

Spiking – Quick Attack P3 (1st tempo in front and behind the setter)

Serie 6 | Poster 6

1 Quick Attack P3 / Sidnei DOS SANTOS Jr. (BRA) / Olympic Games 2012



2 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 The P3 attacker is coming from the right side of the court, almost to the front of the setter, but swings around to the back of the setter. The left foot leading the attacker is placed as if the movement was to go in front of the setter.
- 2 However, by pushing off the left (to the right foot) the attacker emerges with arms back behind the setter. This set is run in combination with a pipe set to P6 and cause the middle blocker to hesitate before following the quick P3 attacker.
- 3 The left foot is placed close to the right foot and the shoulders are turned to rotate into the attack.
- 4 The attacker is in the air and ready to contact the ball, lead by the left arm and rotated shoulder and high arm.

Ballcontact - contact phase 5 - 6

- 5 Now straight in the air the attacker is looking to see the positioning of the blocker before deciding upon a direction of attack.
- 6 The attacker sees that the blocker is in front of the left shoulder so decides to turn or 'cut' the attack to the opponent's 5 position. This does not allow the blocker to touch the ball.

Follow through - post contact phase 7 - 8

- 7 The attacker's left arm comes outside the body to begin a left movement or rotation of the body as the attacker's contacts the outside of the ball to increase the 'cut' angle.
- 8 Landing is on two legs but with a leaning towards the athletes left side because of the 'cut' attack.



3 Quick Attack P3 / Alessandro FEI (ITA) / Olympic Games 2012



4 Quick Attack P3 / Alexander VOLKOV (RUS) / Olympic Games 2012

