



Overhead Passing

Overhead passing has taken on a more prominent role in today's volleyball than ever before. Recent rule changes allowing double contacts on the first, hard-driven ball has made for a much more "fan-friendly" volleyball match.

Less skilled players can now, seemingly, play incredible defense and pass with much more accuracy. The downside is the lack of player movement now seen in the game. Players may rely on the overhead pass too much and not react to the ball, as they should. Because of this rule change, it seems every player now thinks they are a setter.

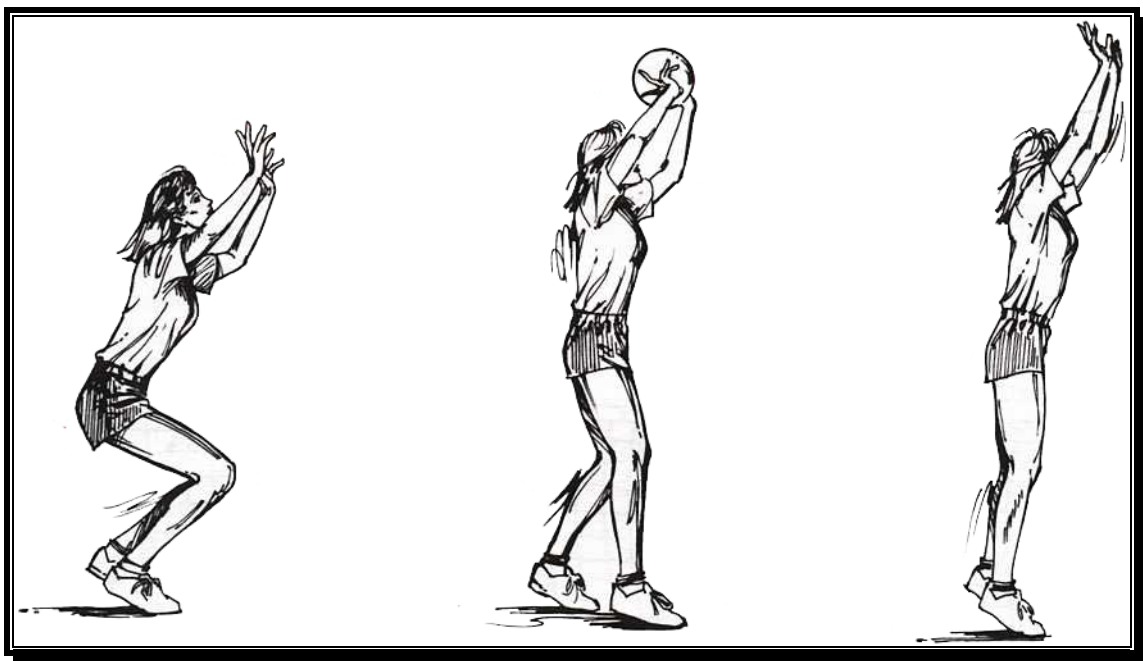
Please keep in mind that only the first, hard-driven ball may be double contacted. If you don't have clean (or soft) hands you may want to refrain from using them to overhead pass unless it's an emergency. You must ask yourself if you trust your hands enough to make that pass with game point. If the answer is "NO" you should just use your forearms. If, when you overhead pass, it looks like you have feet for hands you may want to just rely on the forearm pass. The overhead pass is the most difficult skill to master in volleyball and if you don't get it your first or second try...KEEP AT IT! It will come to you, probably one day when you least expect it.

Watch players with very good hands and take notes. Don't be afraid to ask them for tips about setting or overhead passing.

- Cues:**
- Staggered stance!
 - Big Gulp!
 - Superhero Takeoff!

- Mechanics:**
- Right foot forward & knees bent
 - Hands & fingers in shape of ball in front & above head
 - Fly like a superhero - fingertips follow the ball into extension
 - Let the ball come to your hands, not your hands going to the ball**

- Details:**
- Ball played above the forehead - see the whole court under the ball
 - Beat the ball to the "Base 2" position and Wait - be still on contact
 - Staggered foot position, knees bent with feet, hips and shoulders square to the target
 - Contact ball above forehead with all but palms
 - Extend through the ball to the target



- Errors:**
- Palm of the hand contacts the ball
 - "Swan dive" or "swimming" follow through
 - Not facing the target when receiving the ball
 - Contacting ball too low - in front of face instead of on forehead

- Options:**
- | | |
|---|---|
| <input type="checkbox"/> Back Sets | <input type="checkbox"/> Setters on the Net |
| <input type="checkbox"/> Setters Moving off the Net | <input type="checkbox"/> Non-Setters Set After Blocking |
| <input type="checkbox"/> Non-Setters From Off the Net | <input type="checkbox"/> From the Ground |
| <input type="checkbox"/> Jump Sets | <input type="checkbox"/> Side Sets |
| <input type="checkbox"/> Dumps - One & Two Handed | <input type="checkbox"/> Run-Throughs |
| <input type="checkbox"/> Out of the Net Sets | <input type="checkbox"/> Check the Blockers |
| <input type="checkbox"/> Play Sets | <input type="checkbox"/> One Hand Saves |
| <input type="checkbox"/> Set From the Knees | <input type="checkbox"/> Position & Quick Sets |