



## Attacker's clinic outline

Footwork is everything for the attackers so there is a significant emphasis on preparation and approach by:

- learning and stabilizing the critical footwork elements including both one foot and two foot takeoffs using a powerful, controlled approach from all locations most of which may require different footwork combinations. These include attack transitions from floor defense and, for the middle players, from a variety of blocking positions.
- learning the elements of attack control, i.e. direction, power swings, off-speed swings, managing the block, vulnerable areas to attack the defense and, importantly, end-game strategies
- attacking the ball effectively after passing from serve receive or following a front row play on defense
- stabilizing balance on takeoff, in the air and on the landing. Good balance is one of the main keys to hitting the ball hard and in the court while controlling attack location to maximize scoring opportunities.
- recognizing attacking options from serve reception and in transition situations and responding with a good footwork choice
- recognizing when there is no chance to score and continuing the rally, rather than negatively terminating it
- attacking the ball rather than surrendering a free ball whenever reasonable.

Having a proper arm swing is another key requirement for attacking success.

We work at:

- building the technical elements required to develop a powerful arm swing for attacking and serving by following a solid series of progressions
- refining the swing until it is a powerful and safe which will help avoid shoulder and back problems
- being able to score by hitting the ball off of the block correctly
- learning to avoid the block and score
- hitting the ball hard enough so that the digger cannot control it
- hitting the ball on angles that maximize scoring opportunities
- how to communicate with the setter what sets you attack most effectively.

In the refining stage, i.e. after the "hit the ball hard" mentality has been established, it is important to learn how a number of additional "shots" such as tips, rolls and cut shots are to be used in the right situation to score. They are to be considered scoring shots as opposed to a "play safe, play not to lose" mentality which, usually, results in lost games.

Finally, we develop mental toughness through drill situations that require that the attackers perform under pressure.

The collective of all of these things take time before the key elements show up during game situations. Players will need to work on refining the important skills during their regular team practices; **the finished product is worth the effort.**