

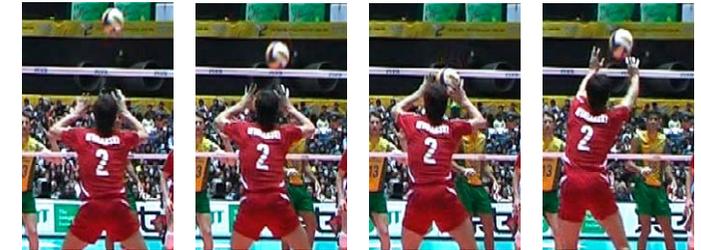
# Passing – Overhand Reception

Serie 2 | Poster 1

## 1 Overhand Reception / Michal WINIARSKI (POL) / World Championship 2006



## 2 Position/ball contact phase



## 3 Teaching Description

### Approach/position - pre contact phase 1 - 4

- 1 Ready position (halfway between center- and end line) – Men will take many 'float' serves with overhand action but female athletes usually depend upon the 'underhand/forearm' pass to receive the serve unless it is easily handled and the athlete does not move well to receive the ball.
- 2 Eye focus is on the server and style of serve then on the ball as it approaches the net.
- 3 Player moves to get behind the ball with hips and back and shoulders face the direction the pass needs to go to the setter.
- 4 Hands move up quickly in front of the forehead, and back is straight or leaning slightly forward.

### Ballcontact - contact phase 5 - 6

- 5 The hands are positioned slightly closer in front of the head with the contact being lower and in front of the face.
- 6 Ball contact by spread fingers and wrists are a little stiffer to make wider surface for contact, ideally closer to the face of the receiver.

### Follow through - post contact phase 7 - 8

- 7 Hands, arms and legs move forward in the direction desired with a 'lower' rather than higher arc being desired (unless it is an easy serve).
- 8 Hands and body follow in the direction of the target.

## 4 Individual technique features



## 5 Overhand Reception / Riley SALMON (USA) / Olympic Games 2008



## 6 Position/ball contact phase



## 7 Overhand Reception / Bruno VINI (ARG) / Youth Boys World Championship 2009



## 8 Position/ball contact phase

