

SPIKING CUE CHART

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

2) Core Rotation

- ✓ Rotate Hips
- ✓ Spike Hand Up
- ✓ Palm Open
- ✓ Swing Down

3) Palm Strike/Follow Through

- ✓ Palm Flat
- ✓ Contact Between Heel and Fingers
- ✓ Follow Down and Through Contact