



Skill Context

The overhand pass is the most used and most accurate pass in volleyball. It should be used when the ball is moving slowly and is high enough above your head to play

Main Cues

Move under the ball
Triangle hand window

Elbows bent facing out
Contact with fingerpads

Push with arms and legs
Fully extend arms

Skill Breakdown

Learn how to perform this skill with this detailed breakdown.



Ready Position
Move under the ball
Feet should be slightly wider than shoulder width with one foot slightly ahead of the other
Place hands just above forehead in a triangle position
Elbows should be bent and facing out.



Contact
Keep your eyes on the ball through the triangle
Contact the ball with your fingers only (not your palms)
Keep the ball above your forehead throughout the motion



Push
Push with your arms and your legs until your body is fully extended
The action of your arms will determine the ball's direction



Follow Through
Push until your arms are fully extended
Do not flick your wrists
Finish your pass and assume the ready position



Video Demonstration
Scan the code above with your mobile device's QR code scanning app to watch a video demonstration of this skill being performed.

Activities For Deliberate Practice

Choose your skill level, refer back to this poster, and start mastering this skill.

Level One
Novice



Level Two
Intermediate



Level Three
Expert

