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BASIC MINIVOLLEY TECHNIQUES

TECHNIQUE	DESCRIPTION	TECHNIQUE	DESCRIPTION
The Set	<ul style="list-style-type: none"> • Feet should be spread shoulder width one slightly in front of the other with hips turned to the target. • Palms should be up and hands “cupped”. • Hands should be in front at forehead height (elbows higher than shoulders). • Push off (transfer weight) should be from the back leg. • Arms and hands should be fully extended. • Head and body should be under the ball. 	The Serve	<ul style="list-style-type: none"> • Feet should be slightly apart one a little in front of the other with hips pointing towards the target. • The ball should be held straight in line with the shoulder of the hitting arm. • The hitting arm should be moved to the front without moving towards the opposite shoulder. • Weight should be transferred from the back leg to the front leg • .
The Bump	<ul style="list-style-type: none"> • Feet should be slightly apart one a little in front of the other with hips pointing towards the target. • Torso and knees should be slightly flexed. • Hands together with thumbs parallel and pointing downwards away from wrists. • Wrists should be flat together and elbows locked. • Arm action should be a slight push upwards. • Weight should be transferred from back foot. 	The Spike	<ul style="list-style-type: none"> • The approach should include 3 steps, starting with the left foot and alternating to the right then left. (This should be reversed for left-handed players.) • The left arm should point towards the ball until it is hit. • Contact with the ball should be made in front of the player and not over his/her head.