

SERVICE RECEPTION TECHNIQUE

Passing Platform

- with palms facing up place preferred hand on top of other hand, thumbs run parallel to each other,
- forearms rotate outwards to allow a flat platform,
- elbows locked & as close as possible,
- pull hands down to help form a flat platform,
- shoulders should be shrugged in,

Contact of Platform

- contact is above the wrist & on the platform, try to contact in the same spot on the arms each time,
- use arms to direct the ball. Hands should not come above the level of the hips, except on high lateral passes,
- for passive contact, contact the ball & use follow through with legs & arms if necessary,
- for active/aggressive contact, contact the ball without continuing follow through (and/or lower arms after contact), keep hips level throughout passing action **NOTE the more velocity in the ball before contact, then less power is needed to be generated by the passer**
- contact with open hands above forehead may be used against easier servers

Basic Posture

- knees bent,
- body should be bent forward - shoulders in front of hips, hips in front of ankles,
- arms held in basic ready position - arms out in front & bent to make movement easier,
- feet slightly apart & one foot in front of the other, generally, the foot outside to the court should be in front,
- passer should be directly behind the ball when ever possible

Movement

- start low & stay low,
- move quickly & position self before contact & ensure body is still during passing action,
- keep the head still during the action,

Important Key Points

- prepare for the pass, position yourself in front of or behind other passers and not parallel to other passers
- closely watch the flight path of the incoming ball
- watch the flight path of the ball early to eliminate late charges at the ball,
- be balanced at contact,
- prepare arms & body early so that if late changes need to be made they can be done with small adjustments,
- call early

