**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 Fingersand 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
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