



Hitting – The Rebound

During the hitting phase, the attackers can hit **around the block** or they can **hit at the block**. The rebound is a strategy used by the hitter where they **use the block to keep the ball on their side** of the net to give their team another chance at hitting the ball. This shot can be used with any kind of set.

The Rebound

The rebound consists in **hitting the ball in the block on purpose** with the intention of **recovering the ball** so the team can have another chance at hitting the ball. The rebound is a secondary shot used by an attacker who is **in front of a big block** and does not have a clear scoring option available. The attacker's **teammates need to be involved** in the covering phase of the play in order for the attacker to feel confident using this shot.



Pre-contact phase

- The **approach is the same as a normal attack**. The critical component is for the attacker to keep the ball in front of them as to **see the ball and the blockers** at the moment of contact.

Contact phase

- At the moment of contact, the arm is extended and the **hand is wide open for a flat contact**.
- The hand contacts the **back of the ball and accelerates through the ball**.

Post-contact phase

- The hand and arm **follow through in the direction of the hit**. The shoulders move forward and rotate in the direction of the hit like they would normally since the motion is the **same as a normal hit**.
- The attacker lands on both feet and **quickly backs off the net** to get ready to hit again.



Tips for attackers wanting to use the rebound

- **Hit flat, high and straight** into the block. If the ball is brought down, it is likely to be blocked.
- **Hit the ball hard enough**. Slowing down the arm thinking it will be easier to cover the ball might result in a block because it will make it easier for the blockers to track the ball.
- **Show the blockers you are going to hit really hard**. They will be more likely to have their arms straight and their head down, making it harder to slam the ball down when it hits their hands.
- Have fun. **Experiment by hitting different types of balls** and different areas of the block. Over time, you will find the best way to use the rebound and you will get **your teammates accustomed to your shots**, which is important if you want them to cover the ball.