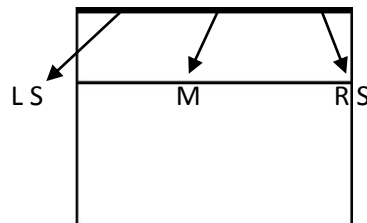


TRANSITIONING

Transitioning means moving from one stage to another. In volleyball it means moving from offense to defense and from defense to offense. When referring to the front-row players, it is usually from defense to offense. More specifically, it is a set number of steps spikers use to move off the net (from a block) to prepare to approach and attack the ball. This is the most important way for players to get available, and it is a major skill attackers need to develop. Remember, the more hitters available, the more attacking options, and the harder it is for the defense to key on one player.

The keys to transitioning:

1. Players should always turn toward the ball when they transition.
2. Keep the ball in sight the whole time it is on your side of the court, even as you transition.
3. The further back the pass is to the setter from the net, the further back you (as an attacker) should be.
4. The deeper in the court the attacker is, the faster the approach should be. Speed is built up, and the vertical is higher.
5. Left-side hitters need to angle out of the court, middles usually angle to the left, and right-side hitters stay about on the sideline (unless they are left-handed, and then they angle out of the court, too).



6. Keep steps low and quick and long. The higher the step, the slower the approach.

Now, how do you transition? Very simply, just about like your approach, only backward, and you have to get turned around to go back to the net at the end. It will speed up the transition (and speed is an important commodity in transitioning) if, as you block, you come down on your outside foot and turn and start the transition with the inside foot (for very strong players only).

Here is a great way to remember how to transition off the net correctly:

Open → Cross → Hop