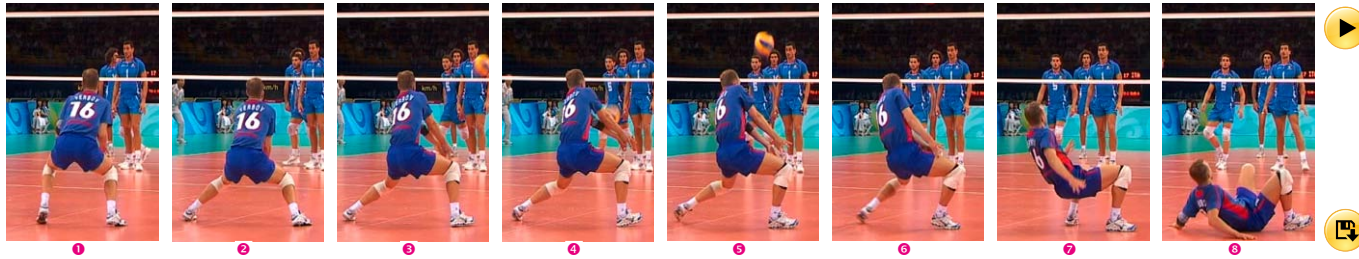
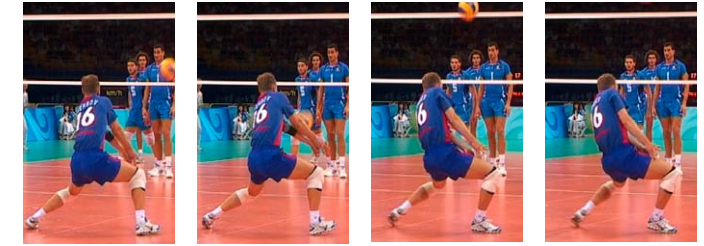


# Passing – Low Reception (absorption control by body and arms) Serie 2 | Poster 2

1 Low Reception / Alexey VERBOV (RUS) / Olympic Games 2008



2 Absorption control by body/arms



3 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 Ready position (watch server and initial contact of the serve), eyes focus on the ball as it approaches.
- 2 Move with the leading foot to where the ball is falling, trying to create an angle of contact with the wrists, arms and shoulders to pass the ball to the setter.
- 3 The weight is transferred over the front knee and the back leg and inside of the foot begins to drag itself towards the bending front knee.
- 4 The 'dragging' back foot creates the foundation with the leading knee, causing a 'still' movement upon contact of the serve.

Ballcontact - contact phase 5 - 6

- 5 The leading knee is bent to allow shoulder and hips to get to the ball; as the ball is being contacted the arms come closer to the stomach area to 'cushion or absorb' the ball.
- 6 The contact point is normal, just above the wrists and on the lower forearms, with the chin staying neutral and the eyes focusing on the ball contact area; because there is a falling movement, the seat of the player or the side of the leading knee may contact the floor in order to create the right contact angle and stabilize the body.

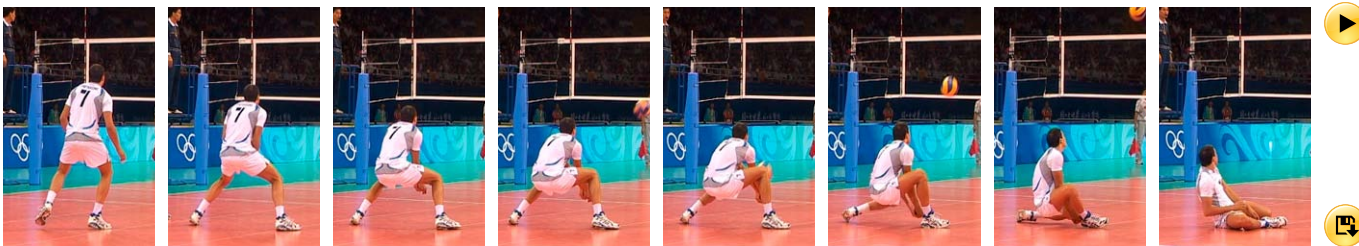
Follow through - post contact phase 7 - 8

- 7 As the ball leaves the arms, the 'eyes' of the receiver follows the path of the ball to the setter.
- 8 The passer holds the 'form' of the platform as the pass goes to the setter. After contact is made the player continues to fall to the side or even backwards. Next, after falling or sliding, the player tries to help in either getting back up to attack or moving to cover the attack.

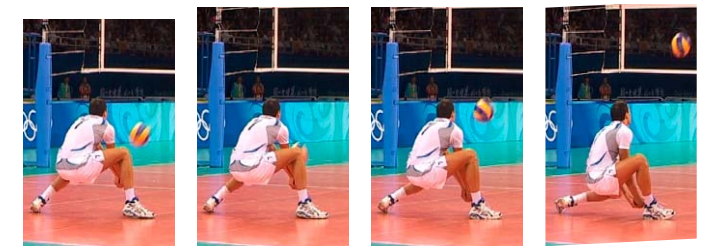
4 Individual technique features



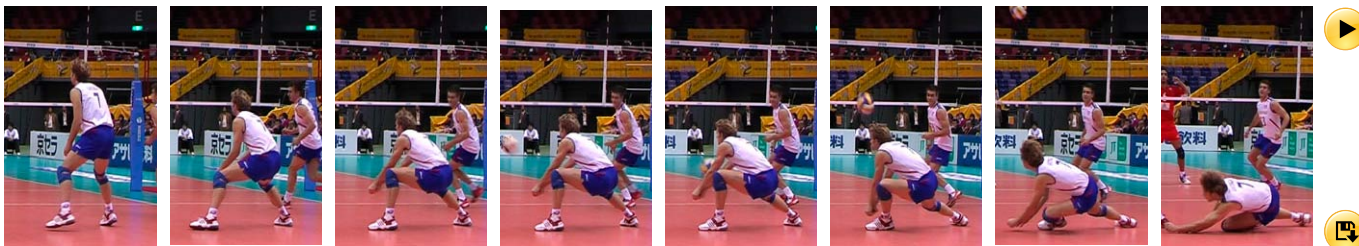
5 Low Reception / Alessandro PAPARONI (ITA) / Olympic Games 2008



6 Absorption control by body/arms



7 Low Reception / Stephane ANTIGA (FRA) / World Championship 2006



8 Absorption control by body/arms

