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| **Critical Elements and Cues For…** |
| **Novice and Advanced Spikes*** A novice spike is made at head-height. An advanced spike is made at waist-height.
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| 1. **Power Stance**
* Sideways Stance
* Feet Shoulder Width
* Eyes on the Ball
1. **Core Rotation**
* Rotate Hips
* Spike Hand Up
* Palm Open
* Swing Down
1. **Palm Strike/Follow Through**
* Palm Flat
* Contact Between Heel and Fingers
* Follow Down and Through Contact
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