

Courtesy of Kristin Allen. Used with permission.

## **KristinAllen1**

It took a while to decide, but I have settled on teaching someone how to execute a basic overhand volleyball serve. This is a skill I have taught to girls as young as six and men as old as sixty. Serving is one of the first skills to learn, because it is what every play of every game starts with. Volleyball is a sport that can be played at many different intensity levels depending on the fitness, experience, and capability of the players. It is a sport anyone can play and enjoy.