

Training the Mechanics of Attacking

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1. **Towel whips**

- Arms length away from wall
- Load, pause at the top, engage core, and swing through
- Shoulders should go from perpendicular to parallel
- Works on reaching with a high elbow, arm swing, and getting a good whip on the ball
- Should hear a POP at contact with wall
- Make contact with the wall is at 11 o'clock

2. **Tennis Ball throws**

- Full approach with tennis ball in swinging hand
- Reaching high
- Snapping quick
- Following through
- Ball should land in the court

Modification- one ball in each hand to work on engaging left arm in approach

3. **Knee progression ball contact**

- Straight on topspin
- Gooseneck
- Thumb up
- Thumb down

4. **Purdue arm swing progression**

- Start at the net- players toss to themselves and make contact- 10 reps
- Move back to 10 foot line- players toss to themselves and make contact- 10 reps
- Move back to 20 foot line- players toss to themselves and make contact- 10 reps
- Move back to the end line – players toss to themselves and make contact- 10 reps

Focus:

Getting the elbow back and driving through the ball

Getting feet underneath the ball- even on erratic tosses

5. **Box jump with pool noodle**

- Focus on the last two steps
- Jump vertically
- Pool noodle held on back to demand the use of arms

6. **Three step approach**

- left right left
- Slow step to fast steps
- Put altitude into your approach (become hoppy)
- Pool noodle held on back to demand the use of arms

7. **Load**

- Arms down, forward, back and up (put force into the floor)
- Pull hitting arm up and back (create tension from lead hip to attack shoulder)
- Point at ball with non- hitting arm

8. **Unload**

- Rotating from perpendicular to parallel (TORQUE!!)
- Stay tall
- Contact the ball high (11 o'clock)