

# Skills

There are 5 main skills in volleyball:  
Digging, Setting, Spiking, Serving and Blocking.

## THE DIG

- Face incoming ball
- Knees bend with the weight on the balls of your feet
- Keep your arms/elbows straight
- Wrist together to create a flat platform for the ball to bounce off
- Angle your arms towards the target
- Keep the ball in front of you
- The ball should bounce off your forearms

\*Sarah Choi has a flat platform for the ball to bounce off and angles her arms toward the target

## THE SET

- Have your hands up early with fingers spread in the shape of a ball
- Keep your hands symmetrical
- Track the ball until you are underneath it
- Ensure the ball lands in your hands above your forehead (you should be able to see the ball through the diamond shaped window made by your thumbs and forefingers)
- Push the ball out in the direction you wish keeping your hands symmetrical

\*Matthew Peacock is always under the ball with his hands above his head

## THE SPIKE & THE SERVE

- Always keep the ball in front of you
- Have both hands up in the air
- Draw your hitting hand back like a bow and arrow
- Swing at the ball with an extended arm
- Have spread fingers hitting the ball with the palm of your hand
- Follow through the ball with a firm wrist

\*Nevchaya Turner sets her arms up in a bow and arrow

## THE BLOCK

- Watch the spiker and resist the urge to look at the ball
- Line up in front of the spiker as they run in
- Jump straight up with two feet
- Spread your fingers and hands to make them as big as possible
- Reach over the net as far as possible
- Don't touch the ball until after the spiker

\*Issac Kapa keeps his hands over the net and covers the ball

# Volleyball A Step By Step Guide Be The Best

**Judd E. Hollander**



## **Volleyball A Step By Step Guide Be The Best:**

Delve into the emotional tapestry woven by in Dive into the Emotion of **Volleyball A Step By Step Guide Be The Best** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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