

# VOLLEYBALL

Partner Task Sheet  
Peer Coaching

## SKILL: THE SET

Partner 1		Partner 2
	<b>Self-Setting</b>	
	Shape a Panel - Thumb/Thumb-First Finger First Finger	
	Right Foot Forward	
	DRAW "Setter's Hands" and Volleyball to Forehead	
	Wrist Wrinkles	
	Tap - Tap - Tap	
	Keep "Shaping" with Wide Thumbs and Elbows Out	
	No puppy paws. No sea turtles.	
	<b>From a Toss</b>	
	Right Foot Forward	
	Hands Shape an Imaginary Volleyball on the Way Up	
	DRAW "Setter's Hands" Above Forehead - The Setter's Window	
	Receive the Volleyball with Big Hands and...	
	Extend Legs & Arms	
	Follow Through = Two Hands on a Glass Wall!	
	No Puppy Paws. No Sea Turtles.	