

Sandy's Tips and Drills Attack and Offense

The following are ideas and drills that I used with great success to improve my teams' spiking and attacking techniques and efficiency. Note that I have included expectations that typical USAV Junior Club Coaches intend to accomplish at each age group. Use the following suggestions to improve your team attack abilities.

Sandy

- See STC Progressions for step-by-step ideas on how to teach and correct technical errors for arm swing and approaches.

Tips - Focus on:

- Correct footwork, i.e. left, right, and left for the right-handed
- Correct landing of the last two steps in relation to the setter (or as I say to kids, "right handed, right foot to the right standard, left foot natural)
- Improved arm swing – "back swing or big bird" on the last two steps, and both arms go up and swing elbow remains high
- Balance landing.

Drills:

- Do the **Spike the Sock (Knee Pad) drill** – see STC progressions
- Intro. To **arm swing training with boxes** or tables
 - Complete this arm swing sequence by having the player eliminate the footwork by standing on a box and do the following:
 - Emphasis on the follow through - Hand to pocket
 - #1 - First step with guide arm up and swing at a toss attacking angle or cross-court
 - #2 - Second set has the player go from big bird to guide arm, switch and swing
 - Repeat #1 with rotation to attack line
 - Repeat #2 with rotation to attack line
 - Repeat #1 - with a 2 tempo set
 - Repeat #2 - with a 2 tempo set
 - Keep repeating these steps with angle attack, line and cutbacks
 - Emphasis on the correct swing and the speed from big bird to guide arm etc.
 - The player should be highly successful, being able to spike the ball down with tremendous force and top spin, if not keep doing the repetitions
 - Do 3 x 10 for each type of attack
 - Emphasize the need for visually looking at the tape, would be blocker, and defensive players
 - Swings with emphasis on the follow through
 - For the player with adequate strength in the shoulder girdle and rotator cuff in particular do the previous table swings with your objective to attacking the ball with greater follow through
- Begin using the "**2 Minutes Arm Swing Warm Up**"
 - This warm up is designed to quickly prepare the shoulder to spike the ball, but it also forces control
 - Players complete the sequence by throwing overhand then self –toss and hit (two handed toss)
 - Players throw over handed to partner head (follow through – thumb to pocket) x 4 or x 8
 - Players throw anywhere to the floor (follow through – thumb to pocket) x 4 or x 8
 - Players throw the ball 2/3 from self, 1/3 from partner x 4 or x 8
 - Players throw and hit the ball to partners feet or toes x 4 or x 8
 - Repeat sequence the a self-two-handed toss and hit with top spin
- **Intro. To Standing Attacker Swing Series** –
 - Player stands 3 feet from the net self-tosses and attacks to the corners of 5 or 1 (10 and switch)

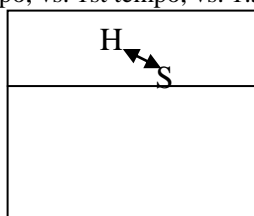
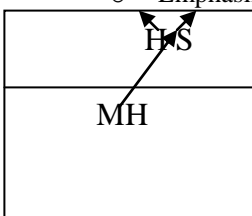
13, 14 and Under

- Basic Skills
 - Hit approach with ball control
 - Mechanical efficiency of movement
 - Transition to free ball offense
 - Transition to regular offense (defensive transition)
- Team offense - Hitting - overall efficiency of .150
 - 4-2, 5-1, or 6-2 offensive system
 - Hitter coverage
 - Setting up a free ball offense
- Serve receive formations side out offense
 - Rotational understanding of overlapping

- Goal is to attack the ball with top-spin and keep the ball in the court without touching the net
- Do not allow smaller players to move back too soon (until 20 feet) from the net
- Player eventually moves back at 5 foot intervals
- Stress keeping the ball in the court with top spin
- Make the player understand that she is contacting the ball above her head as she moves further back
- The player completes the same sequence with a partner tossing to her
- Same sequence with a setter setting each distance from the net
- Now the player is ready to jump and do the same sequence
- Start with the last two steps (i.e. right, left)
- Eventually do full approaches
- Each time the player fails to do a portion of the skill correctly (i.e. extension on the swing, top spin, guide arm, or footwork) the player returns to the previous step until mastery

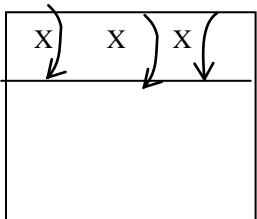
▪ **Attacking Quick Set's (5's)**

- Attacking 5's, hitter's triangle, and hitters "line" according to the setters position on the net
- Player's directed - tosses and then sets
- Emphasize: Timing - Zero Tempo, vs. 1st tempo, vs. 1.5 tempo



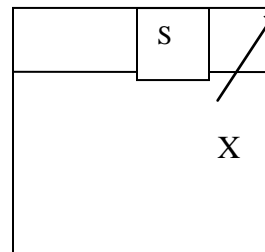
▪ **Intro. To Block, Transition Footwork**

- Groups at the net - work on opening to the right, point your toe in the direction of your **touch point**, And run, air hop, ready to approach - repeat at least 10 times. (Do not practice opening to the left, only right side hitters need this skill and it can be covered later)



▪ **Intro. To Attacking Backsets (7's)**

- Discuss and emphasize an inside touch point, ball coming over the shoulder etc.
 - Organize groups and do approximately 10 reps per player.



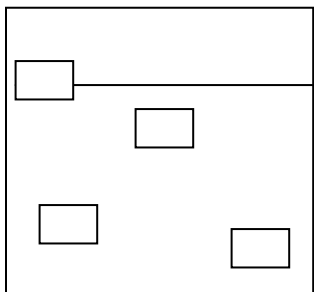
▪ **Attacking 4's - Tips and Rolls Only**

- Groups of 4's - 3 in row and switch
 - Emphasize: Wait and explode to the ball
 - Show tip at the last fraction of second
 - Tip to zones, 2,3, and 7
 - Time Permits: Attack 13's and 93's - Tip Only

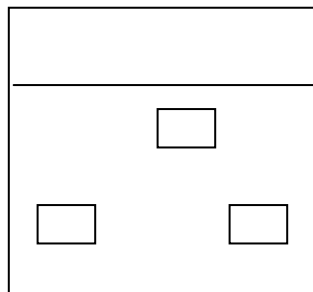
▪ **Target attack**

- Divide groups into teams and each team get approximately 20 sets to place the ball in the following targets. Use opposing players bodies (laying on the floor) as targets.
- Emphasize: This ball is still spiked with heat, but it must go to the target

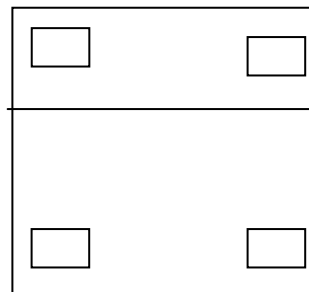
S H



S H



H S



15, 16 and Under

- Basic Skills
- Quick hitting approach - high, hard swing / solid contact
 - 3-4 step for outside hitters - goal of .175
 - 3 step for middle hitters - goal of .200
 - Slide step approach taught and used with middle and right side
 - Players
- Team offense - Hitting - overall efficiency of 1.75
 - 4-2, 5-1, or 6-2 offensive system
 - Side out offense efficiency of .185
 - Free ball offense efficiency of .200
 - Offensive coverage

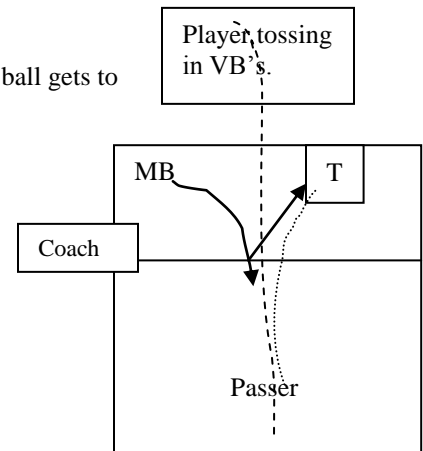
Intro. To different arm swings (only start this when the player has accomplished a good thumb to pocket follow-through)

- Self – toss with two hands and swing **long and away** – 2 x 10
- Intro. To Self – toss with two hands and swing **long and in** – 2 x10
- demonstrate for your group short and away, and short and in. Do not allow The players to do this movement as it can cause damage to the players’ shoulder and rotator cuff.

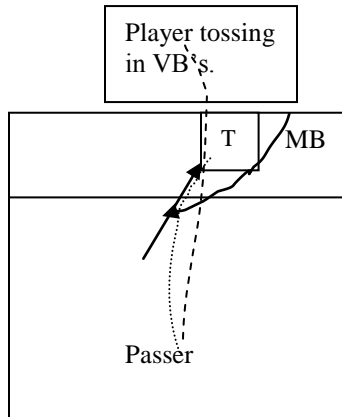
Drills:

▪ **Middles - do Pepler's progression**

- MB at the net, must be at the 10' or 12' line (load point), before ball gets to the net
- (From Eunice the underhand server, or underhand toss, etc.)
- MB must attack the passed ball over the net without a setter
 - Complete from a Block 3 (CF), 2 (RF) and 4 LF)



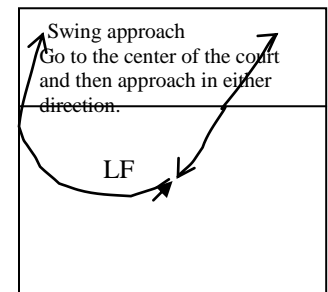
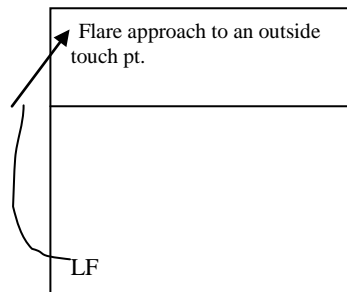
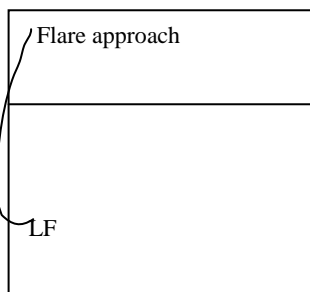
Middles - attack 51's after blocking on the Right #2



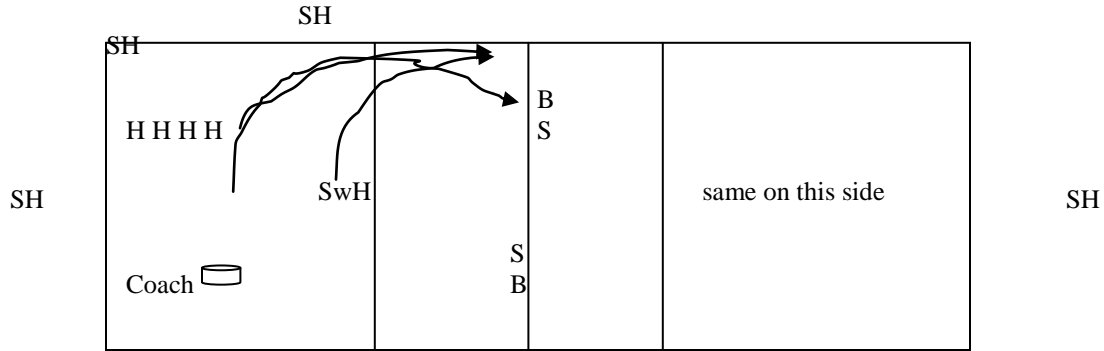
Coach

▪ **Outsides - Intro. To flare series and intro. To swing patterns**

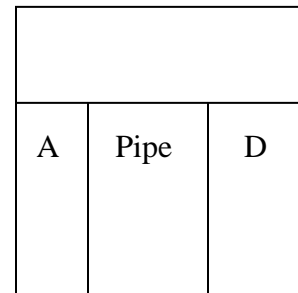
- Flares are when the hitter simply passes the ball and runs to an outside “touch point” or more realistically runs along the left side to attack an outside set, typically a 1 or possibly a 2 set.
 - Begin with hitter’s just running the pattern or with a with a tennis ball do the approach pattern x 3
 - Coaches slap the ball – passer acts likes she passed the Serve and begins to flare
 - Partner pass and flare - 13's (left side of the court)
 - Pass and flare - 13's (left side of the court)
 - Partner pass - go to center touch point (18' feet) hit 13's
 - Stress good approach angles and begin emphasizing foot placement)



Outside Hitter's Pass Flare or Swing with two sides of the net going at the same time:



- **Intro. To Back Row Attacking**
 - Do the following: Get to 10' and 15 feet off the net, quickly.
 - Emphasize: Guide arm up and over the swing shoulder
 - Player must move her feet to the ball and position the ball over her Head (for younger players), over the swing shoulder for older Players.



17, 18 and Under

- Basic skills
- Aggressive, quick hitting approach, with high, hard contact, and "shots"
 - 3 - 4 step for outside hitters - goal of .190
 - 3 step for middle hitters - goal of .250
 - Slide step taught and used with middle, left, and right side hitters
- 4-2, 6-2, 5-1 offense
- Team offense - hitting - overall efficiency of .195
- Side out offense efficiency of .200
- Free ball offense efficiency of .215
- Offensive coverage
- Serve receive formations and multiple offense options

Practice target attacking – using a 4 set and hitting the following targets:

- Attack corners – (deep cross-court – zone #5 or zone #1)
- Attack "line"
- Player directed
- Groups of 4's - tosser, hitter (attacks 3 in row) with two shaggers
- *Emphasize:*
- *Wait and Explode*

- *Keep the ball in front of the guide arm*
- *Foot placement upon landing their approach: facing the right standard or the setter (for the right handed player)*

Intro. To Attacking what the block will give:

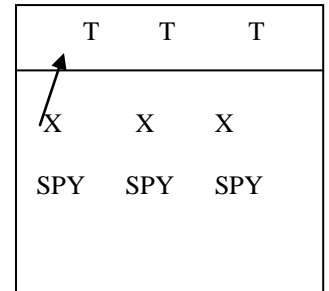
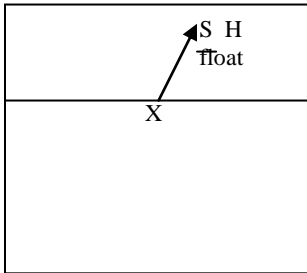
- Attack corners – (deep cross-court – zone #5 or zone #1)
- Attack "line"
- Attack "high" seam (between the blockers)
- Attack "low seam" (between blockers)
- Attack "high line" (off the blockers hands)
- Attack short angle – (or short angle – 10' line to the net)
 - This shot requires a vertical and the use of "short and away" arm swing be careful with young Players or undeveloped shoulders

Intro. One-Foot Take-Off's – Slide Approaches

- See STC Progressions for more details: See
- Do a slide progression - begin with doing the footwork and throwing a tennis ball (5 Reps)
- Cont. With throwing a VB against the wall or basketball back board
- Cont. With attacking over passes (for young players only)
- Cont. With attacking coaches tosses for 6's
- Cont. With setters setting a 6's

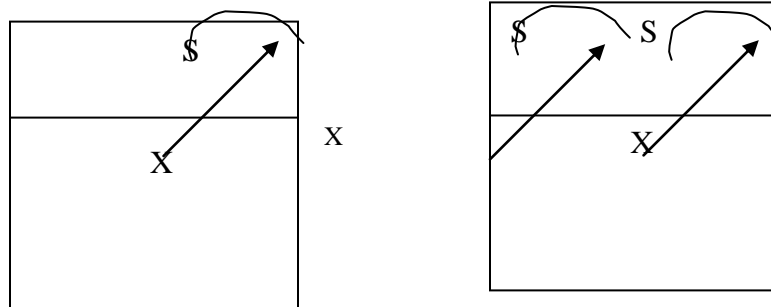
▪ **Tight Slides or Hitting 7's – a back quick set**

- Use groups of 4, with a player tossing (setting), player being a spy, and shaggers
- Emphasize: Take off in front of the setter and float (slightly) attack a quick set, the approach is straight to the front of the setter.
- Emphasize: Take off in front of the setter and float (slightly) attack a quick set
 - Watch the pass (Waiting till the ball is even with shoulder etc.)



Time Permits: Wide Slides (9's)

Emphasize: Wait and explode to the ball, take off in the 8 zone on the net.



▪ **Use and Abuse the Block**

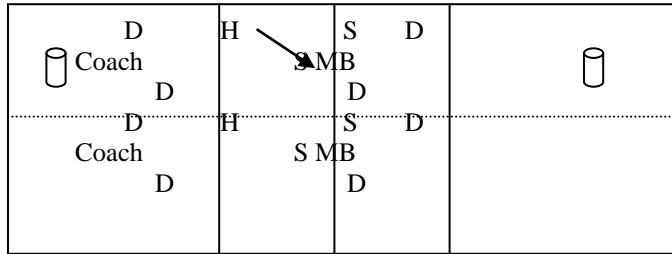
Organize Groups - put potential blockers on boxes to start this drill

- One player behind the hitter (in coverage) calls out the number of blockers, hit line, angle, etc. (Use long and away, long and in etc.)
- Middles must attack a 4 set against one blocker and do the following: (3 reps and switch)
 - Hit into the block
 - Use the block
 - Avoid the block
- Outsides must attack a 4 set against two blockers and do the following: (3 reps and switch)
 - Hit into the block
 - Use the block
 - Avoid the block

Intro. To Various Shots:

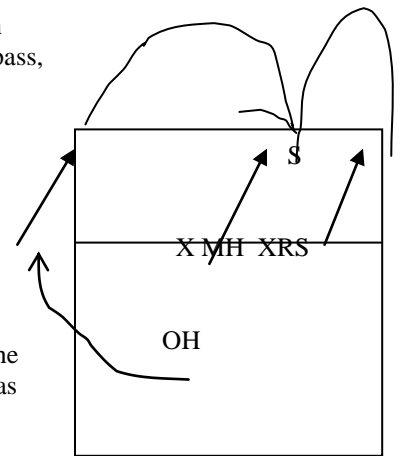
- Intro. To Fake Hit and Tip
 - Emphasize that the player goes full speed in her approach and she also works on bending her swing elbow then tip
- Intro. To Roll shots to deep 1 and 5
- Intro. To over the block (or high off the block)
 - Teach the hitter to use a high wrist snap and to freeze the follow through with the arm
- Intro. To wipe off the block shots
- Teach a “long and in” arm swing
- Teach a “short and in” arm swing
 - (Do not teach the “short and away or the long and away” arm swing, this is just too tough on a developing arm)

- Hitter vs. Hitter (MH vs. MH, OH vs. RS, etc.)
- Alternate tosses from side to side
- Rally score to 7 points
 (For more action – use ½ court)

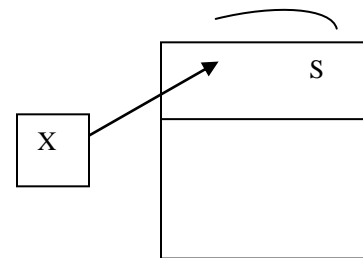
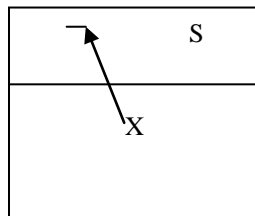


- **6 vs. 6 in waves**
 - **Hitters calling the Offense**
 - **Setting 1,5,9**
 - Use one side of the net.
 - Divide your group, into hitter, passers, setters, and shaggers.
 - Each setter sets 3 consecutively and switch. After each set has been completed, the entire group switches. Upper groups - do this off a pass, lower groups - coaches toss.

- **Adjusting to what the middle hitters calls:**
 - Same format - but now the middle hitter adjusts her call to 3, 5, 4, 6, 9
 - The outside hitter calls - 1, the right side hitter calls an X - when the middle calls a 31, and other wise hits a 7 or 9.
 - The purpose of the drill is the hitters understand that middles call first, opposites, and outsides last. Begin with tossed ball, and eventually the passers pass the ball. One coach working with the middles on what to call, the other coach working with outsides and opposites. Make this as fast moving as the setters can handle it.

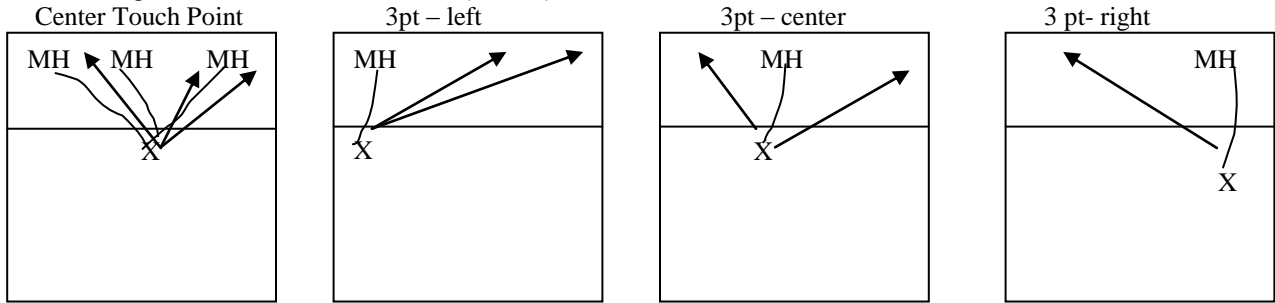


- **Intro. To Lateral Fades, OH – 31's off of one foot**
- **Intro. To Lateral Fade**
 - From center touch point, do approaches with feet facing the right standard
 - Add attacking a 33 set
 - Add passing getting to center touch point and attacking a lateral fade

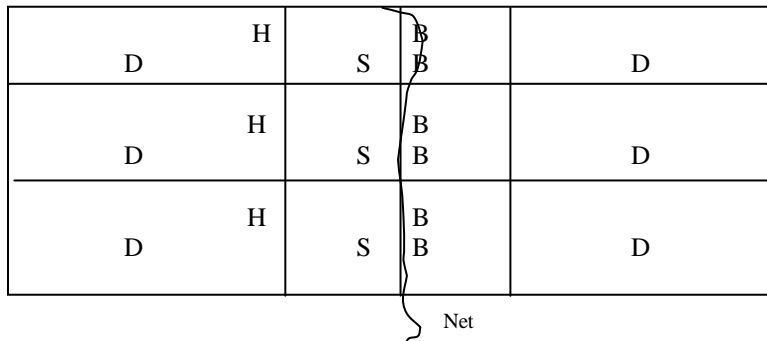


- **Intro. OH - 31's off one foot, from an outside touch point**

- **MB Center Touch Point System**
- **Review MB's - Center Touch Point Vs 3 touch point system**
 - Center Touch Point - Attack from 51's, 71, 92's from a Center Touch Point – 5 each
 - Left Touch Point – Attack 71's, 92's from a Left Touch Point – 5 each
 - Right Touch Point – Attack 32's (or 31's) – 5 each

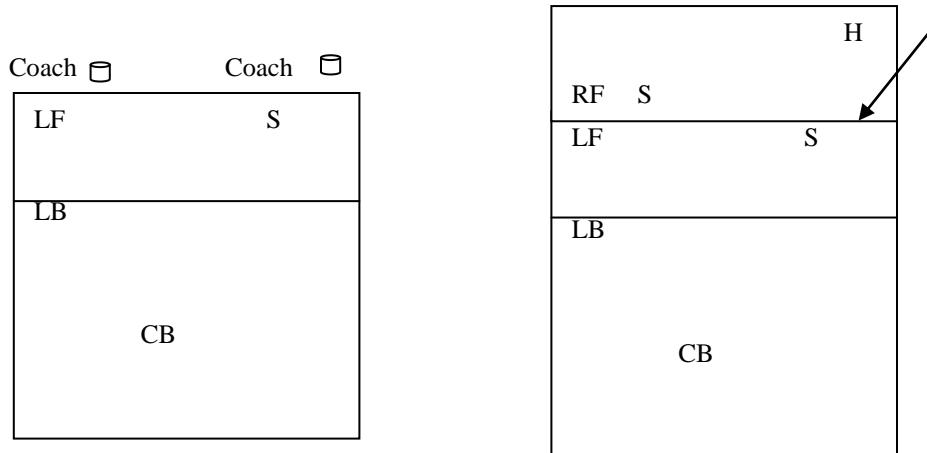


- **Intro. 3 Vs. 3 Tip Drill**
 - Must have 2 blockers up and play to 3 points and rotate. (Emphasize that the digger can't allow the ball to fall in front of them and yet not allow the ball behind them, either. Also, blockers must work very hard to get their touch points.) Groups of 4 (one person out - tosses the ball to the team that won the rally)



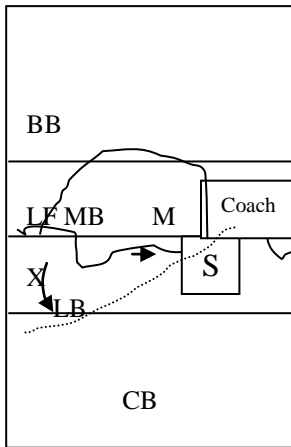
- **Intro. To position defense and attack – 4 to 4 drill**
 - LF dig, retract and attack drill (LF to LF or 4 to 4)
 - LF Blocks, retracts to defensive touch point, Coach attacks a easy ball to LF,
 - LF digs and turns and run to touch pt, and attacks a 1. Five successful and switch.

Live 4 to 4 drill



▪ **Combination of the 4 to 4 Drill and MH drill**

- One Net: 4 to 4 Drill or 2 to 2 Drill:



- LF & MB Blocks, LF retracts to defensive touch point, MB runs and blocks the Coach as she attack attacks a easy ball to LF,
- LF digs and turns and run to touch pt, and attacks a 13. MH – retracts and attacks a 51 or 71 or 31. Five successful and switch.