

USA VOLLEYBALL.ORG FIVB.ORG NORCECA.ORG



CENTRAL COAST VOLLEYBALL INC

PASSING

KEEP IT SIMPLE

STABLE, STAGGERED STANCE

CONSISTENT PLATFORM

PLATFORM ANGLED TO THE TARGET

THE BALL KNOWS NOTHING ABOUT YOU, JUST THE ANGLE GIVEN



USAVolleyball.

FIVB™

FÉDÉRATION INTERNATIONALE DE VOLLEYBALL