

## TOQUE DE DEDOS (SET)

- Have a good waiting position to react quickly.
- Raise your hands above your head. Your thumbs and index fingers must form a triangle, with the rest of the fingers adapting to the shape of the ball.
- Go to the ball and get under it, facing the direction to which you want to pass it.
- Bend your elbows and your knees. Look at the ball through the opening between your hands.
- You must hit the ball with both hands together and simultaneously. Don't let the ball touch your palm. This is called a push, and is a violation.



-Receive the ball over your head, and act as a spring: Image: [www.usavolleyball.org](http://www.usavolleyball.org)

-Hit the ball with your fingertips but using your whole body. All the following parts of your body must extend to hit the ball: first your legs, afterwards your upper body and arms, and finally your wrists and fingers.

Here you have a video from wikiHow explaining the set:

<https://youtu.be/uLHZVHUSNOA>