

Passing - High Side Reception

Serie 2 | Poster 5

1 High Side Reception / Nicole DAVIS (USA) / Olympic Games 2008



2 Position/ball contact phase



3 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 Ready position (eye focus on the server and the ball).
- 2 Move to where the ball is falling and reach for the ball.
- 3 Rotate shoulders and lower the center of gravity so contact is below shoulder height.
- 4 Contact the ball so the angle allows the ball to go to the setter without bending the elbows.

Ballcontact - contact phase 5 - 6

- 5 Take the ball outside of the body and when moving to the left the right shoulder drops and vice versa when moving to the right side. Focus on the contact of the ball with 'chin' in neutral position. Move through the contact of the ball – having a 'still' moment on contact by holding the 'form' of the hands, arms and shoulders. Contact the ball away from the body and below the shoulders. The ball should be passed with a higher trajectory so that the correct angle can be established.
- 6 While moving to the side the leading foot is directed to the target, with a bent knee and straight back leg which is dragged along the floor on the inside of the foot – again creating a 'still' moment on contact.

Follow through - post contact phase 7 - 8

- 7 Hold the platform angled to the target – use the shoulders to create this angle and the arms and legs acting as an adjustment platform.
- 8 Move through after passing the ball and then follow to attack or cover the ball.

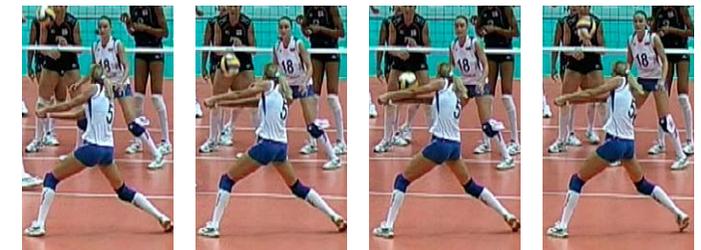
4 Individual technique features



5 High Side Reception / Liubov SOKOLOVA-SHASHKOVA (RUS) / World Championship 2006



6 Position/ball contact phase



7 High Side Reception / Juan LI (CHN) / Olympic Games 2008



8 Position/ball contact phase

