



# VOLLEYBALL

## Standing Spike



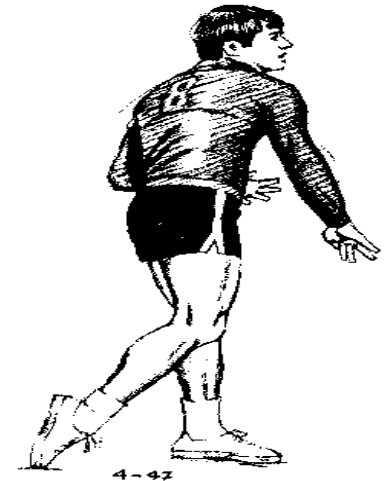
Set up with \_\_\_\_\_  
leg forward and striking  
\_\_\_\_\_ by ear.



Rotate hips \_\_\_\_\_  
and initiate arm swing.  
Square shoulders towards  
net.



Hit the ball at its  
\_\_\_\_\_ point  
over your head.  
Strike with the  
\_\_\_\_\_ of  
your hand.



Roll your hand \_\_\_\_\_  
the ball to create  
\_\_\_\_\_ spin.  
Follow \_\_\_\_\_  
towards target.