

Attack

Make yourself available for the setter

Situations:

When things are perfect everything is great – pass to position 2-3

Setter to close to hitter: (trajectory of ball is shorter)

Middle Players – maintain same distance

Upto a point – front or back

OH – approach timing changes – as a middle hitter

Setter to far from hitter: (trajectory of ball is longer)

Middle Players – maintain same distance

OH – come inside?

Setter is Off the Net:

Hitters must open body to setter

Transition steps – prior to spike approach – same as setter

Therefore, if setter is 2 steps from net so are hitters?

Bad Pass – setter must set with forearm pass

Hitters delay

Jump set – trajectory is shorter and faster – hitter approach is faster.

SET LOCATION – review numbers (1-7, 1-9)

Bad Set – set is off the net – encourage to jump anyway – 2 step take off – increase angles

Hitters – Level 1 covered right handed hitter from the LS - What about the right handed hitter on the RS? Turning to face the setter waiting for ball – lose 50% of the hitting angle.

Initial **transition foot on the inside, not too much outside**

Could we teach step approach?

Middle Quick Attack – snapping action - FAST.

HITTING ANGLES – Solid contact and control no trick shots

shoulders - must teach 2 shots – cross court and line. What does this mean? Cross court – any angle significantly different than 90 degrees.
Line is 90 degrees

Hitting different part of the ball –

Cross court – thumb is down

Line – thumb is up

High off the hands

TIP – changes the rhythm

Shoulders – Middle hitters finish parallel to the net hit to position 1 and 5

OH hitters finish facing setter

If not ROTATING too early

Transition steps to fake the opponent. –

OH hitters starts inside and then moves outside.

Middle fakes one way goes the other?

IMPORTANT TO TEACH TO PROPERLY EXECUTE FIRST SKILL BEFORE MOVING TO NEXT SKILL - pass first, defense first.

BLOCK

Most difficult skill

- Goal
1. stop hard spikes
 2. backrow can play defense

ONLY BLOCK WHEN AN OPPOSING TEAM CAN HIT HARDER THAN YOU
TEAM CAN CONTROL IT IN THE BACK ROW!

REVIEW

- Rigid hands
- Front the hitter
- Eyes open
- Surround the ball
- Jump straight
- Direct to the middle of the floor

READING CUES

Ball – Setter – Ball – Hitter

Ball – quality of the pass

Setter tendencies – hands up, back arched

Ball trajectory

Hitter tendency

Balls close to net – should be blocked by defensive block

Balls away from net – harder to block – should take away an area and let back row play

DELAY , jump after the hitter – better to block on way up then on way down.

TACTICS

- Primary Responsibility
- Secondary Responsibility

2 person block - OH blocker responsible for timing of the block
can form 2 person block if setter is in front row

Middle blocker – short steps – side step
Longer step – cross over

Maintain stability

Block first tempo balls – no maximum jump
Arms are up and extended

1 person block – take away an area – or primary hitting zone

2 ways – “give and take away”
move hands in the air.

BLOCKING TYPES

1. Attack Block
2. Deflection Block
3. Zone Block – especially for back row.