

Spiking – Right Side 1 (back court attack P1)

Serie 6 | Poster 4

1 Back Court Attack P1 / Clayton STANLEY (USA) / Olympic Games 2012



2 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 The setter is using a long backset to make the middle blocker move to the outside of the court. The P1 attacker is leaning forward with weight on the left foot.
- 2 This is followed by the normal longer right – left footwork movement that occurs before the attack.
- 3 As in most 3 m attacks the feet are separated to allow the attack to drift forward into a set that is inside the 3 m zone.
- 4 The left arm leads and the right shoulder with arm drawn back begins the rotation into the ball.

Ballcontact - contact phase 5 - 6

- 5 With right arm rotation the right elbow stays fairly high and the upper arm has forward rotation initiated by the shoulder.
- 6 Contact is with high, straight, arm and with the 'long lever' principle coming into play.

Follow through - post contact phase 7 - 8

- 7 Just before contact the attacker makes a decision to 'cut' the ball down the line due to the two opponent blockers placement along the net.
- 8 The 'cut' rotation cause the body and opposite shoulder to fall to the left. Landing is on both legs near the centerline. The attacker then has to get ready to play defense if the opposition is able to dig and counter attack.



3 Back Court Attack P1 / Wallace DE SOUZA (BRA) / Olympic Games 2012



4 Back Court Attack P1 / Zbigniew BARTMAN (POL) / Olympic Games 2012

