

Spiking – Back Court Attack P6 (side view)

Serie 6 | Poster 2

1 Back Court Attack P6 / Dante AMARAL (BRA) / Olympic Games 2012



2 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 Three attackers are involved in this transition. A front row (P4) attacker, a quick (P3) attacker and a 3 m 'Pipe' (P6) attacker who are approaching at slightly different times due to the potential tempo of the set that they might receive. The P6 attacker is just about to bring his right foot into the take-off phase.
- 2 Straight arms prepare the attacker for the take-off, assisted by being placed behind the waist.
- 3 The right foot is placed and the attacker prepares for timing this attack.
- 4 The left foot is in front and separated from the right foot to create a forward drift needed upon takeoff, as the set is put inside the 3 m zone in a combination speed with the P3 player.

Ballcontact - contact phase 5 - 6

- 5 Drifting forward, the P6 attacker keeps the ball on the right shoulder and prepares to attack.
- 6 As the quick middle attacker has held the middle blocker the attacker is rotating to hit the ball through the seam between the opponent 2 and 3 blockers.

Follow through - post contact phase 7 - 8

- 7 After contact the body bends forward from the hips as the attacker prepares to land. Notice that the left hand is bent at the elbow as it comes into the body causing the attacker's stomach muscles to provide more velocity for the attack.
- 8 Landing on two feet, with bent knees, helps to cushion the landing of the attacker. After the attacker prepares for the next action depending if the ball is dug, blocked or scores.



3 Back Court Attack P6 / William PRIDDY (USA) / Olympic Games 2012



4 Back Court Attack P6 / Michal WINIARSKI (POL) / Olympic Games 2012

