Jump Float Step Serve

Pre-contact phase
1. Server does their pre-serve routine. Ball is in non-dominant hand and the server is deep enough to make a three-step approach.
2. The server starts their approach with the non-dominant foot at a 45-degree angle. The ball is still held in front of the body.
3. The second step is taken with the dominant foot as the player picks-up speed. The hitting arm is behind the body as it would normally be while running but is prepared to move up into ready-to-hit position.
4. The non-dominant foot becomes the take off step as the ball leaves the hand of the server in a low toss. The eyes are focused on the ball. The shoulders are still at a 45-degree angle and the dominant hand is lifting above and behind the head.

Contact phase
5. The arm that tossed the ball starts lowering down as the abdominal muscles initiate the rotation of the body to bring the dominant hand on the ball. The hitting hand is open with a tight wrist.
6. The ball is contacted in front of, and in line with the hitting shoulder. Ideally, there is a straight line from the contact point through the shoulder and through the hip. The hips and shoulders now face the direction of the serve.

Post-contact phase
7. The arm stays extended as it follows through in the direction of the serve. The legs get ready for landing.
8. Landing is balanced with the non-dominant foot touching ground ahead of the non-dominant foot. The server lands in a running stride and gets positioned to play defense.

Source: Volleyball Canada