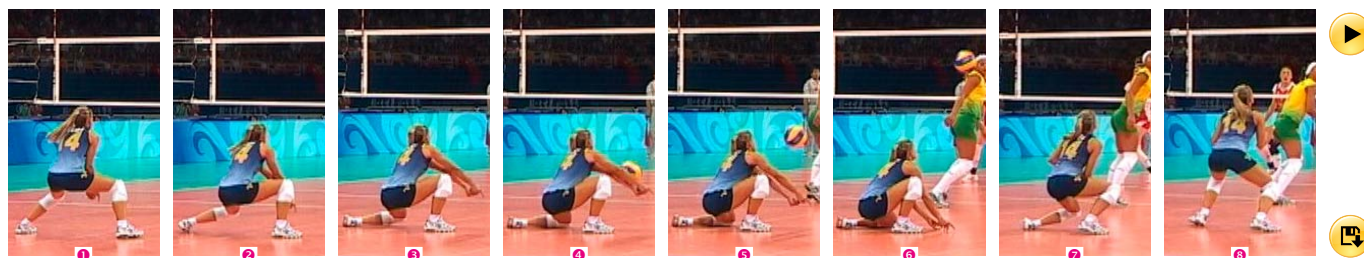


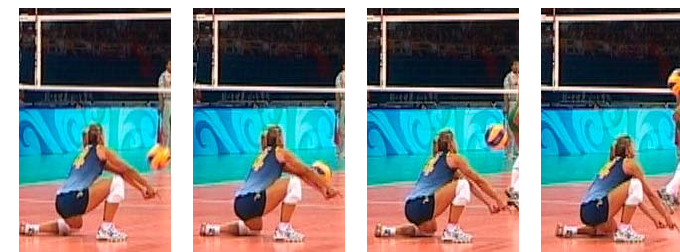
# Passing - Low Reception (3point)

Serie 2 | Poster 2

## 1 Low Reception (3point) / Fabiana OLIVEIRA (BRA) Olympic Games 2008



## 2 Position/ball contact phase



## 3 Teaching Description

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

- 1 The player steps forward with either leg, depending upon angle of reception to the setter. In this case the player moves forward with the right foot.
- 2 The weight is transferred over the right knee and the back leg (left, in this case) begins to drag itself under the body.
- 3 Just prior to contact the arms are between the legs, with the left knee, ankle and right foot establishing a strong foundation.
- 4 The ball is contacted between and usually in front of the body at a low point, near the floor. The back foot creates a foundation with the knee and ankle, which is turned to the side or under the in-step (front). The seat of the player can even contact the floor but in most cases is slightly above.

### Ballcontact - contact phase 5-6

- 5 The contact point is just above the wrists. The arms, wrists and shoulders create the direction of the reception to the setter's position along the net. The chin stays neutral throughout and the seat of the player is on top of the left ankle.
- 6 As the ball leaves the arms the 'eyes' of the receiver follows the path of the ball to the setter.

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

- 7 The player who through the 'lowering of the center of gravity' contacts on the court and begins a forward following motion of the hips and legs.
- 8 The player begins to stand and follow through to help with coverage or attack, etc.

## 4 Individual technique features



## 5 Low Reception (3point) / Liubov SOKOLOVA-SHASHKOVA (RUS) / World Championship 2006



## 6 Position/ball contact phase



## 7 Low Reception (3point) / Suzana CEBIC (SRB) / World Championship 2006



## 8 Position/ball contact phase

