**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 Fingers and 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 |