



## Forearm Pass Check

Name: \_\_\_\_\_

Checking Partner: \_\_\_\_\_

Observe your teammate while they complete passes. Provide corrective feedback as needed.  
Check each of the following you see during your observation.

\_\_\_\_\_ Hands connected and arms extended.

\_\_\_\_\_ Receives pass from the ready position.

\_\_\_\_\_ Strikes the ball with the forearms.

\_\_\_\_\_ Lifts volleyball using the legs.



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