



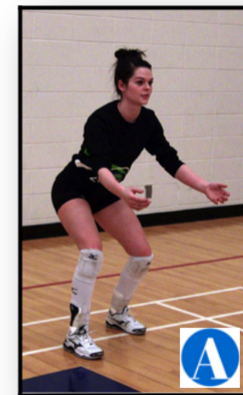
Skill Cue Cards

Pass

Basic Passing

Pre--Contact

- The passer is in **basic ready position**. (A) The feet are **slightly wider than shoulders and are in line with the flexed knees**. The trunk is slightly bent forward with arms and shoulders relaxed in front of the body. The shoulders are square to the server. The athlete is comfortable and **able to move easily** in any direction.
- The passer reads the server and **quickly identifies the direction and trajectory** of the serve.
- The passer moves get **behind the ball in a horizontal plane** with little movement up and down.
- Once behind the ball, the athlete should brake-step with both feet and have the **foot closer to the target in front** of the other. (D)
- As the passer stops the feet, the hands come together and the arms extend to ensure a **flat platform**. (B) The **elbows are away from the stomach** as the arms form a 90-degree angle with the torso. (D) The trunk has a forward lean.



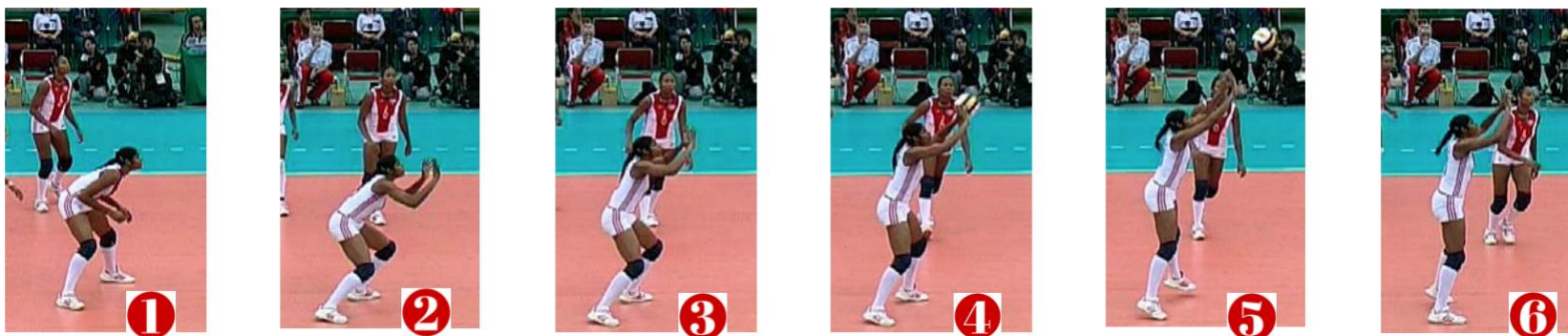
Contact Phase

- The arms are straight. The shoulders are relaxed and **oriented towards the target**. The **angle of the platform** is the most crucial part of the pass (C). At the moment of contact, the body is slightly leaning towards the target, which means that the **weight is being transferred to the front foot** (E). The ball contacts both forearms at a point just slightly above the wrists.
- The action of the arms is a slight upward and forward swing towards the target, which means the shoulders lift towards the ears.
(E)

Post-contact Phase

- There is a **follow through motion** by the arms and body towards the target. With faster moving balls, this movement may not happen.

Overhead Passing

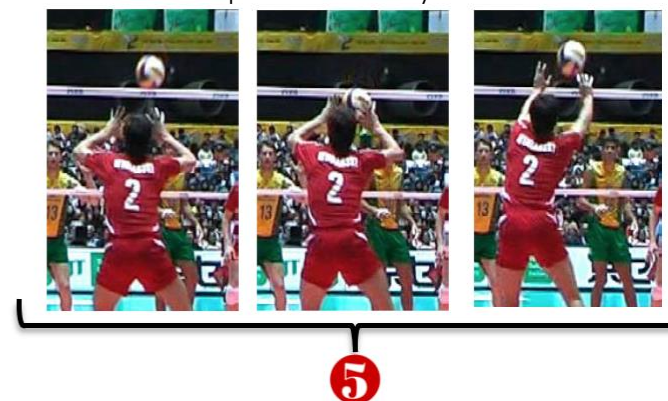


Pre--contact phase

1. The passer is in ready position with weight on the toes, ready to move, and is looking at the server to read their shoulders.
2. The passer identifies the direction and trajectory of the ball quickly and starts moving the body to the anticipated point of contact.
3. As the passer gets to the point of contact with the ball and stops their feet, the hands come together above and in front of the head. At this point, the knees are bent and the weight of the body is forward in a stable position. The eyes are still on the ball and the shoulders are squared to the ball.

Contact phase

4. The hands are wide open and closer together than when setting. The wrists are stiff to counter the velocity of the ball and the elbows are bent to allow for good extension.
5. The shoulders and head pivot slightly in direction of the target. The arms extend in direction of the target as the legs push on the ground to stabilize the pass. The wrists stay strong not allowing the hands to rotate externally.



Post--contact phase

6. The hands follow through towards the target. The passer finds their balance and gets ready to cover or hit the ball.