

SERVE-RECEIVE CHECKLIST

Pre Serve:

1. Look to setter for the upcoming play.
2. Look at floor position of server.
3. Look at body position (Feet, hips, shoulder) of server.
4. Assume correct final floor serve-receive position, during toss.

Ball is Served:

1. Verbal communication – “Mine” and “In/out” (all close balls are “in”).
2. Non-verbal communication – step/open or open the passing lane, particularly the frontcourt players.
3. Establish early passing platform (Elbows locked, thumbs facing down, arms and hands tracking the ball).
4. Always be aware of both your platform and body position and weight distribution relative to the target point!
5. If moving away from target be sure to follow through to target point.

Ball is Passed:

1. Are you the release setter? If not:
 - a. Backcourt players move into proper spiker coverage floor assignment.
 - b. Frontcourt players quickly move to the proper starting point for spiking assignment.