

## Basic Attacks

Tempo: The speed or trajectory of a particular set, the higher the tempo, the less room for error.

### 1<sup>st</sup> tempo

Set only 2-3 feet above the net at apex. Setter responsible for finding the hitter's window. Hitter responsible for being available to hit with a quick approach.

### 2<sup>nd</sup> tempo

Intermediate set with an apex near the top of the antenna. Used in tandem or "X" plays.

### 3<sup>rd</sup> tempo

Highest set ball in attacks, hitters have time to locate block and find holes. About 4-5 feet above antenna at apex.

## Back Row Attack

This tempo is dictated by the abilities of the players, some may be able to hit the ball with a 2<sup>nd</sup> tempo, most will hit the ball with a 3<sup>rd</sup> tempo. Setter places the ball in order to lead the hitter over the 3 meter line.

### **Communication:**

In the front row attack, the position and tempo of the attack is labeled with numbers, the first number represents the position for the hitter and the second number represents the tempo of the set ball.

In game situations, the signals representing these specific hits are communicated by the setter to the players preparing for the next play. During the action, circumstances may require audible changes, when in most cases, clearly recognizable "pet" names are given to the attacks to communicate the changes quickly.

Front Row Attacks (position and tempo/ signal/audible): Signals Below Chest

**31** = three fingers, index, middle and ring extended = "Three"

**51** = rub thumb, index and middle fingers together = "One"

**71** = flat hand palm down = "Back"

**52** = two fingers, index and middle extended = "Two"

**32** = two fingers, pinky and ring finger extended = "Gap"

**13** = thumbs up = "Hut"

**73** = pinky finger = "Red"

Back Row Attacks: Signals Above Chest

**A** = flat hand to right shoulder = "A"

**C** = flat hand to middle = "Pipe"

**D** = flat hand to left shoulder = "D"

