

Digging – Diving

Serie 5 | Poster 1

1 Diving / Richard LAMBOURNE (USA) / Olympic Games 2012



2 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 The defender is in ready position (P5) in defense outside a three-person block (P4, 3 and 2). He is standing with feet wider than shoulder distance apart and facing and reading the hitter. Weight is put forward on the balls and insides of both feet, with very little space between the heels and the floor. He is stationary at time of hitters contact. Elbows are bent; hands in front of the body and palms are facing upwards. The shoulders are over the knees and the knees are over the toes.
- 2 The defender is expecting a cross-court tip or angled shot outside the blockers left hand and changes the weight from both feet to his left foot.
- 3 He moves in to the ball with a forward step consisting of a forceful push off from the left leg while staying low to the floor.
- 4 The right foot leaves the floor and the right hand is moving forward to play the ball while the left hand takes the weight of the body falling to the ground. After contact the right hand assists in absorbing the landing force of the body.

Ballcontact - contact phase 5 - 6

- 5 Eyes are open to focus on the ball and the right arm is extended to reach the ball. Focus on making a good ball contact. Try to play the ball with both hands, only with one as a last resort.
- 6 The ball is contacted with the right hand. At contact see the ball and the target. Play the ball first, and then find out a way of safe landing. The chest and forearms can help to absorb the falling body.

Follow through - post contact phase 7 - 8

- 7 After the ball is dug, the body falls to the ground, moving both legs upwards into the air. Injuries can occur if the hands and forearms are not used to absorb the fall.
- 8 On landing push through so you end up flat on the ground, watch the arc of the dig you just made and then prepare to get up to cover the attack or get ready to play defense again.

3 Diving / Sergio Dutra SANTOS (BRA) / Olympic Games 2012



4 Diving / Matthew ANDERSON (USA) / Olympic Games 2012

