

Volleyball

By: Laith Hamed

A dark blue diagonal gradient bar that starts from the bottom left corner and extends towards the top right corner, covering the lower half of the page.

Underhand serve

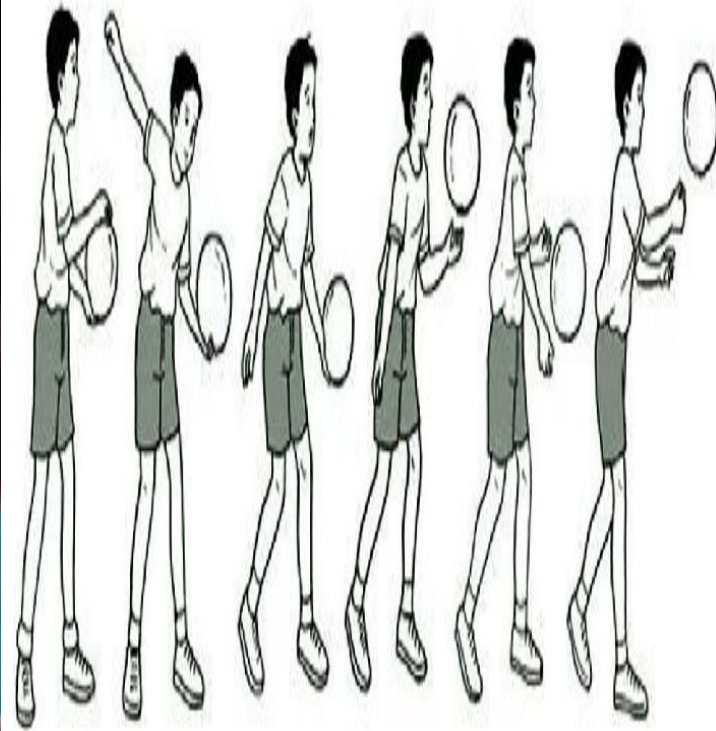
- Stance: Stand with your feet staggered, shoulder-width apart, and angle your body toward the target.
- Ball hold: Hold the ball in your non-hitting hand at waist height, keeping the hitting arm back in a pendulum-like swing.
- Contact: Make contact with the ball using a closed fist or the heel of your hand. For more power, you can also use the lower part of your palm.
- Execution: Swing your arm forward to make contact, transferring your weight from your back foot to your front foot for momentum.

Underhand reception (forearm pass)

- Stance: Get low with your feet shoulder-width apart, knees bent, and body angled toward the incoming ball.
- Arm position: Bring your forearms together to create a flat platform. Lock your wrists and keep your arms straight and close together.
- Contact: Use your forearms, not your hands or fists, to contact the ball. Absorb the ball's energy by bending and unbending your knees and hips, and a slight backward movement of your arms.
- Execution: Guide the ball up to the setter or target area. Follow through with your body motion, keeping your eye on the ball throughout the play.



Underhand reception



Underhand serve

Thank you

