



### Pre-contact phase (right handed player)

- 1-2. The approach is initiated in the same manner as the attack from position 4 (*Attacking Basics – Cross Court*). The right-handed player starts the approach on the sideline.
3. As the left foot is placed in front of the right one, the left shoulder leads the attacker into the jumping phase of the attack. The hips are open toward the outside of the court to allow the rotation responsible for the generation of power during the contact phase.

**\*\* Most young players will plant their feet parallel to the net or have the right foot \*\***  
**in front of the left to face the ball. This is a bad habit that will limit their ability to**  
**develop power.**

4. The left hand leads the attacker into the jump and points at the ball. The right shoulder is behind and below the left shoulder.



### Contact phase

5. The abdominal muscles contract to initiate the rotation. The left arm that was leading the hitter into the attack drops quickly along the side of the body as the right arm swings upward and extends toward the ball. The right shoulder lifts above the left shoulder in the process. The ball is in front of the right shoulder.
6. The hitter uses the wrist to cut the ball to the line while continuing the rotation through the lowering of the left shoulder.

### Post-contact phase

7. The attacker lands on both feet with the shoulders and hips facing the inside of the court. They can now get ready for next action.