

Name: _____

Improving Serving

GRADES 3-5

Part 1:

Question: How do you improve your serve?

Hypothesis: Which of the following will improve your serve: position, person serving, serve type or volleyball?

Data Collection: Record the distance and location of each serve.

	Partner 1	Partner 2	Position 1 (1 foot behind line)	Position 2 (on the line)
Underhand Serve				
Torque Serve				
First Touch Ball				
Light Touch Ball				

Conclusion: What variable improved your serve? How do you know?

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GRADES 3-5

Part 2:

Question: How do you improve your serve?

Hypothesis: Will a change in foot position increase the distance of a serve?

Data Collection: Collect distance in feet.

	Trial 1	Trial 2	Trial 3	Average
Both feet forward				
Back foot at 45 degrees & front foot forward				
Both feet at 45 degrees				

Conclusion: Which foot position improved the distance of the serve? How do you know?

What are the similarities and differences between the two experiments?

What would a coach more likely use to change/improve their player's serve? Explain.