

Lang Volley's Optimal Spike Sequence Timing Review Card

Part 1 – Jump Peak Setup + Timing Breakdown:

Jump Peak Setup: – (Hold briefly in mirror/video practice)

- Left arm high. Eyes track the ball. Core engaged & glutes active. Scaps back.
 - Feel pec stretch. Create shoulder tilt. R elbow & arm below shoulder line.
 - Right arm bent, elbow at 90 degrees, thumb down. Don't drop the elbow.
 - Belly button to right antenna. Sternum to sideline. Stay tall. Aligned spine.
 - Body coiled for maximum power. Body in a "C" position in the air.
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1. Left Arm Pull – (0.00s)

- Initiates the movement.
 - Pull your left arm and hand to your heart & across your chest.
 - Triggers core rotation and starts the kinetic chain.
 - Your power switch — start here.
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2. Core & Hip Rotation – (0.01s)

- Obliques and glutes fire to rotate the torso left.
 - The right hip turns forward as the left arm pulls down
 - The core transfers power into the upper body.
 - Turn the hips into the swing. Engine room ignites here.
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3. Right Foot Kick / Drive Down – (0.015s)

- Kick or drive the right leg downward and slightly back.
 - The right foot doesn't move past the left foot. Helps rotate hips & lift chest.
 - Your weight gets stacked over a straight left leg.
 - Adds torque & stabilizes the body in the air.
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Part 2 – Arm Whip, Contact & Follow-Through:

4. Elbow Leads – (0.02s)

- Elbow moves forward before the hand.
- Arm stays bent & loose to build whip-like tension.
- Loads the shoulder and creates elastic force.

5. Shoulder Whip (External Rotation) – (0.025s)

- Shoulder externally rotates as the elbow leads.
 - Like drawing back a whip before snapping it.
 - Adds stretch and prepares the final snap.
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6. Forearm Lag → Snap – (0.03s – 0.035s)

- Forearm lags behind briefly, then whips forward.
 - Generates internal rotation and elbow extension speed.
 - Final explosion of power.
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7. Contact – (0.04s)

- Strike the ball out in front of the right shoulder at full arm extension.
 - Palm slightly forward. Core firm and stable. Wrist & fingers relaxed.
 - Power flows from ground → core → shoulder → hand.
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8. Follow -Through & Landing

- The arm finishes naturally across the body. Right hand to left hip pocket.
 - Core stabilizes. Land soft and balanced on two feet with hips back.
 - Land facing the left antenna. Be ready to transition.
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Learning Keys:

- Left arm pulls → core & hips rotate → right leg drives → elbow leads → arm whips → hand snaps..”
 - Think of this as a wave of force, beginning at the left arm and right hip, passing through the core, and finishing in a fast, fluid whip.
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Key Concepts to Remember:

- Left arm pull triggers the sequence.
- Core rotation is the energy transfer highway.
- Right leg kick adds torque + stability.
- Arm whip = lag → lead → snap.
- Micro-timings matter — train them with rhythm and intent.