



**Skill Cue  
Cards**

**Attack**

## Attacking Cross-Court

### Pre---contact phase (right handed player)

1. Attacker has their weight on the front of the right foot, ready to go, and is waiting to see the set to time the approach.
2. Attacker takes a first step toward the net with the left foot. The arms are slightly bent and the elbows stay fairly close to the body. The shoulders are facing the point where the hitter wants to meet the ball.
3. The hitter accelerates the approach by pushing hard with the left foot and taking a big right step toward the ball while lowering their center of gravity. The last adjustment to the ball is made on that step. The arms simultaneously extend behind the body to a point where they are parallel to the floor.
4. The left foot is quickly planted in front of the right foot to allow the body and hips to be open to the set. The more space between the feet, the more lead the hitter will have in their jump. The arms start making their way back in front of the body.
5. The arms both swing upward as the legs push on the floor. The attacker lifts with the left arm pointing at the ball. The right arm is bent behind the head. The left shoulder is in front and slightly above the right one. The hips are open to the set.



### Contact phase

5. The abdominal muscles contract to initiate the rotation and to transfer the power from the legs to the upper body. The right shoulder lifts above the left one when the left arm is dynamically brought down close to the body and the right arm is thrown up in full extension toward the ball. The hand is wide open and relaxed at contact with the ball. Player exhales at moment of contact.

### Post---contact phase

7. The rotation brings the left shoulder even lower. The arm follows through in the direction of the hit and finishes somewhere across the body of the hitter.
8. The hitter lands on both feet with the shoulders facing the net because of the rotation. They get in their blocking position right away to be ready for the next play.



## Attacking Line

### Pre--contact phase

The objective is for the attacker to have one consistent approach to the net and to be able to hit both shots from that same approach. Since the approach is consistent with both shots, we will focus on what happens once the player is in the air with the right arm ready to hit. Refer to *Attacking Basics - Cross Court* for description of the approach.

1. The attacker is in the air with the left arm leading and pointing to the ball. Hips and shoulders are open to the ball.



### Contact phase

2. The abdominal muscles contract to initiate the rotation. The left arm that was leading the hitter into the attack drops quickly IN FRONT of them. This will prevent the rotation and increase the deception of the hit. The right arm swings up toward the ball. The head is facing the ball and the eyes are on the ball.

3. The body is straight. The right arm is fully extended and swings toward the line as the wrist opens to the left to cut the ball on the line. The left arm is tucked against the body and the head slightly turns in the direction opposite to the hit to counter the rotation induced by the right arm swing.



4. The follow through action is important. The right arm follows through in the direction of the hit and crosses with the left arm in front of the hitter's body. The shoulders are still facing the cross-court/the direction of the approach.

\*Notice how the body is straight right after the hit



### Post--contact phase

5. Landing is on one leg due to the speed and drift of the attacker, however a two-foot landing is preferred and much safer. The attacker gets ready for the next action.



## Attacking Middle attack

### Pre---contact phase

1. The middle attacker looks at the ball and lets it pass in front of them. Chasing the ball will allow for a more explosive approach than over-running the pass. It will help the attacker see the ball, the setter and the blockers all at once.

The attacker takes their first step with the left foot. The direction of the approach depends on the trajectory of the pass.

2. The last two steps are placed in front of the setter and at least 1m from the net. The left foot is in front of the right foot to open the body to the setter during the jump. The left foot is planted an instant before the ball gets to the setter's hands.

3. The arms are thrown up as the legs push down. The attacker leaves the ground the moment the ball leaves the hands of the setter. In their peripheral vision they gather information on the position of the blockers.

4. The attacker brings their right arm backward to increase the opening of the hips and quickly initiate the rotation of the body. The attacker sees that two blockers are stacked towards position 6-5.

### Contact phase

5. The attacker is straight in the air and the energy from the hips rotation is now transferred to the arm so the arm swing can be quick.

6. The left arm is pulled back to bring right shoulder high and the right hand hits the right side of the ball. The air is pushed out of the lungs at the moment of contact to increase power.

### Post---contact phase

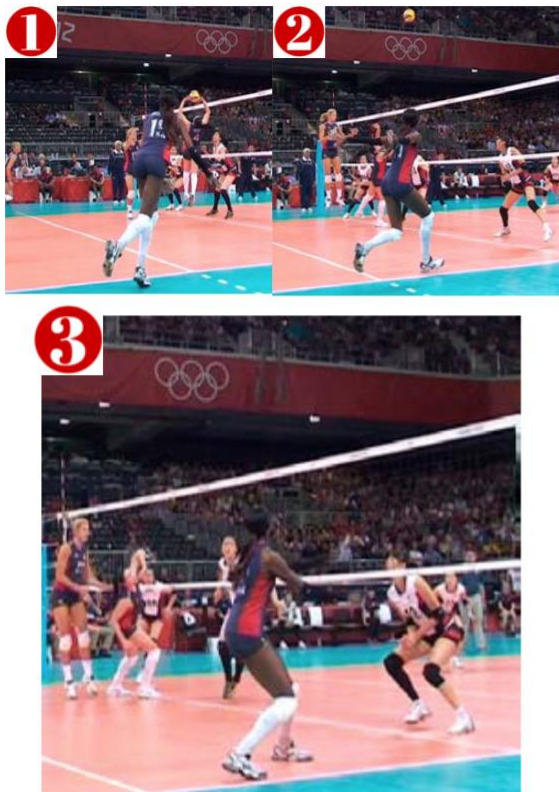
6. The attacker lands on left foot because of the rotation caused by cutting the ball to position 1. Normally, landing on both feet is preferable.





## Attacking Basics- Opposite hitter

### Pre--contact phase (right handed player)



1-2. The approach is initiated in the same manner as the attack from position 4 (*Attacking Basics – Cross Court*). The right-handed player starts the approach on the sideline.

3. As the left foot is placed in front of the right one, the left shoulder leads the attacker into the jumping phase of the attack. The hips are open toward the outside of the court to allow the rotation responsible for the generation of power during the contact phase.

\*\* Most young players will plant their feet parallel to the net or have the right foot \*\* in front of the left to face the ball. This is a bad habit that will limit their ability to develop power.

4. The left hand leads the attacker into the jump and points at the ball. The right shoulder is behind and below the left shoulder.



### Contact phase

5. The abdominal muscles contract to initiate the rotation. The left arm that was leading the hitter into the attack drops quickly along the side of the body as the right arm swings upward and extends toward the ball. The right shoulder lifts above the left shoulder in the process. The ball is in front of the right shoulder.

6. The hitter uses the wrist to cut the ball to the line while continuing the rotation through the lowering of the left shoulder.

### Post--contact phase

7. The attacker lands on both feet with the shoulders and hips facing the inside of the court. They can now get ready for next action.

## Attacking - Sharp Cross-Court

### Pre--contact phase

The objective is for the attacker to have one consistent approach to the net and to be able to hit both line and cross court from that same approach. Since the approach is consistent with both shots, we will focus on what happens once the player is in the air with the right arm ready to hit. Refer to *Basic Attacking – Cross Court* for description of the approach.

1. The attacker is in the air with the left arm leading and pointing to the ball. Hips and shoulders are open to the ball.



### Contact phase

The abdominal muscles contract to initiate the rotation. The left arm that was leading the hitter into the attack drops quickly to the left side of the body. The right arm starts swinging up towards the ball. The head is facing the ball and eyes are on the ball.

6. The body is straight, and the left shoulder is below the right one to facilitate the cross-court hit. The right arm is fully extended and swings towards the cross-court as the wrist opens to the right to cut the ball. The upper body starts bending forward.



7. The follow through action is important. The right arm follows through in the direction of the hit and the body crouches forward. The hitter's shoulders should be facing the target.

**\*\*A lot of young players will rotate the shoulders in opposite direction from the hit instead of using the core to crunch forward. This will lead to less power and is likely to cause shoulder injuries.**



### Post--contact phase

- 8 Landing is on both legs with shoulders facing the net and the attacker gets ready for the next action.





## Attacking Basics – Tip & Tool

Pre--contact phase (right handed player)

1-4. The attacker approaches to the ball the same way as they would for a spike. See *Attacking Basics – Cross Court* for the full description.

5. The attacker is in the air with left arm leading and right shoulder behind. Their position is showing that they will hit the ball hard.

Contact phase

6. The abdominal muscles contract to initiate the rotation. The left arm is brought down quickly alongside the body and the right arm extends directly towards the ball. This movement is led by the hand and not by the elbow like when hitting.

At the moment of contact, the body is straight and stable in the air. The hand is wide open so the ball can be played with the fingers.

The fingers are soft or stiff depending on the type of tip the attacker wants to do. With soft fingers, the attacker can plan the ball right over the block so it falls short in the opponents' court. With stiff fingers, the attacker can do a power tip and push the ball to a part of the court that is uncovered or tool the block.

Post contact phase

7. The attacker lands on both feet and gets ready to block or defend if other team recovers the ball.



### TOOLING THE BLOCK

If the ball is close to the blocker's hands, the hitter can use their fingers to push the ball into the block with a dynamic motion towards the outside of the court. Since the blocker is the last player to have touched the ball, the point goes to the attacker's team.