

ATTACK (SPIKING) TECHNIQUE

Approach

- the approach should be balanced,
- accelerate into spike - slow to start then long & fast last step,
- for the closing step for right handers - right foot then left,
- for the closing step for left handers - left foot then right,
- at the jump the body should be side on to the net, not directly facing it

Arm Swing

- at the point of jumping both arms are extended above the head,
- the non-hitting arm remains high until contact (bow & arrow position), to help retain balance whilst in the air

Jump

- each jump must be maximal,
- use of momentum needs to ensure jump is vertical with emphasis on stopping forward movement,
- use of arm swing will aid vertical jump

Spiking Action

Once in the air a whip like action must occur to guarantee full transference of power

- after both arms are raised the hitting arm is bent & extension of the elbow close to the head occurs with arm bent at around 90° with elbow pointing to the roof,
- flexion of the hips, back & stomach occurs,
- spiking shoulder should rotate forward & arm should rotate in a natural line, not crossing the front of the body
- ball should always be contacted in front of spiking side shoulder,
- shoulders, spiking arm & wrist must be relaxed during the action,
- wrist of the spiking arm over the ball at contact,

