



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