

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

1. Attacker has their **weight on the front of the right foot**, ready to go, and is waiting to see the set to time the approach.
2. Attacker takes a first step toward the net with the left foot. The **arms are slightly bent and the elbows stay fairly close to the body**. The shoulders are facing the point where the hitter wants to meet the ball.
3. The hitter **accelerates the approach** by pushing hard with the left foot and taking a **big right step toward the ball** while lowering their center of gravity. The last adjustment to the ball is made on that step. **The arms simultaneously extend behind the body** to a point where they are parallel to the floor.
4. The **left foot is quickly planted in front of the right foot** to allow the body and hips to be open to the set. The more space between the feet, the more lead the hitter will have in their jump. The arms start making their way back in front of the body.
5. The arms **both swing upward as the legs push on the floor**. The attacker lifts with the left arm pointing at the ball. The right arm is bent behind the head. **The left shoulder is in front and slightly above the right one**. The hips are open to the set.



### Contact phase

5. The **abdominal muscles contract to initiate the rotation** and to transfer the power from the legs to the upper body. The right shoulder lifts above the left one when the **left arm is dynamically brought down** close to the body and the **right arm is thrown up in full extension toward the ball**. The hand is wide open and relaxed at contact with the ball. Player exhales at moment of contact.

### Post-contact phase

7. The rotation brings the left shoulder even lower. The **arm follows through in the direction of the hit** and finishes somewhere across the body of the hitter.
8. The **hitter lands on both feet** with the shoulders facing the net because of the rotation. They get in their blocking position right away to be ready for the next play.