



A space designed for Coaches,
by Coaches



- * Volleyball Drills
- * Nutritional Facts
- * Strength Training

Serve Reception Fundamentals

Court Orientation:

- Athletes should be positioned half way between the end line and the attack line
- This allows athletes to take high balls aggressively with a face pass, and cut off a tough spin serve early
- Passers should also align themselves in such a way to minimize the court and make it look smaller to a server. There are no noticeable holes in the serve receive orientation

On Serve Toss and Ball Flight:

- Athletes should be ready to move in any direction to pass the ball
- Weight should be positioned on the toes, knees are bent and hands are in a neutral position in front of the body
- Move low to the ball and move quickly with feet first
- **Do Not** lunge at the ball with arms only!
- Make a decision early on what specific pass to use, ie. Face Pass, Forearm Pass
- If an athlete is strong enough and confident in their ability, have them use a Face Pass on a high serve. This will help cut off the ball early and speed up your offense

On Contact:

- Feet, hips, shoulders and passing platform are angled toward your setting target (position 2 ½)
- If tough serve, at least passing platform is angled toward the target
- Depending on the trajectory, pace, and depth of the serve, the platform angle and leg action will change
- Passing base should be wide and stable when contacting the ball
- Pass the ball on the midline of the body if possible (This comes with early footwork)
- If ball is played outside the midline of the body, drop shoulder to have increase surface area (bigger platform) on contact
- Weight transfer, push forward through the ball toward the target
- **Do Not** rise when passing a serve, STAY LOW!