

Nebraska Coaches Clinic 2019

Attack Arm Swing Mechanics & Progressions

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<p>Arm swing Breakdown</p>	<p>Basic Key Words Keep it simple! Quarter Turn, 1,2,3,4 Finish middle finger through the ball Puffers</p> <ol style="list-style-type: none"> 1. Wall Work, catch opposite Hand 2. Different throws (Down Balls) <p>P1 P3 P2</p> <hr style="width: 20%; margin-left: 0;"/> <p>P1 P2 P3</p> <ol style="list-style-type: none"> 3. Boxes drill with buckets
<p>Arm swing and Approach</p>	<p>Puffer Throws (two puffers) partner catches low</p> <ol style="list-style-type: none"> 1. Last two steps 2. Full approach <ol style="list-style-type: none"> a. Back swing b. Front swing <p>Hitting Line (2-3 lines)</p> <ol style="list-style-type: none"> 1. Down balls 2. Jump and hit 3. Add in regular balls
	<p>Hitting Deep and ½ speed shots, partner moves</p> <ol style="list-style-type: none"> 1. Line 2. Cross
	<p>Hitting with a block</p> <ol style="list-style-type: none"> 1. Toss ball around the block/ box 2. Toss ball hit around the block 3. Toss ball hit to the block and catch 4. Toss ball to hit, block and dig up cover ball

	<ol style="list-style-type: none">1. Ball vs Team (25 points)<ol style="list-style-type: none">a. Crossb. Line2. Box Hitting Drill (2 boxes in corners), X amount of reps
Putting it all together	Combo drills with attacking