

## Pre-contact phase

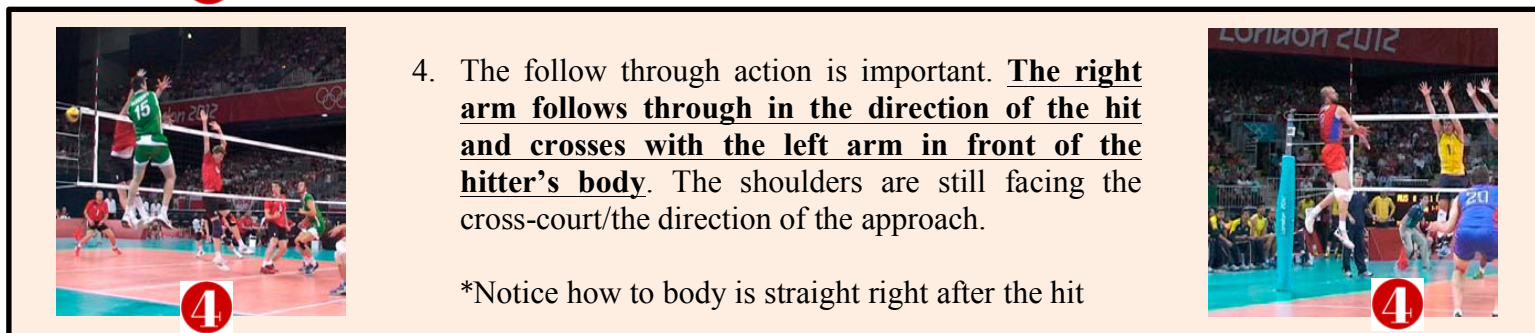
The objective is for the attacker to have one consistent approach to the net and to be able to hit both shots from that same approach. Since the approach is consistent with both shots, we will focus on what happens once the player is in the air with the right arm ready to hit. Refer to *Attacking Basics - Cross Court* for description of the approach.

1. The attacker is in the air with the left arm leading and pointing to the ball. **Hips and shoulders are open to the ball.**



## Contact phase

2. The abdominal muscles contract to initiate the rotation. The left arm that was leading the hitter into the attack **drops quickly IN FRONT of them.** This will prevent the rotation and increase the deception of the hit. The right arm swings up toward the ball. **The head is facing the ball and the eyes are on the ball.**
3. **The body is straight.** The right arm is fully extended and swings toward the line as the **wrist opens to the left to cut the ball** on the line. The **left arm is tucked against the body and the head slightly turns in the direction opposite to the hit** to counter the rotation induced by the right arm swing.



4. The follow through action is important. **The right arm follows through in the direction of the hit and crosses with the left arm in front of the hitter's body.** The shoulders are still facing the cross-court/the direction of the approach.

\*Notice how the body is straight right after the hit



## Post-contact phase

5. Landing is on one leg due to the speed and drift of the attacker, however a two-foot landing is preferred and much safer. The attacker gets ready for the next action.