Nitro Ball Skills

Skills

Underhand Hitting

1. Passing to self
2. Passing off a controlled toss back to the tosser (‘hallway’ or in line passing)
3. Passing off a controlled toss to a target other than tosser
4. Passing off a controlled toss with movement (left, right, front, back) passing back to tosser
5. Passing off a controlled toss with movement (left, right, front, back) passing to target other than tosser
6. Consecutive passing with one person allowing for bounce

Underhand Serving

1. Underhand Serve, Ball contact with flat palm or fist to wall or close to net
2. Underhand Serve, over the net, starting close and moving back

Setting

1. Setting technique, self toss, catch, proper body positioning
2. Setting technique, self toss, pass to wall
3. Setting technique, controlled toss and set back to tosser
4. Setting technique, controlled toss and set to target
5. Setting technique, continuous setting / underhand pass with partner allowing for bounce