

Name _____
 Date _____
 Period _____

THE FOREARM PASS

Each group consists of 3 students; a passer, a recorder and a tosser.

- The passer will perform 3 forearm passes.
- The recorder will “X” out the successful trials. Record the total score.
- The tosser will underhand toss a ball to the passer

Passing Technique	PRE	PRE	#1	#2	#3	Total Score
“Ready Position” •Feet shoulder width apart •Knees bent •Hips face target						/3
Shoulders shrug to ears						/3
Arms off chest						/3
Arms extend to target						/3
Thumbs parallel						/3
Contact on forearm						/3
Passes to target above head level						/3

Triangle Pass Test _____

Self Bump Test _____

A= 20+
B= 15
C= 10
D= 5

Summary of Skills- Circle your current skill level in Volleytennis.

Beginner

Intermediate

Advanced