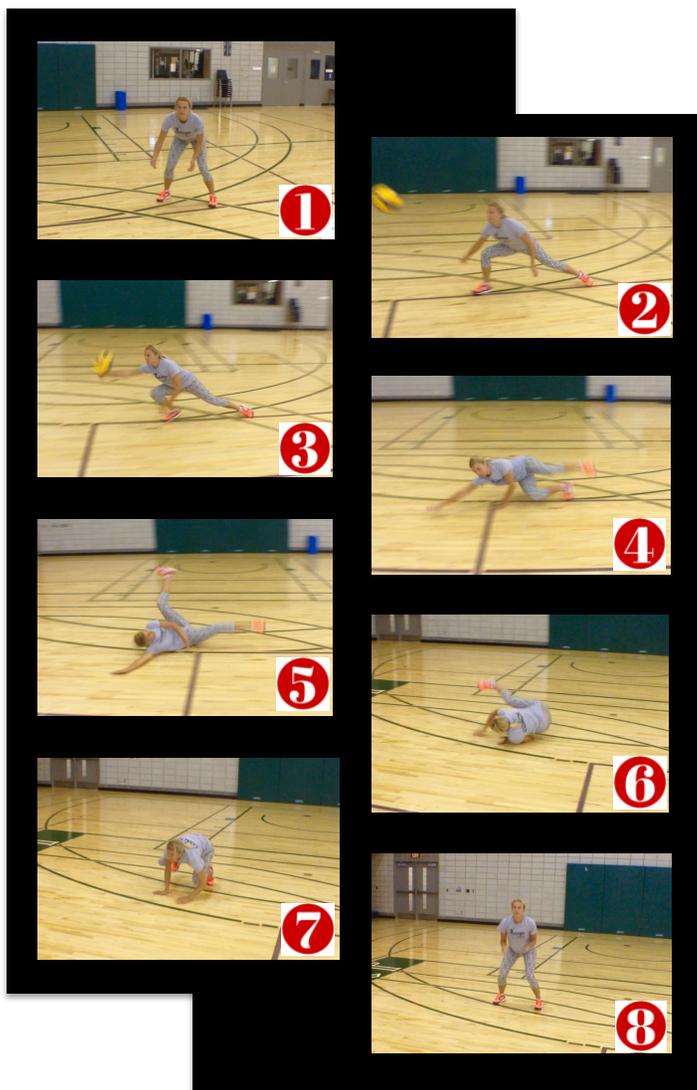The roll is used as a mean to **protect the player from injuries** as the fall during a low defense. If done properly, it will make the player more confident in defending balls that are far away.

Pre-contact phase

1. Defender is in **defensive ready position**. See *Basic Defense* for more details. Eyes are on the hitter **reading the play**.
2. The defender identifies the direction and trajectory of the ball and sees it will be short. The defender **takes a step towards the ball** with the foot closest to the ball and pushes with the other foot. The **center of gravity lowers**. Eyes are on the ball.

Contact phase

3. The player extends the right arm and **swings it towards the ball in an upward motion**. The contact happens **under the ball** and is made with the palm of the hand or with the fist, thumb on top. A wrist motion can help get the ball up.
The center of gravity keeps lowering down towards the floor and the **left hand can be put on the floor** to prepare for the roll.

Post-contact phase

4. The arm that just dug the ball is **extended forward** and leads the roll. The **right leg is pushing on the floor** to maintain the momentum created while stepping into the ball for the dig. The more speed, the easier the roll will be.
5. The defender **lands on the side of the body** with the latissimus dorsi touching absorbing the shock. The **right arm is extended forward** and keeps the head from hitting the floor. **Warning! Some players will tuck their right elbow in**
The legs are bent at the hips and follow the rotation initiated by the defense.
6. The rotation is coming to an end. The defender **tucks the left knee in and flexes the left foot to pull the toes up**. The right hand finds the floor to slow down the rotation and help with getting back up.
7. The defender **pushes on the floor** with the left foot as the right foot finds the floor. Both hands are on the floor and are pushing to lift the body.
8. Player stands up and is **back in defensive ready position** ready for the next action.

Source: Volleyball Canada