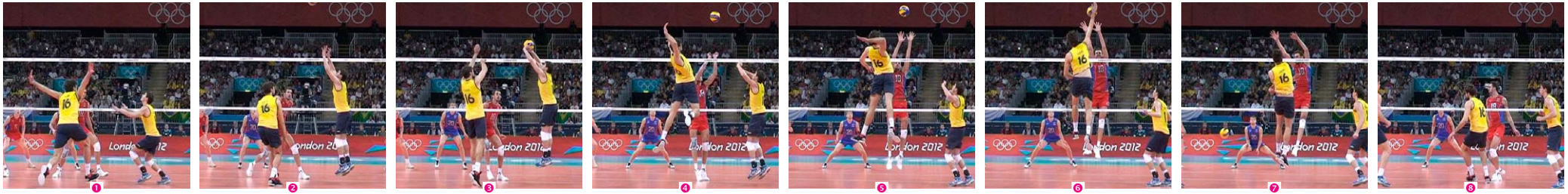


Spiking – Quick Attack P3 (1st tempo individual variation)

Serie 6 | Poster 5

1 Shoot Set Forward / Lucas SAATKAMP (BRA) / Olympic Games 2012



2 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 The Quick Attack is designed to hold the opponent middle blocker so one vs. one blocking situations are created along the net. The attacker is shown approaching with arms back and on the last step of the approach (right).
- 2 As the left foot closes, both feet are within the shoulder area of the body and the attacker is preparing to raise the attacking arm quickly.
- 3 As this is a quick attack, the athlete is almost off the floor, when the ball is in the setter's hands. Left hand, of the attacker, is leading and the elbow is high with shoulders and feet facing the crosscourt angle.
- 4 The attacker is in the air and reaching the ball at a 'peak' point, trying to beat the single blocker.

Ballcontact - contact phase 5 - 6

- 5 There is some back bend but the attacker is beginning to reach with for the ball and sees the blocker in front so is preparing to hit the ball back to position 1.
- 6 Arm is straight on contact and follow through is across the body in a 'pinching' action.

Follow through - post contact phase 7 - 8

- 7 The attacker's head follows the line of attack as the arm comes across the body but the shoulders are held neutral to the attack angle.
- 8 Landing on both feet, the attacker is getting ready for the next action.



3 Shoot Set Backward (2m) / Lucas SAATKAMP (BRA) / Olympic Games 2012



4 Shoot Set Forward (3m) / Lucas SAATKAMP (BRA) / Olympic Games 2012

