

Sandy's Tips and Drills Kids and the challenges they bring!

“How can I help Annie Attacker”?

Typically Attack Problems:

Technique Problems:

1) Footwork

- a) goofy footed
- b) approach speed
- c) approach – first step
- d) rhythm of the approach
- e) landing the approach
 - 1) angle of landing
 - 2) spacing from net
 - 3) spacing from the setter (quick sets)
- f) running off the net
 - 1) retract (turn and run)
 - 2) retreat (back pedal)
- g) landing the attack**
 - 1) Landing one foot with a bent knee, etc.**

2) Arm Swing

- a) needs arm extension
- b) need arm speed
- c) needs power for the attack
- d) needs wrist and hand control
- e) hitting shoulder gets sore
- f) low back gets sore

3) Player does not get her feet to the ball

- a) Getting the ball in the “wheel house”

4) Improving vertical jump

5) Timing of the jump and swing

- a) early is safer but the player can not be effective
- b) wait and explode to the ball is risky but “so effective”
- c) wait and explode and wait too long, or approach to slow = error

6) One foot take-off's/slide approaches

- a) Philosophy of angle of approach
- b) Take off point “in front of the attack” zone vs. take off and attempt to cut back the ball

1) Footwork

- goofy footed
 - work on the last two steps
 - weight on one foot so the correct foot has to go forward
 - karate kid
 - hold the foot
 - step over a cone, line, jump rope, or last resort a person and then approach
- Approach speed
 - Sprint and last two step
 - Fast approach and hit a quick ball the setter is holding
 - Rapid fire hitting
 - Discussion of:
 - approach – first step
 - rhythm of the approach
 - landing the approach
 - angle of landing
 - spacing from net
 - spacing from the setter (quick sets)
 - running off the net
 - retract (turn and run)
 - 1) retreat (back pedal)
- Landing the attack
- Landing one foot with a bent knee, etc.

System Challenges:



- 1) **Where is the setter's target and where does your setter start in relationship to this target!!**
- 2) Approach foot plant and take-off in relation to the setter or to a zone on the net? Floating set vs. a fixed set
- 3) Quick Sets – just how quick?
 - a) Zero tempo
 - b) 1st tempo
 - c) 2nd tempo
- 4) Who controls your offense? Coach, hitters, setter, or the hitter that talks the most and loudest?
 - a) Setters set the same set every time in practice? In competition?
 - b) Setters adjust to individual hitters in practice or competition? Setter does not adjust?

Remember that the player when she feels "stressed" she will revert to what she knows best (or the motor pattern best developed)? Do you ever feel like you are teaching and practices are going great then in competition it was all wasted? How can we improve this dilemma?

- 2) Arm Swing
 - needs arm extension
 - swing faster
 - ? reach? What does that really mean?
 - need arm speed
 - check for all the pre-swing movements (big bird)
 - force two handed toss for arm swing warm up and pepper
 - needs power for the attack
 - check contact point of the ball
 - needs wrist and hand control
 - juggling
 - one vs. one
 - hitting shoulder gets sore
 - relationship of the ball to the shoulder
 - guide arm
 - grab the net
 - chalk in the guide arm hand and draw a line on the chalk board
 - type of arm swing being used
 - bow-arrow? Open shoulder? Elbow lifted straight back
 - Teach "thumb to pocket"
 - Teach "long and in"
 - Teach "long and away"
 - use a clock as a teaching tool
 - 12 noon
 - 1:00
 - strong players 1:30
 - low back gets sore
 - check landing of her jump
 - check take-off and how hard the player strikes the floor prior to elevation
 - check the point of contact with the ball? Is the ball behind the player's shoulder?
 - Check if the player arches her back for power as oppose to rotating
 - Teach all players to rotate
 - "hippie skips"