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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.
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