**Critical Elements & Cues for:**

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| **FOREARM PASS (BUMP)** |
| * Ready Position: Knees Bent & Dominant Leg in Front * Make a Fist, Then Cover With Other Hand * Thumbs Together and Pointing Down & Arms Straight * Contact Ball Between Elbow and Wrist * Power Comes From Legs, Not the Arms * Follow Through (Wrists Stay Below Shoulders) |

**Critical Elements & Cues for:**

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| **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 in Intended Direction |

**Critical Elements & Cues for:**

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| **ATTACK (SPIKE)** |
| * Track Where Setter Will Set the Ball Near the Net * Use the 3-Step Approach to Move to Net   + Large step in direction of where you will contact ball to gain momentum for jump; then two quick steps to get control before jump   + Right-Handed Hitters: Step left, right, left   + Left-Handed Hitters: Step right, left, right * Jump Upward Off Both Feet as High as Possible; with Elbow of Hitting Arm Close to Your Ear * Contact Ball at Height of Set (before it starts coming down) * Arm and Hand Swing Over Top as You Snap Wrist to Strike the Ball Down Onto Opponents’ Side of Net |

**Critical Elements & Cues for:**

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| **UNDERHAND 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 |

**Critical Elements & Cues for:**

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| **OVERHAND SERVING** |
| * Ball Held in Front in Non-Dominant Hand * Toss Ball Into Air 3-4 Feet (in front of hitting shoulder) * Pull Dominant Hand Behind Head (create a “bow and arrow” motion with elbow high on hitting arm) * Step with Foot Opposite of Serving Hand and Strike Ball Above Head with Open Palm and Strong Wrist * Follow Through with Full Arm Extension and Transferring Weight Forward |