

Libero

1 As the libero, my job is to focus on the team's defense.

2 I only play in the back row.

3 I will typically receive the first touch after the opposition hits the ball over the net and try to pass the ball onto my team's setter.

4 Most often I will pass using a dig.

To dig the ball, I can bend my legs, so I am low to the ground with my feet shoulder width apart.

5 I can put my arms out in front of my body with the fist of one hand in the palm of the other, with both thumbs together side-by-side.

I can lock my elbows together and bring my hands from low to high position, striking the ball with my lower forearms.

I can try to follow through with my hands pointing towards the ball.

6 The ball should travel high to the intended target.

7 As libero I cannot serve, block, set from the front or attack the ball above the net.

8 I will sometimes wear a different coloured uniform and can come in and out of the game without counting against the team's substitutions.

9 A good libero will need quick footwork, good ball control and passing skills.

