

## Serve Receive

Session Presented at the NCVBCA Clinic 3/3/23

- Principles
  - Forearm passing should be a Simple and Quiet activity.
  - Arms move independently and faster than the body.
  - The Ball knows only one thing, Angles.
- Concepts
  - Pass off, Set off, Hit in – *“Take the net out of the equation”*.
  - Target 5 feet off, 10 feet high, center of the court.
  - Seams – Serves from Zone 1 and Zone 6 passers who can reach left has dead-middle seams. Serves from Zone 5, passers should still try to reach left.
- Teaching Serve Receive (see Keys section on pg.2)
- Practice Structure - all about progression (pace of the learner)
  - Individual Tutoring - multiple courts (always a serve/receive court).
  - How are we warming up? Can we squeeze in extra reps?
  - Whole vs Part?
  - Random vs Blocked?
  - Massed vs Distributed?
- Coaches- What is our Focus? Have a Plan
  - Internal vs External focus?



## NOTES

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Teaching Keys:

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Other Notes: \_\_\_\_\_

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