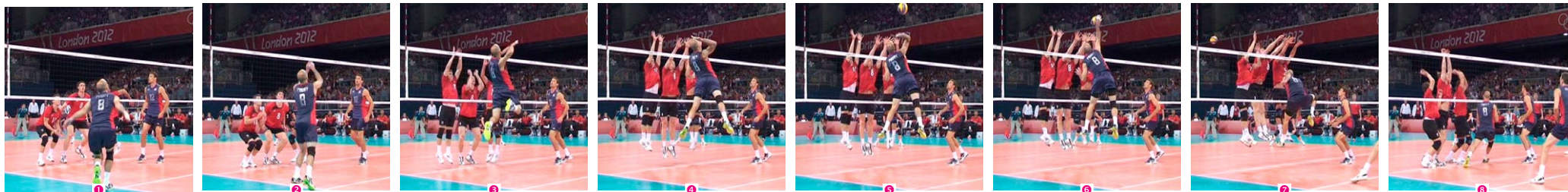


# Spiking – High Attack P4 (high transition attack)

Serie 6 | Poster 7

## 1 High Attack P4 / William PRIDY (USA) / Olympic Games 2012



## 2 Teaching Description

### Approach/position - pre contact phase 1 - 4

- 1 Outside of the court, the attacker has placed the right foot, getting the shoulder in front and to the ball. Arms are bent back and behind the body, helping in gaining the height for attack.
- 2 Upon the planting of the left foot and the thrusting of the arms upward the attacker is about to leave the ground. Feet have some separation, indicating that the attacker is under control for a strong attack inside.
- 3 Blockers (3) are coming together to prepare a solid block against the high ball attack. The attacker leads with the left arm and rotates the shoulder back to get solid contact on the ball.
- 4 The attacker now sees the 3 blockers and is preparing to reach for a high contact with a back bend which helps to bring force and velocity into the attack.

### Ballcontact - contact phase 5 - 6

- 5 The attacker uses the stomach muscles to pull through and contact the ball.
- 6 Straight arm on contact, the ball is hit high in order to try to get over the block or create a touch on the ball as it goes deep in the opponent's court.

### Follow through - post contact phase 7 - 8

- 7 There is a tremendous follow through of the upper body and a long drift has occurred after take-off (almost 3 m).
- 8 The attacker lands on 2 feet and prepares for the next action.



## 3 High Attack P4 / Sergey TETYUKHIN (RUS) / Olympic Games 2012



## 4 High Attack P4 / Matthew ANDERSON (USA) / Olympic Games 2012

