

Attacker's Technique

1. Arm swing

a. Full arm swing

- i. Both arms should be extended in front of player, should look like a running position
- ii. As player takes first step, arms should drop down towards their side
- iii. As player takes last two steps, arms should be behind player
- iv. When player jumps, arms are pulled straight up to the following:
- v. When in the air the player should have non-hitting arm extended high overhead and hitting arm slightly bent but still high over shoulder
- vi. Player should then pull non-hitting arm down to their side, like pulling on a chain and extend hitting arm up, snap with wrist and then pull down to their hip

2. Approach

i. Outside Hitters

1. Starting position should be about 12-14 feet off the net and 2-3 feet off the sideline.
2. Right-handed player should start with Left foot back and Left-handed player should start with Right foot back.
 - a. Approach is Left, Right, Left OR Right, Left, Right
 - b. First step is called "Directional Step" – Player should take a step in the direction of the set.
 - c. Second and Third Steps are called "Explosion Steps" – Players should end approach with two fast steps. Players last 2 steps should be pointed towards 5 with hips facing setter
3. On 32 or 31, OH should take a right step into the court then their 3 step approach at an angle towards the setter

ii. Middle Blockers

1. Starting position should be about 12-14 feet off the net and towards middle of the court.
2. Right-handed player should start with Left foot back and Left-handed player should start with Right foot back.
 - a. Approach is Left, Right, Left OR Right, Left, Right
 - b. First step is called "Directional Step" – Player should take a step in the direction of the set.
3. Second and Third Steps are called "Explosion Steps" – Players should end approach with two fast steps. Players last 2 steps should be pointed towards 5 with hips facing setter
4. On B – Middle, takes first Left step at an angle towards OH, then closes with last 2 steps back towards the net with shoulder open to setter
5. On C or "Slide" – Middle takes first step towards setter, then second and third step parallel with net towards RS antenna. On C and D, the Middle should jump off only 1 leg.

iii. Opposites or Right sides

1. Starting position should be about 12-14 feet off the net and 2-3 feet off the sideline.
2. Right-handed player should start with Left foot back and Left-handed player should start with Right foot back.
 - a. Approach is Left, Right, Left OR Right, Left, Right
 - b. First step is called "Directional Step" – Player should take a step in the direction of the set.
 - c. Second and Third Steps are called "Explosion Steps" – Players should end approach with two fast steps. Players last 2 steps should be pointed towards 6 with hips opened slightly towards setter.
3. On Push or Push 2, RS should take a right step into the court then their 3 step approach at an angle in front of the setter.
4. On Swing, Only for Left-handed RS. RS should take a "Slide approach"; stepping towards the setter with Right foot and then second and third step parallel with net towards OH antenna. RS should jump off only 1 leg.

3. Hitting Progressions

i. Outside Hitters

1. All Outsides should approach with hips open to setter and feet towards five.
2. All Outsides should swing from Hard Angle back to the Line as the ball crosses their shoulders.
 - a. Hard Angle, 5, 6, 1
 - b. Tip progression
 - i. If Perimeter defense: Tip to 2 over the block
 - ii. If Rotational defense: Tip to 3 or 4 depending on where OH pulls

ii. Middle Blockers

1. On A – 5, 1
 - a. Double Block – tip to 4
 - b. Single Block – tip to 3
2. On B – 5, 6, 1
 - a. Tip back to middle of court "3"
3. On C or D – 5, 6, 1
 - a. If perimeter defense: Tip to 4 over the block
 - b. If rotational tip to 2 or 3, depending on where RS pulls

iii. Opposites or Right sides

1. All Right sides should approach with hips slightly open to setter and feet towards 6.
2. All Right sides should swing from Hard Angle back to the Line as the ball crosses their shoulders.
 - c. Hard Angle, 1, 6, 5
 - d. Tip progression
 - i. If Perimeter defense: Tip to 4 over the block
 - ii. If Rotational defense: Tip to 2 or 3 depending on where RS pulls