## <sup>1</sup> Volleying

Manipulative Skills

## <sup>2</sup> Volleying

- 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?

## 3 ☐ Volleying

- 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