

Pre-contact phase

The objective is for the attacker to have one consistent approach to the net and to be able to hit both line and cross court 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 *Basic Attacking – 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 to the left side of the body.** The right arm starts swinging up towards the ball. **The head is facing the ball and the eyes are on the ball.**
3. **The body is straight** and the left shoulder is below the right one to facilitate the cross-court hit. The right arm is fully extended and swings towards the cross-court as the **wrist opens to the right to cut the ball.** The upper body starts bending forward.



4. The follow through action is important. **The right arm follows through in the direction of the hit and the body crouches forward.** The hitter's shoulders should be facing the target.

****A lot of young players will rotate the shoulders in opposite direction from the hit instead of using the core to crunch forward. This will lead to less power and is likely to cause shoulder injuries.**



Post-contact phase

5. Landing is on both legs with shoulders facing the net and the attacker gets ready for the next action.