

## Hitting Clinic

### Technical Hitting

1. Arm swing off box – double arm lift, high elbow, high reach, wrist snap
2. Jump, hit
3. Close step, Jump, hit
4. Full Approach, hit
5. Work on shots with markers on the floor

\*Do steps 4 and 5 with goals before groups are finished

### Freeball Hitting

1. Teach cues (base, release, pass, transition to hit, attack)
2. Practice without ball (3 hitters)
3. Practice with ball and setter (or coach tossing)
4. Add backrow passers for communication

\*Do steps 3 and 4 with goals before finishing (do not count tape shots as successful attacks)

### Sideout Hitting (separate by position, then bring together)

Middles (teach below without ball first, then add toss to setter, then serve:

1. left front – transition, stage, attack B's, then A's, then slides
2. right front – transition, station, attack 9's, C's, Pushes

Outsides (assuming OH's serve receive and hit):

1. Practice footwork of pass, transition, attack
2. Add ball and repeat
3. Practice all serve receive locations and attack patterns

### Block Transition (practice with 3 hitters at a time)

1. Teach cues (release, block, transition, stage, attack)
2. Practice each block location without ball
3. Defend OH, toss ball in and blockers transition and attack
4. Defend MH, toss ball in and blockers transition and attack
5. Defend RH, toss ball in and blockers transition and attack

### Dig Transition (practice with outsides and right sides separately)

1. Teach cues (base, release, dig, transition, stage, attack)
2. Coach attack from each hitting position
3. Add goals

### Overpass Options

1. Practice sweeps, step off and pass, jump and attack