



9 – IMPACT Plus- The Skills: Attacking Skills – Mechanics



- **KEYS:**
 - Get available and be prepared to attack
 - Approach steps and two-foot jump
 - Swing both arms forward and up on takeoff
 - Contact the ball at full arm extension



Photos Courtesy of FVB



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9 – IMPACT Plus- The Skills: Attacking Skills – Errors


- Swing **TIMING** errors
- One foot takeoff – unless performing a “slide” approach
- Fist instead of open hand
- Elbow drops into ‘shot put’ action
- Starting approach too early or too late

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9 – IMPACT Plus- The Skills: Attacking Skills – More Details

- Quick approach
- Step into the jump, not jump-stop
- Swing both arms from behind to in front
- Faster swing = harder hit
- Swing through the ball
- Land on both feet



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9 – IMPACT Plus- The Skills: Overhead Passing Skills – Mechanics


- Right foot forward and knees bent
- Ball shaped Hands and fingers in front and above the forehead
- Fingertips follow the ball into extension








Courtesy of FIVB
Courtesy of Bill Kauffman
Courtesy of Bill Kauffman

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9 – IMPACT Plus- The Skills: Overhead Passing Skills – Errors

- Palms touching the ball
- Too little hand/too few fingers on the ball
- Non-extension of follow-through
- Not facing the target when receiving the ball
- Contacting the ball below the forehead




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Courtesy of FIVB
Courtesy of Bill Kauffman

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9 – IMPACT Plus- The Skills: Overhead Passing Skills – More Details

- See under the ball
- Beat the ball to the net
- Staggered foot position, knees bent with feet, hips and shoulders square to target
- Elbows bent and fingers relaxed
- Contact ball above forehead
- Extend through the ball to target

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Courtesy of Bill Kauffman

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**9 – IMPACT Plus- The Skills:
Serving Skills – Mechanics**

- Opposite foot forward and knees bent
- Toss low, in front and consistent (floor floaters)
- Elbow high with a rigid wrist/hand



Courtesy of FIVB

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**9 – IMPACT Plus- The Skills:
Serving Skills – Errors**

- Knuckles or uneven surface contacts ball
- Floppy wrist on contact
- Toss is too low to hit or inconsistent toss
- Same foot forward
- Contacting ball only with fingers



Courtesy of USOC

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**9 – IMPACT Plus- The Skills:
Serving Skills – More Details**



- Underhand serve –contact below waist
- Pick a target
- Transfer weight from back to front
- Contact with fist, half-open or open hand
- Fast swing = deep serves, soft = short
- Follow through to target
- Serve and run to defense



Photos Courtesy of Bill Hamler





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9 – IMPACT Plus- The Skills: Forearm Passing Skills – Mechanics

- Ready to move, weight forward, feet wide, knees bent and chest down
- Make platform and contact the ball above the wrists
- Finish and rebound the ball to target








Courtesy of FIVB

Photos by Bill Kauffman




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9 – IMPACT Plus- The Skills: Forearm Passing Skills – Errors

- Standing too upright
- Getting ready too late – ball too close
- Contacting ball on hands or wrists
- Platform made with crossed thumbs
- Too much arm swing or platform motion
- Bent elbows



Courtesy of FIVB

Courtesy of NCAA

Courtesy of Bill Kauffman

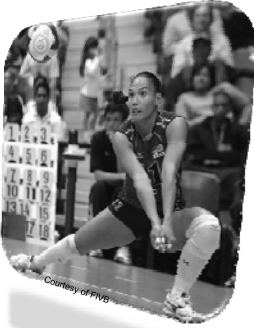
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9 – IMPACT Plus- The Skills: Forearm Passing Skills – More Details

- Straddle position with right foot forward
- Form platform with elbows extended & close together, thumbs together & wrists toward floor
- Contact low, waist level at midline of body
- Bend knees and transfer weight forward
- Two arms on the ball, whenever possible
- Drop inside shoulder when outside body



Courtesy of FIVB

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9 – IMPACT Plus- The Skills: Blocking Skills – Mechanics

- Ready position with knees bent, hands up in front and ready to move
- Use proper footwork to slide along net & line up with the hitter
- Penetrate the plane of the net with palms facing into the court



Courtesy of Bill Hamiter

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9 – IMPACT Plus- The Skills: Blocking Skills – Errors

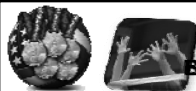
- Eyes closed when blocking
- Not penetrating the net
- Hands/body facing out of bounds
- Jumping forward or swinging arms into net
- Watching the ball – jumping early/late
- Arms too wide



Courtesy of USOC

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9 – IMPACT Plus- The Skills: Blocking Skills – More Details

- Watch the hitter not the ball – jump on the swing
- Take away the hitter's best shot
- Channel or deflect the ball into your court
- Bend the knees and slightly at waist
- Block the ball on the opponent's side
- Keep hands in front of the ball as long as possible



Courtesy of USOC

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10 – IMPACT Plus- The Systems: Implementing a System

- **Serve Receive**
 - Get your best passers passing where most balls are served
- **Receive Offense**
- **Cover the Hitter then Switch to specialty**
- **Base Defense**
- **Visual Keys for Transition to Defense**
- **Play Defense**




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10 – IMPACT Plus- The Systems: Basic Offensive Systems

- **Get best athletes setting**
- **Most basic front row offenses (6-6, 6-3)**
- **Most basic back row offenses (6-6, 6-3)**
- **Intermediate front row offenses (Am./Int. 4-2)**
- **Most advanced offenses (6-2, 5-1)**




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10 – IMPACT Plus- The Systems: Basic Offensive Systems

General offensive considerations:

- **Four ways to gain a lead in rally scoring**
 - Ace
 - Transition attack
 - Stuff block
 - Opponent error
- **Lower skill level = more points scored on aces and unforced errors**
- **Higher skill level = more points scored on blocking and transition**



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10 – IMPACT Plus- The Systems: Basic Offensive Systems

Specific offensive considerations:

- Attempt tactically only what you can execute technically!
- Player skill and experience?
- Setter ability?
- Hitter ability?
- Passing consistency?
- Practice time & space available?
- Balance what's needed to win at this level while building for the next!



Photos Courtesy of FIVB

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10 – IMPACT Plus- The Systems: Basic Defensive Systems

- Get best blockers blocking where opponents attack from most often
- Put your best diggers in areas most often attacked
- Player-Up Defenses = good vs. teams that don't hit hard or deep & tip often
- Player-Back Defenses = good vs. teams that hit hard/deep but don't tip much
- 0-1-2 Blocker Systems – what do opponents "deserve"?
- Hitter Coverage Systems ("offensive rebounds")



Courtesy of USOC

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Photo Courtesy of Bill Kauffman

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