

## ST. JUDE VOLLEYBALL SKILLS TRAINING

### *ATTACKING/ SPIKING*

#### **Here's How:**

1. Wait near the 10 foot line, watching the setter
2. Keeping your weight forward, anticipate and plan your approach
3. Wait until the ball's trajectory is at its peak and then begin your approach.
4. Start your approach using a couple of steps with the last two steps being a right and close left, or step to jump
5. Swing your arms back and together to at least waste level and bend your back and knees
6. Explode into the jump, jumping as high as you can and swinging both arms straight up in front of you
7. Point at the ball with your non-hitting arm and bring your hitting hand to your ear
8. With your fully extended arm contact the center back of the ball in front of your hitting shoulder with heel of open hand
9. Snap your wrist and hit through the ball
10. Bring your hitting arm down across your body and land on both feet, cushioning your landing by bending your knees

#### **Tips:**

1. You can gain even more speed and power on your hit by crunching your stomach muscles and bending at the waste when hitting
2. Big arm swings mean bigger jumps
3. Contacting the ball in front of your shoulder allows for more visibility of the court and more ball control



