



Attacking – The Roll Shot

Young players like to hit the ball hard but learning how to play with finesse and be able to **score using the whole court** is an important skill to learn. The roll allows the attacker to **exploit certain gaps in the defense** such as the space in front of the defenders.

The Roll Shot

The roll shot consists of a **slower but more precise shot meant to exploit specific areas of the court**. Generally, the roll shot is used to surprise the defense with a **shorter shot** that will fall in front of the defenders but it can also be used to play the ball in the **corners of the court or to areas not covered by defenders**.



Pre-contact phase

- The **approach is the same as a standard attack**. **Young players will often slow down the approach and reveal the roll shot too early.*

Contact phase

- The player initiates the rotation of the body and the swing of the arm with **less speed and more control**.
- At the moment of the contact, there is still a **small bend in the elbow**.
- The hand contacts **the bottom of the ball and quickly rolls on top of the ball** with the action of the wrist. The **arm extends through this motion** of “snapping” the wrist over the ball.
- At contact, the palm of the hand is **facing the intended direction of the roll**.
- The **speed of the arm** at contact depends on how deep the attacker wants to roll the ball. There will be more speed through the ball for a deep roll shot.

Post-contact phase

- There is a **smooth follow through** of the hand and the arm in the direction of the roll shot.
- The attacker lands on both feet and **gets ready to block** in case the roll shot is dug.



Tips for attackers using the roll shot

- **Use the whole court.** Some players only use the short roll but there is also the cross-court roll along the net and the deep roll down the line. The more shots you have, the more tools you have to score in different situations.
- **Roll shot against all types of blocks.** Players that only roll in front of a triple block are easy to read and defend. Use the roll on a **fast set or in a one-block situation**. The defenders will be kept off guard.
- **Mix the roll shot with other shots.** To be effective, the roll shot should to be used after using other hits so the defenders are surprised.
- The better you hide it, the better chance of scoring with your roll shot. **Experiment and have fun with it.**