

# VOLLEYBALL

Partner Task Sheet  
Peer Coaching

## SKILL: THE FOREARM PASS

Partner Review: Partners talk through & demonstrate **The Ready Position**

- ✓ "Always Start with Your Hands Apart!"
- ✓ 1-2-8-2
- ✓ 1" Knees bend
- ✓ 2" Waist-bend forward
- ✓ 8 Finger tips down
- ✓ 2 Palms slightly UP!

Partner 1	Partner 2	
	FEET FIRST - HIPS TO THE BALL to get to the ball	
	FREEZE (Hop/Stop ALL Movement)	
	Parallel Stance - Wide BASE	
	Build Your Platform - Hands Together	
	LONG & STRONG Platform	
	<b>STICK &amp; LIFT</b> - Stick Platform Under the Ball	
	Push THUMBS DOWN	
	LIFT your Hips & Knees as You Pass	
	HOLD "platform" (one second after contact)	
	NO Swinging!	