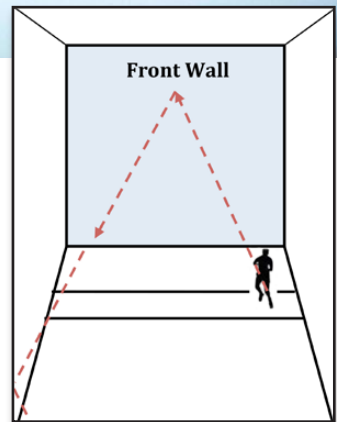
- This serve can be executed using either the overhand or the underhand stroke
- If using the overhand stroke, the ball must be bounced above shoulder height to allow ease of the overhand swing
- Point of contact on front wall is to be close to the side wall, with the ball returning along the sidewall as close as possible
- Ball should be on the descending arc as it reaches the back wall
- Aim to strike the ball as high on the front wall as possible, whilst bouncing just over the service line, for the most effective use of this serve



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TWO WALL LOB SERVE

(40X20 & 60X30)



KEY POINTS:

- This serve can be executed using either the overhand or the underhand stroke
- If using the overhand stroke, the ball must be bounced above shoulder height to allow ease of the overhand swing
- Point of contact on front wall should be slightly off centre, closer to the wall you are aiming to descend off
- Ball should be on the descending arc as it reaches the side wall, cutting in low off the sidewall, close to the back wall
- Ball should not reach the back wall