

Passing

Platform Passing – non-linear passing is the philosophy that being squared to the ball instead of the target is more important. Using a platform extended above the left knee creates a natural left-to-right angle that is more efficient for the 95% of balls that need to be passed from left to right on the court.

Ready Position:

- Feet should-width apart
- Knees bent
- Toes facing forward
- On balls of feet
- Relaxed back bent at torso
- Arms out and hands up

Communication: takes place during ready position, and after contact from opposing team

Movement to the ball: should occur in shuffle steps or turn and run in emergency situations. Movement ends with a two step shuffle bringing body to a stop in ready position.

Platform: As feet stop, platform should be formed

- Hands join in either overlap or fist wrap method
- Arms extend out until locked
- Thumbs point straight down to the ground exposing flat platform
- Contact should occur on forearm above left knee

Cues in Sequence:

1. Square – toes, knees, hips and shoulders stay squared to the ball
2. Knee – Platform is extended over left knee creating natural angle to the target
3. Angle – shoot platform to this angle and drive right shoulder down to the ground
4. Shift – The power needs to come from the body shifting, not from arm or swivel motion. With shoulders staying at same height, continue movement with two extra steps after contact
5. Hold – angle needs to be frozen to the point of exaggeration over left knee. No movement of arms should occur

Trouble-shooting: avoid the following movements resulting in inconsistent results

- Right foot opening to target – results in pass off net
- Lifting of shoulders – results in pass off net and usually in direction of serve
- Swiveling of platform – pulls balls off net and right of target

Drop-step passing: this technique is used when ball is to the left and deep of the passer. The passer cannot fully move body behind the ball in time for normal contact.

- Drop left foot open all the way forming a 90 degree angle
- Keep the side of body squared to ball
- Create platform by extending arms up and away from body
- Drive right shoulder down
- Hold angle

Hand Passing: This skill results in a more traditional linear movement

- Square – same ready position as with platform
- Forehead – quickly draw hands up to forehead level
- Step – right step opens toward target allowing hips to square to setter
- Flat – hands should be firm and contact should have flat sound

When do I hand pass vs. drop-step?

When the ball is deep and to left of passer, use drop-step method. When ball is deep and straight on or to the right, passer should use hands.