

## Forearm Pass



1. Knees Bent

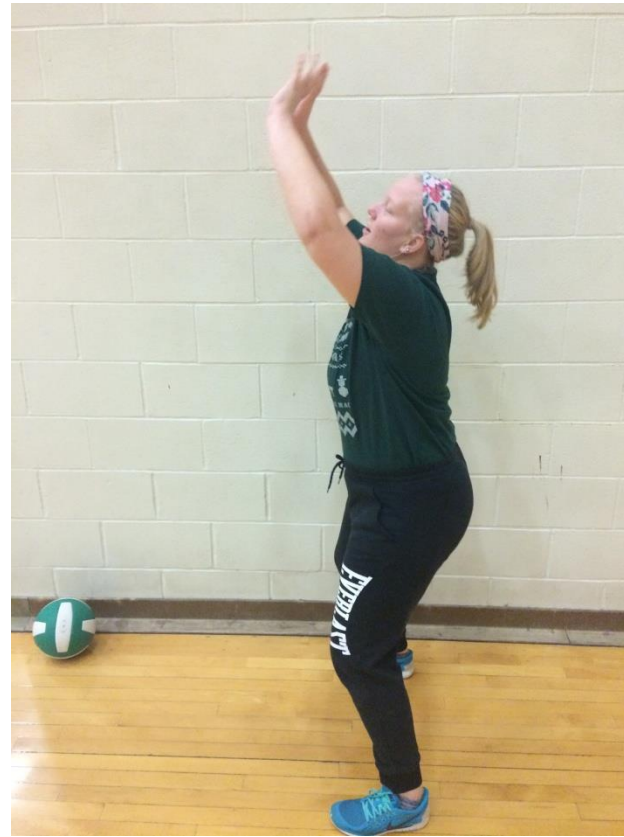
2. Hands together but not interlocked



3. Arms straight out

4. Contact Ball with your forearm/ platform

## Over Head Pass



1. Knees bent to be ready to move
2. Hands above the head
3. Thumb and index finger creating a triangle
4. Contact ball with finger pads

## Serve



1. Hand should be flat like you're giving a high five
2. Hit the ball with your dominant hand
3. Step with your opposite foot
4. Toss the ball straight up over your head