**Platform (Underhand) Passing:**

**Ready Position Hips High, Shoulders over, good posture** – Ready position should be comfortable and easy to move in. Tops of shoulder’s should be pointed about the same height as the top net tape. Arms either hanging loose or out in front in what can be termed a “tray position”. Tray Position – Bending the arms at the elbow as if you have a tray balanced on your arms. For younger players, often easier to let them hang their arms down to prevent a “praying” move with their platforms, however, it can cause the player to swing their arms around for a ball to their sides. Having the arms in a tray position can give a slightly quicker move to the ball vs. harder driven serving or when a player needs to cover more space quickly. Good posture in back! This will change as they round their shoulders to pass the ball.

**Stay Square to where the ball is coming from** – Keep your hips square to the server throughout the entire passing move whenever possible.

**Centerline the ball** – meaning that their first priority should be to attempt to centerline the ball inside their body line whenever possible.

**Early Platform/Early Angle** – Get your platform out early, not late to the ball. You will need to say this A LOT when balls are outside a players centerline and they need to move to a non-liner passing angle to prevent balls from being shanked behind them.

**Shuffle** – Whenever possible shuffle, no cross steps.

**PUSH (Not Tilt) inside shoulder toward floor to angle platform to target** – This will help the player from standing up during the pass.

**Ball outside body line:**

**EARLY PLATFORM – EALRY ANGLE!!!** Once they are tracking the ball they should get their platform out as early as possible with the correct angle. It is often natural for them to ‘swing’ their platform out last second to the ball rather than have it out early.

**Protect the ball with high shoulder: Teach them to round the back shoulder up and over the ball to protect against the shank off the top arm (I know there will be questions, but it is hard to write the explanation).**

**Overhand Passing (the serve):**

**Same ready position as above and square to where the ball is coming from.**

**Square to Target:** When playing the ball, opposite of underhand passing, you want your players to finish squaring their upper body toward the target, finish hands to target.

**Hands Close and Strong:** Take the bend in the wrists out to keep the hands strong when playing hard driven serve ball with hands, keep the hands closer together than normal (when setting or taking a free ball) to keep ball from traveling through the hands.