

How to Spike

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Hit the ball on the left hand side of the ball

1. Build momentum, arms forward
2. First step is with your left foot, on ball of foot, and knee slightly bent
3. Second step is right foot sideways and should bring right shoulder to where the ball is
4. Third step should close left foot and shoulders parallel to the net
5. Accelerate, Arms Swing Back, Palms Up
6. Step & Close (left foot) to Convert Forward Energy into a Vertical
7. Arms Swing Up with Jump for Increased Vertical
8. Hitting arm in READY position, Left arm Reaching High
9. Use Core Muscles (stomach and hips) and Shoulder Rotation to Transfer Power to the Hit
10. Swing through the ball

You Tube: <http://www.youtube.com/watch?v=FMtUqoxfR50>

Form

Speed

Flexibility

Power

Health

Visualization