

## Sandy's Tips and Drills 2005-2006 USAV Juniors Season Attack

What we could "chat" about:

- Attack (Review what every age group should be able to complete)
- Footwork
- Approach angles
- Arm swing
- Timing issues
- Hitting quick sets
- One foot take off's – slide approaches
- Transition drills for MH and OH
- Sample drills

### **Kids and the challenges they bring, "How can I help Annie Attacker"?**

**Typically Attack Problems:**

**Technique Problems:**

- 1) Footwork
  - a) goofy foot
  - 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

**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) 1<sup>st</sup> tempo
  - c) 2<sup>nd</sup> 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?*