

UNDERHAND PASS

Ready Position – (Before Server Contact)

1. Feet: Neutral weight – Slightly wider than shoulders – Slightly Staggered.
2. Slightly Flexed Knees
3. Slightly Flexed at waist
4. Arms low and shoulder width
5. Eyes on server

Preparation to Pass – (Before Ball Crosses Net)

1. Quick movement to general area
2. Hands grip early to form platform early
3. Thumbs parallel – Fat pads touch
4. Wrists turned down
5. Elbows hyper extended
6. Platform prepares well away from body
7. Knees flexed
8. Waist flexed
9. Eyes on ball

Movement to Contact and Contact

1. Head stationary
2. Arms minimal forward movement (2” to 6”) No follow-thru!
3. Arms fine-tune laterally to track lateral ball movements
4. Knees and waist flex or extend to track up and down ball movements
5. Ball contacts sweet spot which is aimed at target area

Key Concepts

1. Passing is an incredibly sophisticated visual skill.
2. Enhance visual skills and “eye-forearm” coordination by: keeping head still, keeping feet still, becoming still as soon as possible, contacting ball away from body, moving forearms as little as possible.
3. Once good mechanics are in place, passing is almost completely visual.
4. Decisions need to be made early (before ball crosses the net) as to side passes or front passes.
5. Bottom line: ball contacts sweet spot; sweet spot is aimed at target.

Teaching Cues

1. “See the speed of the ball”
2. “Get a jump on the ball”
3. “Get stopped early”
4. “Arms together early”
5. “Arms away early” or “Arms to the side early”
6. “Quiet platform”
7. “See the last 5 feet”
8. “See the ball to the sweet spot”
9. “Track the ball, all the way”