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.