



## Pre-contact phase

1. The passer is **in ready position** with weight on the toes, ready to move, and is looking at the server to read their shoulders.
2. The passer **identifies the direction and trajectory** of the ball quickly and **starts moving the body** to the anticipated point of contact.
3. As the passer gets to the point of contact with the ball and stops their feet, **the hands come together above and in front of the head**. At this point, the knees are bent and the weight of the body is forward in a stable position. The eyes are still on the ball and the shoulders are squared to the ball.

## Contact phase

4. The hands are **wide open and closer together than when setting**. The wrists are stiff to counter the velocity of the ball and the elbows are bent to allow for good extension.
5. The **shoulders and head pivot slightly in direction of the target**. The arms extend in direction of the target as the legs push on the ground to stabilize the pass. The **wrists stay strong** not allowing the hands to rotate externally.



## Post-contact phase

6. The **hands follow through towards the target**. The passer finds their balance and gets ready to cover or hit the ball.

**Note:** In Volleyball Canada's rule, players aged 16 and under are not allowed to receive a serve with an overhand motion using the fingers (volleying/setting the serve), regardless of the quality of the contact.

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