

College of Southern Idaho Volleyball

Step Box Hitter Training

1. Footwork First

- a. 2 step foot on box
- b. 2 step rock step
- c. 3 step to box

2. Add Arms

- a. Arms quiet
- b. Lift with both

3. Check for proper rotation

- a. Hips, Shoulders and Wrist
- b. Land on both feet

4. Add Ball

- a. Start with 2 step
- b. Focus on Feet
- c. Hand, Eye and Ball

5. Vary Swings and Contacts

- a. Wrist control
- b. Tip and Roll shots
- c. Tooling Hands