

# Forearm Pass

## Volleyball Content Card

**Purpose:** The “bump” is used to transition from defense to offense and is the 1st of 3 skills in an offensive attack. The pass is effective when receiving balls that are hard driven and below the waist.

### Cues

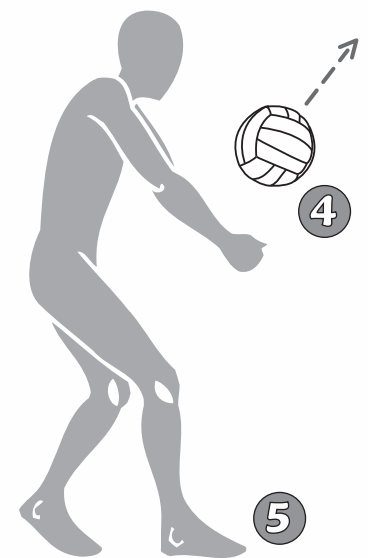
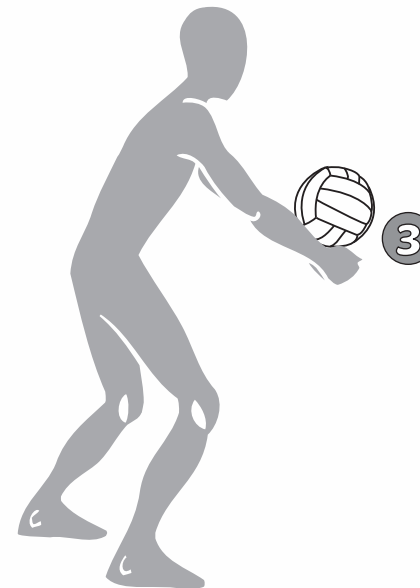
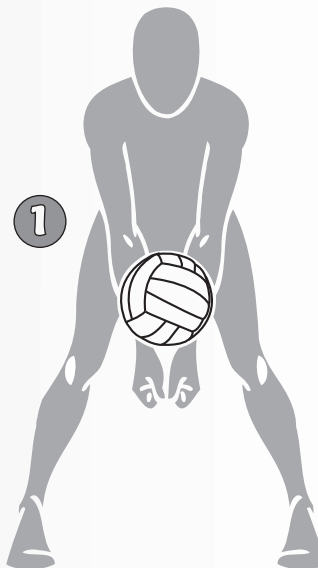
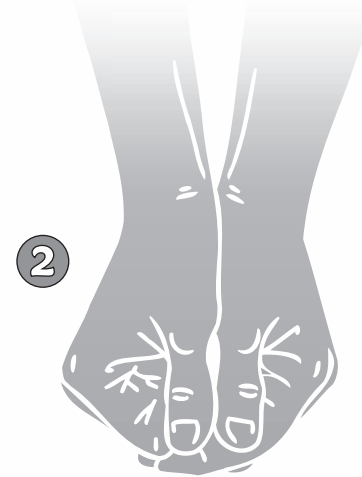
1. Crouch position
2. Interlace hands, lock elbows
3. Wrists flat, thumbs pointed to floor
4. Direct platform (arms) up, to target
5. Step forward toward target

### Use To

- Transition to offense
- Set up the attack (pass to setter)
- Defend against the attack
- 3rd hit free ball

### Types

- Near/Far
- Dive
- Dig



# Set

**Purpose:** A set, the 2<sup>nd</sup> of 3 skills in an offensive attack, is used to move the ball from a pass to the hit. The player who uses this skill is the “setter.”

## Cues

1. Face Target
2. Triangle hands high, elbows out
3. Contact ball with finger-pads
4. Extend arms and snap wrists out

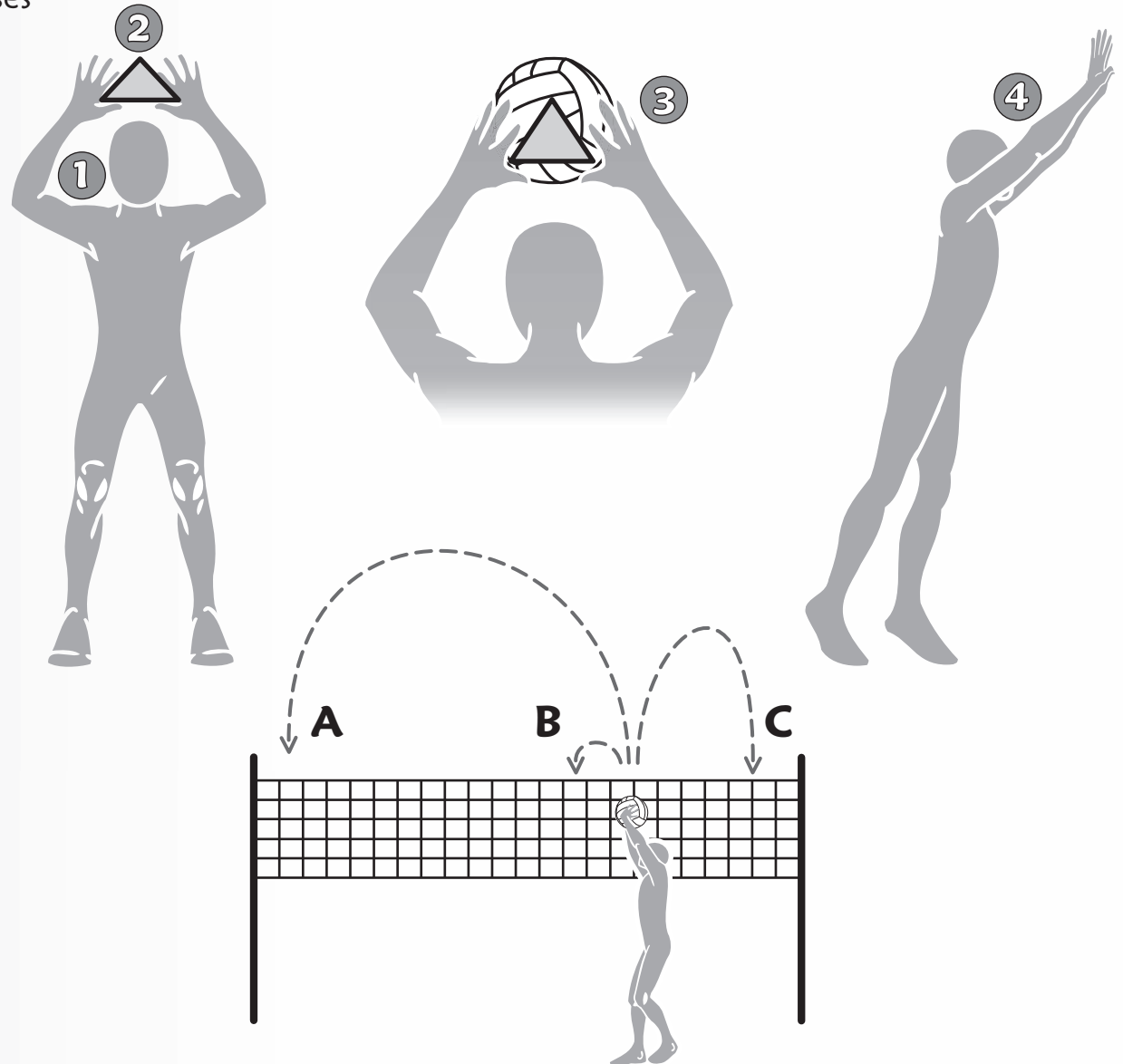
## Use To

- Set up the attack (set to hitter)
- 3<sup>rd</sup> hit free ball

## Types

- Outside (A)
- Quick (B)
- Back (C)

# Volleyball Content Card



# Spike

**Purpose:** A spike, the 3<sup>rd</sup> of 3 skills in an offensive attack, is used to score points or keep the defense from returning the ball with an attack. The player who spikes is the “hitter.”

## Cues

1. Fast, outside-arcing approach
2. Crouch, reach back
3. Explode up
4. Retract arm (“bow & arrow”)
5. Contact at peak of jump
6. Rapid strike, open hand, snap wrist

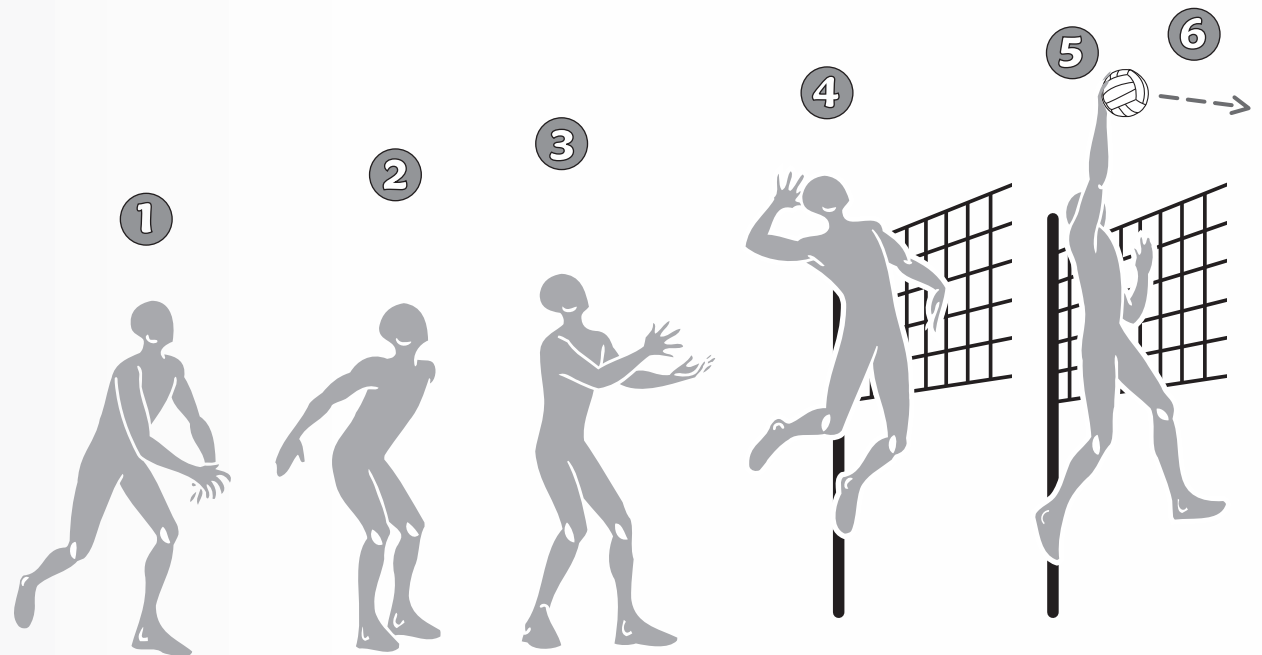
## Use To

- Score
- Prevent defensive attack

## Types

- Crosscourt/Down-the-line
- Drop
- Drive
- Roll
- Fake spike to dink or lob

# Volleyball Content Card



# Serve: Underhand

## Volleyball Content Card

**Purpose:** To initiate play. The underhand serve is the most common method for starting play, however it is generally the easiest type of serve to return.

### Cues

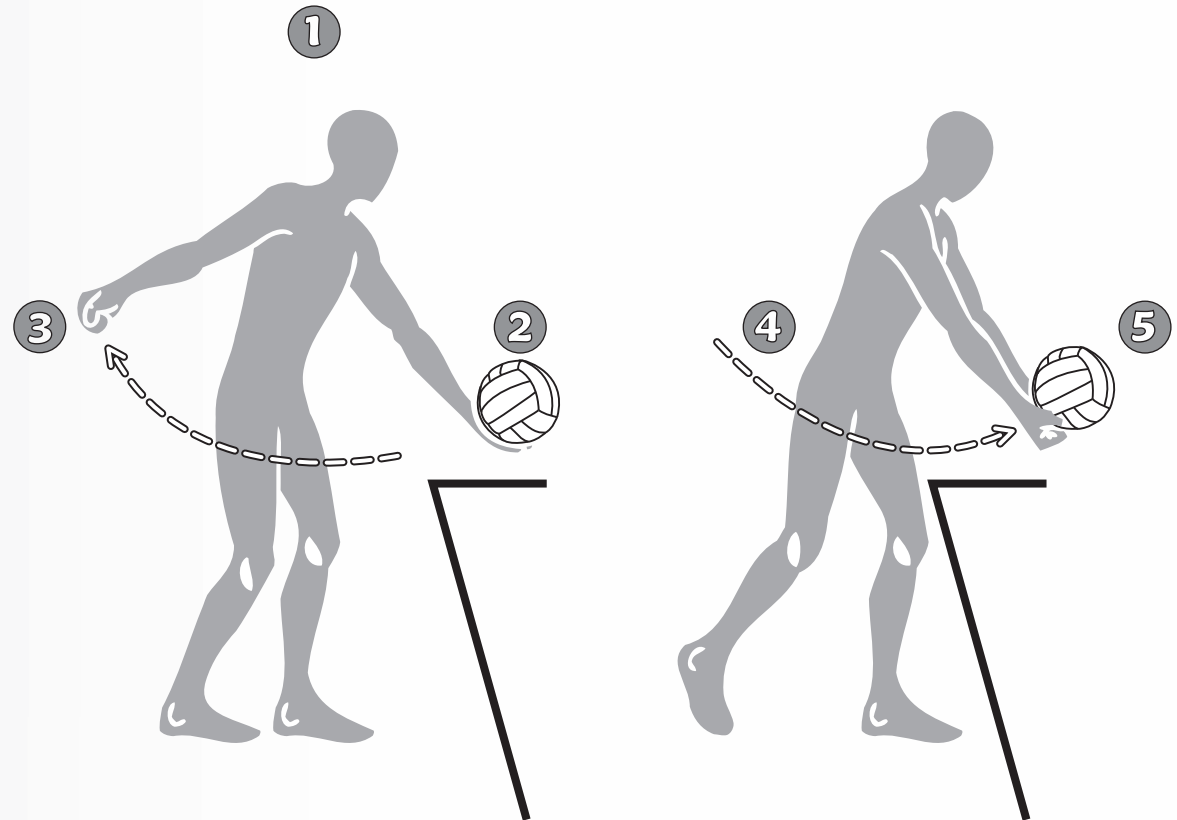
1. Face target, feet together
2. Ball to front-side, waist level, & still
3. Pull serving arm back
4. Swing arm, step opposite
5. Contact with flat fist

### Use To

- Initiate play
- To score points

### Types

- Short
- Floater
- Curving



# Serve: Overhand

## Volleyball Content Card

**Purpose:** To initiate the play. The overhand serve is an aggressive shot that should move fast, low, and erratically, thus increasing the likelihood of an ace.

### Cues

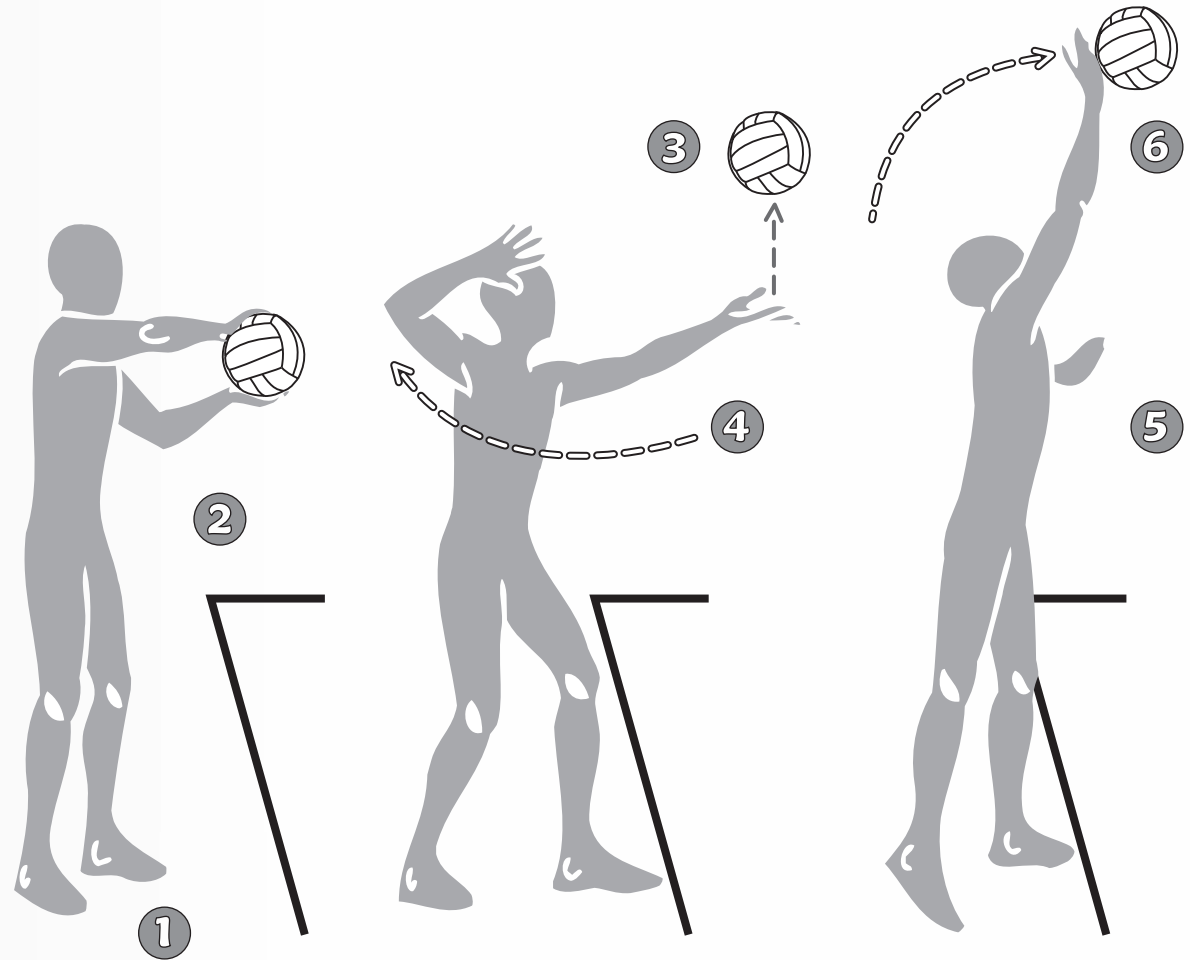
1. Face target, feet together
2. Ball to front-side, chest level
3. Toss ball to front of serving shoulder
4. Retract arm (Bow & Arrow)
5. Snap arm & step opposite
6. Contact with heel of hand

### Use To

- Initiate play
- Score points

### Types

- Jump
- Floater
- Topspin



# Team Defense

## Volleyball Content Card

**Purpose:** To align players in formations that prevent the offense from scoring. A team's base defense depends on attributes of both the offensive and defensive teams.

### Cues

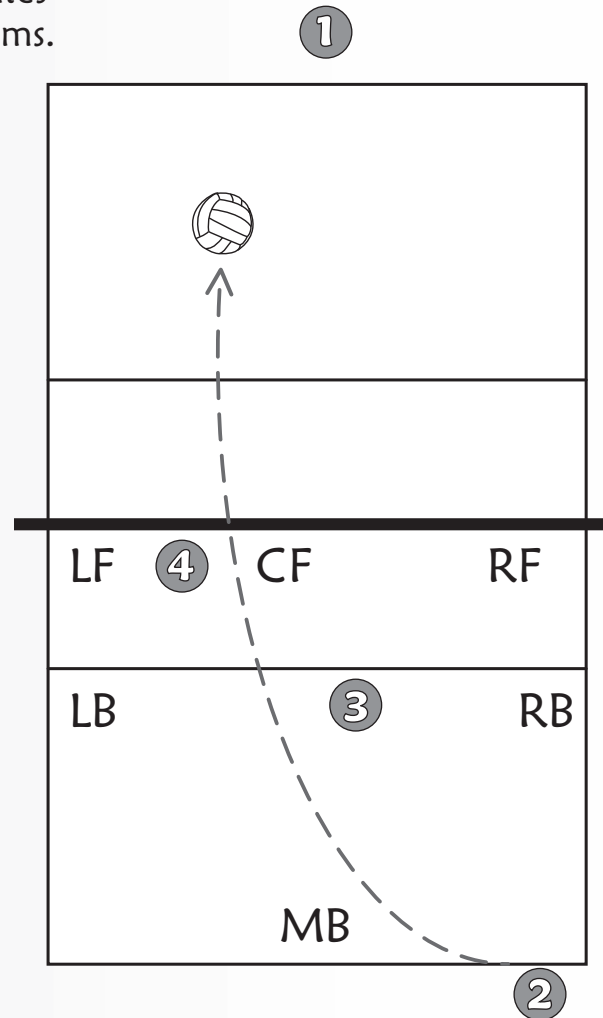
1. Begin in rotational position
2. Serve ball
3. Transition to base D
4. Defend against attack

### Use To

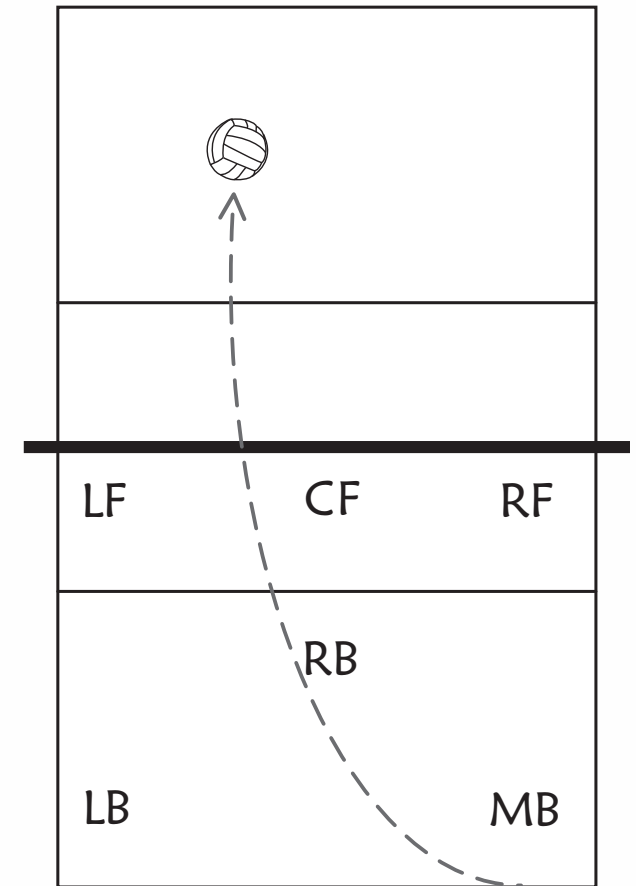
- Defend space
- Defend against the attack
- Defend as a team

### Types

- Player-Back
- Player-Up



**Player-Back**



**Player-Up**

# Team Offense

## Volleyball Content Card

**Purpose:** To align players in formations allowing the offensive team to attack. A team's base offense depends on attributes of both the defensive and offensive teams.

### Cues

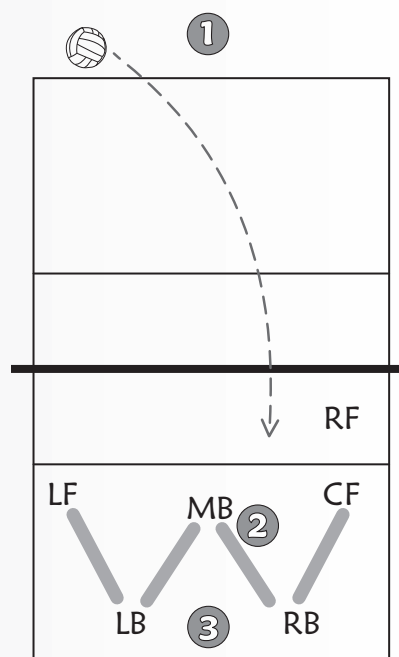
1. Begin in rotational position
2. Call ball and open-up
3. Transition to and from 'W'
4. Attack: Pass-Set-Hit
5. Cover
6. Transition to base D

### Use To

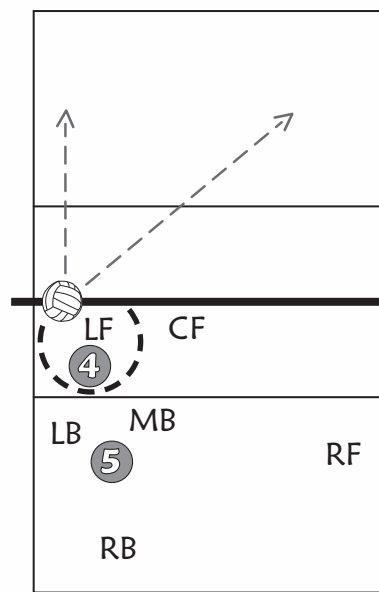
- Set up the attack
- Attack as a team
- Win the point

### Types

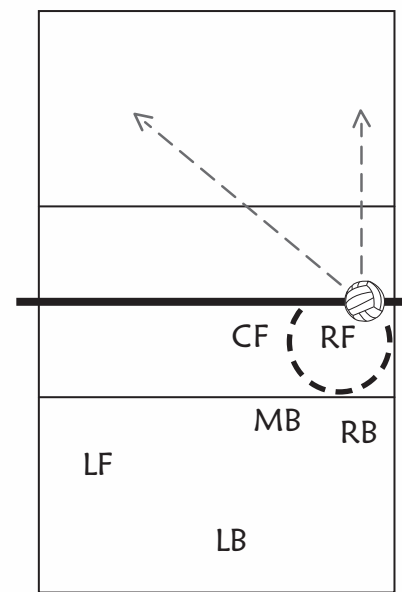
- 4-2 (setters/attackers)
- 5-1 (setters/attackers)
- The Spread



**Serve Receive  
Base "W"**



**Attack Left**



**Attack Right**

# Play Calling

## Volleyball Content Card

**Purpose:** To communicate a planned method for scoring. To be effective, all team members must know service zones and the grid system for setting.

### Cues

For the Serve

1. Locate open zone
2. Signal play

For the Set

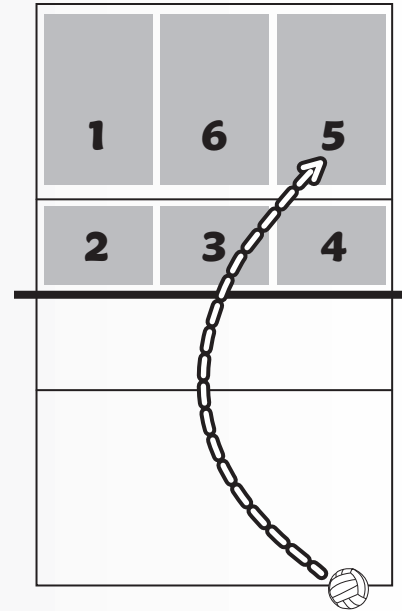
1. ID the play
2. Signal play to team
3. Call prior to or during serve

### Use To

- Set up the attack
- Attack as a team
- Win the point

### Types

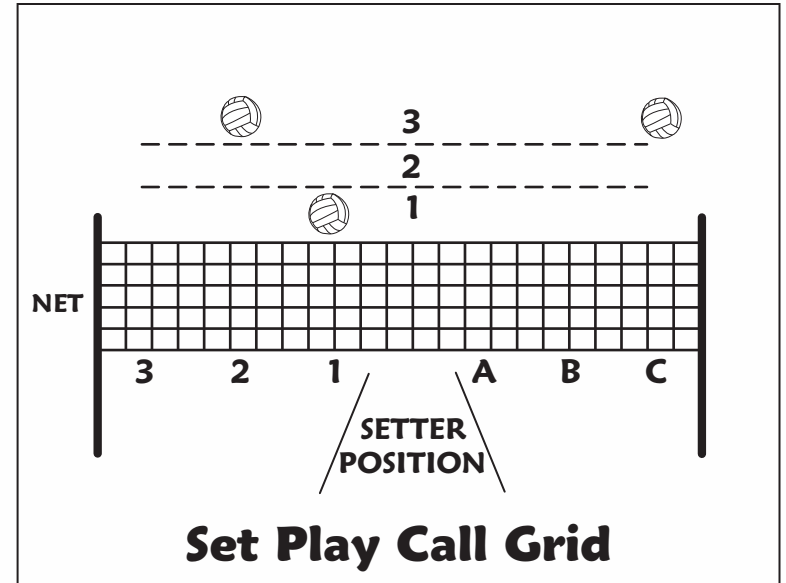
- Verbal
- Hand Signaling



**Service Zones**



**Hand Signaling**



**Set Play Call Grid**

### Play Call Code

1st # = Hitter's position on net  
2nd # = Height of ball above net

**Example:**

**1-1 = middle and low**

**2-3 = outside and high**

**C-3 = back set to outside and high**



# Officials' Signals

## Volleyball Content Card

**Purpose:** To manage contest and communicate rule related information. Signals are the “sign language” of the game.

### Cues

1. Know the rules/signals
2. See the play
3. Be active
4. Whistle then signal

### Use To

- Manage the Game
- Communicate Violations
- Maintain Game Pace

### Types & Tips

- Types: 1<sup>st</sup> official, 2<sup>nd</sup> official and Line Judge
- Be respectful
- Be decisive
- Be composed

