Jump Float Serve

Pre-contact phase
Server starts far enough behind the end line to be able to do a three-step approach (typical spike approach pattern (see Spike). The server begins the approach with a first step with the left foot. The ball is held with one or two hands in front of the body.

1. The second step is taken with the right foot as the server picks-up speed. As the right foot moves forward the arms lift the ball up and the release happens as the right foot touches the floor.
2. The left foot comes around as the takeoff step and plants in front of the right foot with enough distance between them to allow the server to drift into the court as they serve. The arms go up to help with the jump after releasing the ball.
3. The ball is in front of the hitting shoulder, which is pulling back as the hips open to get ready for the hit.
4. The server is in the air with the left arm leading and the right arm pulled back in a ready-to-hit position. The hand is open with the wrist stiff.

Contact phase
5. The abdominal muscles initiate the rotation. The right hand swings towards the ball and the left arm drops.
6. The hand contacts the back of the ball, slightly below center, with the palm of the hand. The contact is made as high as possible with the body being straight in the air.

Post-contact phase
7. The arm follows through in the direction of the target. The shoulders and hips now face the direction of the serve.
8. The server lands inside the court, balanced on both feet and continues to move into the defensive position on the court.

Source: Volleyball Canada