

Basics Passing

1 Ready Position (also known as the Athletic Position):

- ◆ Feet wide, knees push towards the inside, and are over the toes
- ◆ Shoulders are leaning forward
- ◆ Arms are bent at the elbows at about 90°. Hands are held in the middle of the body forming a triangle with the elbows
- ◆ Put yourself in this ready position BEFORE the opponent contacts the ball

2 Passing Form:

- ◆ Right leg in front of left and comfortably apart.
- ◆ Knees are bent and shoulders forward.
- ◆ Arms are away from the body.
- ◆ Fingers overlap and thumbs are together.
- ◆ Arms are straight, locking the elbows by pushing forward and down on the hands.
- ◆ Contact area is a few inches above the wrist (not on the hands)
- ◆ Move to the ball quickly and contact it in front and in the middle of your body.
- ◆ Get underneath the ball and step through the ball towards your target. This should put a back spin on the ball.
- ◆ Pass with a nice arch and with enough height that the setter has time to get underneath it.
- ◆ Arms should be away from your body and at about a 45°.
- ◆ The closer you are to the net or your target, the higher your arms will have to be.

3 Footwork:

- ◆ The key to good passing is:
 - First and most important, moving to the ball
 - Positioning yourself under the ball and providing a good solid flat surface for the ball to bounce off
 - Giving the ball enough arc and height so that the setter can overhead pass the ball in an upright position
- ◆ Moving forward
 - If you start in a good position, most of the time you won't have to take more than one or two steps to play the ball
 - One Step: From the ready position, simply take a step forward with your RIGHT FOOT and pass the ball using good form
 - Two Steps: From the ready position, you will take a quick hop forward starting with your left foot first and then your right. This quick left, right hop will put you in a good passing position.
- ◆ Moving to the left and to the right
 - Always use a quick using cross over step to get to the ball
 - MOVING TO THE LEFT: From a ready position, you will use a quick right-left cross over action
 - Moving to the left, start with your right foot and cross it over your left foot.
 - Then take your left and move that in FRONT of and to the LEFT of the right foot you just planted in your new position
 - Your hips and body should be turned to face your target
 - Remember, this is a quick hop and cross-over action.
 - MOVING TO THE RIGHT
 - Same principles as moving to the left (quick hop, cross-over and rotate body to face your target)
 - From ready position, take your left foot and cross it over your right with a hop step
 - Finish by taking your right foot and bringing it to the RIGHT and in FRONT of your left foot

4 Practice at home:

- ◆ All the above skills without a ball
- ◆ If you have a ball, practice bouncing the ball off your forearm in the contact area just above the wrist
- ◆ Do this with both arms one at a time and try to keep the ball up as long as possible always using good passing position
- ◆ Then pass the ball to yourself using good passing position. Start by passing the ball just one foot over your arms and then increase to about three feet
- ◆ If you have an outside wall or similar good surface (not your bedroom walls) practice your form and passing against the wall.
- ◆ Once you get better control, you can practice passing the ball higher by going outside
- ◆ ALWAYS be in control and good body position when doing these techniques. If you lose control, stop and start over. DON'T hit the ball with poor form
- ◆ REMEMBER, **PERFECT PRACTICE MAKES PERFECT.**