



AVB
ARMOUR
VOLLEYBALL
ATTACKING TECHNIQUE

Relevance:

- Critical to have in order to be able to terminate rallies
- Error-free is more important than big bombs, control and power are ideal
- Emphasis on footwork for multiple hits, multiple positions on the court
- Emphasis on proper arm swing mechanics

Key Words:

- Small to big
- Slow to fast
- Open shoulders
- 2 hands up
- Wrist snap
- Hit through the ball, not at the ball
- Ball in front

Common Problems:

- Getting feet to the ball, running to a spot instead of to the ball
- No opposite arm opposition
- Ball out of body line
- Spacing (mainly for MB's)
- Coming too early or reacting too late

Teaching Progression:

- Arm-swing mechanics
 - Throw to partner (all away & all cross)
 - Bounce into floor to partner
 - Non-hitting hand low toss, hit to partner
 - Non-hitting hand high toss, hit to partner
 - Jump & hit to partner
- Wrist control specific to OH's & OP's
 - Toss w/2 hands to get both arms up
 - Control direction with wrist follow through and top spin on the ball
 - Contact w/entire hand and all fingers
 - Controlled roll shot going straight, away, cross body, and high hand (hand left high with no follow through)
- Footwork mechanics

- Specific to OH's & OP's
 - 2 step, 3 step, 4 step approaches (w/& w/o tennis balls)
 - Remember little to big, slow to fast, 3rd to last step around 3m line
- Specific to MB's
 - 2 footed 1's, 3's
 - 1 footed q's, r's, slides, 1's (flare), 3's (shake) (w/& w/o tennis balls)

Things to Note:

- Finishing chin down will help hitters crunch
- Important for OH's & OP's to get a full arm-swing whenever possible, MB's will often have to shorten swing but still finish high elbow
- OH's should try to get wide to attack (outside-in), coming straight on will diminish attacking angles, but is not always possible (inside-out)
- When approaching have players lead with their heads, leaning in will help
- Timing for each player is going to vary based on the speed of their approach
 - Generally OH's want to be on 3rd to last step when the ball releases from the setter's hands on any 3rd tempo set
 - Generally MB's want to approach following the ball at about arm's length on any 1st tempo set
 - Generally for anyone, want to be on 3rd to last step while the ball is in the setter's hands on any 2nd tempo set (including in-system back-row attacks)