

Digging

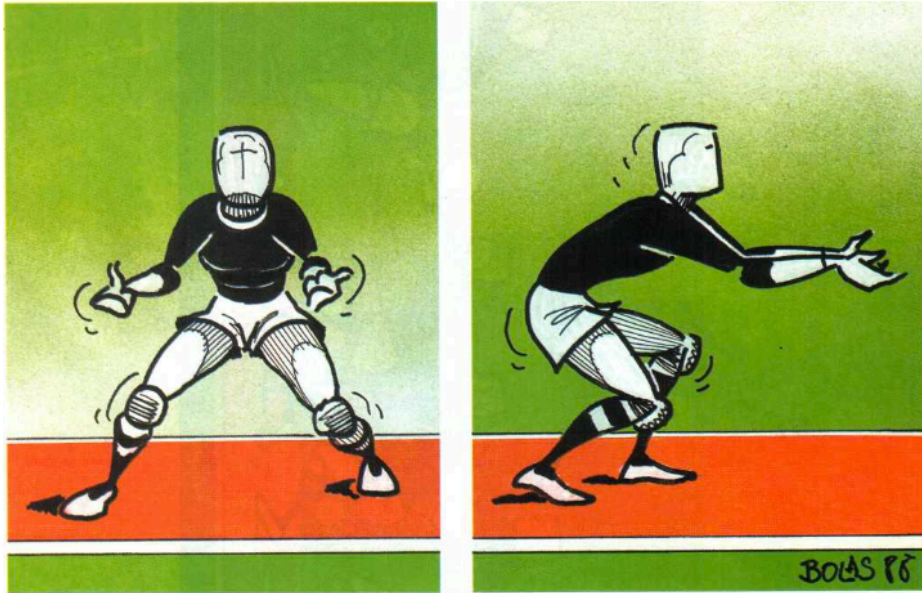


Figure 1: An illustration of the ready posture for digging.

NB: The player is in a low posture getting ready for any kind of ball that may come their way. The hands are open and forward ready to either dig or volley.

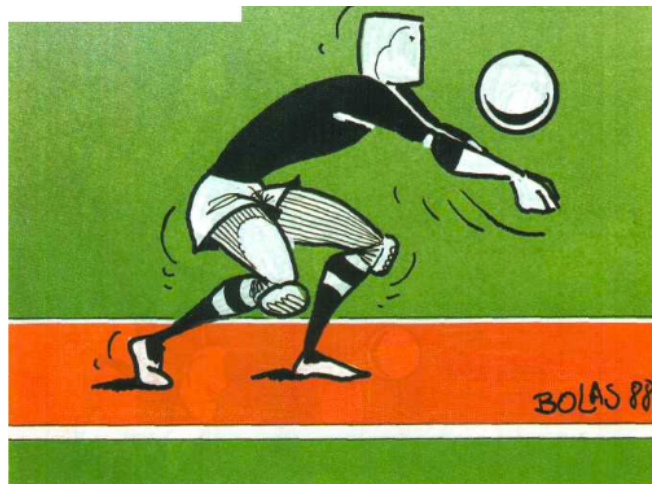


Figure 2: An illustration of the dig.

NB: Notice that the player is in the low posture and that their platform is under the ball. The ball is targeted to contact the forearms. The elbows are extended, elbows locked and the thumbs are facing down.