During the hitting phase, the attackers can hit **around the block** or they can **hit at the block**. The rebound is a strategy used by the attacker to **use the block to keep the ball on their side** of the net and give their team another chance at hitting the ball. This shot can be used with any kind of set.

The Rebound
The rebound consists in **hitting the ball in the block on purpose** with the intention of **recovering the ball** so the team can have another chance at hitting the ball. The rebound is a secondary shot used by an attacker who is **in front of a big block** and does not have a clear scoring option available. The attacker’s **teammates need to be involved** in the coverage phase of the play in order for the attacker to feel confident using this shot.

**Pre-contact phase**
- The **approach is the same as a normal attack**. The critical component is for the attacker to keep the ball in front of them as to **see the ball and the blockers** at the moment of contact.

**Contact phase**
- At the moment of contact, the arm is extended and the **hand is wide open for a flat contact**.
- The hand contacts the **back of the ball and accelerates through the ball**.

**Post-contact phase**
- The hand and arm **follow through in the direction of the hit**. The shoulders move forward and rotate in the direction of the hit like they would normally since the motion is the **same as a normal hit**.
- The attacker lands on both feet and **quickly backs off the net** to get ready to hit again.

**Tips for attackers wanting to use the rebound**
- **Hit flat, high and straight** into the block. If the ball is brought down, it is likely to be blocked.
- **Hit the ball hard enough**. Slowing down the arm thinking it will be easier to cover the ball might result in a block because it will make it easier for the blockers to track the ball.
- **Show the blockers you are going to hit really hard**. They will be more likely to have their arms straight and their head down, making it harder to slam the ball down when it hits their hands.
- Have fun. **Experiment by hitting different types of balls** and different areas of the block. Over time, you will find the best way to use the rebound and you will get your teammates accustomed to your shots, which is important if you want them to cover the ball.

Source: Volleyball Canada. Photos provided by FIVB.