



Passer/Attacker's Skills Development

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
- how to effectively manage the balls set tight to the net

A proper arm swing is the other key requirement for attacking success.

To build a strong, safe arm swing the Victory program works 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 effectively
- 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 your setter so the you are set balls at the location, height and tempo that allows you to 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, often, results in lost games.

Finally, when the player’s skills are stable, 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. Waiting for the finished product is worth the effort.

Passing

The key players on any team are the players who can pass the ball accurately and under control when it matters the most.

In order to build the skills required to pass well the Victory program works at:

Footwork elements that allow the player to initiate the movements required to manage the ball in the following situations: move forward 1 to 1.5 meters to pass; move forward 2-3 meters to pass; move to the left; move to the right; move backwards.

Develop the correct timing as to when to set your feet to pass the ball

Develop the correct posture that allows for accurate, consistent passing

Develop the correct balance elements that allow for accurate, consistent passing

Develop the correct placement of the body on the ball by working to reduce/eliminate reaching for the ball

Develop the ability to control the height of the pass to the setter that is appropriate to the situation in the game i.e. free ball passes versus passing from serve receive and from defense.

Again, all of these critical elements take time to show up in the game situations but, eventually, with consistent insistence on proper movement, skill production and finish to the movement, the performance levels go up.

Thank you for reviewing the Victory Passer/Attacker Development Program. We hope that you will take advantage of Victory’s commitment to skill development and register for one of our camps or clinics.

Sincerely,

The Victory Team