

## Pre-contact phase (right handed player)

- 1-4. The attacker **approaches to the ball the same way as they would for a spike.** See *Attacking Basics – Cross Court* for the full description.
5. The attacker is in the air with left arm leading and right shoulder behind. **Their position is showing that they will hit the ball hard.**



## Contact phase

6. The **abdominal muscles contract to initiate the rotation.** The left arm is brought down quickly alongside the body and the right arm extends directly towards the ball. This movement is **led by the hand** and not by the elbow like when hitting.

At the moment of contact, the body is **straight and stable** in the air. The **hand is wide open so the ball can be played with the fingers.**



The **fingers are soft or stiff** depending on the type of tip the attacker wants to do. With **soft fingers**, the attacker can plan the ball right over the block so it falls short in the opponents' court. With **stiff fingers**, the attacker can do a power tip and **push the ball to a part of the court that is uncovered** or tool the block.

## Post-contact phase

7. The attacker lands on both feet and gets **ready to block or defend** if the other team recovers the ball.



### TOOLING THE BLOCK

If the ball is close to the blockers hands, the hitter can use their fingers to **push the ball into the block with a dynamic motion towards the outside of the court.** Since the blocker is the last player to have touched the ball, the point goes to the attacker's team.