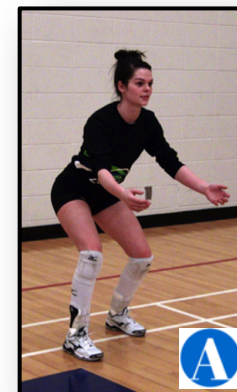




## Basic Passing

### Pre-Contact

- The passer is in **basic ready position**. **(A)** The feet are **slightly wider than shoulders and are in line with the flexed knees**. The trunk is slightly bent forward with arms and shoulders relaxed in front of the body. The shoulders are square to the server. The athlete is comfortable and **able to move easily** in any direction.
- The passer reads the server and **quickly identifies the direction and trajectory** of the serve.
- The passer moves get **behind the ball in a horizontal plane** with little movement up and down.
- Once behind the ball, the athlete should brake-step with both feet and have the **foot closer to the target in front** of the other. **(D)**
- As the passer stops the feet, the hands come together and the arms extend to ensure a **flat platform**. **(B)** The **elbows are away from the stomach** as the arms form a 90-degree angle with the torso. **(D)** The trunk has a forward lean.



### Contact Phase

1. The arms are straight. The shoulders are relaxed and **oriented towards the target**. The **angle of the platform** is the most crucial part of the pass **(C)**. At the moment of contact, the body is slightly leaning towards the target, which means that the **weight is being transferred to the front foot** **(E)**. The ball contacts both forearms at a point just slightly above the wrists.
2. The action of the arms is a slight upward and forward swing towards the target, which means the shoulders lift towards the ears. **(E)**

### Post-contact Phase

1. There is a **follow through motion** by the arms and body towards the target. With faster moving balls, this movement may not happen.