Basic Volleyball Footwork for Approaching to Hit

To be a successful volleyball hitter, you need to learn the basic footwork for the volleyball spike approach. To spike a volleyball, you must learn how to approach the net and jump off two feet.

Left-right-left for right-handed hitters, Right-left-right for left-handed hitters.

To be a great attacker, you must first learn the steps for approaching the net to hit.

This footwork is called "the volleyball spike approach."
The goal of the volleyball approach is to get in the best position possible to attack the ball.

When first learning to approach, first start with learning the last 2 steps of the approach. Once the last 2 steps are learned, you can move on to perfecting a 3 step or a 4 step volleyball approach.

Learning the Last 2 Steps of the Volleyball Spike Approach

When first learning to volleyball spike, concentrate on just these last two steps and work on timing the hit.

For a right handed hitter, the last 2 steps are right foot then left foot.

For a left handed hitter, the last 2 steps are left foot then right foot.
Once you’ve mastered the Two Step, Practice the 3 and 4 Step Approaches

Once players get comfortable taking the last two steps, it's much easier to make the progression to the 3 and 4 step volleyball spike approaches.

For a right handed hitter, the 3 step volleyball approach is left foot, right foot, and then left foot.

For a left handed hitter, the 3 step volleyball approach is right foot, left foot, then right foot.
The key to learning any approach is mastering the last two steps

Once you get comfortable with the last two steps, you can master any type of volleyball approach.

For example, to perform the 4 step volleyball spike approach, you're just adding one more step to the beginning of the approach. The rest of the steps are exactly the same.

For a right handed hitter, the 4 step approach is right foot, left foot, right foot, then left foot.

For a left handed hitter, the 4 step approach is left foot, right foot, left foot, then right foot.

Again, all that matters is the last 2 steps.

For instance, you could start your approach at the baseline.

It really doesn't matter where you start. The only thing that matters is getting those last 2 steps right. If you get those last two right, you'll be taking off the ground and jumping the way you want in order to be in good position to hit.
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**Do You Have The Latest Cutting-Edge Volleyball Strength Program?**

- **get strong and athletic** without relying on great genetics and athletic talent...

- **improve first step quickness and stability** that is so important for getting in position to make plays in volleyball...

- **develop hamstring and deceleration strength** so many volleyball players LACK and is ABSOLUTELY CRUCIAL to help prevent ACL and other volleyball related knee injuries...

- **work your neurological system** WAKING UP SLEEPING MUSCLES and training your body to **approach faster and jump higher**...

- **master cutting-edge techniques** that work the **scapula stabilizers**... **key muscles to developing healthy shoulders**...

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