

Attacking

The philosophy behind attacking in sitting volleyball varies from traditional volleyball in that it is not so much about putting the ball to the floor as it is about putting the other team in trouble. Because the court is smaller and there is no time differential that is created when blockers are jumping, it is difficult to score directly off the attack. As a result, a variety of different shots are used to challenge the opposition defenders. These include tips, high shots off the blockers' hands, strategically placed roll-shots, and a speed offense to catch the blockers before they are set up. All techniques, however, start with the following fundamental technique.

- Start by positioning the body 3-4 feet off the net
- Using the bicycle kick movement, and pushing with your arms, slide to the ball after it is set
- Position body so that the ball is slightly behind the hitting hand
- Pull hitting arm back, keeping the elbow high and pointed to the ground. This simulates pulling back on a bow and arrow.
- The non-hitting hand can either be resting on the ground or raised in the air pointing at the ball as the target
- Once in position, with the arm drawn back, swing through the ball, leading with the elbow and snapping the wrist at contact. Aggressively rotate the shoulders and trunk through the contact for additional power generation.

Be conscious to avoid 'lifting' when attacking to gain a higher angle on your opponents. This often occurs when additional pressure is put on the non-hitting arm or legs to prop the body up a little higher. This is an illegal play.

There is no physical, trainable variable such as jumping that can give one player an attacking advantage, so athletes must be smart and creative when attacking. When evaluating attack effectiveness, the focus should be how difficult it was for the opponent to defend.



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