

# **VOLLEYBALL SKILLS KEYWORDS**

## **SERVE RECEIVE**

3 across  
Seams  
Communication(effective)

## **DEFENSE**

2x2/Middle Middle/10x10  
Bunch Read  
Out of System/5x5  
Seams/Responsibilities

## **FOREARM PASSING**

Right foot forward  
Straight and Simple Arms  
Bent Knees  
PLATFORM ANGLES  
Weight forward  
Feet to ball

## **OVERHAND PASSING(NOT SETTING)**

Quick hands  
Flat to Flat  
Push High!  
Bent knees/Bent elbows  
Extended arm finish  
\*This can be UGLY!!

## **SERVING-JUMP FLOAT**

Proper height toss/lift  
Middle back contact-sweet spot  
Simple arm movement  
1-2-lift-3-4-hit  
Slow to Fast  
Small to Big

## **BLOCKING-SWING BLOCKING**

Neutral hands to start  
Wide Hands-thumbs pointed up  
Lock arms from shoulders  
4 step swing  
Directional leg first  
Parallel to net

## **ATTACKING**

4 step approach  
Arm progression  
Slow to Fast  
Small to BIG  
Timing  
Feet to ball  
\*4 step transition

## **OTHER**

Communication  
Feedback  
Accountability  
Be a good teammate  
Make Mistakes(in practice)

## **#FailUntilYouDont**