

VOLLEYBALL SERVING and PASSING

Dig or 'Bump'

The bump is the basic pass in volleyball. It is used when receiving a serve or reacting to an opponent's attack. The player should be holding his arms away from the body at a 90-degree angle with his hands together. Knees should be bent. The ball comes in contact with the lower forearms just above the wrist. After contact, the arms should point toward the target. Over-swinging the arms is a common mistake. The first bump of a volley should be aimed at a setter so they can "set" up the volleyball for the spike.



Set

A set is typically a front-line pass, or a move done by players who are positioned near the net. Knees should be bent and hands extended 4 to 6 inches above the head. The fingers should be spread to imitate the shape of the ball; make a triangle with the thumbs and first fingers. The ball will make contact with the fingers right above the hairline. Then the arms are extended in the direction the player wishes the ball to go. Freeze the motion when the arms are fully extended. This pass must be done with coordination to avoid "holding" the ball. The ball cannot come to rest at any point during a volley.



Spike

The spike is an intense move involving a player who is near the net. The purpose is to send the ball over the net and toward the floor so the opposing team has no time to save it before it touches the ground. The player should approach with two preparatory steps before a jump. The jump is straight up; the elbow should be raised level with the shoulder. The forearm should be up with the hand near the head in an open and relaxed position. Contact with the volleyball is made with the palm of the hand. Follow-through is critical to strength and speed. It is illegal to hit the ball with a closed fist, and players should avoid touching the net.



Block

A block is a defensive move used when the other team attempts to spike the ball. The player must be right next to the net and jump at the same time—or moments after—the opposing player, to successfully block a spike. Hands are used to extend the height of the net, and fingers should be in a spread about the width of the ball. Arms are locked and when possible, players should try to reach slightly over the net with their hands to send the ball back on the opponents' side. Touching the net is illegal and will end the volley. When blocking, it is essential that the body be square with the net; players positioned along the net often stand with their hands up and ready to block an attack.



Serve

Each play starts off with a serve. The server steps behind the line at the very back of the court, called the end line, and has freedom to serve from wherever he or she pleases as long as the foot does not touch or cross the line. If the server's foot crosses the end line, it is considered a foot fault, and results in a side-out—a change in possession—of the ball.

The Underhand Serve

The player holds the ball in the hand opposite from the hitting hand, Hold the ball below the waist and above the knee so that with bent knees. For a right-handed player, the ball should be held still in the left hand, and the right hand should make a fist with the thumb on top of the folded-in fingers. The right fist should make contact with the underside of the ball, and the point of contact is on the palm side of the right hand, between the folded-in fingers and the wrist. Bring the right arm back and swing through to make contact with the ball and send it over the net. The left hand should hold the ball still; do not throw the ball up or move it. The underhand serve is mainly used for lower skill levels.



Overhand Serves

Start with your feet. Put your left foot in front of your right, about shoulder width apart. Hold the ball at about eye-level with your left hand on the bottom and your right hand on top. The toss should only be high enough so that when you pull back your right arm, the hand contacts the ball on its downward swing. Toss the ball with your left hand; pull back your right arm as far as possible and swing—but not all the way through. Stop the motion of your right arm when your hand contacts the ball, as if you're punching the ball to the other side of the net. This serve allows the ball to float and wiggle in the air. This makes its positioning on the opposite side of the court very hard to read, making it difficult for opponents to return float serves.

