

## Volley



Figure 1: An illustration of the posture on contact for a volley.

**NB: Emphasis is on ensuring that all the fingers touch the ball and catch the ball with the *triangle* shape. Your catch must be at the *compressed spring* point and ensure that from this point, the movement is up to release.**



Figure 2: An illustration of the volley ready position.

**NB: Notice that the player is in a low posture and their hands are up to prepare to volley.**

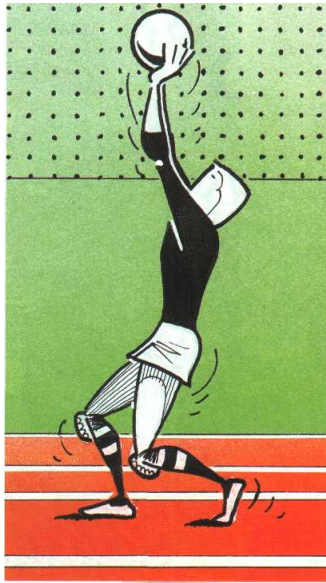


Figure 3: An illustration of the volley on ball contact.

**NB: Notice that the player is under the ball and their reach is high.**

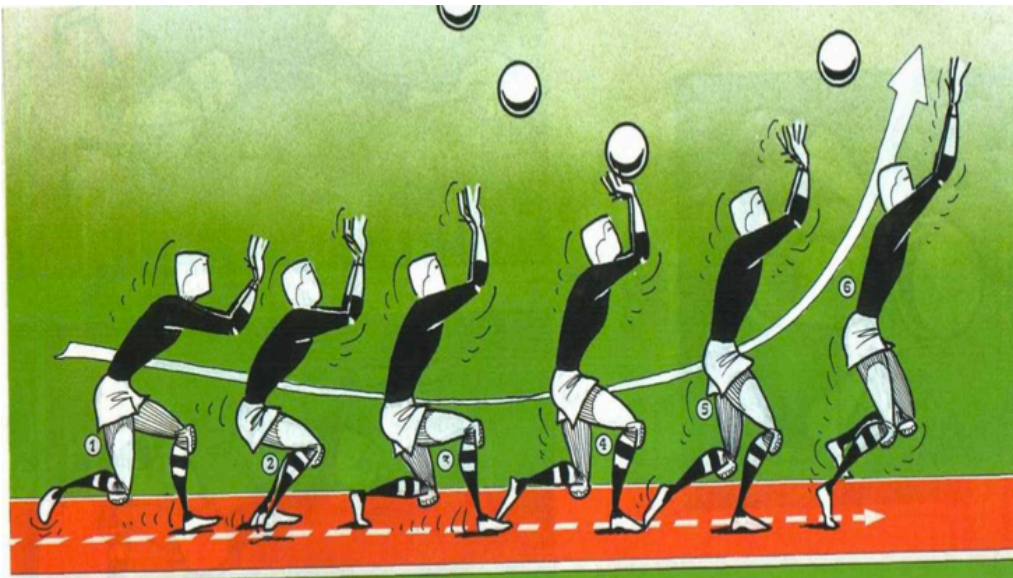


Figure 4: An illustration of the ready\_contact\_release on a volley.

**NB: The player moves into position to volley the ball and gets under the ball to contact, release and follow through.**