

## Directional Attacking and Shot Making for the Outside Hitter

### **1. Deception or Direction:**

- a. Deception has less moving parts, but takes more fine motor skill
- b. Direction is a full body movement and can be read more easily

### **2. Shot Placement:**

- a. Arc of shot – consider block height and defensive speed
- b. Location of drop zone – shot to create calamity, or to open zone

### **3. Shot Techniques:**

- a. Throw – Elbow leads high, hand stays open, wrist stays strong
- b. Tip – Elbow stays high, Hand stays strong, Not delicate...firm, Wrist directs
- c. Roll – Full swing draw, truncated swing mechanic, full hand contact
- d. Swipe – High and strong hand, delayed contact, push IN...then off

### **4. Attack Techniques:**

- a. Terminating vs. Solo Block – Eyes see it, Body Leads it, Reach to it, Thumb Through it
- b. High Hands Tool – Flat finish, Hit hard
- c. 4 to 4 – Left Elbow stays High, Thumb down and around
- d. Cross body Line – Left elbow tucks in, Body stays neutral, Right elbow finishes High and Across the Chest
- e. Hard Line – Left elbow rotates torso to face line, Right elbow stays high through contact, Right arm follows through to the side

**5. Feet positions Body – Body positions opportunities**

- a. Head, shoulders, knees and toes...
- b. Neutral Hang Time Posture

**6. AQ Statistic:**

- a. Teach the value of playing “smart”
- b. The garbage collectors need to take out the trash
- c. Use passing rating to assess the Attack Quality
  - i. A tip gets dug, but it is dug to the 20 foot line and results in a free ball. That has an AQ of 2. A kill is an AQ of 3. And error is an AQ of 0.

**7. Work the Circuit:**

- a. Outsides will always get the most swings and have the highest diversity of set types. Train the various techniques in parallel so they can feel the difference.