

Then a relaxation of the contracting muscles will release the object of the right hand.

b) Soft ball (the serving)
1. The person stands with the body side ways to the net. Outside line, facing ^{to} the net.

2. Left arm goes up horizontally hand holding the ball.

The right arm swings back - working of the deltoid, trapezik, ^{Romboid} extensors of the hand.

body weight a little to the right, knee there a little flexed - this gives more strength to the swing also the right arm should swing far backward

3. In swinging forward working of biceps and part of pectoral, ^{Pectoride} the angle should be straight to the hitting object. At the same time the object is thrown a little ways in the air. A little below the center it should be hit. At the same time the