

## **ATTACKING TECHNIQUE**

- ❑ 4-Step Approach: Right, Left, Right, Left.
- ❑ Each step is faster.
- ❑ Right and left foot plants minimum 45 degree angle for blocking motion.
- ❑ Hips are angled to net at approximately 45 degree angle.
- ❑ Arms swing back straight on penultimate step.
- ❑ Arms swing forward straight on last step.
- ❑ Arms lift as knees extend.
- ❑ Attack arm flexes in preparation.
- ❑ Attack arm completely extends to meet ball.
- ❑ Wrist moves from extension to full flexion to meet ball.
- ❑ Hand is open wide, fingers spread.
- ❑ Torso rotates to add to forces in arm and wrist.
- ❑ Contact is made with elbow at full extension.
- ❑ Contact is made in center of hand ( Upper palm and lower fingers ).
- ❑ Contact is made slightly in front of and above attacking shoulder.
- ❑ Head is stationary.
- ❑ Eyes have a narrow focus on ball.
- ❑ Pre-flight of hand and angle or wrist flexion dictate trajectory.

### **COMMON ERROR**

### **SUGGESTED CORRECTIONS**

#### **Approach:**

Too Early

Leave late and be fast.  
Don't hang to hit the ball.  
Stay back longer.  
Accelerate on your approach.

Too Late

Jump earlier.  
Explode to the ball.  
Accelerate your footwork.  
Leave a little earlier.

Slow Footwork

Make your last two steps the fastest.  
Make yourself late.  
Wait longer, and then accelerate.  
Explode to ball.

Poor Blocking Motion

Rotate your hips.  
Left foot plants in front.  
Turn your right toe out.

Ball Behind Hitter Shoulder

Hit the ball out front.  
Pike to hit.  
Jump behind the ball.  
Keep the ball between you and the net.

Ball to Left of Hitting Shoulder

Land equally on both feet.  
Make an outside approach.  
Keep the ball on your right shoulder.

Poor Arm Swing

Lift with both arms.  
Pull back with your arms.  
Keep your arms straight on back swing.

**Arm Swing / Wrist Snap:**

Lack of Elbow Flexion

Scratch your back.  
Bend the elbow more.

Lack of Elbow Extension

Jump earlier to afford yourself the luxury of reaching.  
Hand high, elbow high.  
Hit high.  
Reach.

Slow Elbow Extension

Explode like a coiled snake.  
Swing late and fast.  
Fast hand.  
Hit hard.  
Snap quickly.

Poor Hand Position

Big club.  
Big hand.  
Open your hand.  
Spread your fingers.

Poor Hand Contact

Wrap your hand around the ball.  
Watch your hand hit the ball.  
Jump earlier.  
Jump later.

Poor Trajectory

Wrist forward more.  
Keep the ball in front of you.  
Keep your wrist back.  
Hit the back of the ball more.  
Hit the part of the ball you can't see.