



A space designed for Coaches,
by Coaches



- * Volleyball Drills
- * Nutritional Facts
- * Strength Training

Attack Fundamentals

Review of Footwork and Positioning:

- L-R-L Approach (Right Handed)
- R-L-R Approach (Left Handed)
- Angle of approach varies from position on court
- First step is orientation step
- Use the net for court orientation
- Explode on the approach steps, 2nd and 3rd
- Use double arm action to aid jump

Arm Swing Cues:

- Bring both arms above head
- High Elbow
- Elbow drawn back by ear
- Start rotation from shoulder then elbow follows through
- Bring non hitting arm up to
- Power through the ball with attack shoulder and pull non hitting arm through as well during contact (generates more power)

Hand Positioning Cues:

- Cover entire surface of ball
- Open hand, spread fingers
- Snap hand over ball (middle finger points down)
- Strike the ball as high as possible (Reach for ball)

Landing Cues:

- Land on both feet
- Absorb landing with knee and ankle flexion