

## **Attacking**

### **Teaching Progression**

- Tennis ball and partner working with swing from the ground, no jumping.
- Progress to avolleyball from the ground.
- Put player on a box with tennis balls or smashed cups
- Coach tosses ball to player on the box
- Player broad jumps to attack. (don't worry about result)
- Player takes the last 2 steps of their approach
- Full approach off of a toss
- Coach tosses vs. a block
- Live attack vs. a block

### **Key Words**

- Big drive step
- Left, right, left
- Load hips
- Elbow high
- Hip to elbow
- Snap and follow through
- Left hand high
- Get the ball high

### **Ready Position List**

- Shoulders over toes
- Arms dangling
- Eyes on the ball

### **Movement to Ball**

- Big drive step to the ball
- Find the peak of the ball
- Hips to your setter
- Explode as you slant

### **At Contact**

- Left Arm is high
- Right Arm is high and back
- Right hip is loaded

- Elbow first
- Snap (like snapping a towel)
- Finish with natural motion

### **Drill**

#### Attacking Progression

- Self toss and hit/ Shot maker w/ defenders
- Attack to target boxes
- Stackman Blocking
- OSS Attacking: points for deep corner only
- Combo Plays