

<u>Skill</u>			<u>Skill Continuum</u>	<u>Advanced Progression</u>	
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	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	Overhand Serve Serve to 6 three serves in a row Serve to 1, 5, short on command	Overhand Serve Types Top Spin, Float Jump Top Spin, Jump Float
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	Platform Arms straight, away from body Angled downward 45 degrees Pass and pose or pass and hold Push with legs, don't swing arms	Movement & Communication Move with arms apart Shuffle, crossover, drop-step, run depending on distance to ball Call the ball, "mine"	Pass to Target Controlling height of ball Run throughs - all angles, away from target, turn and chase Freeball passing overhand vs. forearm
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)	Leadership Calling for sets Vocal, verbal, not demanding Handle pressure	Names of Sets Vary height and direction Communicate within each feeder pattern to be vertically aligned Dumps/Attacking	Advanced Movement Footwork off the net L-R-L swivel push L-R-LR push moving back
Attacking	Footwork & Rhythm 3 step (slow-quick-quick) Left-right-left (right-handed) Right-left-right (left-handed) 1 st step - direction 2 nd step - power, big and long 3 rd step - stop forward motion	Armswing Mechanics 1 st step - arms by side 2 nd step - arms draw back 3 rd step - arms swing forward and up, elbow higher than ear Entire hand/fingers contact ball Wrap hand/fingers around ball, snap wrist, follow through	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	Transitioning Attack from serve receive and transition from the net	Hand Contact Series Down ball Roll Shot Cross Reach-snap-wrap
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'+)	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	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	Blocking Concepts Right side, middle, left side Double Block Pipe (middle blocker, blocks set off net)
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	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	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	Floor Moves Extension Sprawl/Collapse Barrel roll
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	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	Offense/Defense 6-2 Back row setter (right back) Serve receive roles Rotation defense roles Perimeter defense roles	3rd Tempo Sets/2nd Tempo Sets 1, 5, 9, Red, White (Pipe), Blue Hut, 3, 2, D