

ST. JUDE VOLLEYBALL SKILLS TRAINING

PASSING/ BUMPING

Here's How:

1. Place your feet shoulder width apart with your knees bent
2. Move to the ball quickly keeping hands apart and set your feet in position before executing a pass
3. Bring your hands together forming a good forearm platform with your thumbs parallel, locking your elbows, and pushing your forearms together
4. Receive the ball with your arms parallel to your thighs, leaning forward and on your left side
5. With contact of the ball, move your arms forward and upward slightly and transfer your weight forward
6. Direct the ball to your target with your shoulders
7. Follow through by keeping your arms below shoulder level, elbows locked and hands together
8. Keep your eye on the ball.

Tips:

1. Point your belly button at the target where you want the ball to go.
2. Drop your hands at the wrists.

