**BASIC SKILLS**

**Ready Position**

• Feet should be shoulder width apart, with a staggered stance, knees bent,

back straight, head up and arms out.

**Volley**

• Hands should be up near the forehead with the fingers spread wide in a triangle.

• Elbows should be out wide.

• Watch the ball through the window formed by your thumbs and index fingers.

• Contact should occur on the finger pads (not the palms or tips of the fingers).

• Extend the arms and legs upwards upon contact.

• Follow through with the wrists flicking up to the ceiling.

**Bump or Forearm Pass**

• Move to where the ball is going and get into the ready position.

• Extend your arms out and keep them together to make a straight, flat surface to bump the ball.

• Contact the ball between the wrists and the elbows on the inside of the forearms.

• Arms should be straight, elbows locked on contact.

• Extend the legs and shrug the shoulders as you contact the ball.

• Direct the ball with your body position and the angle of your arms.

• DO NOT SWING YOUR ARMS VERY MUCH!!

**Underhand Serving**

• Step forward onto the foot opposite from the hitting hand.

• Keep your eyes on the ball at all times.

• Contact the ball with the open hand on the palm or the heel of the hand (never with a fist) as the arm comes through with a straight arm swing.

• Contact with the ball must occur below the waist level.

• Follow through with your hitting hand in the direction you are aiming the ball.

**Deep Clear**

A volley to a deep area of the opponent's side of the court.

• It is an attack hit aimed to the back corners or between the back row players.

**Tip**

An attack hit where the ball is tapped just over the opposition blockers beyond the front row of defenders.

**Overhand Clea**r

An attack hit using an open hand and an overhand arm swing to hit the ball over the net.

It travels with more force than a volley or a bump and is harder for the opposition to handle.

**Spike**

An attack hit from above the top of the net.

• Use a 3-step approach to jump high.

• Hit the ball with the open hand, wrapping the fingers over the ball when making contact (to get top spin).

• Drive the ball across the net and down into the opponent's court.

**Blocking**

A defensive play where a front row player prevents the ball from entering the court.

• Stand at the net, facing your opponents.

• As the opposition hits the ball, the blocker jumps, bringing hands up from shoulders and above the net.

• As the ball contacts the hands, shrug shoulders to block the ball back down into

opponent's court.