



Attacking

The spike! It is one of the most dramatic and dynamic single moments in all of sport. The sheer beauty and athleticism of a well-executed spike can take one's breath away. It is the home run, the slam dunk, the touchdown, the slap shot goal of volleyball.

The spike is the climax of every volleyball play. Teams endeavor to pass the ball accurately to the setter so the setter can accurately deliver the ball to the spiker. The defensive team tries to limit the ability to get the ball to the spiker. If the spiker does indeed get the ball, the defense must muster all of their resources to defend the mighty blow about to invade their airspace. In modern volleyball, defending these cannonballs is considerably more difficult. Volleyball has emerged from frontal assault to guerrilla warfare, with fakes and combinations and motion and speed and deception.

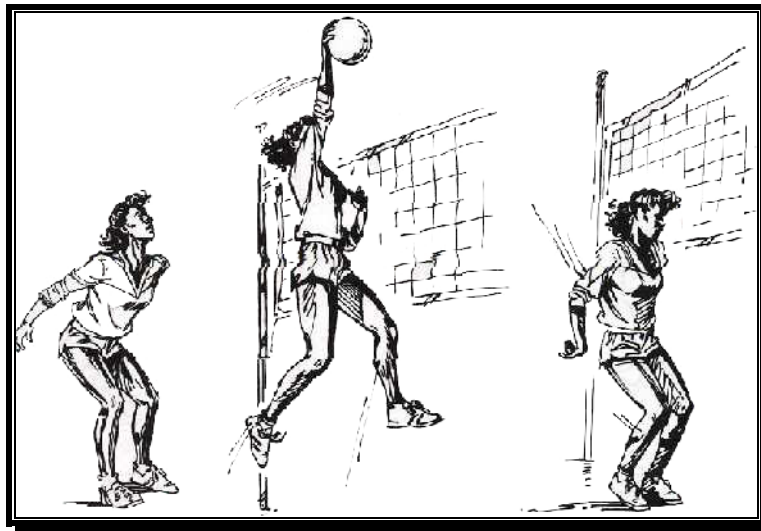
We even have the coolest statistic in sport: **kills**. Better than points per game, goals, strokes, yards, completions, or anything else. Of course this generally refers to killing the rally as opposed to bodily harm inflicted. But, we have all seen an occasional spike that could indeed cause trauma.

Nowhere is athleticism more evident than in a 60-mile-an-hour spike delivered from somewhere near the stratosphere. The action seems to go into slow motion. The spiker's hand hits the ball sounding like a rifle shot. The ball hits the floor before the spiker does, with a sound that is, uniquely, volleyball.

- Cues:**
- Ready!
 - Run!
 - Jump!
 - Swing Fast!

- Mechanics:**
- Be available & prepared to attack
 - Approach steps (L-R-L/R) & two foot jump
 - Swing both arms forward and up on takeoff
 - Contact the ball at full arm extension

- Details:**
- Use a quick approach...accelerate
 - Finish with two quick steps and jump off two feet
 - Swing both arms from behind to in front of you like a pendulum
 - The faster you swing, the harder you hit!
 - Swing through the ball
 - Land on 2 feet



- Errors:**
- One foot take off
 - Fist instead of open hand
 - Elbow drops into "shot put" action
 - Took off too soon or too late

- Options:**
- | | |
|---|--|
| <input type="checkbox"/> Crosscourt Shot | <input type="checkbox"/> 3 Meter or Back Row Attacks |
| <input type="checkbox"/> Line Shot | <input type="checkbox"/> High Outside Set |
| <input type="checkbox"/> Cut Shot | <input type="checkbox"/> Low Sets |
| <input type="checkbox"/> Roll Shot | <input type="checkbox"/> Footwork/Approaches for Plays |
| <input type="checkbox"/> Open Hand Tip | <input type="checkbox"/> Bad Sets |
| <input type="checkbox"/> Wipe Off Shot | <input type="checkbox"/> One Foot Slides |
| <input type="checkbox"/> Tool/Use the Block | <input type="checkbox"/> Position Sets |
| <input type="checkbox"/> Transition from the Setter | <input type="checkbox"/> Transition from the Blocker |