

Spiking – Back Court Attack Transition P6

Serie 6 | Poster 1

1 Back Court Attack P6 / Murilo ENDRES (BRA) / Olympic Games 2012



2 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 Player prepares to attack a "Pipe" or 3 m attack in P6. Already having initiated the approach, the attacker is involved in 3 m attack with a front row player who is trying to occupy one of the blockers so the 3 m attack results in 1 blocker.
- 2 Arms are back with the right foot beginning the landing action and getting ready for the takeoff.
- 3 Arms are swung forcefully upward and the left foot begins the takeoff of the attacker. Feet are separated, with the left one leading, so drifting will occur for the attacker to contact a set that is a tempo 2 or 3 height and set inside of the 3 m line.
- 4 As the attacker rises into the air the left arm leads the body and the right shoulder is rotated back to cause extra rotation into the attack initiated by hips and upper body.

Ballcontact - contact phase 5 - 6

- 5 Just before contact the attacker puts the hitting shoulder over the ball.
- 6 Contact is made with a straight arm and, ideally, the ball, shoulder, hip and lower leg are almost in a straight line (long lever principle).

Follow through - post contact phase 7 - 8

- 7 In this case the attacker has placed the ball between the 'seam' of the two blockers.
- 8 The attacker drifts from in front of the 3 m line to land almost on the centerline. After landing on both feet the player prepares for the next action if the attack does not score.



3 Back Court Attack P6 / Facundo CONTE (ARG) / Olympic Games 2012



4 Back Court Attack P6 / Cristian SAVANI (ITA) / Olympic Games 2012

