

NEW COACHES CLINIC

SKILLS CHEAT SHEET BY PSA VOLLEYBALL

1

SERVING

Underhand: Weight transfer forward, palm facing the ceiling.

Overhand: Toss in front of hitting arm, contact like a high five.

2

PASSING

- Start low and relaxed.
- Stay low when moving to the ball.
- Take two steps for balance before contact, meet ball with platform, freeze arms after contact.
- Use legs for power on easy balls, not arm swing.

3

SETTING

- Run to ball first.
- Form a loose triangle with pointer fingers and thumbs.
- Take two steps before contact, meet ball halfway to forehead, push straight through with both hands evenly.
- Hold hands in ball shape.

4

HITTING/ATTACKING

- Right handed players: Footwork should be one big step with left foot, then two small and quick steps with their right foot and left foot.
- Plant on third step, jump up instead of forward.
- Form a bow and arrow with arms, then contact in front like a high five.