

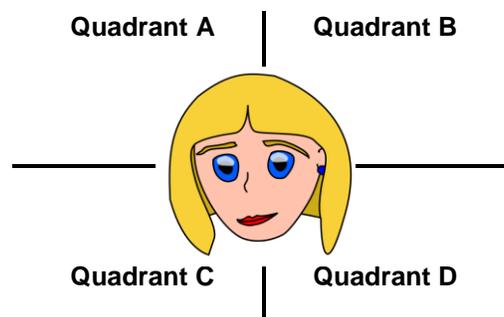
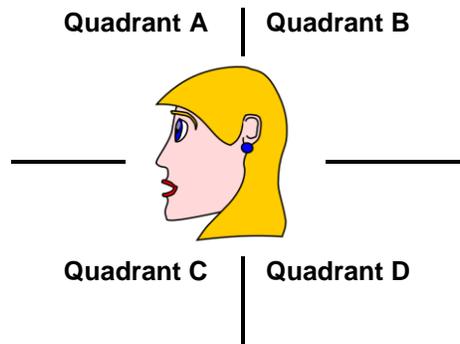
Ball Handling Defined

- **Who is a good ball handling referee**
 - Be a student of the game
 - Understand the game is constantly evolving with new rules, techniques, skills and strategies
 - Must understand what coaches are teaching to be consistent with the level of calling ball handling per level and per team skill
- **NFHS Definition**
 - A legal contact is a touch of the ball by a player's body which does not allow the ball to visibly come to rest or involve prolonged contact.
 - Multiple contacts are permitted while hitting the ball on the first team hit in one attempt to play the ball. Blocking is not a hit.
 - The only valid criterion for judging illegal hits is vision. If you did not see it, it did not happen.
 - Referees should look ahead of the ball and watch the ball contacted by the hands to ensure accurate ball handling decisions.
 - Officials should pay special attention to the setters during warm ups in an effort to become familiar with the styles of setting to be displayed during the match. Spin, sound, speed, body position, or technique is not criteria to determine illegal handling of the ball.
 - Officials should strive to be consistent when making ball handling calls. Same amount of time with contact between player and ball should be permitted no matter the type of hit: pass, set, dink, spike, dig etc.
 - The volleyball shall rebound off a player not be redirected with prolonged contact or with multiple contacts
 - What to look for
 - Caught, thrown, prolonged contact, come to rest, over/under controlled
 - Did the ball play the player or player play the ball
 - Did we have multiple contacts on the 2nd or 3rd hits
 - Judge one hand contact same as two hand contact (set/bumps)
 - Same criteria for all players on both sides regardless if they are a setter, attacker or passer
 - Understand quadrants and set a standard
 - Contact in front or behind the body
 - Wrist is negative the 180 degree straight look during contact and then moves positive the 180 degrees prior to release
 - Arm bent at elbow creating a heave ho or up and over look with prolonged contact or resting action

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- **Quadrants Defined**

- If the body is divided into 4 quadrants, bisecting the head at the ears/nose, a player may not carry the ball from the initial contact quadrant to the release in a different quadrant.



Passers are critical for the first step in the offense

- **Passing Technique**

- The forearms need to be angled to target making a flat surface without elbows bent
- The faster the ball is coming, the less arm forward movement is needed to pass the ball
- Knees slightly bent, square shoulders and point to target
- Move back from the ball prior to contact to cushion and absorb the ball to help control the pass
- Do not swing the arms but use the entire body moving forward with a shrug of the shoulders

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Setters control the tempo, create the offense and maintain momentum.

- **Setting or Overhand Passing Technique**
 - Quick feet means moving to the ball and being in position before setting it and having feet point to target
 - Feet should be shoulder-width with knees slightly bent and weight evenly distributed between the feet
 - Hands at forehead, cock wrists, keeping hands and fingers firm and pointing elbows out between 45% and 90%
 - Use all fingers when setting to control the ball
 - Take the ball at forehead in front of the torso (front set), back of the torso (back slightly arched for back set) and use entire body to push it to the hitter following through with the hands on release
- **Tip**
 - Used when a pass is too-tight to the net (watch for back row attack) or
 - Used as an offensive weapon to catch the defense off guard.
 - Hand and wrist must be firm – avoid using elbow to avoid an illegal hit
- **Jump Set**
 - Can fool opponents into thinking it is an attack, takes away a potential blocker on hitters when executed correctly, speeds up the offense as the set is executed sooner than waiting for it to come down for a ground set
 - Feet must be in position, under the ball and contacting the ball at the peak of the jump to make an accurate jump set. Same technique as when setting from the ground
- **Saving the Tight Pass**
 - First option is to use a jump set. The setter's back is toward the net to keep from hitting the net, jump straight up and contact the ball with both hands. Angle hands back to your side of the court to help keep the set off the net.
 - Second option-one that's much harder to execute-is the one-handed set. Reach high with outside hand (the one closest to the net) and keep hand, fingers and wrist stiff to avoid being called for an illegal hit
- **Saving the Net Pass**
 - Watch to see where the ball is going to hit the net, and position body under it. Bend knees, crouch down and wait for the ball to pop and then bump set
- **Hand Setting the Low Pass**
 - Get a quick read on the ball, and decide where it's going to drop, hustle to that position, get low with feet and body under the ball. Use normal setting technique to avoid an illegal hit

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Attacking the Opponents Score Points

- **Hitting Technique**

- Get a quick approach, jump high, swing both arms up
- Contact the ball in front of the shoulder to avoid an illegal hit
- Spin on the ball requires a paint brush technique without breaking the wrists backwards prior to contact
- Power dinks require contacting the ball in front of the body, meeting the ball with a hard even follow through without bringing bending the elbow backwards

Blocking the Opponents Protects the Passers

- **Blocking Technique**

- Jump straight up, penetrate the net, fingers spread wide and wrists straight or forward upon contact to avoid an illegal hit
- Directional blocking requires the wrists to be straight and come forward never back
- Soft blocking has the hands flat and below the height of the net deflecting the ball

Digging the Impossible for a Save

- **Digging Technique**

- Collapse to get the ball falling shorter than anticipated
- Sprawl or dive to lunge for a ball in front of them
- Pancake – spread the fingers placing them on the floor allowing the ball to rebound off the back of the hand
- Hands should be facing away from the ball to avoid wrist action creating an illegal hit using the back of the hand or forearm when ever possible for better control of the pass but any body part is acceptable as long as there is no prolonged contact