

Position**Description****Video Screen Clip****1_Approach**

This is beginning of the attack. The hitter has seen the set is ready to start his approach.

**2_Approach**

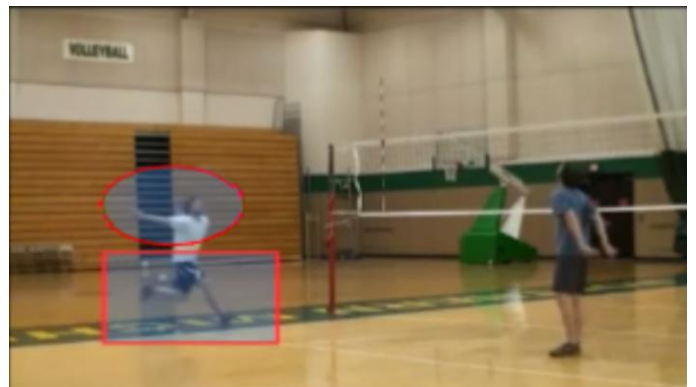
The first step of the approach is always a directional step. The hitter is correct is using his left foot to take a step in the direction of the ball. The red arrow shows how he is moving towards his final destination. In a few slides we will see that he should have taken a slightly larger first step in order to put him closer to the net.

**3_Approach**

After his first step he is now working on setting his base before he jumps. After the initial first step, "left", he will complete a quick "right-left" step before he uses his momentum to jump.

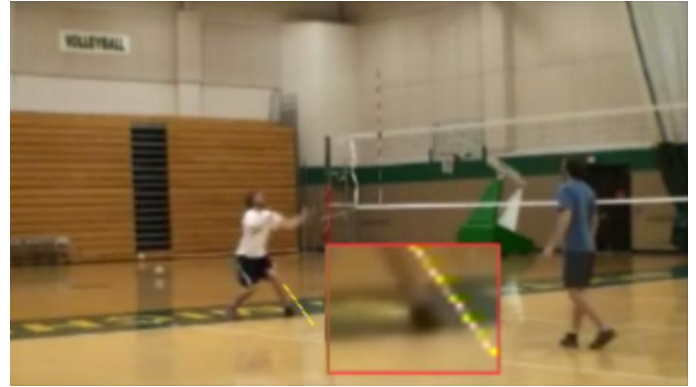
**4_Approach**

You can see in the bottom red box that he is correctly planting is right foot. While his feet are doing their thing, his arms are moving in backward motion. This will eventually help him get a higher vertical jump. His arms should come forward on the next step "left" and then up while he is jumping.



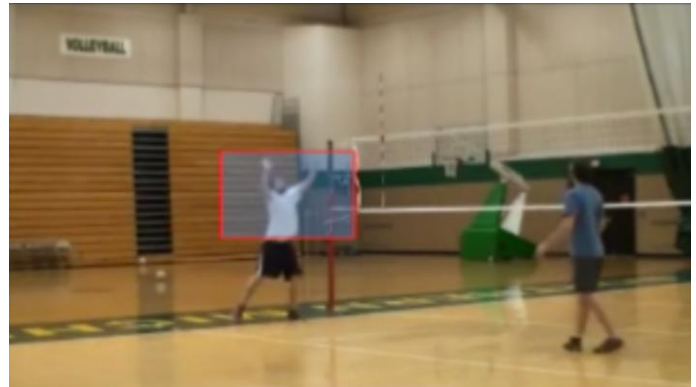
5_Jump

This is the start of the jump. You can see that both of the athlete's feet are planted and his arms are starting to come upwards, ready to propel his body into the jump. The one thing that I want to point out here is his left foot. It is more parallel to the net than perpendicular. This is supposed to prevent him from hitting the net when he jumps. If his foot was facing forward his momentum would go towards the net more than up. While his foot is correct, his jump is still more forward than up. He should have taken a larger first step, "left" so that his last two steps, "right-left" would get him closer to the net. That would allow him to jump straight up instead of up AND forward.



6_Jump

The focus on this slide is the athlete's arms. They are both up with is extremely important. If the non-hitting arm is down it is more likely to hit the net. Also having them both up helps propel the body in an upwards motion to get the highest vertical jump possible.



7_Jump

Once both arms are up and you are jumping the hitting arm, in this case the right arm zoomed in with the red box, is pulled back. The proper form is to have your elbow make a 90 degree angle. The angle shown in the slide is 117 degree. The athlete should drop his elbow slightly. I usually teach it like a bow and arrow, the further you pull back the more momentum you have coming forward. It's hard to see the athlete's wrist in the image, however, proper location would be with the wrist back making another 90 degree angle (almost like a waiter carrying a serving tray).



8_Attack

In the beginning movement of the attack the athlete's non-hitting hand/arm should come down in a pulling motion, elbow to stomach, A good way to practice this is a really excited "YES!" or "CHA-CHING" movement.



9_Attack

Here the athlete is hitting the ball. The ball is slightly in front of his hitting (right) shoulder, which is correct. It should never be above or behind the athlete. He is hitting it at its highest point, with his arm extended, this is also proper form.



10_Attack

Immediately after the attack the hitter's arm should "follow through" completely. A common phrase I use is "thumb-to-thigh". When a hitter is done attacking the ball, their dominant hand should make a full swinging motion and on the way down their thumb should brush up against their thigh. It's a good mental cue to remember to follow through on a swing. If a hitter stops their swing mid-air (as soon as contact is made), the ball is much more likely to go out of bounds instead of down.



11_Follow Through/Landing

The athlete lands on one foot, which is extremely dangerous. One of the most common volleyball injuries is a sprained/injured ankle. Many times a blocker on the other side of the net will come over and the hitter will land on his/her foot (or vice versa). It is also easier to "roll" your ankle if you are only landing on one foot.



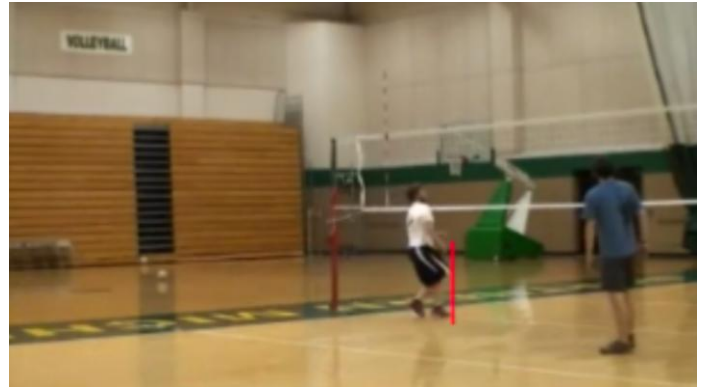
12_Follow Through/Landing

The athlete gets his other foot down but his momentum is still going forward. His jump was more forward than up. The next 2 slides have the exact same red line. You can see him getting closer and closer to the line.



**13_Follow
Through/Landing**

Getting closer to the red line.



**14_Follow
Through/Landing**

In this picture you can see in the zoomed in image that he is no longer flat footed, but he has transferred his weight to his toes. He is leaning in more and more closely to the net. Hitting the net will cause an end of play and his team will lose the ball. It is extremely important that a hitter jumps straight up and comes straight down, landing on both feet.

