

Tips to Improve Your Game

There are some traits that experienced players exhibit, in addition to being skilled in ball handling. If you will work on these, your level of play should improve:

- Always be aware of the ball's location and who has the ball. Anticipate how the ball will be hit and where the ball is going to be aimed by others.
- Keep your hands out of the water at all times so you are ready in a fraction of a second to respond. Your body should be in a semi-crouched position, ready to move quickly at all times.
- Be ready to lunge or jump for the ball at all times. Never let a ball drop between you and your neighbor.
- Never give up playing or think the ball is dead until it actually is dead.
- When passing or setting, set the ball high. Always try to use two hands when setting or passing.
- Your hand should be cupped so that when you make contact with the ball it will be with your fingers, not the palm of your hand. This gives you a much better and larger surface to control your hit.
- Try to set the ball in front of the receiver, not behind them.
- Try not to reach over your head for a ball if you are in the front row. The players behind you are there to set it up to you. Let them do their job.
- When in the front line, be aware of your direct opponent and of those opponents nearest to you so that you can either play the ball across the net or you can pass the ball to a front line player with a greater advantage over a direct opponent.