# Sports Attack's Wheel Advantage

The Attack machines utilize wheels to propel the volleyball, not air to "launch" or "toss" it. Wheels are by far the most efficient, most used method of providing ball control, spin, speed and trajectory, and are commonly used on baseball, softball, football, and soccer machines.

FUNCTION	SPORTS ATTACK WHEEL-PROPELLED MACHINES	AIR-PROPELLED MACHINES
MACHINE PERFORMANCE	Throwing head pivots easily delivering ball to any location on the court. Spin, speed and tempo can be adjusted instantly between throws.	More difficult to place ball, must move the entire machine to introduce variation. Air propelled arm will not impart a spin on ball.
RELEASE POINT	Realistic - elevates from 5' to well above men's net, over 9' 3".	Pivots up to only 6' (well below both men's and women's net height).
SPEED	Sets to 90 MPH jump serves & everything in between. (Higher release point enables top speeds as ball trajectory does not have to arc to clear net height.)	Sets, tosses and claims "hard" spikes and serves, but no actual speed is stated. (Lower release point requires ball to arc in order to clear net height.)
DURABILITY	Few moving parts, heavy duty welded powder-coated steel frame.	Complicated air pressure system installed in metal frame encapsulated in a plastic shell.
FEEDING & TEMPO	Coach can control tempo by feeding continuously or delaying. No recovery time is ever needed. The speed, angle and spin are instantly controlled by the coach with each serve, set or spike.	Air-propelled machine can be set to toss up to 1100 balls per hour (one ball every 3.28 seconds). However, recovery time is necessary after rapid fire of 8 –10 balls.
BALL USE & WEAR	Design includes specialized throwing wheels that are shaped to grip the ball with even pressure across a wide 4" span to increase velocity and minimize ball wear.	No specific ball required.
DIGGING	Total Attack has a ball release point from above the net, a true downward trajectory at high speeds, providing unmatched spike simulation with realistic reaction time for the ultimate digging drills.	Not capable of delivering a true spike over a regulation net. Spike drill must be performed from same side of net, below net height, severely limiting ball travel distance & player's reaction time.
SERVING	Up to jump serve speeds and release point, breaking top spins and floaters, Total Attack delivers side spins.	No spin limits serve to a simple floater. Low release point requires an arc to clear net & slower speeds to keep in court.
VISIBILITY	Can see the ball from feed to delivery, providing a true sense of timing. True visual timing has to be based on ball movement.	Player's timing must be based on a small light seen from across the court and an unrealistic "buzzer."

"The Total Attack machine has been an invaluable tool for training of our men's volleyball team. At our level, wins and losses are often determined by how well you deal with tough jump serves. Not only do they come at you at 60+ mph, but with spins that make the ball curve left or right. The Total Attack Machine is our answer. With its advanced head, we are able to give our passers a lot of different looks. We use it several times a week to give our players the reps that they need without wearing out their arms."

"A terrific product!"

John Kosty

Stanford University, Head Men's Volleyball Coach





SPORTS ATTACK Volleyball Machines

# Precise Repetition Training.

The Total Attack volleyball machine delivers thousands of reps in daily practices of serve receiving, digging and spiking. With 3 extra-wide wheels, accuracy and repeatability are assured in every drill.

## **TOTAL ATTACK FEATURES**

- Precise Repetition Training: This three-wheeled Total Attack volleyball machine was designed under the direction of top international and collegiate coaches to provide sidespin and increased power to match the highest level of play. It will deliver thousands of reps in daily practice of serve receiving, digging and spiking. With three extra-wide throwing wheels, accuracy and repeatability are assured in every drill.
- Serving: A full range of spins is provided by all machines, throwing both sharp topspins and breaking floaters to simulate match situations. The 3-wheel Total Attack will provide the hard-to-replicate side spin serve. The machines can also be easily rolled along the serving baseline, changing the angle of serves. The Total Attack provides a realistic serve release point and can deliver a jump serve at international level speeds and quality.
- **Spiking:** The Total Attack provides actual angles from over the net and top speeds to make real game conditions a part of every digging drill.
- Setting: Rapid reps with varying intervals will meet the requirements of any setting drill. Accurate and consistent soft sets with no spin are provided at any angle and height. The Total Attack can be set to release the ball from a realistic height, not unrealistically from floor level like some competitive units.
- Horizontal throwing head movement allows the coach to point in any direction, working straight on, in the seams or to an individual's weak side to really extend any player's range. Vertical movement coupled with the horizontal movement, means the coach can instantly throw the ball to any point on the court, creating game situations & challenging the players to perform in progressively more difficult circumstances.
- Portability: Large locking casters provide instant mobility on the court and stability during use.
- Storage: The Total Attack fits through any standard door for safe storage. The throwing head can be removed, allowing storage of the frame in the open gym. A machine cover is available separately and is used to protect and secure during storage.
- The Total Attack can be safely operated by any assistant coach, player, student or parent. This frees the coach to be by the receiving players to teach proper mechanics effectively. No more yelling across the court.
- Thousands of college, high school, club and international teams rely on the Total Attack to deliver thousands of reps in daily practice of jump serve receiving, digging, and spiking.



**Vertical Control** 

TOTAL ATTACK

lowers and raises trajectory of the ball

## Location Handle

place the ball instantly to any location on

Quickly dial locations for top spin/jump serve, floaters, power spike,

### **Control Panel**

Speed dials allow operator to select speed, spin, or no-spin floaters

Total Attack shown in setting position

# Sports Attack's Exceptional Training Machine Quality

The Total Attack platform has a 16-gauge diamond plate, non-slip surface for sure-footing and safety during use.

The frame of the Total Attack is powder-coated, rust-resistant steel tubing for extreme durability.

The extra-wide base assures real stability. As the throwing head is raised, it moves towards center of gravity, further insuring stability. Three powerful variable speed motors directly drive indestructible 4" wide ball throwing wheels. Rapid recovery provides rapid repetition, no waiting for air-powered launch system to recover.