

VOLLEYBALL

Partner Task Sheet
Peer Coaching

SKILL: THE HIT / THE SPIKE

Note: This is an Outside Hitting Attack (Left Side)
Left-Handed Players = Right, Left-Right
Right-Handed Players = Left, Right-Left

Partner 1	Partner 2	
	Left Side 90 Degree Angle-IF You're Left-handed Left Side 45 Degree Angle-IF You're Right-handed.	
	RIGHT Foot Forward - "Ready to Run" Feeling	
	Arms DANGLE!	
	Adjust Step with the LEFT - Lines up Ball & Shoulder	
	RIGHT-LEFT or Step Close-Your Best Jumper's Feet	
	ARMS are Slightly Out & BACK to Mountain Skier	
	FEET are TURNED TOWARD YOUR SETTER	
	JUMP with Your TROPHY TOP - Elbows Above Ears	
	SWING HARD - Middle Finger to the Floor (wrist snap)	
	FINISH in the Same Position that You Started	