

Skills

There are 5 main skills in volleyball:
Digging, Setting, Spiking, Serving and Blocking.

THE DIG

- Face incoming ball
- Knees bend with the weight on the balls of your feet
- Keep your arms/elbows straight
- Wrist together to create a flat platform for the ball to bounce off
- Angle your arms towards the target
- Keep the ball in front of you
- The ball should bounce off your forearms

*Sarah Choi has a flat platform for the ball to bounce off and angles her arms toward the target

THE SET

- Have your hands up early with fingers spread in the shape of a ball
- Keep your hands symmetrical
- Track the ball until you are underneath it
- Ensure the ball lands in your hands above your forehead (you should be able to see the ball through the diamond shaped window made by your thumbs and forefingers)
- Push the ball out in the direction you wish keeping your hands symmetrical

*Matthew Peacock is always under the ball with his hands above his head

THE SPIKE & THE SERVE

- Always keep the ball in front of you
- Have both hands up in the air
- Draw your hitting hand back like a bow and arrow
- Swing at the ball with an extended arm
- Have spread fingers hitting the ball with the palm of your hand
- Follow through the ball with a firm wrist

*Nevchaya Turner sets her arms up in a bow and arrow

THE BLOCK

- Watch the spiker and resist the urge to look at the ball
- Line up in front of the spiker as they run in
- Jump straight up with two feet
- Spread your fingers and hands to make them as big as possible
- Reach over the net as far as possible
- Don't touch the ball until after the spiker

*Issac Kapa keeps his hands over the net and covers the ball

Volleyball Skills Analysis A Practical Guide For Observing Performance

M Lipman



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