

SKILL OPTION CHECKLIST

PASSING

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|-------------------------------------------|-------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Forearm | <input type="checkbox"/> Serves | <input type="checkbox"/> Alone | <input type="checkbox"/> High passes |
| <input type="checkbox"/> Overhead | <input type="checkbox"/> Free Balls | <input type="checkbox"/> With others | <input type="checkbox"/> Low passes |
| <input type="checkbox"/> Reverse overhead | | | |
| <input type="checkbox"/> Run-through | | | |
| <input type="checkbox"/> "J" strokes | | | |

SERVING

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|-------------------------------------|--------------------------------|--------------------------------|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Overhand | <input type="checkbox"/> Deep | <input type="checkbox"/> Line | <input type="checkbox"/> Floater | <input type="checkbox"/> At endline |
| <input type="checkbox"/> Drive | <input type="checkbox"/> Short | <input type="checkbox"/> Angle | <input type="checkbox"/> Spinning | <input type="checkbox"/> Off endline |
| <input type="checkbox"/> Jump Serve | | | | |
| <input type="checkbox"/> Jump Float | | | | |

SETTING

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|--------------------------------------------------|---------------------------------------|-----------------------------------------|-----------------------------------|
| <input type="checkbox"/> Setter on net | <input type="checkbox"/> Back sets | <input type="checkbox"/> Jump sets | <input type="checkbox"/> Vocalize |
| <input type="checkbox"/> Setter off net | <input type="checkbox"/> Bump sets | <input type="checkbox"/> Dump shots | <input type="checkbox"/> Cover |
| <input type="checkbox"/> Non-setter after block | <input type="checkbox"/> On ground | <input type="checkbox"/> One handed | <input type="checkbox"/> Playsets |
| <input type="checkbox"/> Non-setter from off net | <input type="checkbox"/> Run throughs | <input type="checkbox"/> Out of net | <input type="checkbox"/> "Line!" |
| | <input type="checkbox"/> Side sets | <input type="checkbox"/> Check blockers | |

HITTING

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|-------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Left side | <input type="checkbox"/> Crosscourt | <input type="checkbox"/> from setter at net |
| <input type="checkbox"/> Right side | <input type="checkbox"/> Line shot (twist/fold) | <input type="checkbox"/> from blocker at net |
| <input type="checkbox"/> Middle | <input type="checkbox"/> Spin tip | <input type="checkbox"/> from backrow on court |
| <input type="checkbox"/> Swing | <input type="checkbox"/> Cut shot | <input type="checkbox"/> from backrow off court |
| <input type="checkbox"/> Backrow | <input type="checkbox"/> Open handed tip | <input type="checkbox"/> 10 foot attack line |
| | <input type="checkbox"/> Doubles play shots | <input type="checkbox"/> High outside 3 feet off net |
| | <input type="checkbox"/> Wipe shot | <input type="checkbox"/> Standing spike from anywhere |
| | <input type="checkbox"/> Seeing Blockers | <input type="checkbox"/> Bad sets inside/outside |
| | <input type="checkbox"/> Hitting edge of block | <input type="checkbox"/> Call for own set choice |
| | <input type="checkbox"/> Good = tip, Bad = hit | <input type="checkbox"/> Low sets outside (4,3) |
| | <input type="checkbox"/> Arm warm-up | <input type="checkbox"/> Low sets inside (3,2,1) |
| | <input type="checkbox"/> Create Arm Distance
(Parallel to net swing) | <input type="checkbox"/> footwork inside - out/out - in |
| | | <input type="checkbox"/> footwork fakes |
| | | <input type="checkbox"/> Pumps |
| | | <input type="checkbox"/> Slides |

DEFENSE - SMILE on every dig and in every digging drill

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|-----------------------------------------------|---------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> 1 on 1 Blocking | <input type="checkbox"/> Rolling for tip | <input type="checkbox"/> Power dig |
| <input type="checkbox"/> Middle Blocking | <input type="checkbox"/> Pancake for tip | <input type="checkbox"/> Drop to one knee |
| <input type="checkbox"/> Tandem Blocking | <input type="checkbox"/> Pepper options | <input type="checkbox"/> Extend & Recover |
| <input type="checkbox"/> Stack Blocking | <input type="checkbox"/> Reading the hitter | <input type="checkbox"/> Overhead digs |
| <input type="checkbox"/> Soft Blocking | <input type="checkbox"/> Playing out of net | <input type="checkbox"/> READING |
| <input type="checkbox"/> Recovery of 2nd ball | <input type="checkbox"/> One arm Run-pasts | <input type="checkbox"/> Get-set Hop |