

## Developing the Serve Throwing Checklist

**B - Beginning    D - Developing    C - Competent**

	<b>B</b>	<b>D</b>	<b>C</b>
Player starts with toes/heels in line with the intended target	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Player has an upright posture and is not slouched or bending	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Player starts with both hands together in a serving position	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Player holds the ball in the dominant hand with the chopper grip set	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Player takes the dominant hand down past the toes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Player maintains good posture through the action with no knee bend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Player extends dominant arm to create the tick position	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Player keeps palm of dominant hand down through the take back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Player takes the elbow through the 90-90 position with palm out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Player tilts the shoulders with the non-dominant arm extended	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Player extends the dominant hand upwards to a high release	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Player follows through with the hand to the opposite side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Player finishes in balanced position with back foot in tip stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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