



Forearm Passing

Passing is the foundation of a team's offense. Offensive tempo and play execution both revolve around a team's ability to pass accurately. Without consistent and accurate passing, your team can't exploit the talents of its' attackers and setters. The components of passing involve footwork and movement, platform orientation, and timing. While all three components work together to create an efficient passing motion, each area can be trained independently and focused on specifically.

The best passers in the world pass with their feet shoulder-width apart, one foot slightly in front of the other, knees flexed to 90 degrees, and weight on the inside balls of the feet. We refer to this position as the passer's base. A strong base allows the player to enjoy ball control, because a strong base allows the player to pass with the legs and hips. Good footwork and movement skills help a player achieve this strong base more often and be in a balanced position.

At ready position the passer is relaxed, balanced, and ready to move in any direction. Stepping with the foot closest to the ball, the player moves in a direct line behind the ball while beginning to form the platform. Just prior to passing the ball, the feet are split, creating a strong base, and the platform is extended ready to meet the ball. Moving legs and hips at a 45-degree angle to the target, the player meets the ball approximately 1 ft out over the knees, knee- to mid-thigh distance from the floor, and follows through to the target by lifting the platform slightly. If these movements are executed properly, the athlete naturally continues the weight shift forward.

- Cues:**
- Read!
 - Solid Platform!
 - Platform to Target!

- Mechanics:**
- Ready to move: weight forward, feet wide, knees bent & chest down (like a wrestler)
 - Make platform & contact the ball above the wrists
 - Finish & rebound the ball to the target

- Details:**
- Take a straddle position with outside foot leading
 - Form platform with elbows extended & close together, thumbs together & wrists to floor
 - Contact ball low, near waist level, at midline of body whenever possible
 - Bend the knees & bend slightly at waist; transfer your weight from rear to front foot
 - Always try for two arms on the ball, but it is permissible to reach out and play the ball with one arm...especially on a dig
 - Drop the inside shoulder of the platform to direct the ball to one side or the other
 - RELAX*, especially prior to the server's toss
 - Smooth follow through to target - shift weight to target - shrug shoulders



- Errors:**
- Standing too upright
 - Getting ready too late -- ball is too close
 - Contacting the ball on the hands or wrists
 - Platform formed with crossed thumbs
 - Too much arm swing or platform motion
 - Bent elbows

- Options:**
- | | |
|--|---|
| <input type="checkbox"/> Forearm Pass & Dig | <input type="checkbox"/> Forward Run Throughs |
| <input type="checkbox"/> "J" Stroke | <input type="checkbox"/> Lateral Run Throughs |
| <input type="checkbox"/> Pass Floater Serves | <input type="checkbox"/> Pass Topspin Serves |
| <input type="checkbox"/> High Passes | <input type="checkbox"/> Low Passes |
| <input type="checkbox"/> Free Balls | <input type="checkbox"/> Alone |
| <input type="checkbox"/> With Others | <input type="checkbox"/> Dig Hard Attacks |
| <input type="checkbox"/> Dig Tips | |