



### **Relevance:**

- Most important skill to score points
- Teach correct techniques from the start and reinforce throughout
- Emphasis on passing movement (beat the ball not meet the ball)
- Stress repetition training (passers passing at least 100 balls per practice)
- Difference between robotic volleyball and free thinking, passing can be robotic (as opposed to setting and hitting)

### **Passing Mechanics:**

#### **- Posture:**

- rounded shoulders, rounded back, serve receive looser, defense tighter
- triangles, top triangle (shoulders, thumbs) inside bottom triangle (feet, waist) as much as possible
- posture prior to serve (low, elbows in, right foot slightly forward)
- touch ground before server's contact
- footwork prior to pass on balls of feet (get to the spot quick)
- platform without ball (arms touching from hands to elbows)
- posture during pass (don't swing, use legs)
- whenever possible pass below the waist and between the knees

#### **- Platform and body position:**

- platform, heels of hands together
- thumbs down, externally rotate arms, expose as much forearm as possible, the idea is to get as much surface area as possible with control
- passer faces server not setter, use platform to rebound ball to setter and finish toward setter
- feet are positioned right foot forward or parallel, except when passing LB with a server from the right

### **Passing Movement:**

- master the shuffle step
- snowflake, figure 8
- ball should be able to drop between legs

### **Passing technique:**

- move to where the ball will land so you can pass inside midline
- move on contact
- good wide base, platform together, triangle within triangle, head stable, stay low, watch the ball come all the way in

- head stable, chin tucked in, don't move with head bobble
- pursue balls like a runner
- 3 point passes on all off-speed balls (3 is perfect, 2 is average, 1 is playable, 0 is unplayable)
- if reaching outside of line, fight to get around, tuck chin, drop shoulder, run through, finish to target

### **Key words**

- GO posture – elbows back
- Beat the ball, not meet the ball
- Step-balance
- Shoulders level, head stable
- Feet, hips, platform
- Tanden to target / finish to target
- Catching mindset
- Absorb
- Up-down

### **Common Problems**

- Shoulders raise on deep ball
- Stand and reach w/ platform, or jumping on contact
- Not balanced at point of contact – can't up-down
- Excessive arm swinging

### **Teaching Progression**

- One-knee passing
- Step-balance snowflake
- Step-balance - catch on tanden
- Pass against wall or with partner