

# SERVE RECEIVE TECHNIQUES | IHSVCA CLINIC

## With Kyle Shondell | Butler University

### INTRO TO SERVE RECEIVE TRAINING

- Start with the Basics (NEVER BE AFRAID TO TRAIN SIMPLE)
  - Passing Posture
    - Explain How and Why
  - Passing Movement
    - Explain How and Why
  - Platform and Angles
    - Explain How and Why
  - Train Overhead Passing
- POSTURE IS EVERYTHING
  - A passer with a poor posture will be a poor passer, a passer with a great posture CAN be a great passer
  - In all passing/SR drills, stress the importance of posture and body positioning
- Rep Passing Movement with and without a ball
  - Train the mind to understand reacting to a ball and HOW they should react when reacting to a ball
- Progressive Passer Training
  - Simple to Live increases skill understanding and confidence

### DRILLS THAT REP THIS PROPERLY:

- Partner or Wall Passing Drills
- Ball Rolling Series
- Ball Catching Series
- Movement Passing Drills – Coach or Player-Led
- Seam Passing
- Traditional Serve and Pass (Consider Good Pass and Replace)
- More...

### KEY TAKEAWAYS

| NEVER BE AFRAID TO TRAIN SIMPLE | Posture is everything | Learn to trust their hands |  
Passing is a TEAM Skill |