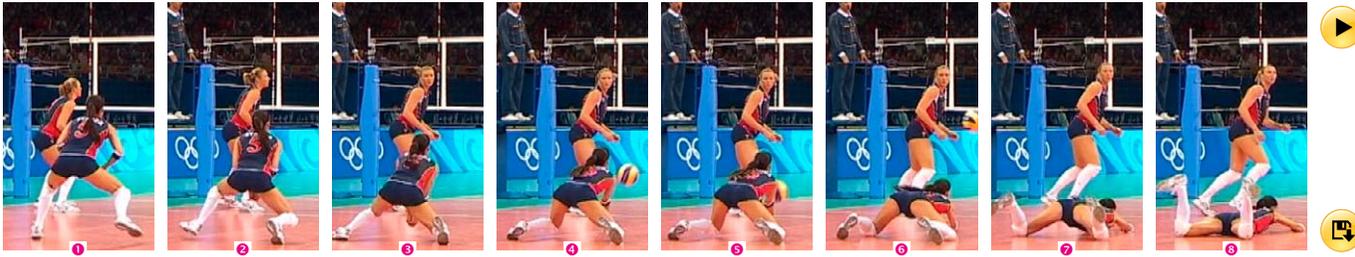


Passing - Forward Sprawl Reception

Serie 2 | Poster 4

1 Forward Sprawl Reception / Stacy SYKORA (USA) / Olympic Games 2008



2 Position/ball contact phase



3 Teaching Description

Approach/position - pre contact phase 1-4

- 1 Player moves to receive a lower trajectory ball that is in front of the body.
- 2 Instead of being able to keep the ball between the legs the ball has to be contacted out and in front of the player so the player lowers the body to a 'chest dive' or 'sprawl' position.
- 3 The player stays low and pushes with both legs, sometimes pushing off the knees, to contact the ball with two hands.
- 4 Slight movements of the wrists, arms or shoulders may be needed to create the angle of contact to the setter's position.

Purpose of Use During the Match: This is used either for a lower service or a defensive movement where the player finds the ball more in front than is expected.

Ballcontact - contact phase 5-6

- 5 Contact point is above the wrists and still on the lower forearms. If needed the back of the hands can become this contact point.
- 6 The player is on both knees, or sometimes, they don't even contact the floor and extends full out to contact the ball just before the forearms contact the court. Landing on the front of the forearms helps to brace the body for contact with the floor.

Follow through - post contact phase 7-8

- 7 After the ball is contacted the player lands touching knees, thighs, forearms and finally chest on the court.
- 8 Back legs can bend at the knees upon landing to create more parts of the body touching the floor at the same time, thus taking the pressure off the back. The body usually slides slightly forward after contact to create the 'under-spin' on the ball.

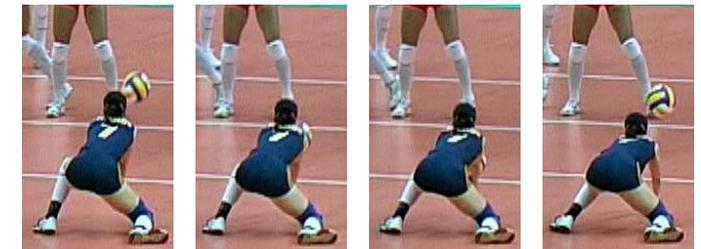
4 Individual technique features



5 Forward Sprawl Reception / Suhong ZHOU (CHN) / World Championship 2006



6 Position/ball contact phase



7 Forward Sprawl Reception / Fabiana OLIVEIRA (BRA) / Olympic Games 2008



8 Position/ball contact phase

