

VOLLEYBALL SKILLS - KEYWORDS

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OVERHAND SERVE

ARM TOSS

- With firm wrist, arm toss the ball 18 inches - so that the ball would fall to the spot just inside of the lead foot and in line with the hitting shoulder.
- **HAND UP AND BACK BEFORE THE TOSS**
- Elbow and hand are at shoulder height or above throughout the entire serving motion.
- **SHIFT**
- Shift weight to lead foot, or step forward, as you make contact with the ball.
- **SWING TO TARGET**
- Hand follows elbow. Wrist firm throughout serve.
- Contact with heel of hand through middle back of ball.
- The contact should sound like a "thud", not a "slap" sound.
- Hand follows ball to target. Finish with hand alongside or within body line.

FOREARM PASS

ARMS STRAIGHT AT 90 DEGREES

- Be "ready" with arms at 90 degrees from your body ("guns drawn"). "Ready" to **move**.
- Bend at the waist - shoulders forward - hips back.
- Maintain 90-degree angle between arms and upper body.
- Legs should also be bent.

SWEET SPOT

- Ball should come off the same spot on lower forearms (just above the wrists) each time.
- The ball should be contacted at hip level as often as possible.

HIPS AND ONE

- Keep hips BACK during pass.
- If you need to swing your arms, the arms should swing in only one direction (toward target) while passing.

REDIRECT

- Make sure your forearms face in the direction you want the ball to go.
- Start out facing the server, and always face the ball when you pass (on free ball - face target)

SHUFFLE STEPS

- Move to the ball without crossing your feet.
- Try to get to the spot before the ball does.

OVERHEAD SERVE RECEPTION

- **HANDS SMALLER THAN THE BALL**
- **STIFF FINGERS AND WRISTS**
- **QUICK RELEASE**

INDIVIDUAL DEFENSE

FEET & HANDS

- Feet wide apart, hands in front and palms to the ceiling.
- Feet should be at least shoulder width apart.
- Body position is low and balanced with feet pointing straight ahead.
- Arms and shoulders are relaxed. Shoulders are forward and hips are back.
- Hands ahead of head. Head ahead of shoulders, shoulders ahead of knees, knees ahead of feet.
- Hands are inside of knees, and knees are inside of feet.

BODY STILL FOR THE BALL HIT AT YOU

- Keep body and feet still while waiting to dig and whenever possible during the dig.

MOVE TO THE BALL AWAY FROM YOU

- From the "Feet & Hands" position, step out of this position and chase any ball hit away from you.
- **20' AND 3'**
- Dig the ball 20 feet high and 3 feet off the net - so that the setter has time to run under it and the team has time to transition.

KEYWORDS FOR TEACHING & LEARNING THE SKILLS OF THE GAME

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SETTING/OVERHAND PASS

HANDS UP EARLY SHAPED LIKE THE BALL

- Wait for ball with hands 4 to 6 inches above forehead.
- Thumbs and index fingers form a triangle through which you can see ball (triangular window).
- Rest of hands form the shape of a ball.

ONE AND FREEZE

- The correct contact point is just above the forehead (hairline).
- When contacting the ball, the hands move in one direction only.
- Freeze with arms fully extended in the direction you want the ball to go. (Hands are the same distance apart upon completion as they were during contact.)
- Hands follow the ball.

FOREHEAD AND HIPS

- The correct body position is with the ball, forehead, and hips in a vertical line.

FACE THE TARGET

- With your right foot forward, square off to target with shoulders and feet before you deliver set
- Face your sweet spot (for outside sets - the point on the left sideline that is 3 feet from the center line) for all of your sets

LONG DISTANCE SETS

- With your right foot forward and knees bent, place weight on the back foot (left) and at contact, transfer weight to the front foot (right).

HITTING/SPIKE

BOW AND ARROW

- As you leave the floor to jump, pull the hitting arm back with the elbow and hand at shoulder height or higher.
- The hand should be open and relaxed, with the palm facing away from the ear.
- The elbow should swing forward and raise above the head.
- Then the arm and hand swing over the top as the heel of the hand contacts the ball.
- This is followed by the palm and fingers, which then snap through the ball.
- Contact point is slightly in front of and as high as possible above the hitting shoulder.

APPROACH

- Right - Left finish. (for right handers)
- Left - Right finish. (for left handers)
- Three step or four step approach (both o.k.)
- Step preceding the step close a long and explosive one.
- Keep the knees bent for all approach steps.
- Face your range spot when you make your step close (deep right court for right-handed players)

JUMP

- Jump up (vertically) to meet ball.
- Contact the ball at the peak of your jump with a straight arm.
- Check landing spot, which should not be more than a distance of one foot past the contact point.

BLOCKING

SEAL AND PENETRATE

- Seal the net with your hands, thumbs pointing to the ceiling a balls width apart, and arms locked.
- Whenever possible extend your arms across the net (penetration).
- Keep your shoulders square to the net.

PLANT

- When you move along the net to block, plant so that you jump straight up and down.
- Land in the same place from where you jump.
- Seal and be square to the net.

CARRY HANDS HIGH

- When moving along the net and when jumping, carry the hands at shoulder height.

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