Volleying
Manipulative Skills

Volleying is striking or giving impetus to an object by using a variety of body parts.
- used almost exclusively in games
- Proficiency = control of object.
  - can they direct the object, use different amounts of force & a variety of body parts?

Common problems include:
- directing the object, force production, not using knees when volleying w/ hands
- One of the last fundamental skills to be taught because of the complexity in controlling an object.
  - requires fine hand-eye coordination