

# Hitter

- 1** When I am the hitter, I am in charge of the team's offense and will perform most of the attack hits.
- 2** I can try to hit the ball from either the back or the front row.
- 3** On offense, I can try to jump up high to spike the ball over the net to try to win the point.
- 4** Attack hits are often called a "spike".
- 5** To spike the ball, I swing my arms back behind my body as I step towards the ball.
- 6** I will jump up high as the ball falls, bringing both hands up above my head.
- 7** As I jump, I can bend one elbow to bring my hitting hand back behind my head.
- 8** I can then, swing my hitting hand forward to strike the ball with the centre of my hand in a high-five motion.
- 9** I can try to follow through with my hitting hand in a downward motion which will help aim the ball down to score.
- 10** It is important to be careful not to touch the net at any point during my spike or landing.
- 11** As well as spiking the ball, I might also be involved in passing the ball to a teammate.
- 12** On defense, I can jump up to try to block the ball from passing over the net.

