

# Spiking – Quick Shoot Attack P4 (line attack with no rotation)

Serie 6 | Poster 3

## 1 Quick Attack P4 / Todor ALEKSIEV (BUL) / Olympic Games 2012



## 2 Teaching Description

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

- 1 Having moved outside the court to approach at 45-degree angle, the weight of the attacker is on the left foot. The timing is fast as the ball is already on the hands of the setter and yet the attacker is still outside the 3 m attack zone.
- 2 The right foot is placed in such a way as to turn the P4 attacker to face the oncoming set. Arms are back preparing for take-off.
- 3 As the left foot lands the attacker's shoulders are facing the setter with the purpose of trying to show the blockers that a crosscourt attack is underway.
- 4 Left hand leads and the right arm is drawn back as the shoulder rotates back to begin rotation for contacting the ball.

### Ballcontact - contact phase 5 - 6

- 5 Just before contact the attacker has a straight body and shoulders are facing the opponent's position 5.
- 6 The opposition middle blocker is late in trying to close the block and the outside blocker is forced to try and protect the middle attack direction on the court. Seeing this movement the P4 attacker brings the attacking arm across the body to hit the line.

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

- 7 The left arm is drawn across the stomach and the right arm maintains follow through across and to the left shoulder, creating a 'pinching' action by the attacker. Notice that the shoulders are still facing the crosscourt direction.
- 8 Landing is on one leg due to the speed and drift of the attacker but the attacker still gets ready for the next action.



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



## 4 Quick Attack P4 / Cristian SAVANI (ITA) / Olympic Games 2012

