



LEGION VOLLEYBALL

Volleyball done right

Forearm Passing Discussion Points

Keys to passing.

- ✓ Balance (Left foot back, weight shifting forward),
- ✓ getting the feet there first,
- ✓ calling for the ball LOUDLY,
- ✓ keeping arms extended (no preying mantis passing),
- ✓ putting the "platform" together wherever the ball is going to be,
- ✓ and then pushing in a short, strong motion directly to the target.
- ✓ Shoulders stay relaxed, and hands stay strong.
- ✓ (As a "pretend" visual reminder for new players, it's like tossing a handful of sand directly onto the target.)

Overhead Passing Discussion Points

Keys to passing.

- ✓ Balance (Left foot back, weight shifting forward),
- ✓ getting the feet there first,
- ✓ calling for the ball LOUDLY,
- ✓ hands up quickly,
- ✓ "Pray,"
- ✓ "Noodles,"
- ✓ "Push."

Keys to Successful Hitting:

- ✓ Solid Contact (Hit through the ball to the target)
- ✓ Hitting hip/arm back
- ✓ Approach facing setter
- ✓ Maximize vertical leap
- ✓ Jump to Ready Position
- ✓ Load the core spring
- ✓ Square to target (all 4 points)
- ✓ High hitting Window (consistent point of contact high overhead, just in front of right shoulder, and forward just beyond the profile of the nose)
- ✓ Commit through hit
- ✓ Consistent topspin
- ✓ Thumbs Up/Down for extra angle control



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Key to solid contact:

- ✓ Entire hand to contact the ball squarely at once
- ✓ Hit through the ball, meaning try to hit the middle of the ball rather than just to the surface leather. Just like martial artist breaking a board. Target is not the board. It's 6 inches past the board so maximum speed and power convey

Keys to topspin:

- ✓ Closer to ear, more spin. More in front, less spin
- ✓ Find happy medium for needs.
- ✓ "Aim for ceiling, use stomach to pull the ball down to court"
- ✓ Toss ball at various points of swing to identify and learn variables

Keys to Approaches:

- ✓ Hitting shoulder and hip are back throughout approach
- ✓ Hitter has hips square to setter throughout the approach
- ✓ Jump is broken half. Way Up, Peak, way Down.
- ✓ On the way up, arms set to Ready position.
- ✓ "Curtain" is pulled by non-hitting hand.
- ✓ At Peak, swing is initiated
- ✓ Just past Peak, body comes Square to target
- ✓ Full commitment to hit through to the target, with the ball just getting in the way

Keys for Setters

- ✓ Demand frequent communication from your hitters.
- ✓ Ask them what you can do to make them succeed better during practice
- ✓ Demand better passing to give more hitting options
- ✓ Always try to "sell" a specific set to get other team's Middle to commit
- ✓ After ball is passed, try to glance over to other side of net when ball is just past its peak to determine where other team's Middle Blocker is.
- ✓ Focus on having "quiet hands" (minimal movement) during the set prep process to help hitters see ball better
- ✓ Jump set whenever possible. This speeds up offense and puts setter on a plane with the Middle Hitter (if both jumping)