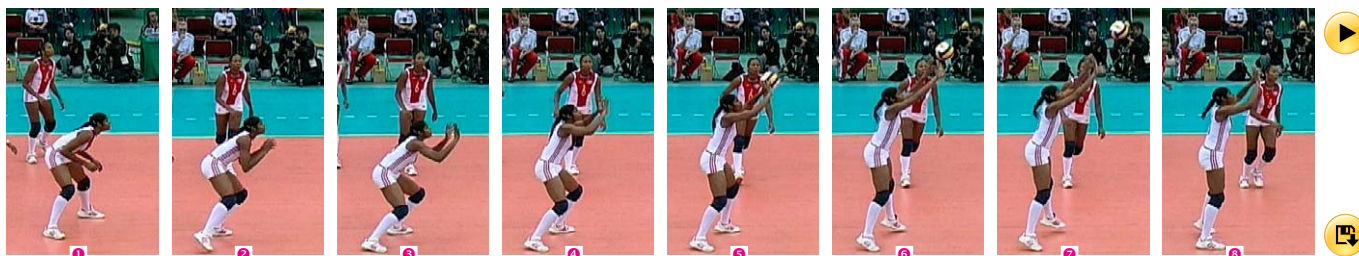


Passing – Overhand Reception

Serie 2 | Poster 1

1 Overhand Reception / Nancy CARRILLO (CUB) / World Championship 2006



2 Position/ball contact phase



3 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 Ready position (can be adjusted closer or further from the net depending upon style and predicted trajectory of the serve). Eyes focus on the direction and trajectory of the incoming ball.
- 2 Move behind the ball to get in position with stable platform.
- 3 Hands up quickly in front of the forehead with forward leaning shoulders and back in line with intending direction of the pass to the setter.
- 4 Weight transfer to legs and back has forward bend to be in a 'strong' stable position.

Ballcontact - contact phase 5 - 6

- 5 Positioning the hands slightly closer than when setting, elbows 'in' rather than 'wide' and move into the incoming ball with the body.
- 6 Ball contact with spread fingers and head/shoulders facing intended direction of pass and wrists should not be loose.

Follow through - post contact phase 7 - 8

- 7 Legs move into ball with hands and arms moving in a lower angle towards due to the back bend, which creates the intended target direction.
- 8 Hands follow through in the direction of the target and arc of the ball is usually lower depending upon the power of the serve. Player then moves to the next action of coverage or attack.

NOTE: For young volleyball athletes (U14/15) it might be best to 'force' them to use the underhand reception of service to cause them to learn how to move their feet to get behind the ball. If this skill is taught too early there is a tendency to not move the feet and reaching outside the body occurs.

4 Individual technique features



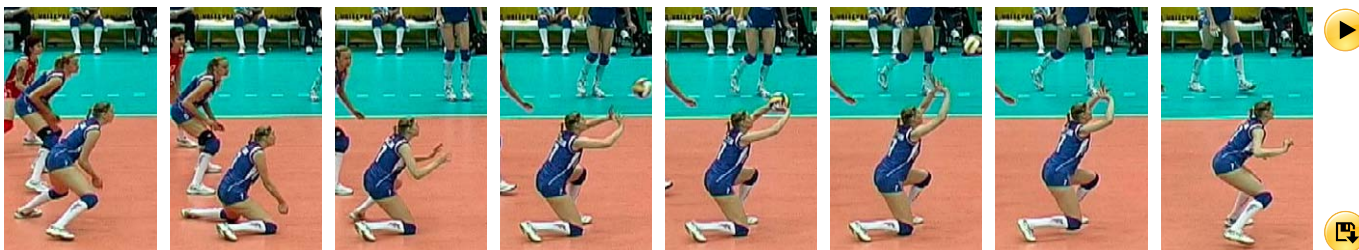
5 Overhand Reception /Liubov SOKOLOVA-SHASHKOVA (RUS) / World Championship 2006



6 Position/ball contact phase



7 Overhand Reception / Natalya SAFRONOVA (RUS) / World Championship 2006



8 Position/ball contact phase

