

# Attacking Training

## Personal Workout:

Focus	Focus	Drill
Armswing	Bow and Arrow Big Hand, Fast Wrist Middle Finger Over The Top Torque	<u>Wall Work</u> Self Toss, Attack off the Ground Self Toss, Attack in the Air Self Toss, Attack off the Ground: cont.  Bonus: Self Toss, Attack Cross Body Self Toss, Attack Wrist Away  *If you have a partner, do all these progressions attacking at a partner
Footwork	Four Step Approach Slow to Fast Small to Big Double Arm Lift (Fast Arms)	<u>Approach Without the Ball</u> Focus 1. Slow to Fast Focus 2. Small to Big Focus 3. Arms: quiet, quiet, back and up  Bonus: Transition Footwork (four on, four off) Block to Attack Footwork  *If you have a partner, add a tosser: approach to catch