



Pre-contact phase

1. The middle attacker **looks at the ball and lets it pass in front of them.** Chasing the ball will allow for a more explosive approach than over-running the pass. It will help the attacker see the ball, the setter and the blockers all at once.
The attacker takes their first step with the left foot. The direction of the approach depends on the trajectory of the pass.
2. The last two steps are placed in front of the setter and **at least 1m from the net.** The **left foot is in front of the right foot** to open the body to the setter during the jump. The left foot is planted an instant before the ball gets to the setter's hands.
3. The arms are thrown up as the legs push down. **The attacker leaves the ground the moment the ball leaves the hands of the setter.** In their peripheral vision, they gather information on the position of the blockers.
4. The attacker brings their right arm backward to increase the opening of the hips and **quickly initiate the rotation of the body.** The attacker sees that two blockers are stacked towards position 6-5.

Contact phase

5. The attacker is straight in the air and the energy from the hips rotation is now transferred to the arm so **the arm swing can be quick.**
6. The **left arm is pulled back to bring right shoulder high** and the right hand hits the right side of the ball. The air is pushed out of the lungs at the moment of contact to increase power.



Post-contact phase

7. The attacker lands on left foot because of the rotation caused by cutting the ball to position 1. Normally, landing on both feet is preferable.