



Critical Elements & Cues for:

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:

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:

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:

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:

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