

Cues for Volleyball

Cues for Spike

- Left foot forward for a right handed swing
- Step with Right foot, come together with left and jump
- Swinging arm goes back on take off
- Arm comes over the top and arm swings down
- Follow through on right side of body for right handed swing
- Don't touch the net

Cues for Block

- Feet shoulder width apart
- Hands at shoulder level
- Track offensive attack and move body into position in front of attack
- Jump straight up pushing arms straight up
- Keep hands together and spread fingers
- Push hands over the net and down
- Don't touch the net

Cues for Forearm/Underhand Pass:

- Make a platform & lock elbows
- Hold both hands out with your palms facing up
- Keep your fingers together but your thumbs spread and facing the outside
- Contact ball with both arms simultaneously
- Shrug shoulders and straighten knees without swinging up at ball
- Move feet to get under the ball
- One foot in front of the other with knees bent
- Aim your arms towards the top of the net and not to the ceiling
- Keep the head up and eyes on the ball

Cues for Set Pass

- Elbows high
- Make a diamond shape with your hands using your thumb and index fingers
- Bend Knees
- Quick "catch" and push with your fingers (do not hold ball)
- Extend your arms and wrist
- Pretend you are catching a water balloon to help you get the feel of not "stabbing" at the ball

Cues for Overhand Serve

- Align shoulders square to the net facing the target area. Step forward with the foot opposite the striking/serving hand
- Toss the ball, 3-4 feet above your head and in front of the serving shoulder
- Keep your eyes on the ball (“See actual contact take place”)
- Strike the ball with an open hand in one continuous motion (“swing through the ball”)
- Follow through with the striking hand in the direction of the ball
- Transfer weight from your back foot to the front foot