

Forearm Pass

Forearm passing is not as commonly used in sitting volleyball due to the lack of passing angles available while sitting on the floor. Because the ball has to travel very close to the ground to be received with forearm pass, it often does not allow as many opportunities to make adjustments or to generate effective power. As a result, the overhead pass is more commonly used and athletes will position themselves to ensure that they can take as many balls overhead as they can.

- Move into position so that the ball is directly in front of body
- Overlap fingers on the left hand with fingers from the right hand and bring thumbs together
- With hands joined and thumbs together, extend arms and lock elbows to form a strong and flat platform
- Rotate shoulders so that they start square to where ball is coming from and then finish facing target after contact
- Power is generated through slight swinging of the arms and shrugging of shoulders upon contact
- By changing the angle of the platform, the height and trajectory of the ball will change (ie: higher platform = higher ball; lower platform = lower and faster ball)

Due to the speed of the sitting game, it may not always be possible for athletes to get fully behind the ball in order to forearm pass it with two hands. Because of this, it is important that they are comfortable playing balls with one hand and on either side of their body.

