

Passing

1. Movement to ball 2. Feet and platform stopped on contact 3. Create platform behind the ball** 4. Platform angle 16U/17U * Outside body contact with purpose ** Different trajectories created by body use and shoulder direction

Defense

1. Attitude (aggressively defending/willingness to hit the floor) 2. Reading attacker (angles) 3. Ready position + feet stopped on contact 4. Platform control* 5. Identification of attack (tip, attack, free ball)

Serving

1. Limited movement (approach and toss) 2. Contact 3. Consistency 4. Accuracy 5. Specialized service (jump serve)

Attacking

1. Footwork/Approach 2. Identify set location* 3. Shoulder loading 4. Top spin contact 5. Transition identification 16U/17U *Setter/hitter angle (angle change for hitters dependent on setter location)

Blocking

1. Prep position* 2. Footwork 3. Press hands vs. throw arms (angle of hands) 4. Eye sequence knowledge 5. Block position vs. hitter 16U/17U *Know difference of when to keep hands high

Ball Control