

Passing Technique

1. Body Positions

- a. Starting position when passing
 - i. Player starts with feet a little wider than shoulder width apart or in a comfortable position
 - ii. On the Balls of Feet, with feet pointing towards desired target,
 - iii. Butt down like sitting on a chair, Back flat and a little relaxed (Not hunched over);
 - iv. Elbows next to Hips, Hands palm up almost near the knees.
- b. When platform passing
 - i. Right hand into Left hand or vice versa, whatever is comfortable for the player
 - ii. Thumbs pushed forward to extend platform
 - iii. Shoulders shrugged forward to extend platform
 - iv. Chin down into the chest
 - v. When passing, arms should be Soft or relaxed with little to no movement. Movement creates error!!!
- c. Moving to the ball
 - i. Every PASS should be INSIDE the players hips!
 - ii. All players can use either one of the following:
 - 1. Left, Right Pass: Used when ball is close to player and helps them get balanced and hips and platform to desired target
 - 2. Step Hop: Player steps with Outside foot first and then hops with hips either parallel to net or towards desired target
 - 3. Step crossover: Same as when blocking. Used only when chasing down balls. Ex. Chasing down a shanked pass or ball rolled over the block.

2. Serve/Receive

- a. 3 man serve/receive – All players moving to the right!!
 - i. Players start about 15-18 feet behind net. The players should be in lined up in a C, with the person in Middle Back a little deeper than the person in LB and RB.
 - ii. All players should move to the right in serve/receive.
 - a. LB
 - a. Responsible for balls served into zones 4, 5 and between zones 5 and 6, step hop into the gap
 - b. MB
 - a. Responsible for balls served into zones 3, 6 and between zones 6 and 1, step hop into the gap
 - c. RB
 - a. Responsible for balls served into zone 2 or 1