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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. |
| 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 |