



Key Notes on 3 step approach (right hander's approach):

- #1: This is the first step with the LEFT foot - notice how arms are now moving forward
- #2-5: These are the RIGHT-LEFT steps number 2 and 3 - arms are thrown back on step 2 (fig. #3). Feet are planted underneath shoulders.
- #6-9: Both arms are now thrown upward from alongside the body and are BOTH directly above the head
- #10-13: Hitting arm starts as being cocked behind the head. Left arm is up, then pulled down. Hitting elbow remains HIGH above the shoulder.
- #14: Contact point is high and slightly in front of shoulder. Body is straight, only slightly leaning forward.
- #15-16: Hitting arm comes down the SIDE of the body, NOT in front or across the body.
- #4-14: Body torques (twists) from "open" (45 degrees relative to the net) to "closed" (0 degrees, hips parallel to net)...you can substitute the word "target" for "net" in the previous sentence.

The diagrams do not indicate forward drift while jumping, but from take off to landing the body should only drift a couple feet. Therefore, the more you lean forward, the lower you will hit and the farther you will drift (not good).