

MCA Coaches Clinic: 8/31/24 (Matt & Jen Houk)

Expand your digging range

- Posture (be an athlete and don't limit athleticism and range by how you start)
- Arms: loose & fast (contact surfaces)
 - o Lead with hands and arms
- Stay on your feet until you shouldn't
- Forget everything you learned about 2 hands/arms being better than 1
- Train independent hands/arms every day
 - o Ind/Partner wall work
 - o 4 point dig
 - o Overhead work (single hands or fists)
 - o Scoops & Cakes
- 2 hand overhead digging (especially helps with range to corners and perimeter)
 - o Partner work
 - o Live dig same side of the net
 - o Live dig over the net
- Forward & side sprawls
 - o Partner work
 - o Live dig same side of the net
 - o Live dig over the net
- Randomize it once the foundation has been laid
- Celebrate creativity

Efficient Attacking Mechanics

- Do the whole & teach the part (keys or chunk the information)
- You have to have good feet before you can have good arms, and you have to have good arms before you can have good load, and you have to have good load before you can have good unload
- Feet:
 - o Short – short – long - short
 - o Slow to fast
 - o 2nd step on or around the 10' line
 - o Keep 3rd step straight (straight lines matter)
 - o Weight on 4th step before lift off
- Arms: (loose)
 - o Down
 - o Out
 - o Straight back
 - o Up to load
- Load:
 - o Hitting arm up and back
 - o Opposite arm pointing at the ball
 - o Tension from front hip to hitting arm (create a rubber band effect)
 - o Reverse “C” position
- Unload: (whips not hammers)
 - o Stay tall and loose
 - o Pull non-hitting arms down and towards front hip
 - o Contact at 11 o'clock (contact surface: big hand)
 - o Rotational forces (think figure skater spinning fast)
 - o Think about other overhead throwing sports