



JUNIOR OLYMPIC VOLLEYBALL CLUB

SERVE RECEIVE CHECKLIST

PRE-SERVE

- Look to the setter for upcoming play
- Look at the floor position of the server.
- Look at the body position/posture of the server. (jump-spin, float, etc.)
- Assume correct final floor position during toss.

BALL IS SERVED

- Verbal communication – “Mine/yours,” “In/Out” (all close balls are “In”).
- When it’s not yours, open up to the passer.
- Establish early passing platform behind ball (before it crosses the net).
- Be aware of your platform/body position/weight distribution relative to target area.
- When moving away from target, be sure to follow-through to target area.

BALL IS PASSED

- Are you ready to set a bad pass?
- Move to proper attacking or coverage assignment.

BALL IS SET

- If you’re not the attacker, COVER your hitter!