**Critical Elements & Cues for:**

|  |
| --- |
| **FOREARM PASS (BUMP)** |
| * Ready Position: Knees Bent & Dominant Leg in Front
* Make a Fist, Then Cover With Other Hand
* Thumbs Down & Arms Straight
* Power Comes From Legs Not the Arms
* Follow Through
 |

**Critical Elements & Cues for:**

|  |
| --- |
| **OVERHEAD PASS (SET)** |
| * Position Yourself Under Ball
* Knees Bent with a Staggered Stance
* Soft Elbows
* Fingers Make a Triangle with Pointer Fingersand Thumbs Near Forehead
* Extend Arms and Push Ball Up
 |

**Critical Elements & Cues for:**

|  |
| --- |
| **SERVING** |
| * Ball Held in Front in Non-Dominant Hand
* Non-Dominant Foot in Front
* Hold Ball at Waist Height
* Pull Dominant Hand Back
* Transfer Weight Forward and Strike Ball with Heel of Hand
* Follow Through
 |