

Skill

Serving

Underhand Serve

Feet position, dominant back
Ball in non-dominant hand
Hitting hand - closed fist
Pendulum swing, step forward

Underhand Serve to Zones

Learn positions 1-6
3 successful serves, serve overhand from 6' line

Passing

Posture/Base

Athletic position, feet parallel, slightly wider than shoulders
Bend knees
Knees over toes
Shoulders over knees

Hand Position

Fist and wrap
Flat and wrap
Thumbs parallel and touching

Setting

Legs, Hands and Arms

Slight squat under the ball
Dominant foot slightly ahead
Bucket, window or diamond above the forehead
BIG hands with fingers open to prevent double contact
Extend through the set

Movement

LR (ball is passed perfectly)
L-R (step to side)
L-R-LR (3 m line)
Open hips to right
sideline L-R (to move backwards)

Attacking

Footwork & Rhythm

3 step (slow-quick-quick)
Left-right-left (right-handed)
Right-left-right (left-handed)
1st step – direction
2nd step – power, big and long
3rd step – stop forward motion

Armswing Mechanics

1st step – arms by side
2nd step – arms draw back
3rd step – arms swing forward and up, elbow higher than ear
Entire hand/fingers contact ball
Wrap hand/fingers around ball, snap wrist, follow through

Blocking

Spacing & Posture

1-2 feet from net
Hands high, at/above forehead
Elbows bent 90 degrees, in front of shoulders, palms facing net
Legs loaded – feet slightly wider than shoulders, knees slightly bent, coiled and ready to explode up or move in either direction

Body Positioning & Footwork

Track the ball – watch using eye sequencing (setter to hitter)
Get body in front of hitter, line-up closest shoulder to hitter’s hitting shoulder
Side step (shuffle) for shorter distances
Crossover step – step-cross-step (5'+)

Defensive Skills

Movement

Ready position when ball is on other side of net
React to ball immediately when opposing setter sets the ball

Footwork

Quick steps/shuffle to follow ball on both sides of net
Forward foot is determined by side of court player is on

System

Positions

Names and responsibilities
Where each position plays
Serving Zones
How to rotate, know opposite
Know who you are between
Who serves before and after you
Before and after game procedures, substitutions, timeouts

Serve Receive Roles

Diagonal passing lanes
Short to the right, deep to the left
Responsibilities to prevent athletes from running into each other
Communication on court

Skill Continuum

Overhand Serve from 6' Line

Arm is back and high, controlled toss
Toss in front of dominant shoulder
Open hand contact, no fist
3 successful serves, move to baseline

Platform

Arms straight, away from body
Angled downward 45 degrees
Pass and pose or pass and hold
Push with legs, don't swing arms

Leadership

Calling for sets
Vocal, verbal, not demanding
Handle pressure

Approach

Timing on when to start approach
Open body up to face the setter
High set – wait to see location of set
Lower set – begin approach slightly after ball is set

Blocking Movement

Jump as hitter makes contact with ball
Press – BIG hands, angled inward, about 4-6 inches apart, rigid wrists
Penetrate the net (seal) – arms extend over net, minimal space between arms and net
Land w/elbows extended high, then let arms drop
Smaller blocker – hands angled backward

Transition

Footwork used to transition off net, to make a defensive movement towards ball, and blocking
Base-transition-defend the ball (block/dig)-release to attack or set, etc.-cover

Base Offense/Base Defense

4-2 front row setter (right side)
Everyone still switches to defensive positions (left, middle, right)
Defensive roles on attacks and freeballs
Transition from base defense to attack

Overhand Serve

Serve to 6 three serves in a row
Serve to 1, 5, short on command

Movement & Communication

Move with arms apart
Shuffle, crossover, drop-step, run depending on distance to ball
Call the ball, “mine”

Names of Sets

Vary height and direction
Communicate within each feeder pattern to be vertically aligned
Dumps/Attacking

Transitioning

Attack from serve receive and transition from the net

Defensive Positions & Transition

Channel (filter) the ball to the defense
Is blocker blocking angle, line, ball?
Defenders behind block know what part of court they are responsible for covering
Transition off the net after ball is attacked
Return to net after sending ball over to opponent

Digging Posture/Mechanics

Drop inside foot to face attacker
Feet wider than serve receive
Arms out and hands apart, away from body
Move platform first, then move feet
“Stab” under the ball instead of swinging
Tipping – how to defend

Offense/Defense

6-2 Back row setter (right back)
Serve receive roles
Rotation defense roles
Perimeter defense roles

Advanced Progression

Overhand Serve Types

Top Spin, Float
Jump Top Spin, Jump Float

Pass to Target

Controlling height of ball
Run throughs – all angles, away from target, turn and chase
Freeball passing overhand vs. forearm

Advanced Movement

Footwork off the net
L-R-L swivel push
L-R-LR push moving back

Hand Contact Series

Down ball
Roll Shot
Cross
Reach-snap-wrap

Blocking Concepts

Right side, middle, left side
Double Block
Pipe (middle blocker, blocks set off net)

Floor Moves

Extension
Sprawl/Collapse
Barrel roll

3rd Tempo Sets/2nd Tempo Sets

1, 5, 9, Red, White (Pipe), Blue
Hut, 3, 2, D