

Procedure:

Leader tosses ball over the net to first player in line. Player returns ball using an overhand volley. Repeat. Player goes to end of line. When all have had turns, leader chooses someone to trade places with her. Play proceeds until time is called.

Coaching Points:

- a. Keep eyes on ball.
- b. Face ball squarely.
- c. Knees flexed, ready to step in any direction or to jump if necessary.
- d. Bat ball diagonally upward with a light touch.
- e. Hands up and in front of face, fingers relaxed, pointing upward.

Additional Comments:

The toss is used so that the ball can be sent to an ideal position for a return volley. Two consecutive turns are given so that players may immediately correct errors.

This practice formation is intended for use at the start of the season.

Placement of the body in relation to the net is purposely omitted under Coaching Points. The ideal distance, of course, is an individual matter for each player, depending upon her height, length of arms, ability to jump and sense of timing. In general, short players should position themselves at a greater distance from the net than tall players.

2. SET-UP TO SELF AND OVERHAND VOLLEY.

Formation:

As for overhand volley. See diagram on page 1.

Procedure:

Same as for overhand volley except player steps back to receive ball below chest, sets ball up to herself with an under hand motion, and then sends it across net with overhand volley.

Coaching Points:

- a, b, c, and d, under Overhand Volley.
- e. Little fingers together, palms up, ready for the set-up.
- f. Push heels of hands upward as you bat the ball up to yourself.
- g. Send the ball high enough to give yourself ample time to get ready for the overhand volley.
- h. Hit ball across net at an acute angle, thus changing direction.
- i. Play ball with fingers; avoid using heels of hands.