

Serve over net, dig to
setter stood by net, Set
along tape, digger moves
to and tips the ball over
the net.

Serve

- Stand facing the net with the foot opposite the hitting hand forward.
- Toss the ball upwards above head the ball and slightly forward.
- Position striking hands up and back before the ball is tossed
- Shift weight to lead foot, or step forward, as you make contact with the ball swing to make contact
- Keep wrist firm throughout serve.
- Contact the ball with the heel of hand through middle and back of the ball.
- Do not slap the ball.
- Hand follows ball to target
- Ball floaters slowly over net
- Move forward to anticipate return

Dig

- Move to the ball without crossing your feet and get there early
- Watch the flight of the ball
- Join hands, form platform with arms
- Bend knees, body low
- Position arms at 90 degrees from your body.
- Bend at the waist - shoulders forward - hips back.
- Ball should come off the same spot on lower forearms (just above the wrists) each time.
- The ball should be contacted at hip level as often as possible.
- Forearms face in the direction you want the ball to go
- Finish with hands pointing to target

Set

- Start in the ready position facing the target with right foot forward with body square and facing target
- Get in line early with **HANDS UP EARLY**
- Spread fingers in the shape of the ball above the head.
- Form a triangle with thumbs and pointer fingers which form the triangle window
- hands should not be touching
- Place hands directly in front of the face close to the forehead.
- Look through window of hands
- On contact, set by extending the arms and legs, resulting in the ball being propelled up.
- Freeze with arms fully extended in the direction you want the ball to go.
- Hands follow the ball.

Tip

- Approach the ball quickly and RH's step Right - Left
- Jump up to meet ball
- Relax hand
- Contact the ball at the peak of your jump with a straight arm by extending at elbow
- Use finger tips to play the ball over the blockers and the net
- Use minimum follow through
- Land firmly on two feet in balanced position