

READY PHASE

The Set

ACTION PHASE

FOLLOW THROUGH

This skill is used by a player receiving any ball higher than the shoulder level and coming to the player with little force. The set is used in the sequence of DIG, SET, SPIKE and is used to change the direction of the ball so that it is placed high and near the net for an attacking hit.

1. Feet apart.
2. Legs slightly bent.
3. Shoulders square to target.
4. Hands forming window in front of forehead.



1. Contact lower back of ball above the forehead.
2. Extend arms and thighs.

1. Roll hands out.
2. Extend arms.
3. Move in direction of ball.

The Spike

The spike is a forceful hit into the opponents' court made from the front-court positions. This skill requires the player to co-ordinate jumping in the air and hitting a moving ball over the net so that it lands inside the opponents' court - all in one movement! You need a good grounding in the basics of DIG, SET, SPIKE first.



The Block

The purpose of the block is to deny the opponents' attacking balls access to your court. It is the first line of defense against the opposition, but should follow the basics of DIG, SET, SPIKE.



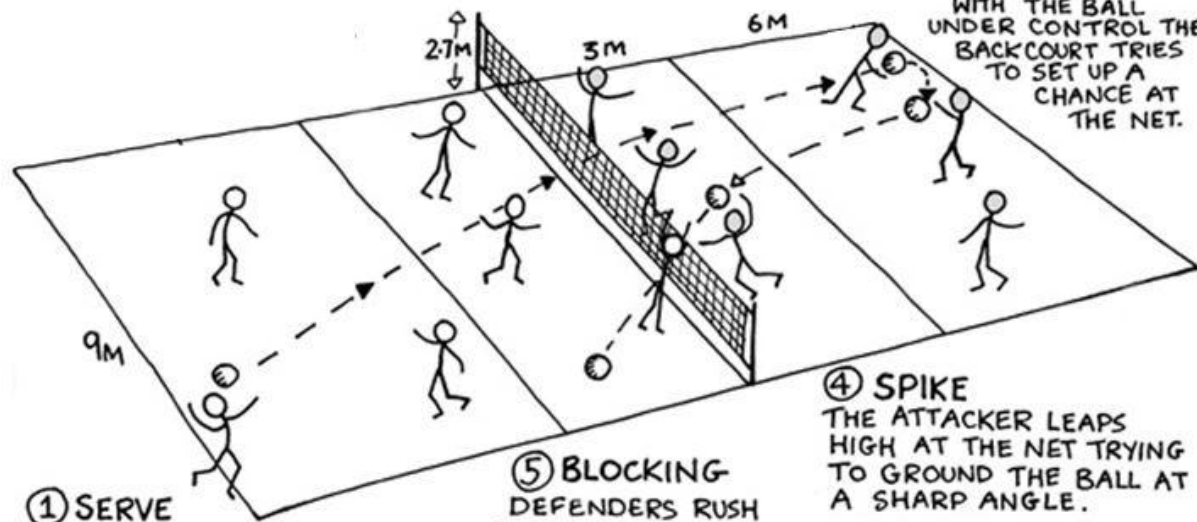
ROTATION

EACH TIME A TEAM WINS SERVE, THE PLAYERS ROTATE ONE POSITION CLOCKWISE EXCEPT THE LIBERO WHO MUST REMAIN IN THE BACKZONE.

② DIG OR BUMP THIS IS VOLLEYBALL'S RETURN OF SERVE

③ SET

WITH THE BALL UNDER CONTROL THE BACKCOURT TRIES TO SET UP A CHANCE AT THE NET.



① SERVE AT OLYMPIC LEVEL THE JUMP SERVE IS THE NORM.

⑤ BLOCKING DEFENDERS RUSH THE NET + LEAP TO PUSH THE BALL STRAIGHT BACK

④ SPIKE THE ATTACKER LEAPS HIGH AT THE NET TRYING TO GROUND THE BALL AT A SHARP ANGLE.

The Dig



Ready Position
Relaxed with shoulders are square to the ball
Feet slightly wider than shoulder width with knees flexed
Trunk is slightly bent forward with arms in front of the body

Pre Contact
Arms must straighten and grip hands together to create a flat contact surface from wrists to elbows
Knees are bent around 90 degrees
One foot slightly in front of the other

Contact
Arms are straight forming a 90 degree angle with thighs
The trunk is straight with a forward lean
The ball contacts both forearms at a point slightly above the wrists
Arms swing slightly forward and upward to contact the ball

Follow Through
The body moves forward in a direction towards the target
Then resume ready position in preparation for the next action