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| **Critical Elements of…** | |
| **Anticipation** | **Positioning** |
| 1. **Analyze**    * Can my opponent spike it on the net right now? 2. **Predict**    * Where will the ball go if they can hit a spike?    * What type of shot can they hit? | 1. **Stay Alert**  * Watch the ball. * Observe your opponent.  1. **Move to Position**  * Move to the spot where your opponent can hit the ball.  1. **Athletic Stance**  * Get balanced and ready in athletic stance as your opponent hits the ball. |