



PASSING CUE CHART

Critical Elements & Cues For...

Below-Chest Pass

1) Athletic Stance

- ✓ Feet & Knees Ready
- ✓ Hands Ready
- ✓ Eyes Ready

2) Hand Placement

- ✓ Waist Level
- ✓ Palms Up & Out
- ✓ Fingers Away

3) Palm Strike

- ✓ Palm Flat
- ✓ Contact Between Heel & Fingers

Above-Chest Pass

1) Athletic Stance

- ✓ Feet & Knees Ready
- ✓ Hands Ready
- ✓ Eyes Ready

2) Hand Placement

- ✓ Shoulder Level
- ✓ Palms Out
- ✓ Fingers in Toward Head

3) Palm Strike

- ✓ Palm Flat
- ✓ Contact Between Heel & Fingers