

## MCA CLINIC 2018

### Basic Skills---- Key Points/ Techniques/Adjustments

#### **Serving:** 1, 2, (3) Toss, (4) Step, Drag

- Weight on Back foot
- Hand on top of ball/ in front of serving shoulder
- Elbow high... tight shoulder, elbow, wrist
- From 3 to 4 need to be fairly quick
- Watch Hand hit ball/ finish with hand pointing over net towards targeted position

#### **Adjustments:** (Coach them) Kids want to know

- To low of toss---net
- To high of toss---to much room for error
- Hips facing court
- Step in direction you want ball to go
- Floppy hand--- ball won't make it over the net

#### **Passing:**

- Wide base, arms up and out; arm pits open
- Stay on balls of feet/ keep body behind ball and ball centered
- Fist and wrap or cup and roll (keep thumbs together)
- Lock elbows
- Watch ball hit arms and point eyes (thumbs) to target

#### **Adjustments:**

- Too much swing
- Stood up
- Praying before passing/ too much movement before passing
- Crossing thumbs/ thumbs not touching
- Arms too far into body

**Setting:**

- Triangle, Moose-Moose, Superman
- Draw to Forehead/ Wrist Wrinkles
- Pad of fingers
- Extend and Finish flat
- Square Up

**Adjustments:**

- Hands take too long to get up into ball shaped hands
- Setting on the run/ Get stopped
- Not Squaring up and using a left/ right sequence
- Smart Set (trying to do too much)
- Uneven finish

**Attacking:**

- Proper Footwork (3 step or 4) left, right, together, Jump
- Proper Arms (Back and then up)
- Reach, Snap, Wrap
- Directional Step (1<sup>st</sup> Step is the direction where the ball is going to land)
- Aggressive Triangle---- Get back/get out quickly

**Adjustments:**

- Over-running the ball
- Timing--- depending on the height of the set
- Dropping elbow
- Not getting out/ back
- Not staying open to setter

**Blocking:**

- Preload/ Explode
- Big Hands
- See it/ Seal it
- Point to 6
- Move parallel along the net
- Line up on the ball

**Adjustments:**

- Ball coming in front/ swatting at it or moving off net
- Between hands---- to far apart    Between blockers---- reach with hands
- Go up when arm swing comes forward/ quick middle jump with them
- Further ball is off the net, longer you wait to go up
- Tracking--- ball->setter, ball->hitter, ball

**Defense:**

- Stay low----- Bottom below hands
- Stay wide---- See the hitter/ drop inside shoulder
- Let ball hit arms/ Harder the hit the more you shrug
- Get there with your feet/ Stay on feet if you can
- Use hands--- Jab at it (Strong hands)

**Adjustments:**

- Take with hands/ take with forearms (half ready position)
- Get hands together quickly
- Watch shoulders of hitter
- Find hitter
- Make the last diving effort