**Attacking Off Of Two Feet**

**2 Foot Take off Approach** (Most examples will be written for a RHP)

* **Proper footwork:** RHP – Left, Right/Left finish; LHP – Right, Left/Right finish
* Both Feet or Last step should turn close to parallel to net, in some situations more so and some situations less, but never having the toe pointing straight toward the net on a front row attack.
* Four step approach - for RHP would have a Left, Right, Left/Right, opposite for Lefties.
* Two step approach - this will need a strong push from what would be the plant foot (RHP – Left foot, LHP – Right foot) and a really good arm-swing will help.
* **Drive Step or Transition Step:** This is the step that transitions the player from using one foot at a time to getting both feet under them for maximum jump, i.e. you drive off of the Left foot into the Right/Left finish for a right handed attacker.
* **Slow to Fast:** Universal wording by most coaches. Getting your players to understand that the fastest move they make should be just before Contact of the ball. Whether you are working on 2, 3 or 4 steps, the beginning needs to remain slow and calm for timing and the speed continually picks up until full explosion to the ball for contact.
* **Arm-swing:** The arm-swing does not start with how to snap your wrist, but begins from the moment the player begins their approach and includes both the attacking arm and the opposite arm.
  + **Stay quiet (no cheerleader beginning):** Both arms remain quiet or loose on the left step prior to the Drive Step. In a four step approach they should actually look like they are in a ‘walk’ or ‘run’ with the arms moving naturally.
  + **Backswing:** Both arms are swung back as hard as player can on the Drive Step into the Right/Left Finish
  + **Forward swing:** Both arms drive forward and up as hard as the player can. Depending on the jumping ability of the player; Either both arms continue up to full extension or the the opposite arm goes to full extension if the player needs to start their arm-swing sooner due to a low vertical.
  + **The Attack:** Attacking arm draws back from the elbow, keeping the hand higher than the elbow and slightly in front of elbow, opposite arm remains fully extended. Opposite arm gets pulled down as hard as the player can (creating shoulder and core rotation) as attacking elbow does a quick forward then kick back move whipping the hand through the ball (very similar to a quarterback throwing to a receiver), with a hard wrist snap that the player should start just prior to making ball contact.
  + **The Finish:** **Finishing High and Finishing Low.** Finishing high creates a more consistent contact point of the ball, finishing low creates more speed through he attack of the ball. I recommend teaching all players to finish high and find their highest contact point and make it consistent. Then using that contact point allow them to finish through the ball and low past their right hip, or to their left hip (cross-body) as it will generate the most power. When players learn to finish low prior to them getting the understanding of the high contact point, it can often create a built in contact point for players lower than they could be attacking the ball.

(If this isn’t a description you can picture, once demonstrated, you will get it.)

* **Down Balls:** Best way for players to get an understanding for body positioning and to work on arm-swing. Only change in arm-swing is that I recommend that all down ball swings should finish high. This is a skill that can primarily do two things. First it keeps your opponent from going into an easy Free Ball set up and second, if mastered, the down ball can be a tool to put a team into an out of system situation and give you a greater opportunity to defend and put yourself in system.

**2-Step Drill**: (will demo) key to the understanding of getting their bodies to finish fast. Plus, this will help middles big time as they learn to be up in time no matter their ability to transition fully or not.

**The backwards footed player**

**Getting rid of backwards feet:** Example is for the right handed player

* Earlier the bette, often young kids haven’t been taught to jump properly for our game and just need to work on the proper footwork.
* Putting the upper body in sync with lower body – Hands forward relaxed on Left Step, swing back hard when transitioning from Left Step to Right/Left finish. Often, the ‘goofy’ footed player is very dramatic with their arms and it’s the upper body that is keeping them from using their lower body correctly.

Most backwards footed players will start with Right Foot and hands forward. If you get them to start with Left foot slightly in front of Right and push from right for first left step and having them drop hands forward, they then can begin to feel if they are swinging their hands back with the right, or transition step correctly. If they continue to struggle with this, I have found success asking them if I can “be one of their arms” and they follow my lead with their other arm. You then lightly grip their right wrist, don’t let them swing it either way (as arms should be quiet with first left step, this assists them in staying slow at the start of their approach) until right step and then fling their arm backwards on the right step (this gets them understanding how hard they need to throw the arms back). Do this three or four times and often they will begin to feel what their body is doing (kinesthetic learners need to feel the right move with their bodies, even if it is helped/forced). This might not make for an immediate adjustment, however, they will start to feel it themselves when their using their upper bodies against their lower bodies instead of with it. This will be demonstrated.