

Biomechanics in volleyball

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PhysicalEducationVolleyball Year 11 The purpose of this report is to evaluate my performance, of my chosen serve the overhand serve, using biomechanical principles. As stated by Amezdroz et al, (2004) "

Biomechanics is the study of how living things move, and the efficiency of movement, in particular. Biomechanics is used to" Provide valid reasons for observed effects diagnose problems with technique and justify changes in technique. "

Throughout this term I have taken photos of my progress within the Overhand serve, I will be showing you in detail my strengths and weaknesses when applying the serve I will be Correcting errors and justifying my analysis using biomechanical principles. The accurate technique of the over hand serve. To start off the serve you need to make sure you have volleyball, a court and opponents. When getting ready to serve Set yourself up with your feet, hips and shoulders facing the direction you want the ball to go.

The less movement you have while performing this serve the better. For a right handed person the left foot is slightly forward, both knees are slightly flexed, with your body weight equally distributed, hold the ball in your non dominate hand at chest level, palm up, it is important to keep your elbow Loose with a slight bend, Position your serving arm so your elbow and hand are just above your ear, keep your hand open and your wrist locked.

The toss is the most Important part of this serve, toss the ball 12 to 18 inches above your head in front of your serving shoulder, this keeps your serving motion simple, so you can reach high and hit the ball with a powerful swing, contact the ball with the heel of your hand, keeping your hand opened and flat, your wrist should be locked your arm fully extended, step forward

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As you can see in this figure, the Girl has got her feet, hips and shoulders facing the way she wants the ball to go, her body is also equally distributed, both of her knees are slightly bend also when she has tossed the ball up it has gone about 12 to 18 inches and it is also in front of her serving shoulder, then she hits the ball through with a powerful swing.