



TIMING YOUR SPIKE

All of these timing suggestions are very general and depend on a number of things, such as your size and speed, the speed and distance of the set, and whether the setter jump-sets or not. You will have to practice to get it just right, but these recommendations will give you a starting point.

- 1. Fours (high outside sets).** The hitter should take the first step after the ball leaves the setter's hands. The taller the attackers (and the longer the strides), the later they start their approach. Depending on the height of the set ball, try to start the approach just after the ball leaves the setter's hands. When hitting, make sure you open up to – that is, turn and face – the setter to increase the spiking torque (speed created by twisting the body). This will also give you more options as to where to place the ball.
- 2. Outside Shoots (quicks that are just above the net).** The attacker should be on his or her second step and should be at the spiking line when the setter touches the ball (called *second-step set*). The attacker should swing high. Once your arms are in the air from the jump, keep them high and swing fast – use this technique on most quicks. This speeds up the attack.
- 3. Lobs between Outside and Middle Hits (quicks or 32 set).** This is a second-step set. Setters must be careful not to lob it too high or too slow in the gap, or it will be easy for the defense to get two blockers there.
- 4. Ones (short, one- to two-foot sets above net).** A slow one is when the attacker should jump when the ball touches the setter's hands. On a quick one the spiker should be in the air when the passed ball gets to the setter. The attacker should go to the setter and jump before they are even with the setter (at least a couple feet away). The attacker should not get too close to the net, as it will be difficult to swing at the ball without hitting the net.
- 5. Twos (slow quicks, between ones and fours).** This is a second-step set usually in the middle of the net. Again the attacker should go to the setter.
- 6. Back Slides.** The second step of the attacker should be even with the setter when the setter touches the ball. This approach is just like that of a basketball layup, going off of the opposite foot of the hand that is hitting.
- 7. Fives (back sets, similar to a two by the antennae).** This is a second-step set. A big key to its effectiveness is to line up with the ball (in front of the hitting arm).
- 8. Tandem.** Combination play of a one and a two. The player hitting the two is slightly behind and off the left shoulder of the one hitter. This is usually hit out of the middle.