Overhead Passing

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.