### Attack Coverage
- Court movements
  - Position and movements of attacker and blocker.
  - Direction of movements. Determining who will be performing the action, self or partner.

### Transition to Defensive Ready
- Movement to blocking ready positions
- Movement to defensive ready positions
- Defensive ready positions
  - Position and movements of opponents; opponents free ball actions and attack direction.
  - Position on the court. Alignment of own body at the net or in relation to the court lines. Final movements based on location of opponent pass.

### Blocking and Defense
- Blocking Line
- Blocking Cross
- Blocking Ball
- Peeling Line
- Peeling Cross
- Digging short roll behind blocker
- Dive
  - Initial starting position (cross court from person served) even if there is a cross call.
  - Final position depends on signal Stationary at contact.
- Opponents formation, attention and ability of individual passers
- When and where to serve; choice of service technique.

### Service
- Standing Float
- Jump Float
- Jump Set - Power
  - Opponents formation, attention and ability of individual passers
  - When and where to serve; choice of service technique.

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**Cycle of Action Skills**

**Service Reception**
- Forearm Pass
  - Ball is to the left or right of passer’s body
  - Ball is behind or substantially in front of passer

**Preparation for Attack**
- Free ball pass
  - Passing from the backcourt and frontcourt
  - Double Axe Handle
- Setting from a pass 4-5m off the net
  - Calling the open soft shot (line, line, line)
  - Calling ‘nothing’
- Calling the set
  - Calling the shot
  - Setting from a pass 4-5m off the net
  - Release from reception + footwork

**Attack**
- Line (cross)
- Cross-court
- Cutty
- Pockey

**Attack Coverage**
- Court movements

**Transition to Defensive Ready**
- Movement to blocking ready positions
- Movement to defensive ready positions
- Defensive ready positions

**Blocking and Defense**
- Blocking Line
- Blocking Cross
- Blocking Ball
- Peeling Line
- Peeling Cross
- Digging short roll behind blocker
- Dive

**Service**
- Standing Float
- Jump Float
- Jump Set - Power