Coach's Clinic

for Intermediate

Players

August 7, 2013
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Sponsored by Red Rock Volleyball Club

Introduction

- **Meet each other**
  - Name, Level, School, City

- **Objectives**
  - Learn something useful
  - Challenge "conventional wisdom"
  - Look at coaching volleyball in a different, hopefully "better" way
  - Build Community
    - Be a resource to each other
  - Make a better clinic

"Controlled Chaos"

- This clinic is about:
  - How to coach the game in a way that helps you to rapidly improve your team's performance without radically upgrading your team's skill

- We don't cover ball handling basics
  - You can find the details in the prior seminar for Middle School Coaches which is designed for novice players

8/8/13

About Volleyball

- You picked the hardest sport to teach young people

- The basic sport is very difficult
  - It's the only team sport where the ball must be in the air to be alive
  - In soccer if you do nothing, the game is still going

- Although our goal is to terminate the rally, at our level of play if you can't sustain a rally, you will learn very little

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The Process

1. Understand YOUR GAME

2. Rank your players' skill levels

3. Design a system to maximize your team's performance

4. Build from the floor up

5. Be efficient

6. Stat, Review, Modify
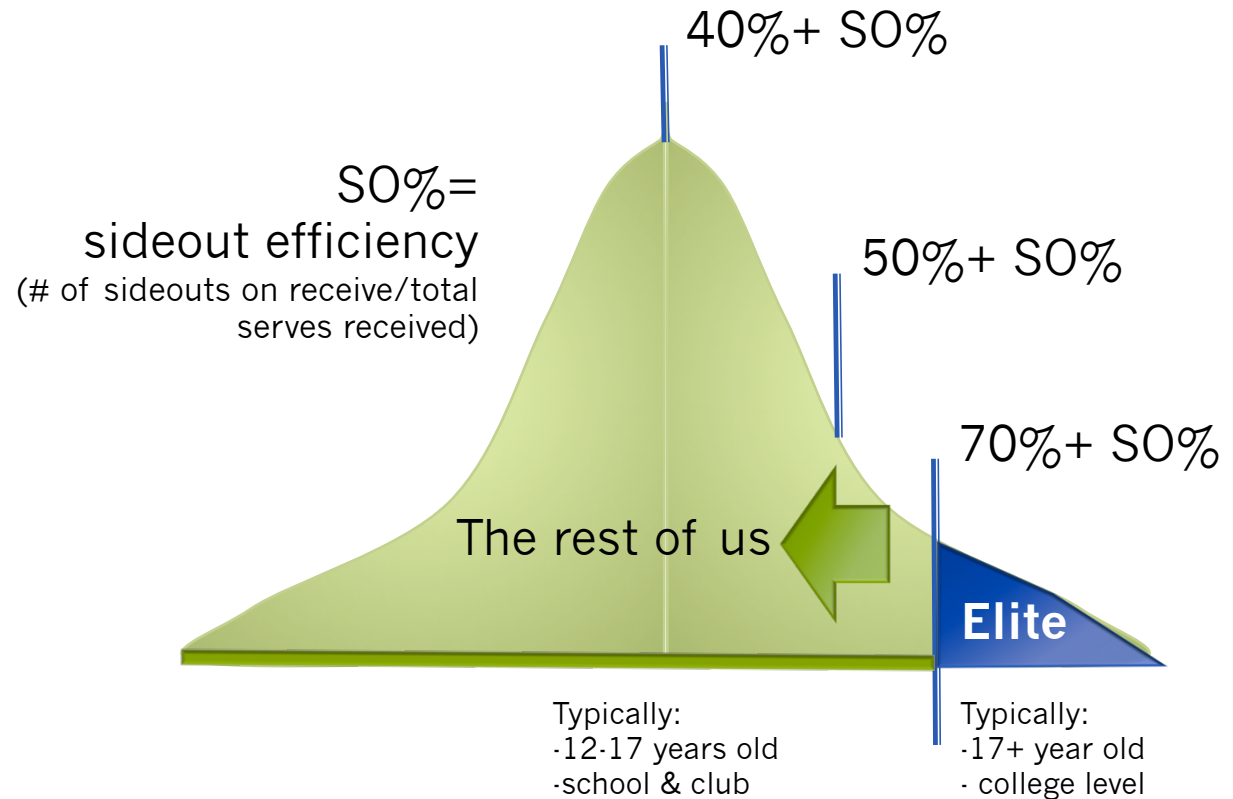
What Game Are You Playing?

9:20 – 10:20

- Is it Division 1 Volleyball – 70% sideout efficiency?

- What is your sideout efficiency?

- What is "sideout efficiency"?

- Stanford vs Penn St. 2008
  - http://www.youtube.com/watch?v=aTUqE6tfSWs

- Juniors
  - http://www.youtube.com/watch?v=gZE1FRqrXnA&feature=related

The "Normal" Curve (educated guess)
Skill level tracks roughly with age

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40%+ SO%

SO%=
sideout efficiency
(# of sideouts on receive/total
serves received)

50%+ SO%

70%+ SO%

The rest of us

Elite

Typically:
·12-17 years old
·school & club

Typically:
·17+ year old
· college level

SO WHAT?

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We play mostly "out-of-system" volleyball

- In-System = you can run the quick middle, you have a perfect pass

- Out-of-System = pass is not perfect, can't run quick middle

- Example:
  - My 2011 club area team finished 99th out of 182 16U teams at President's Day Tournament.
  - Our SO% <40%
  - We make a perfect pass on serve receive <5% of the time

My Team's Serve Receive "Scatter*" Chart

1. **YOUR GAME**
2. Players' skill levels
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- 20 passes per game

- 5% · "3" Perfect = 1 pass

- 45% · "2" Settable = 9 passes

- 30% · "1" Free Ball return = 6 passes

- 20% · "0" Error, no return = 4 passes
  - 1·2 balls go over the net

- Note – Most of the passes land behind the 10 ft line

*Pun intended

"3" Perfect Pass

"2" – Settable Pass

"1" – Free Ball Return to Opponent

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How much of your practice do you **deliberately drill** your players to:

- Bump the ball over her head to a spot behind her?

- Set from behind the 10ft line?

- Hit from behind the 10ft line? (A front row hitter, not a back row hitter)

- Chase balls that are off the court?

- Return the 3rd ball (3rd contact on your side) from either deep or outside your court to the opponent's court?
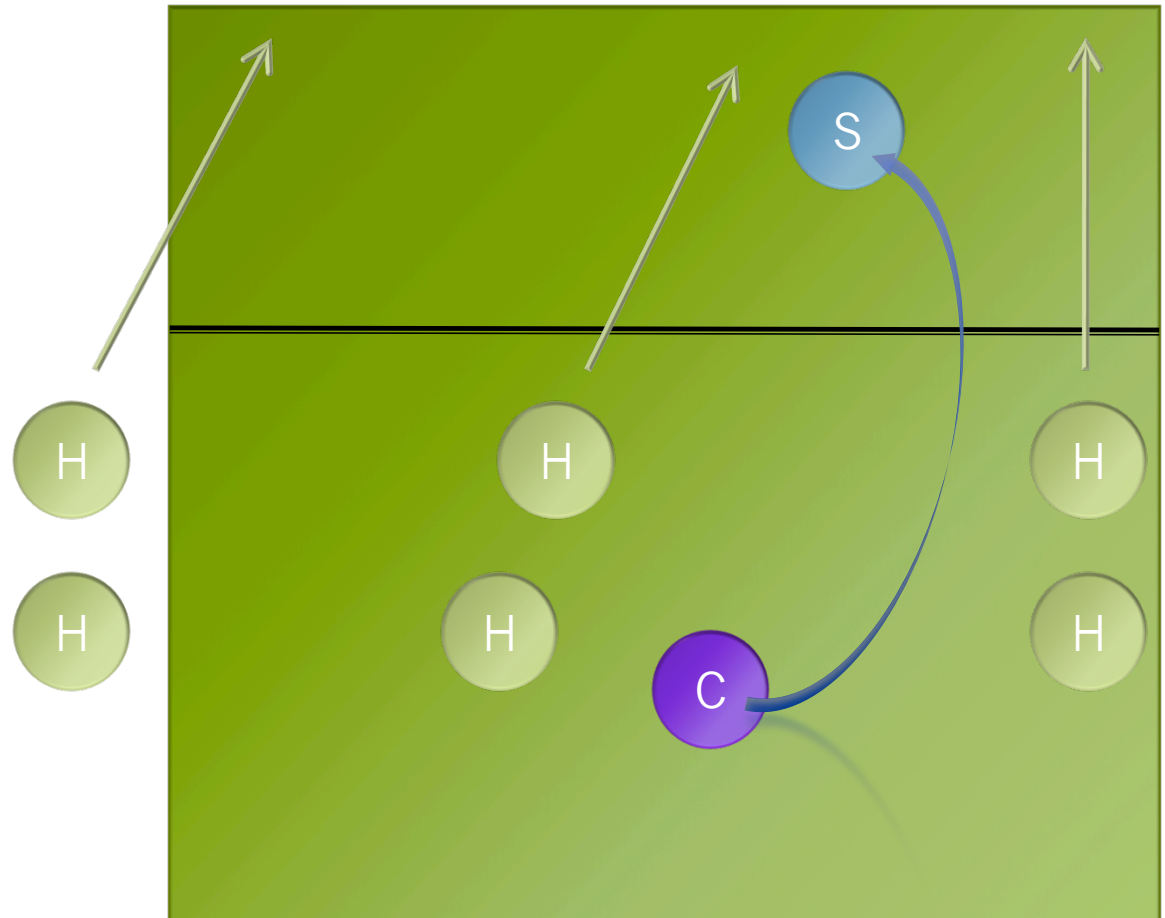
- My guess is – almost zero

Typical Hitting Drill

1. **YOUR GAME**
2. Players' skill levels
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- Coach tosses near perfect pass to setter

- Setter moves one step and sets to the hitters

- Is this "game like"?

What is "Game Like"?

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- I'm guilty of using the same hitting drill.

- Since less than 5% of the passes are perfect, why do I use this drill?
  - I want a "controlled" drill where hitters and setters can get "nice, clean" repetitions

- But "Game Like" doesn't look much like this

- Think of the rally as *"Controlled Chaos"*

Drill Break

- Let's do some volleyball!

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Drill Methods

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- Have a scoring structure
  - Provides clear objectives

- Write it down – whiteboard or clipboard (Competitive Cauldron)
  - Makes a permanent "grade" – incentive to focus
  - Tracks progress
  - Helps rank players

- Have a penalty as an "incentive" to focus if scoring alone is not enough motivation

- Encourage players to talk about how to do better, how to "game" the drill.   Then do the drill with these improvements. Teach your players to "think" about the drills

- **Remember, if you haven't practiced it, it's not likely to happen during a match**

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Some Chaotic Drills or "Games"

- These are just a few examples to trigger your imagination.
    - 180 shuttle
    - 3 Down
    - Deep "2"
    - 5x5 sets
    - "2nd-ball" toss-ins

- We will do some of these now and some later

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Quick Warm Up – 5 min

- Shuttle

- Shuttle with "mine" and count

- Shuttle over the net

- "In-a-row" competition

180 Shuttle

1. **YOUR GAME**
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Objectives

- Learn to bump the ball over your head accurately

- Learn to shuffle your feet in small, quick increments to be properly aligned with the ball

Process

- 4-6 players in each group, half on each side of the net
- Player tosses ball over the net to receiver
- Receiver bumps ball up about 10ft, then pivots 180 degrees and bumps ball over the net
- Next player repeats bump and 180 bump
- Scoring:
  - Count bumps over the net in-a-row
  - 1 minute
  - Losing group does a penalty

180 Shuttle

- Player tosses ball over the net
- Passer bumps ball straight up, rotates 180 degrees
- Bumps ball over the net to next passer
- Passer switches side

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Pass

1

2

3

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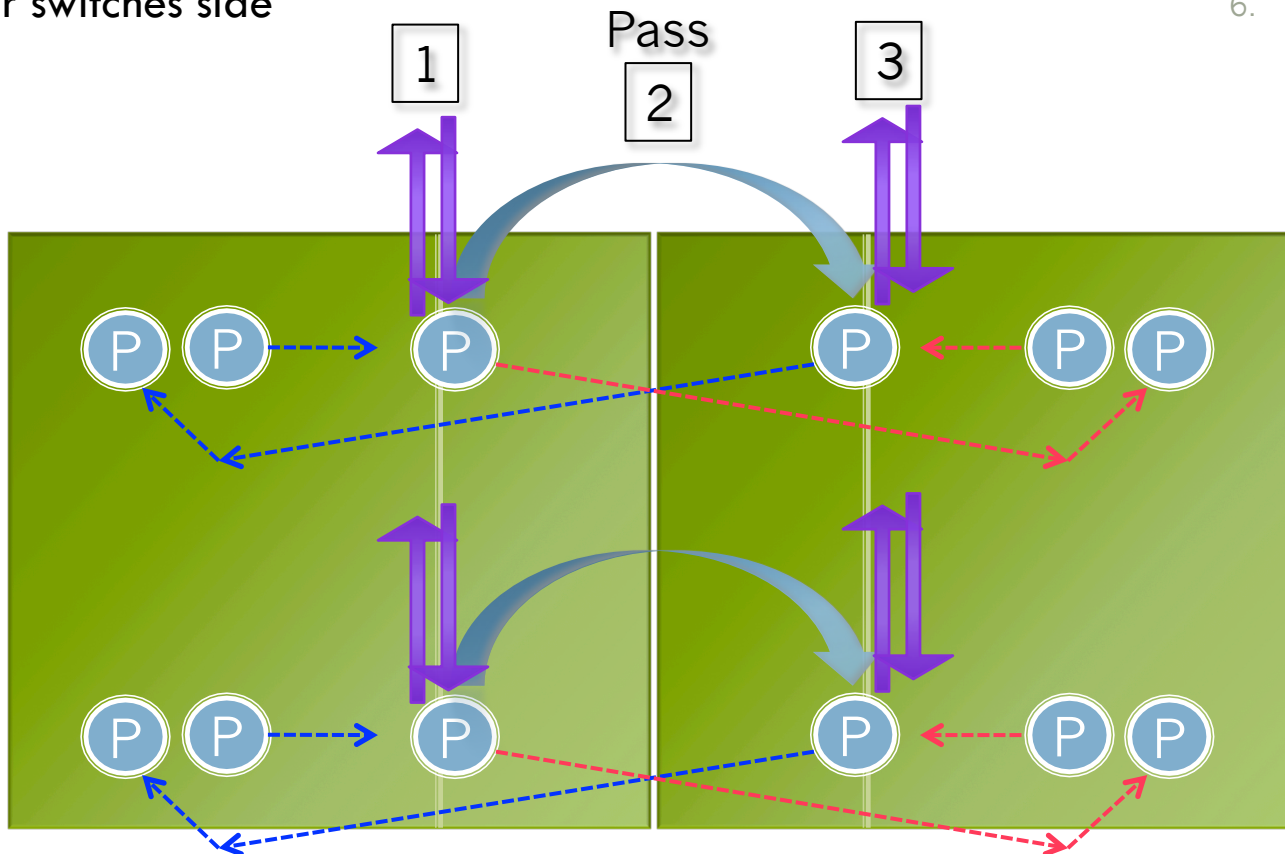
180 Shuttle

1. **YOUR GAME**
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Refinements

Variations

- Team communicates to get each player ready, call out to next passer

- Players switch sides

- Player bump the first ball over facing away from the net – this is hard but you can see dramatic improvement in this skill pretty quickly

- 1 on 1 bump and 180

- Scoring
  - Same : In-a-row count over a fixed time interval

3-Down

1. **YOUR GAME**
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Objectives

- Learn to turn deep court balls into offensive plays

- Turn a chaotic situation into a controlled play

- Practice what happens a lot during a real game

- Be smart and communicate

Process

- 3 players face down on floor at end line

- Coach at net bounces ball

- Players get up and each player must touch the ball

- Goal is to jump and hit the 3rd contact into the opposing court

- Scoring:
  - -1: error – penalty: bear crawl, half court
  - 0: ball in court
  - +1: jump and hit into court
  - Stat drill - have girls write down their scores, you may be surprised who your best all-around player is

3 Down Drill

- 3 players lie down at endline
- Coach bounces ball
- Players get up and try to pass, set and hit the ball into other court
- All players must touch the ball

White Board

5 Score

6 Shag

4 Hit

P --> P

Set 3

1 Bounce

C

P --> P

Pass 2

P --> P
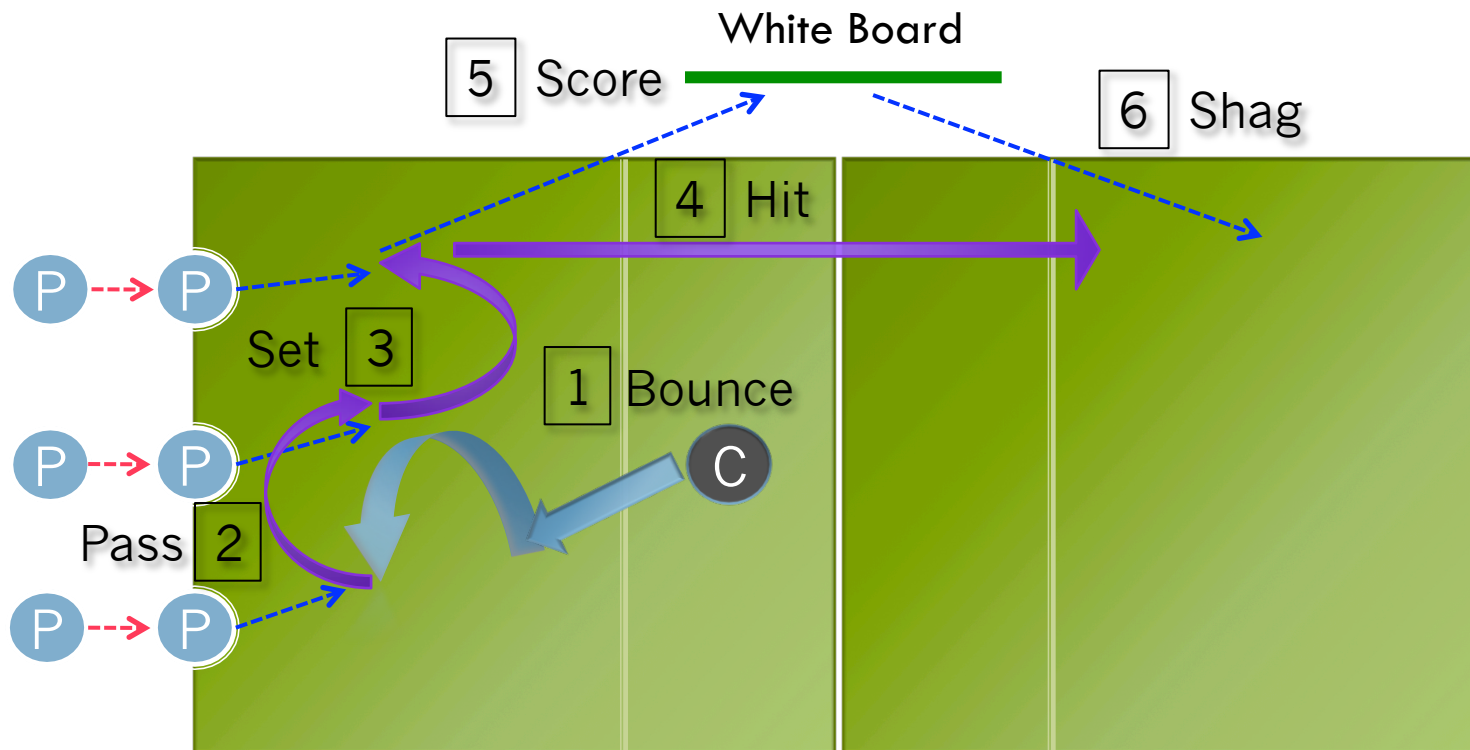
3-Down– cont.

1. **YOUR GAME**
2. Players' skill levels
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Refinements

- If all right-handed, players should attempt to set from the right to get an "on-hand" hit

  - If first ball goes to left side or middle player, she should pass to the far right player, then the set will come from the right of the hitter

  - If the first ball goes to the right side player, she should pass to the middle player who will set the left side player

  - This small tactical adjustment can significantly decrease hitting errors

    - Eg: if the right side player gets a set that is to her left, she will likely hit the ball out or into the net

Variations

- Throw the ball over the players and make them chase it down

- Mark off zone 1 and give 1 point if you bump it into this area, 2 points if you hit it. Learn to force the opposing setter to take the first ball. Force them into an "out of system" situation

Deep "2"

Objectives

- Hit from deep in the court

- Have everyone learn how to set

- Learn to make an easy set and a fairly easy hit

Process

- 2 players – 1 hitter, 1 setter

- Setup behind mid court

- Hitter tosses ball to setter, setter sets a "2" height set back to hitter

- Hitter jumps and hits over net

- Setter shags ball, hitter become setter

- Can setup 2 groups: 1 left , 1 right half of court

- Scoring – same as 3-Down Drill

Deep "2"

- 2 lines, one on left half and one right half of court
- 2 players, setter stands at 20ft line, hitter at endline
- Hitter tosses to setter, setter sets a "2" height set
- Hitter hits into other court, hitter becomes setter
- Setter shags

1. **YOUR GAME**
2. Players' skill levels
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4. Build from the floor
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6. Stat, Review, Modify

Score 4 White Board

5 Shag

3 Hit

2 Set

P --> P

Pass 1

S

P --> P

S

8/8/13
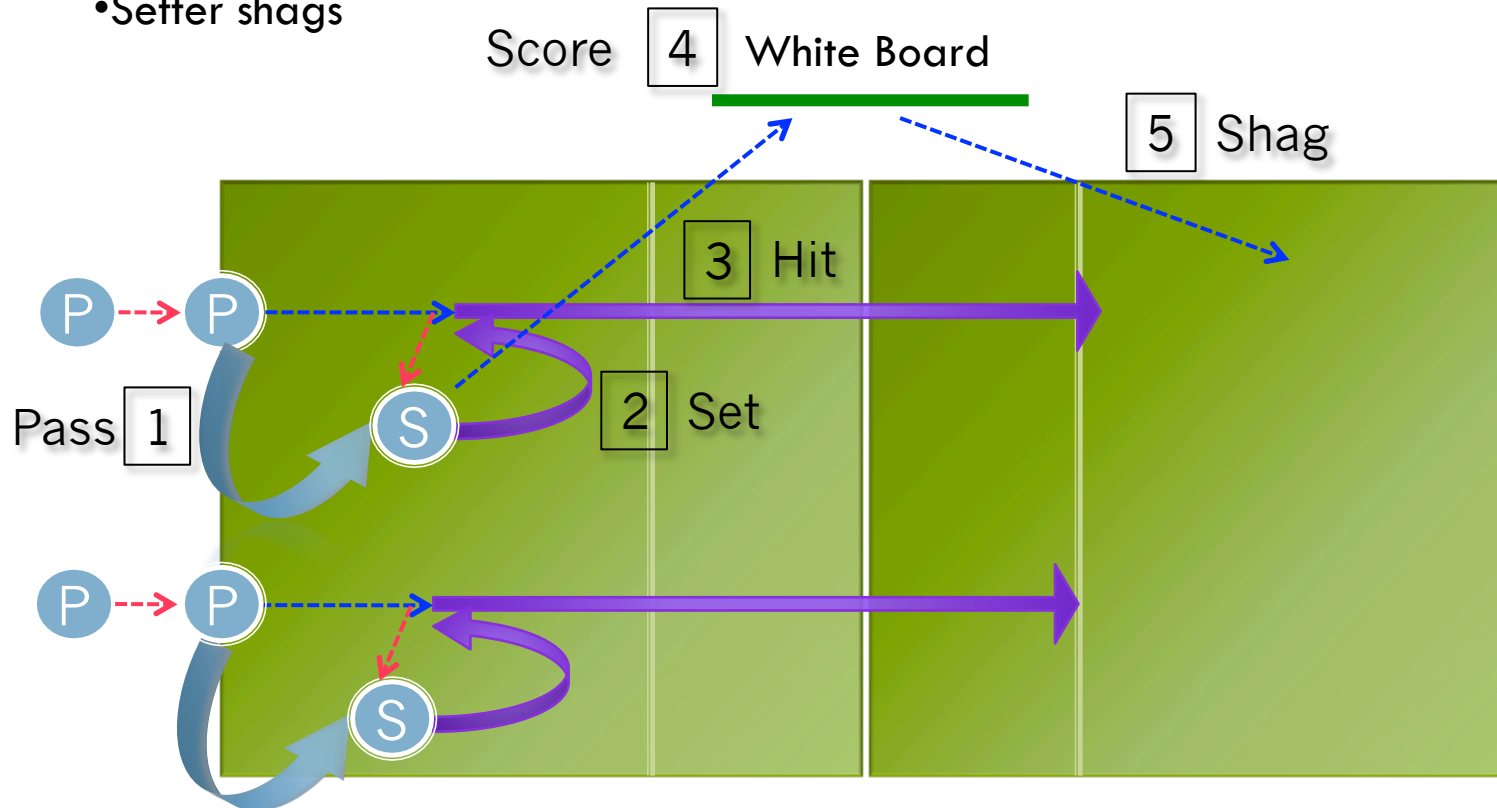
5x5 Sets

1. **YOUR GAME**
2. Players' skill levels
3. Design a system
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5. Be efficient
6. Stat, Review, Modify

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Objectives

- Teach setters (and others) to set a high set to 5x5 – 5ft off the net, 5ft in from the left sideline when the pass is not perfect

- Avoid trying to make a perfect set that ends up in the net

- Let the hitters do the work but give them enough time (height) and room (off the net, inside the court)
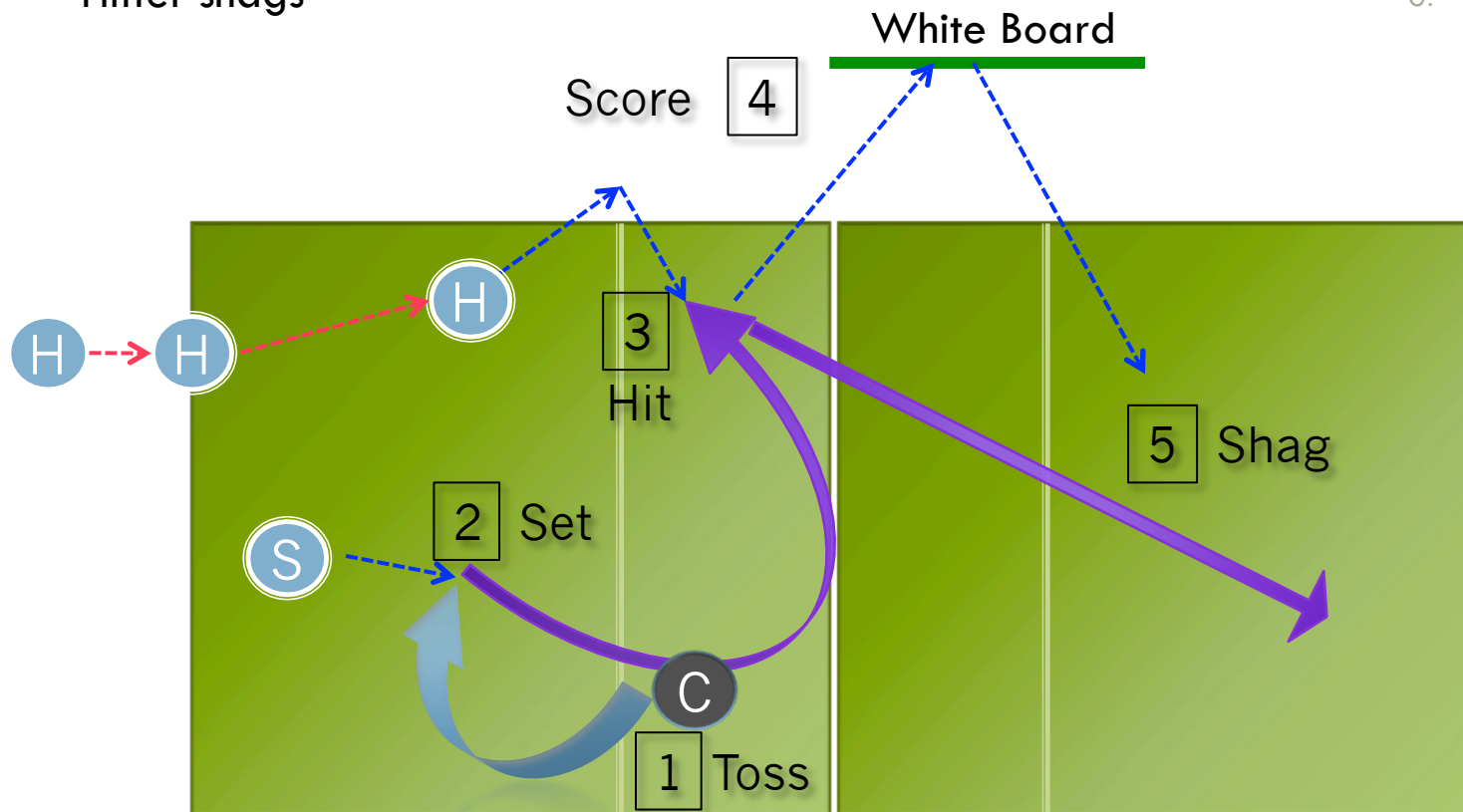
Process

- Coach tosses ball to a spot behind mid court

- Setter chases ball and sets to 5x5

- Outside hitter spikes the set

- Scoring
  - Setters
    - Count how many good sets out of total attempts
    - Compare setters
  - Hitters
    - Same as 3 Down Drill

5x5 Set

- Coach tosses ball behind mid-court
- Setter sets 5x5 to left side
- Hitter hits into other court
- Hitter shags

White Board

Score | 4

H - - > H

H

3
Hit

Score 4

2 | Set

S

5 | Shag

C

1 | Toss

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"2nd Ball" Toss In

1. **YOUR GAME**
2. Players' skill levels
3. Design a system
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Objectives

- Learn to turn a poor pass into offense

- Learn what do to in specific locations with specific players

- Teach creativity and spontaneity

- Get faster at transitioning from defense to offense

Process

- Setup 2 teams (or at least a full team on the side receiving the ball)

- Coach calls "2nd Ball!" and tosses ball into the court anywhere, high or low

- Players must turn this toss into offense

- Play out the rally

- Scoring:
  - Many options
    - Play out the point and have a mini – game to 10 points
    - Add bonus points for turning the 2nd ball into jump spike

"2ⁿᵈ Ball" Toss In

- Coach tosses a "2ⁿᵈ Ball" – only 2 contacts left
- Player closest needs to create offense, sets the nearest player
- Final player tries to jump and hit the ball from deep court
- Play out the rally

1. **YOUR GAME**
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Hit 3

H

2 Set

L

S

C 1 Toss
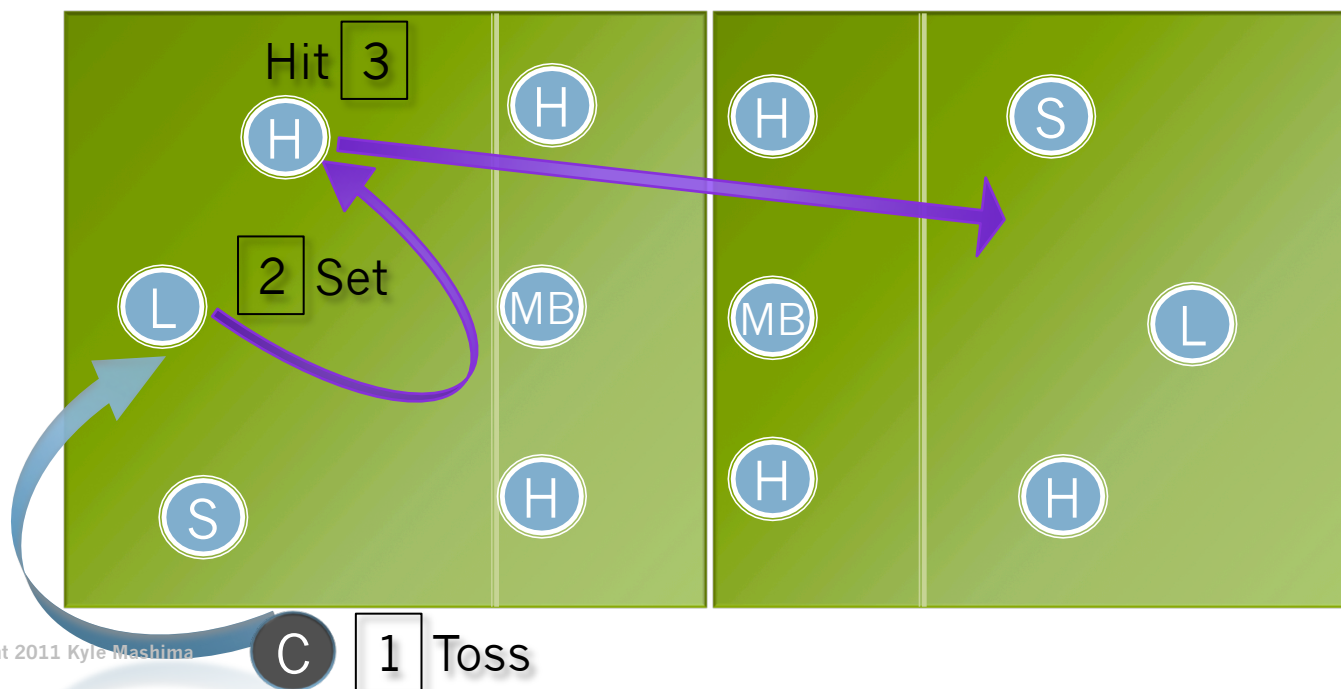
"2nd Ball" Toss In

1. **YOUR GAME**
2. Players' skill levels
3. Design a system
4. Build from the floor
5. Be efficient
6. Stat, Review, Modify

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Refinements

- Toss the ball to specific areas where the team or players are weak, where you've seen issues during games

- Add scoring incentives for doing specific actions like:
  - 5x5 set, quick over the middle
  - Bumping the 3rd ball deep into opponent's zone 1

Variations

- You can call "1st ball" or "3rd ball" to start the play from any place you think appropriate

- Think about what has happened in your matches and the errors that have occurred. Where is your team weak?

Rank Your Players' Skill Levels

- **Why?**
  - To determine who will play what position
  - Decide on the system you will use
  - Determine what you need to practice

- **How?**
  - Guess
  - Take stats
  - Build a table

Ranking Table Example

1. YOUR GAME
2. **Players' skill levels**
3. Design a system
4. Build from the floor
5. Be efficient
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Player	Role	Serve	Pass	Hit	Set	Block	Dig	Other
Allie		**A**	**B+**	**A**	C	A	B+	
Cassy		**A-**	**B+**	**B**	**B+**	B	B+	
Meg		B	B-	**B**	C	B+	B-	
Beth		B+	C	**B+**	C	A	C	Lefty
Sally		B+	C	**B+**	C	A	C	Tall
Sue		C	C	**B+**	C	A	C	Tall
Liz		**A**	B	C	**A**	C+	B+	
Grace		B+	**A**	C	B+	C	A+	
Cindy		B+	**A-**	C	B	C	A	

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How to Grade

- Grade on a "curve" · the player best at a skill gets an A

- It doesn't matter that they may not be as good as their opponent

- You need to know who is best at each skill so that you understand your options

- You may "guess" initially but you should begin to gather stats so that you can make more accurate decisions

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Roles and Basic Attributes

- Libero
  - Best serve receiver on team
  - One of the best diggers

- Setter
  - Good hands
  - Fast feet

- Outside Hitter
  - Good arm swing and hand contact
  - Ability to time high sets
  - Good ball handling skills

- Middle Blocker
  - Can get above and (preferably) across the net
  - Can judge the location of a high ball as it comes to the net

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A Word About Stats

- USA Volleyball, Gold Medal Squared and the AVCA recommend that you use STATS to drive your decision making

- Why? Read "Moneyball"
  - "... Some coaches believed they could judge a player's performance simply by watching it. In this they were deeply mistaken..."
  - *These are Major League Baseball coaches making multi-million dollar decisions – INCORRECTLY*
  - **What are you doing?**

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A Word About Stats (cont)

- Girl's will hate it – until they understand the benefits (and still hate it)
    - Provides objective ranking rather than "coach likes her more than me"
    - Makes it clear what you are doing well and what you need to improve
    - Players can see small incremental improvement and progress

- Issues
    - Need to create a positive, supportive environment
    - "Errors" are just data not that you are a bad person

Simple Serve and Receive Stat Drill

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- These are the 2 most critical stats you need

- **Serves** control your opponent (particularly one that is better than you)

- **Receive** (serve receive) starts your offense – can't pass, can't sideout, won't get to serve back

- Most teams DON'T practice either skill enough

Simple Serve and Receive Stat Drill - Scoring

1. YOUR GAME
2. **Players' skill levels**
3. Design a system
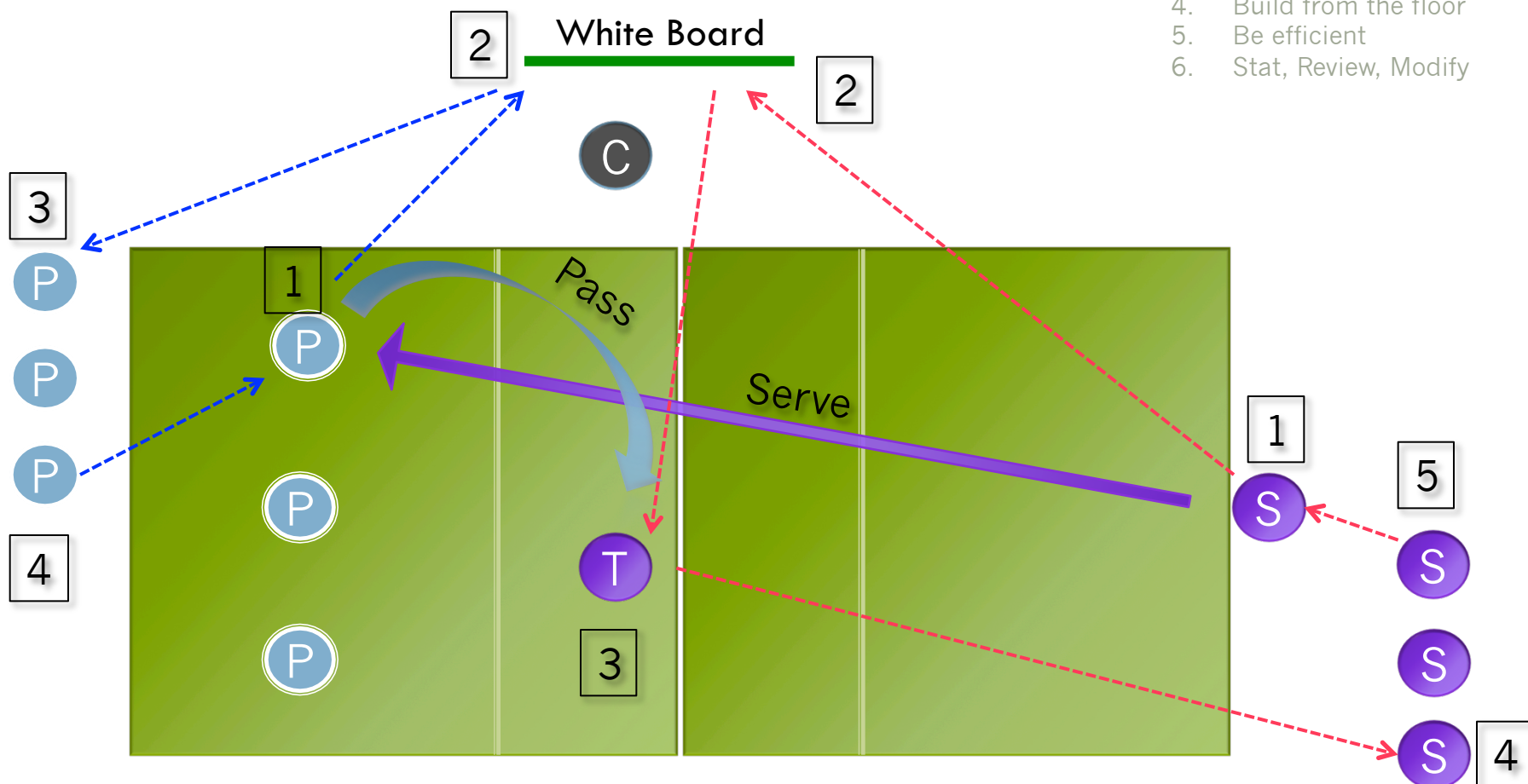4. Build from the floor
5. Be efficient
6. Stat, Review, Modify

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SERVE

- 0 – Error

- 1 – Opponent Perfect Pass – can run middle quick

- 2 – Opponent can set outsides

- 3 – Free ball return

- 4 – Ace, no return

RECEIVE

- 3 – Perfect Pass – can run middle quick

- 2 – Can set outside hitters

- 1 – Free ball return

- 0 – no return

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The Drill

- Warm Up
  - Easy serves from near mid court
  - 3 receivers, target, server
  - Cones for Perfect Pass Zone
  - Target shags ball, Server becomes target, Receiver goes to serving line or back to receiving line

- Real Drill
  - Full serve
  - Scoring, Stats
  - Additional Rules on Aces
  - Penalty for Errors

Serve and Receive Stat Drill

- After serve, Coach signals serve and pass rating with fingers
- Passer and Server write their scores on white board

2 **White Board** 2

C

3

1 P

P

P Pass

P Serve

4 P

T

3

1 S

5 S

S

S 4

Calculating the Rating

- "Weighted Average"
  - Serve Max = 4.00, Receive Max =3.00

- What's a good number? It depends.

- Build a table on a whiteboard with 10 columns

- Enter the value of each receive/serve

- Add the up and divide by 10

- Takes about 30 mins for 12 players

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Player Receive	1	2	3	4	5	6	7	8	9	10	Total	Ave	Error %
Sally	1	2	3	2	2	1	0	3	2	2	18	1.80	10%
Megan	2	2	2	1	0	3	3	3	2	0	18	1.80	20%

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Note on Serve/Receive Drill

- Using a whiteboard and having the score public is very helpful

  - It increases the intensity and focus of play since players are being "graded"

- When players start to argue with you about the score, that's a good thing. They are engaged.

- Be kind to your players and remind them that a low score is not a character flaw

- Encourage and celebrate effort, even if the pass is not great

Design a System for Your Team

- What's the best system for your team?

- Remember – never use a system you don't have the skills to execute

- Learn Rotation Optimization

- Case Study

- Using Rotate 123 to automate the Rotation and Lineup Optimization process

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What is the best system for your team?

- What is your objective?
    - Win
    - Be competitive
    - Learn volleyball
    - Have fun

- Don't use a system because that's what everyone else is doing or because that's what they'll play in high school or college

- If the ball doesn't stay in play, you learn nothing!

BIG PASS-SET-HIT vs
little pass-set-hit

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- There are small games inside the larger game

- This applies to Novices as well as Experts

- The game will degrade to the level of control that exists at that instant
  - Remember the 3 Down drill?

- Why play BIG PASS-SET-HIT if you can't pass to the front, can't set to the outside, can't judge a high set?

- If you don't keep the ball in play, you won't learn volleyball

- Volleyball is a hard sport – every contact increases the chance for error

What is "Rotation Optimization"?

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- It is the process of getting the most performance out of your team by selecting the right:
  - Players
  - For the Right Roles
  - In the Right Locations
  - In the Right Formations
  - At the Right TIME

Why Rotation Optimization Matters

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I'm assuming that your league uses "standard" volleyball rotation not one where players enter from a specified location and rotate through.

- You can win more matches, NOW
  - It is difficult to improve skills quickly
  - Players don't always fit nicely into "standardized" roles – for example, we assume that Outside Hitters receive the serve and Middle Blockers do not
  - It is easy to move players into new roles and locations on the court
  - Reducing errors and increasing scoring by putting players in the right spot can gain 2-6 points per set

Why Optimization Is Not Done

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- The work can be very tedious and time consuming

- Moving out of "standard" rotations can be uncomfortable for the coach and players

- Non-standard options aren't always very clear and require some creativity

Key Considerations

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- Need to balance potentially conflicting goals:
  - Best passers on the court in all rotations
  - Best servers in early rotations*
  - Best hitter-setter combos in early rotations*
  - Best defenders on the court at all times
  - Minimize impact of weak players

* In High School & Club you typically only go 9 -10 rotations

Formations

1. YOUR GAME
2. Players' skill levels
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6-6

- 6 setters

- 6 hitters

- Typically sets from middle front

- Consider "little pass-set-hit" in "pods" – groups of 2 adjacent players. Set and hit a "deep 2"

4-2

- 2 setters

- 4 hitters

- Sets from middle front

- I prefer International 4-2 with the setter at right front, because it allows you to put your tall player in the middle to hit and block

5-1

- 1 setter

- 5 hitters

- The most common system used in Intermediate to Advanced play

- Team has one excellent setter

6-2

- 2 setters

- 6 hitters

- Good option when setters are good all-around players who can set, pass and hit

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Receive Formations

- Most common system today is a 3 person receive with the outside hitters and the Libero (who subs for the middle blockers) standing 3 across at about the 20ft line
  - See www.rotate123.com/learn and go to the Formations Concepts Tab

- I don't recommend this formation for novice players as judging the serve is the hardest skill in volleyball and it leaves too much court uncovered.

- For more experienced players this system minimizes communication errors and allows teams to put their Libero in the middle where 60-80% of the serves go.

Formations and Rules

- Go to   www.rotate123.com/learn
  - Click on the Overlap Rules tab
  - Click on the Formations Concepts Tab

- Play the formation
  - The "overlap checker" will show you illegal overlap
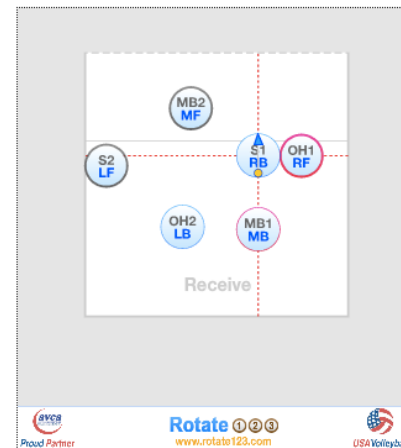
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The Process

- Rank your players in the following order:

1. 5 best passers

2. 3 best setters

3. 4 best outside hitters

4. 3 best middle blockers

5. Best to worst server

Rotate 123 Basics

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- Start a new Game Plan
  - Pick a system – 6-2, 5-1, 4-2

- Enter your roster and initials

- Drag your starters into the slots and initial subs

- Work on your Receive formation

- Look at your Defense

A Case Study –
High School JV Team

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- Optimization using modified standard rotations

- Skill levels are ranked A,B,C,D. Grades are on a curve since you are optimizing just your team.

- Not worrying about serving in order to simplify the case study process (there is no "Serve" column in the player rating table which is a critical skill)

Example – Positions Not Assigned

1. YOUR GAME
2. Players' skill levels
3. **Design a system**
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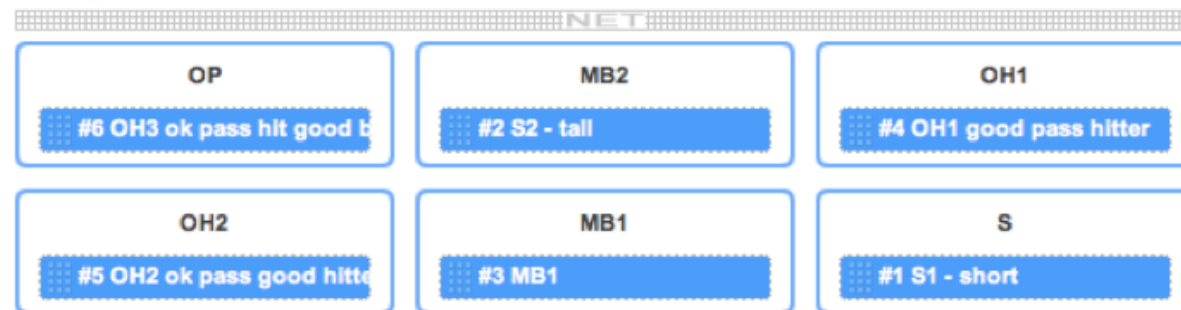| Player	Pass	Hit	Set	Block	Dig	Other
1	**B**	**B**	C	B-	B+	
2	**B-**	**B**	C	B-	B	
3	C	B-	C	B+	C	
4	C	B-	C	B+	C	
5	C	**A**	C	**A**	C	Tall
6	A-	C	**A**	D	A	Short
7	B	**A**	**A**	**A**	B+	Tall
8	**A**	C	B	C	A	
9	**A-**	C	C	C	A	

Example –
Positions Assigned

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2. Players' skill levels
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Player	Pass	Hit	Set	Block	Dig	Other
OH1	**B**	**B**	C	B-	B+	
OH2	**B-**	**B**	C	B-	B	
OH3	C	B-	C	B+	C	
OH4	C	B-	C	B+	C	
MB1	C	**A**	C	**A**	C	Tall
S1	A-	C	**A**	D	A	Short
S2	B	**A**	**A**	**A**	B+	Tall
DS1	**A**	C	B	C	A	
DS2	**A-**	C	C	C	A	

Option 1

1. YOUR GAME
2. Players' skill levels
3. **Design a system**
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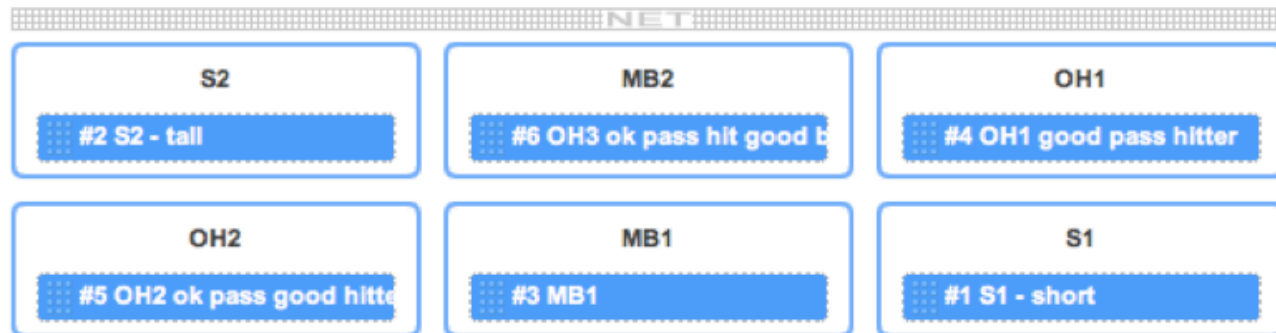| Player	Pass	Hit	Set	Block	Dig	Other	Option 1: 5-1
OH1	**B**	**B**	C	B-	B+		H1
OH2	**B-**	**B**	C	B-	B		H2
OH3	C	B-	C	B+	C		Op
OH4	C	B-	C	B+	C		
MB1	C	**A**	C	**A**	C		MB1
S1	A-	C	**A**	D	A	Short	S
S2	B	**A**	**A**	**A**	B+	Tall	MB2
DS1	**A**	C	B	C	A		Libero
DS2	**A-**	C	C	C	A		DS1

Option 1 – Standard 5-1

1. YOUR GAME
2. Players' skill levels
3. **Design a system**
4. Build from the floor
5. Be efficient
6. Stat, Review, Modify

58

- S1 sets all around

- S2 is MB2

- Libero subs for middles

- DS1 subs for OH2

Starting Positions

OP	MB2	OH1
#6 OH3 ok pass hit good b	#2 S2 - tall	#4 OH1 good pass hitter

OH2	MB1	S
#5 OH2 ok pass good hitte	#3 MB1	#1 S1 - short

Substitutions   Add Libero (0)   Defensive Specialist (2)   Serve Specialist (3)   Attack Specialist (3)

L	#8 Libero good server	for	MB2 (#2 S2 - tall)	in back row	on serve	−
		and	MB1 (#3 MB1)	in back row	on receive	

| DS1 | #9 DS1 good server | for | OH2 (#5 OH2 ok pass g | in back row | on serve | − |

8/8/13

Receive looks good
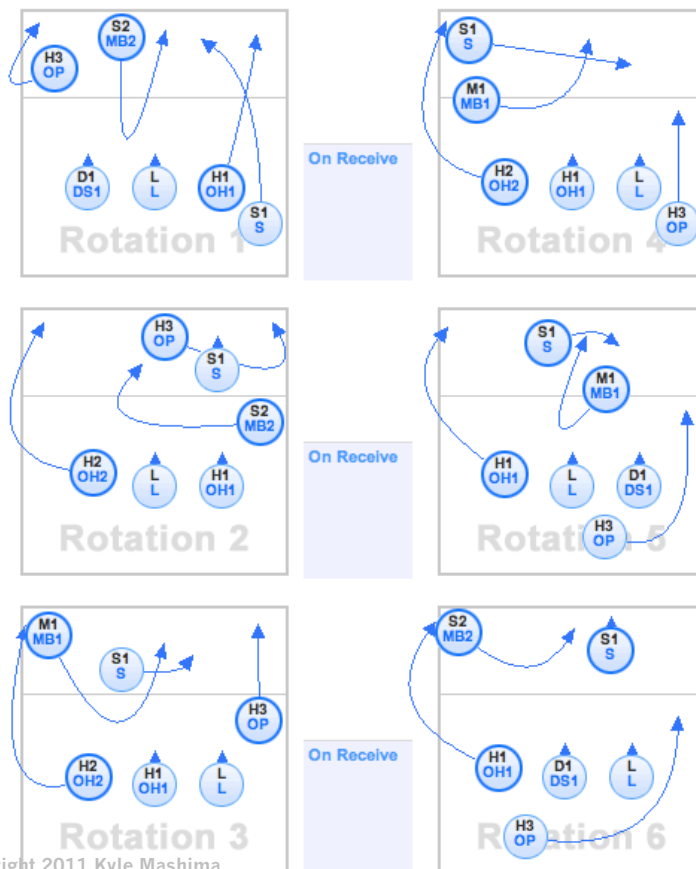
Weak blocking with short setter
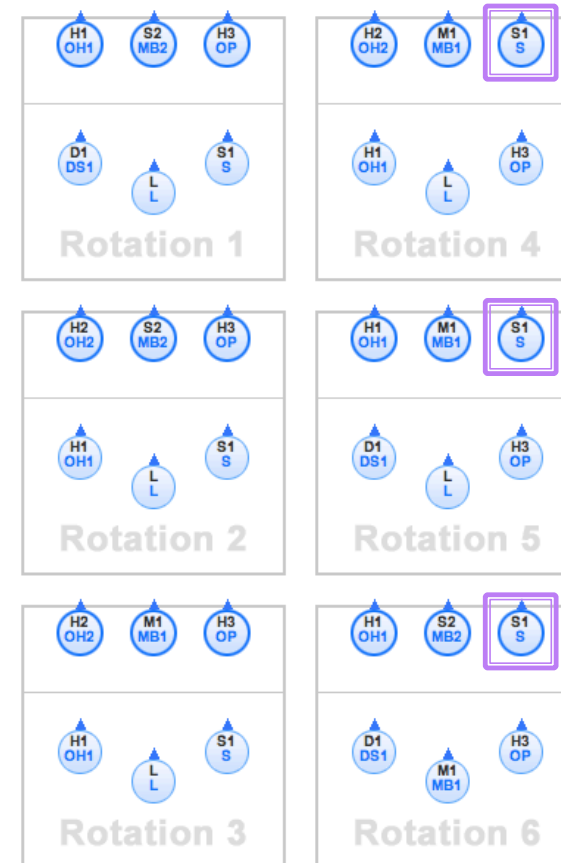
Option 2

1. YOUR GAME
2. Players' skill levels
3. **Design a system**
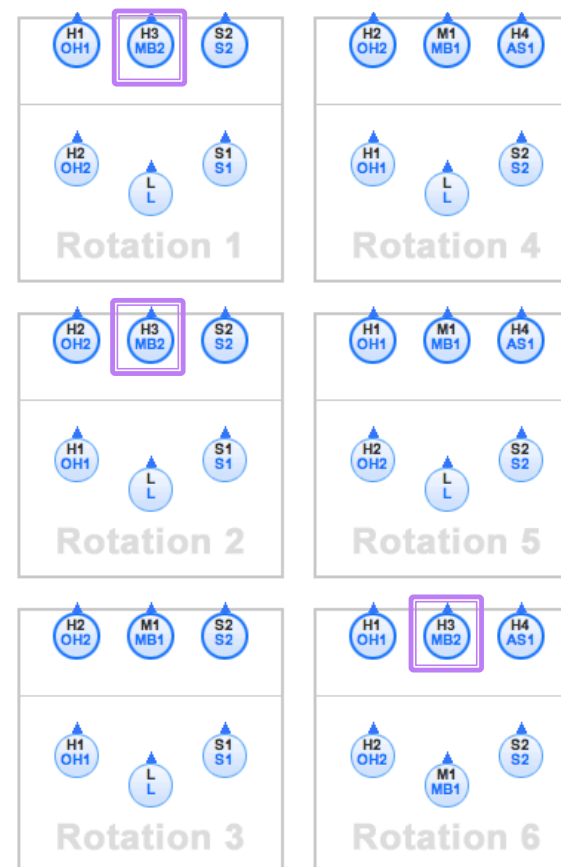4. Build from the floor
5. Be efficient
6. Stat, Review, Modify

60

| Player	Pass	Hit	Set	Block	Dig	Other	Option 1: 5-1	Option 2: 6-2
OH1	**B**	**B**	C	B-	B+		H1	H1
OH2	**B-**	**B**	C	B-	B		H2	H2
OH3	C	B-	C	B+	C		Op	**MB2**
OH4	C	B-	C	B+	C			**Op for S1**
MB1	C	**A**	C	**A**	C		MB1	MB1
S1	A-	C	**A**	C	A	Short	S	S1
S2	B	**A**	**A**	**A**	B+	Tall	MB2	**S2**
DS1	**A**	C	B	C	A		Libero	Libero
DS2	**A-**	C	C	C	A		DS1	DS1

Option 2 – Standard 6-2

1. YOUR GAME
2. Players' skill levels
3. **Design a system**
4. Build from the floor
5. Be efficient
6. Stat, Review, Modify

61

- S1 & S2 as setters

- OH4 subs for S1 in front row

- OH3 is MB2

Starting Positions

S2	MB2	OH1
#2 S2 - tall	#6 OH3 ok pass hit good b	#4 OH1 good pass hitter

OH2	MB1	S1
#5 OH2 ok pass good hitte	#3 MB1	#1 S1 - short

Substitutions   Add Libero (0)   Defensive Specialist (3)   Serve Specialist (3)   Attack Specialist (2)

L   #8 Libero good server   for   MB2 (#6 OH3 ok pass h ▼)   in back row   on serve ▼   ⊟

and   MB1 (#3 MB1) ▼   in back row   on receive ▼

AS1   #7 OH4 poor passer ok hit   for   S1 (#1 S1 - short) ▼   in front row   on serve ▼   ⊟

Option 2 – Standard 6-2
2 setters opposite, OH4 for S1 in front to block and hit

1. YOUR GAME
2. Players' skill levels
3. **Design a system**
4. Build from the floor
5. Be efficient
6. Stat, Review, Modify

62

Receive looks good
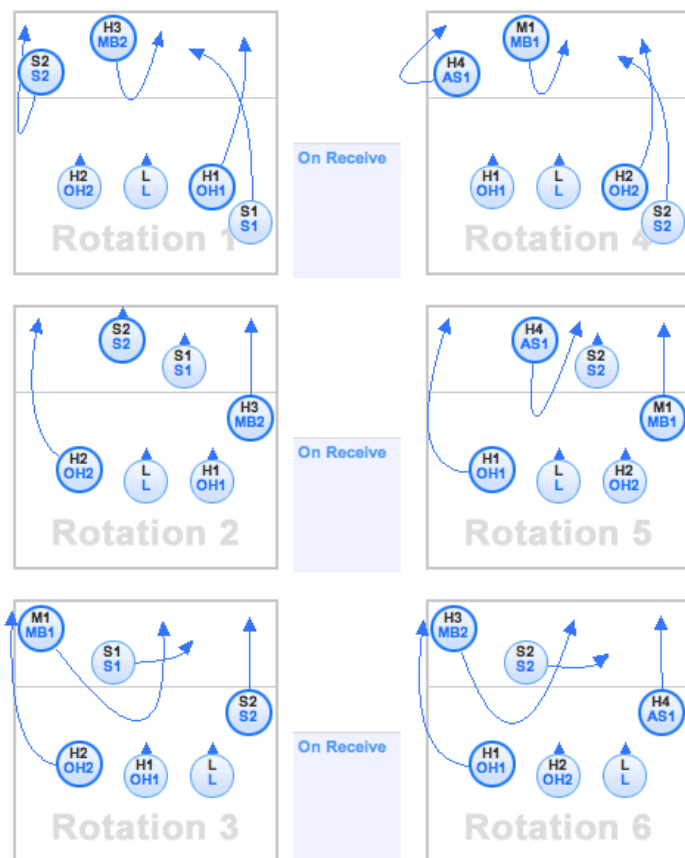
Weak block/attack with H3 at MB2

Option 3

1. YOUR GAME
2. Players' skill levels
3. **Design a system**
4. Build from the floor
5. Be efficient
6. Stat, Review, Modify

63

| Player	Pass	Hit	Set	Block	Dig	Other	Option 1: 5-1	Option 2: 6-2	Option 3: 6-2 mod
OH1	**B**	**B**	C	B-	B+		H1	H1	H1
OH2	**B-**	**B**	C	B-	B		H2	H2	H2
OH3	C	B-	C	B+	C		Op	**MB2**	**Op1**
OH4	C	B-	C	B+	C			**Op**	**Op2**
MB1	C	**A**	C	**A**	C		MB1	MB1	MB1
S1	A-	C	**A**	C	A	Short	S	S1	**S1 for MB1**
S2	B	**A**	**A**	**A**	B+	Tall	MB2	**S2**	**MB2/ S2**
DS1	**A**	C	B	C	A		Libero	Libero	Libero
DS2	**A-**	C	C	C	A		DS1	DS1	DS1

6-2 with S2 as MB

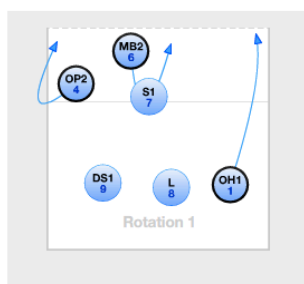1. YOUR GAME
2. Players' skill levels
3. **Design a system**
4. Build from the floor
5. Be efficient
6. Stat, Review, Modify

64

- S1 & S2 set but from the Middle Blocker slot

- MB1 subs for S1 in front, S2 stays in

- Libero subs for Opposites OH3, OH4

Starting Positions

NET		
OP2	**MB2**	**OH1**
#4 OH4	#6 S1	#1 OH1
OH2	**MB1**	**OP1**
#2 OH2	#5 MB1	#3 OH3
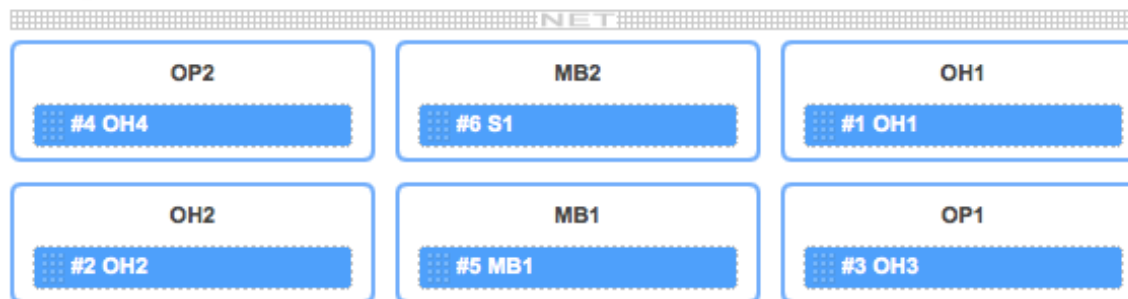
Substitutions   Add Libero (0)   Defensive Specialist (1)   Serve Specialist (3)   Attack Specialist (3)

| L | #8 Libero | for | OP1 (#3 OH3) | in back row | on receive |
| | | and | OP2 (#4 OH4) | in back row | on serve |

| DS1 | #9 DS | for | OH2 (#2 OH2) | in back row | on serve |

| S1 | #7 S2 | for | MB1 (#5 MB1) | in back row | on serve |

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1. YOUR GAME
2. Players' skill levels
3. **Design a system**
4. Build from the floor
5. Be efficient
6. Stat, Review, Modify

65

6-2

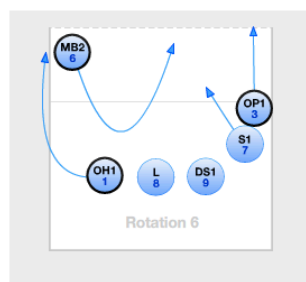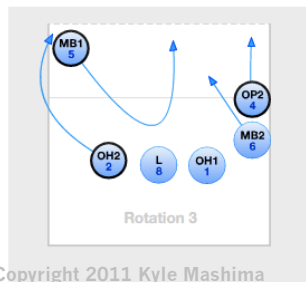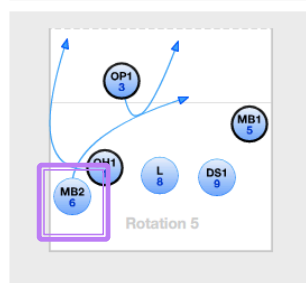> Passers are good but setters release twice from left back – not good.
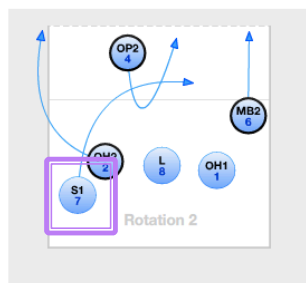
> Blocking Looks Good

Rotation 1

Rotation 2

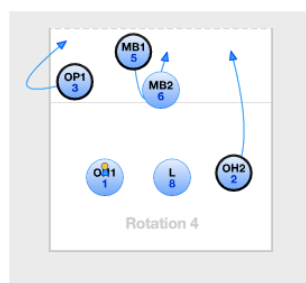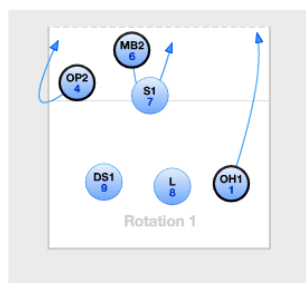Rotation 3

Rotation 4

Rotation 5

Rotation 6

6-2
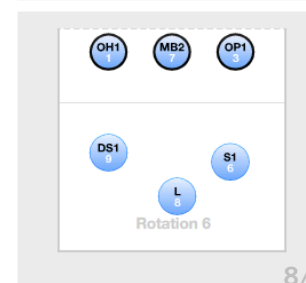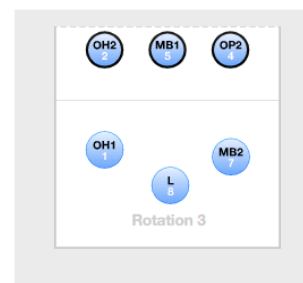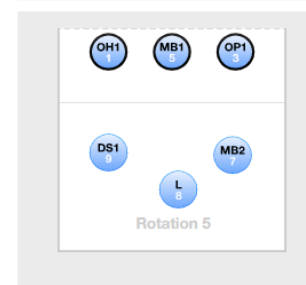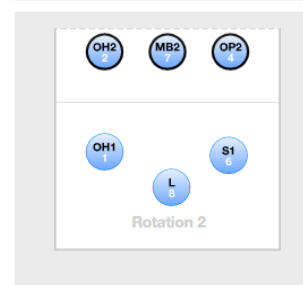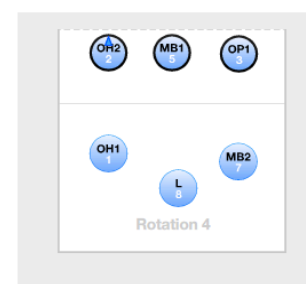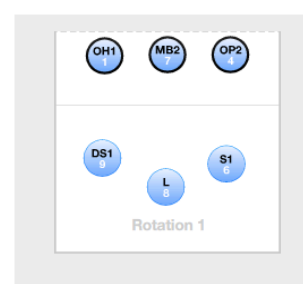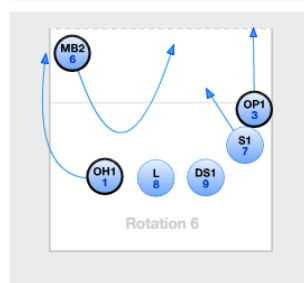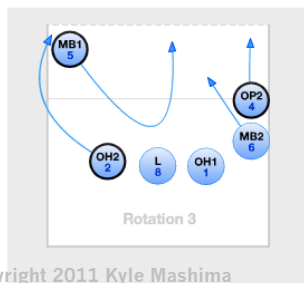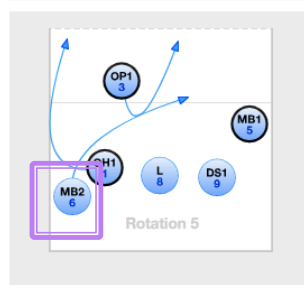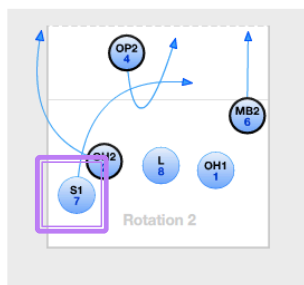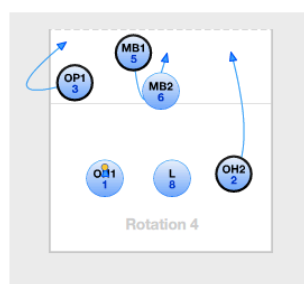
1. YOUR GAME
2. Players' skill levels
3. **Design a system**
4. Build from the floor
5. Be efficient
6. Stat, Review, Modify

66

To Fix the Setter Release from Back Left Go to the New Game Plan:

Start New Game Plan and select S leads MB

Rotation 1

Rotation 2

Rotation 3

Rotation 4

Rotation 5

Rotation 6

Start New Game Plan

Help ?

Game Plan Name:
Webinar Example 2 - 6-2 regular

Use Roster from Plan:
Start a new roster

Description:

Type of Rotation:

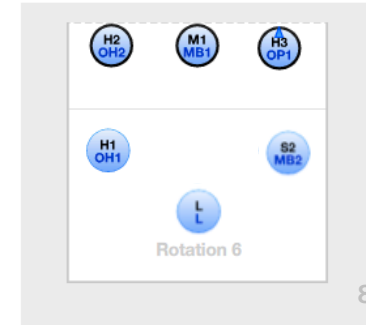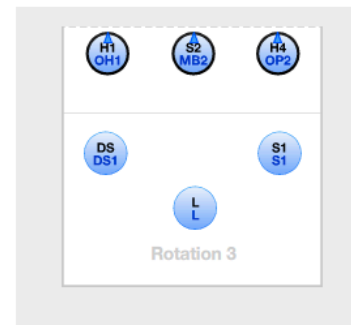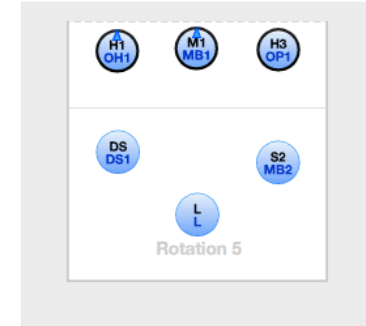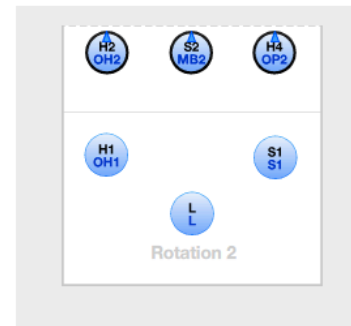| 6-2 S follows MB | 6-2 S leads MB | 5-1 S follows MB | 5-1 S leads MB | Int'l 4-2 S follows MB | Int'l 4-2 S leads MB | Standard 4-2 |

OK   Cancel

1. YOUR GAME
2. Players' skill levels
3. **Design a system**
4. Build from the floor
5. Be efficient
6. Stat, Review, Modify

67

6-2

Passers are good but setters release twice from left back – not good.

Blocking Looks Good

Rotation 1

Rotation 4

Rotation 2

Rotation 5

Rotation 3

Rotation 6

Rotation 1

Rotation 4

Rotation 2

Rotation 5

Rotation 3

Rotation 6

8/8/13
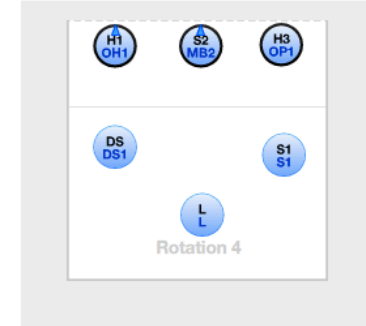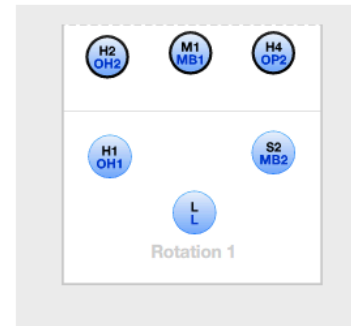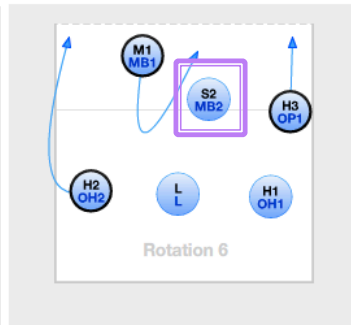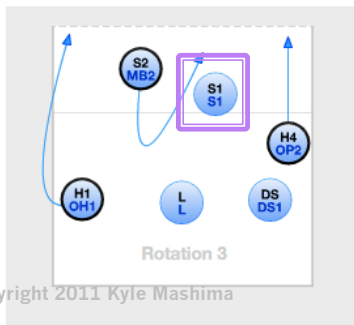
Results

1. YOUR GAME
2. Players' skill levels
3. **Design a system**
4. Build from the floor
5. Be efficient
6. Stat, Review, Modify

68

5-1 Standard

- Passing OK

- Hitting OK

- 3 rotations with no right side blocker

6-2 Standard

- Passing OK

- 3 rotations with weak middle blocker

6-2 Modified

- Passing OK

- 6 rotations with good hitting

- 6 rotations with good blocking

69

Optimizations

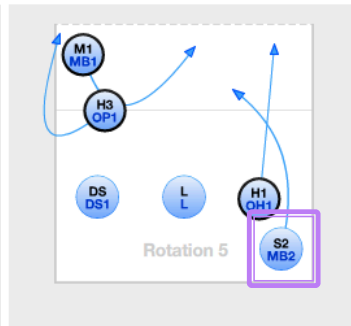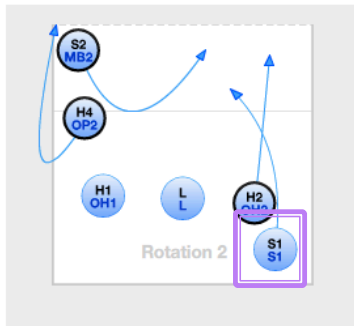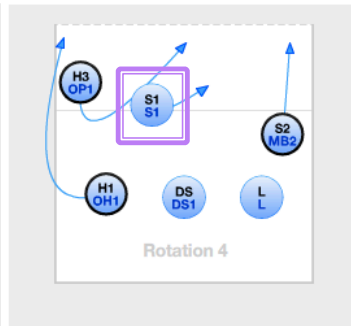- New formations need to be learned and tested in practice to understand issues

- Best to have formal scrimmages to position receivers and walk through substitutions

- Good to have several pre-season matches or tournaments to test a variety of formations

- Team should be trained to adapt to new formations quickly as injuries and player performance issues will require lineup changes

- Share the Summary Page so that players can study new rotations outside of practice – they may come up with a better idea

Teaching Rotations

- Rotate123 can help the process by customizing each rotation with player initials

- Most players don't really understand OH1, MB2, etc

- They know who they're standing next to

- They can learn each rotation by their location relative to their teammate

- You can create new rotations easily by just subbing players

Build From the Floor Up

- **Fix the next weakest link**
  1. Learn to Serve Tough
  2. Protect the floor – good receive and digging
  3. Put the setter close to the pass target
  4. Learn to hit deep court sets
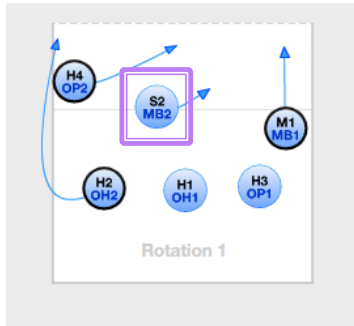 5. Turn every return into offense

8/8/13

Building the Foundation – Offense

1. YOUR GAME
2. Players' skill levels
3. Design a system
4. **Build from the floor**
5. Be efficient
6. Stat, Review, Modify

72

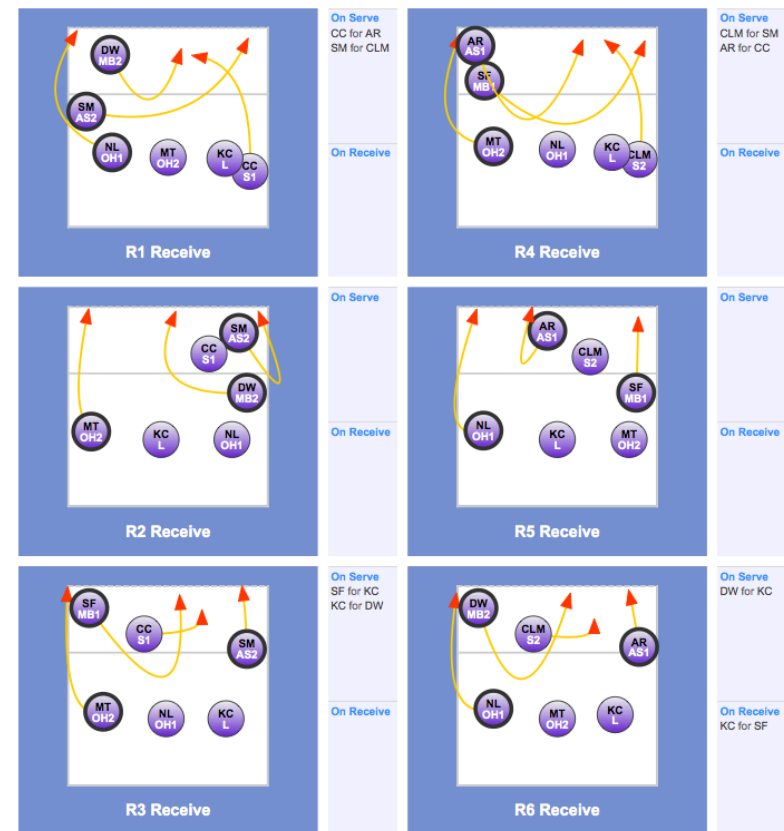**4** Learn to hit from behind the 10 ft line. Consider running middle quicks.

3 Get your setter close to the pass target. Learn to set from behind the 10 ft line.

2 Learn to receive tough serves. Put your best passer in the middle.

1 Learn to serve Tough

Spike

Set

Serve Receive

Tough Serve

Why Learn to Serve Tough First?

73

- Your passing will only be as good as your toughest server and the coach's arm will get tired

- If you see a lot of tough serves at practice, it won't bother you in a game

- Even if you don't pass well, your tough serves will keep your opponent off balance and you in the game
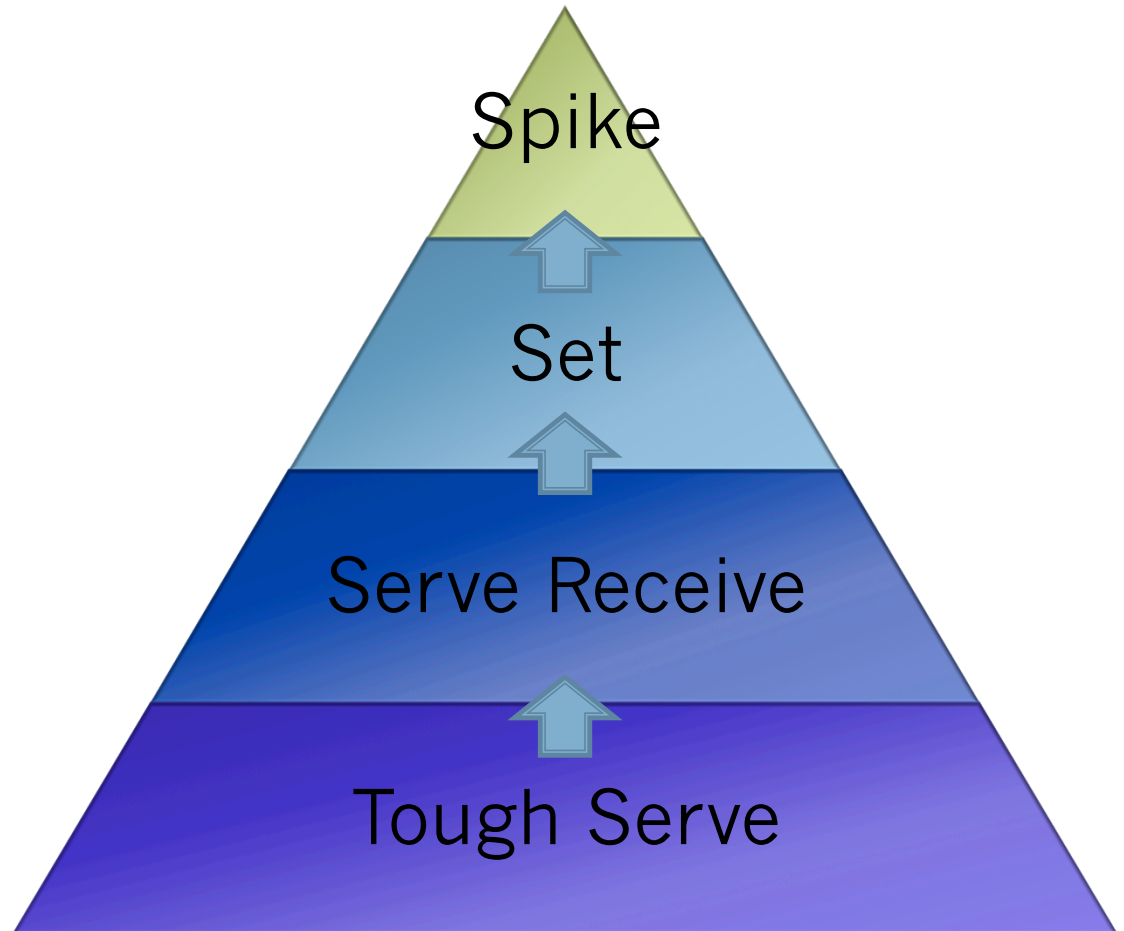
Building the Foundation – Defense

1. YOUR GAME
2. Players' skill levels
3. Design a system
4. **Build from the floor**
5. Be efficient
6. Stat, Review, Modify

74

3 1. Everyone needs to be ready to hit. "No Free Balls"

2 Pick a system to get your setter quickly to the dig pass.

1 Defense – "nothing hits the floor"

Spike

Set

Dig

About Blocking

75

- Blocking is the least important skill in volleyball

- It increases in importance only as the speed of the spike goes up

- You can have the best blocking team in your league but you won't win the championship

- Don't over invest here

About Teaching Fundamentals

76

- **Use Good Motor Learning Methodology:**

- Show don't tell

- Use keys: Like - "Feet to ball"

- Preference whole skill versus parts or progression

- Go at full speed (state dependent learning)

- Seek quality "mindful" touches

- Be "Game Like"

77

About Serving

- Most coaches seem to be "lenient" about missed serves

- Most teams don't practice serving enough – eg: do you serve as much as you hit?

- Serving is the easiest skill to master because it's only skill where you hold the ball

- It's the only skill where one person can win the game

Deep Lane Serve

1. YOUR GAME
2. Players' skill levels
3. Design a system
4. **Build from the floor**
5. Be efficient
6. Stat, Review, Modify

78

- Low, Flat, Fast, Deep, Consistent serves
- Serve through the "Window"
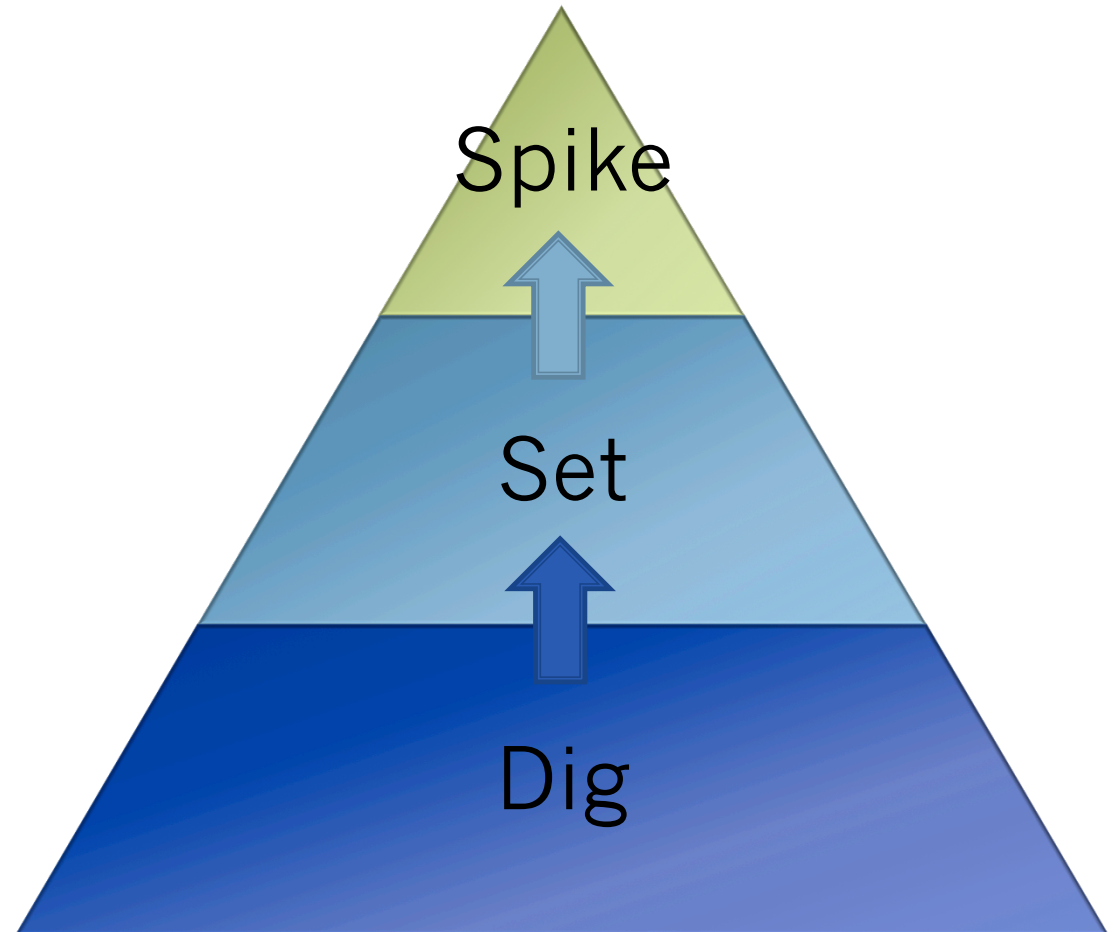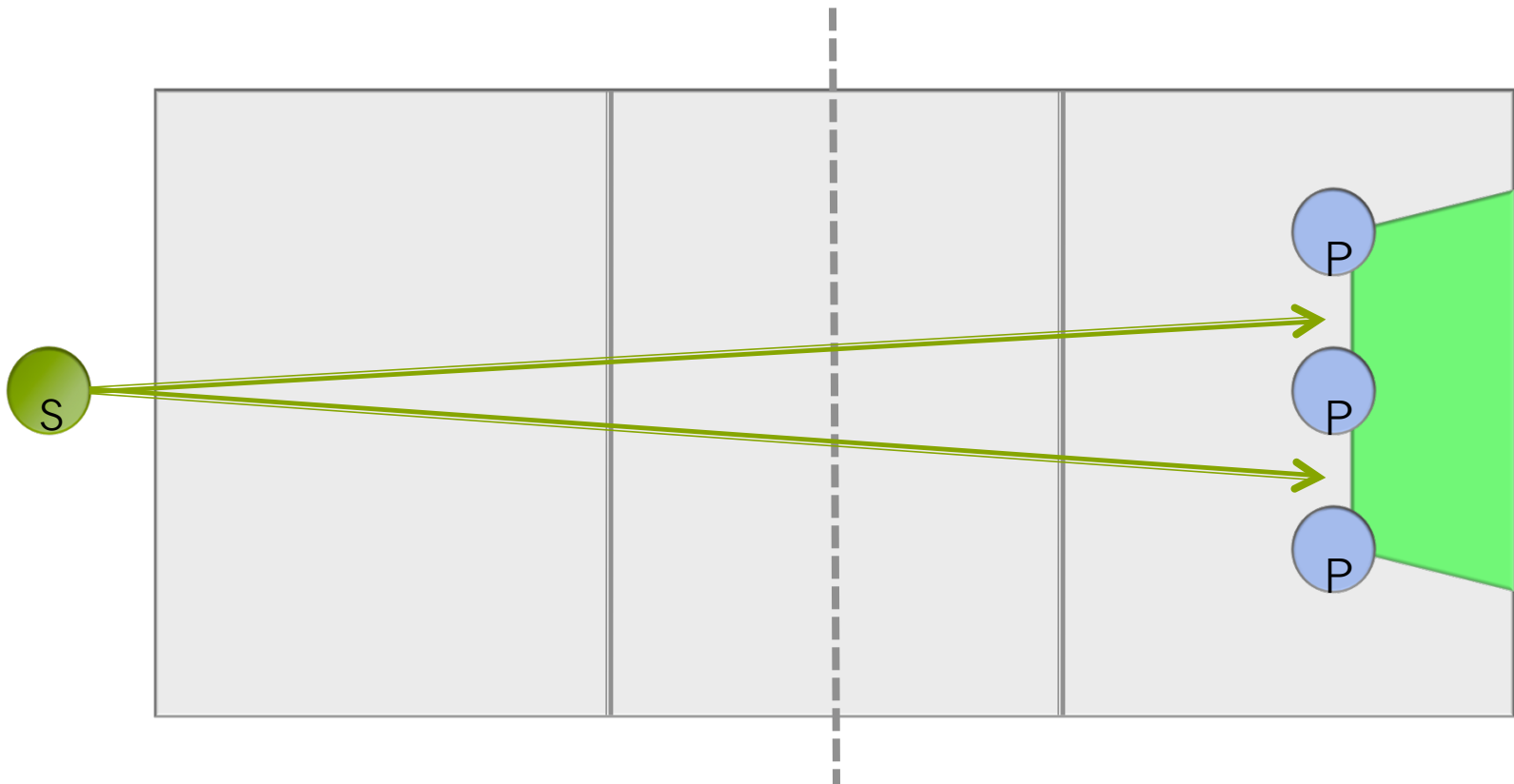
The "Window"

1. YOUR GAME
2. Players' skill levels
3. Design a system
4. **Build from the floor**
5. Be efficient
6. Stat, Review, Modify

79
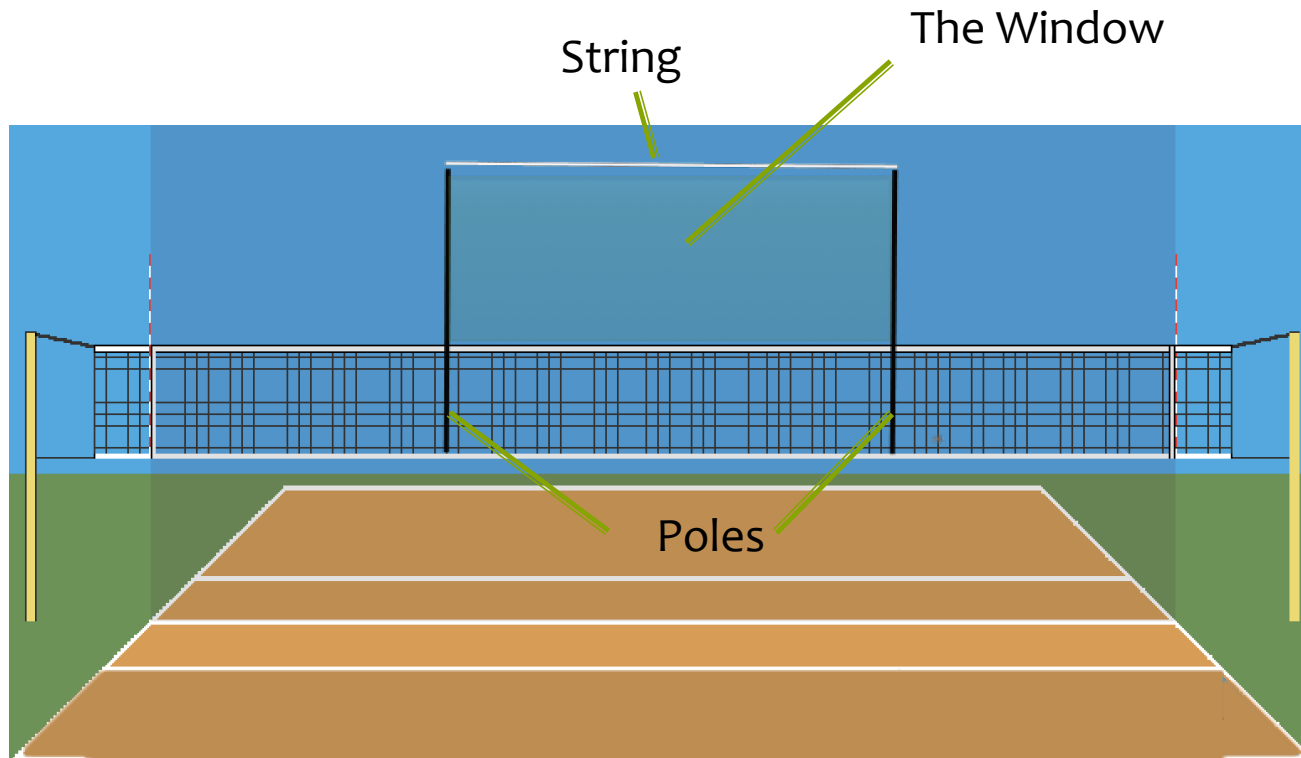
String

The Window

Poles

Why Learn this Serve?
Tactical Considerations

80

- Low risk
  - It's in the middle of the court
  - Even it if goes out, the opponent might take the ball

- High return
  - Flat serves are hard to read
  - If the ball falls short, it's hard to pass
  - If it's deep and shoulder high, it's hard to pass
  - If it's between players, good chance of miscommunication

Aces vs Keeping Serve In

81

- If you keep the ball in, depending on your opponent, you have about a 50-50 chance or better that the ball won't come back

- The Math:
  - The Side-Out % is really low – below 25%
  - The opponent will – shank the pass 10-25% or hit the ball out 10-25%
  - Your opponent's error rate is higher than their kill rate (so is yours)
  - All other balls will be Free Balls or you will dig their hit

82

Lane Serve Drill

- Serve through the window, over the chairs

- Scoring
  - 2 points – thru window, over chairs, in court
  - 1 point – thru window, in court
  - 0 point – not thru window, in court
  - -1 point – error + penalty
  - Optional · Score speed, Amount of Float
    - C = no float
    - B = some movement
    - A = more than 6" movement

- Drill Format
  - 1 server, 1 ball
  - Serve and shag your ball
  - 5 mins to score max points
  - Go fast to get ball, slow down and focus to serve

83

Serve Fundamentals

- Make motions compact
  - Larger motions increase the chance for error
  - The Toss is critical

- Stance (for right hander)
  - Left foot forward
  - Chest 45 degrees to net
  - Ball in left hand – I like to have the label facing me as a target
  - Right arm back, hand straight up and elbow high

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Serve Fundamentals – cont.

- Toss
  - Limit toss to just above head
    - Stand at net to see height of toss
  - Move left arm up and let the ball float out of the hand, minimum rotation

- Swing
  - Come forward quickly, lead with elbow
  - Visualize "hammer the nail"
  - Hit the ball in the center and drive through
  - Use flat fist if not enough power rather than a bigger swing

85

Serve Fundamentals – cont.

- Keys
  - Be compact
  - Load – arm back
  - Short toss
  - Hammer the Nail

Lane Serve Stat Sheet

1. YOUR GAME
2. Players' skill levels
3. Design a system
4. **Build from the floor**
5. Be efficient
6. Stat, Review, Modify

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Player	Thru, over & in +2	Thru & in +1	In 0	Error -1	Total	Speed	Float: A, B, C
1							
2							
3							
4							
5							
6							
7							
8							
9							

87

Before You Pass or Dig, Build an ATTITUDE

- **NO BALL TOUCHES THE FLOOR!**

- You can make up for lack of skill with EFFORT

- Remember – if you don't get to the ball, it doesn't matter how good your form is

- "Controlled Chaos" means energy and effort must be applied to create order

- Reward good effort

88

About Effort

- From the following books:
  - "Outliers" by Malcolm Gladwell
  - "Talent Code" by Daniel Coyle
  - "Talent is Overrated" by Geoff Colvin

- World Class Performance is much less about raw talent and much more about EFFORT
  - 10,000 hours and 10 years of focused quality effort is what distinguishes good from great
  - Average people with extraordinary effort accomplish extraordinary thing
  - The Hungarian Sisters

89

The Rule

- Simple Rule – in any drill
  - **No ball hits the floor without someone hitting the floor**
  - It doesn't matter how far away the ball is
  - If no one hits the floor, the entire team hits the floor – coach just tosses a ball

- Goal
  - Build "nothing hits the floor" attitude
  - Reward effort – give "immunity" points so that the player does not have to do a penalty later

Drill 1 – The Warm Up

90

- Simple Slide
    - Athletic position, knees bent and low
    - Reach down for ball
    - Go to knees
    - Slide on to your belly
    - Go SLOW, then faster

- Goal
    - As a team, how many can you do in 30 seconds?
        - You must get all the way back up to your feet after each Slide
    - Get good at going to floor quickly without getting hurt

91

Simple Key – Face the Ball

- At all times on the court, it's essential to **face the ball, stop feet** as the ball is being contacted
  - **Serve Receive –** face the server
  - **Setting –** face the passer
  - **Non-receiving Passer –** face the passer
  - **Hitter –** face the setter
  - **Defense –** face the opponent

- At each step if you face the ball and act like you're playing defense, you have a good chance of recovering the ball

- This is extremely important during serve receive

- Don't trust your teammate, assume they will attack you with the ball

92

Drill 2 – Practice

- Simple Slide
  - Coach toss ball, entire team slides in the direction of the toss and hits the floor as the ball hits the floor

- Goal
  - Build a reflex response to the coach tossing a ball – the Pavlovian Slide
  - Face the Ball

93

Drill 3 - Implementation

- "Around the World" or "Columbus"
  - 4 on 4
  - Each team must rotate after sending the ball over the net
  - Extra players rotate in
  - "Cooperative" mode – call names
    - Get 10 in a row
  - "Competitive" mode
    - Winner gets the ball
    - Some point goal

- Apply **THE RULE**

- Remember to Face the Ball

Receive Fundamentals

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- Passing Basics
  - Right foot forward
  - Feet shoulder width apart
  - Arms in front, knees bent
  - Join hands to pass, lock elbows
  - Face the ball, tilt arms to the target
  - Try to get the ball between your shoulders instead of to the sides

- Keys
  - Face the Ball, Tilt to the Target
  - Midline Pass
  - Stop and Pass

95

Passing Drills

- 3 person ring – pass clockwise

- 3 person over the net pass to target
  - Toss over the net to passer
  - Passer passes to the right to target at near net
  - Shuffle feet
  - Midline pass
  - Face the ball, Stop, and Tilt

- Same drill, tosser serves

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Layering

- Move first, decide later
  - You can see left or right movement before you can judge the depth

- Layering – short right, deep left
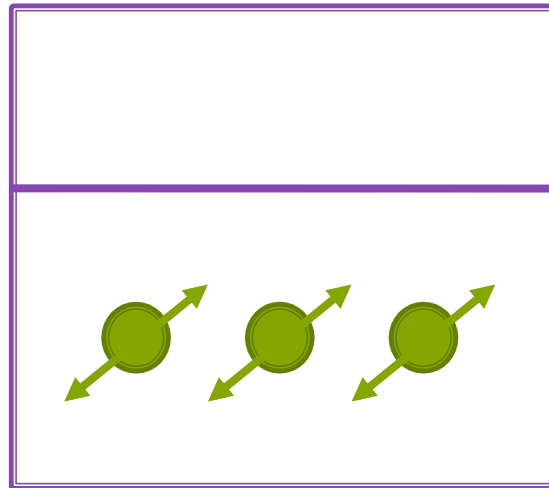
97

Layering Drill

- Team Shuffle
  - Rows of 3 facing the net
  - Coach moves ball, players move short right, deep left

- Toss
  - 3 players in receive
  - Toss ball at seams to practice moving correctly

- Full Serve Receive Drill
  - Practicing moving quickly toward ball, then decide who will take it – short or deep
  - Keys: "move first, decide later"

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Setting Fundamentals

- Get to position quickly

- Stay off the net

- Face the ball like a defender

- Run then shuffle to the ball (feet to ball)

- Face the left side target 3ft off the net
  - I don't like "face the pin"

- Right foot forward, hands high, close together

- Hand shape the ball

- Push through with legs

- Setting target:
  - Beginning setters should target their neighbor
  - Novice – Intermediate – 5x5
  - Intermediate setters – 3x3
  - Optimal set is 3-5 feet off the net (Fellingham Analysis – see appendix)

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Setting Drill – Basic Position

- 4 person
  - Tosser on other side of net
  - Passer
  - Setter
  - Target

- Setter release from right back when ball is tossed over the net

- Passer tries to make a good pass

- Setter must **stop and face passer** when ball is being contacted so that she can react in any direction

- Move to ball, shuffle to adjust, face target (3x3)

- **Hands high, push with legs**

100

Hitting Fundamentals

- Right Handed Hitter

- 3 step approach – left, right, left

- Both arms back before jump

- Both arms straight up

- "bow and arrow" – left arm pointing to ball, right arm back

- Lead with elbow, reach high

- Big hand, snap at peak, swing through

- Land on both feet

101

Hitting Drills

- Deep Court 2
  - Described earlier

- Transitions to hit
  - Learn to come off the net deep enough to return and hit
  - Cross over steps back
  - 3 step approach to hit

- Stevenson with 5x5 option
  - Hit ball to hitter
  - Hitter digs to setter and swings out
  - Setter sets ball

Skill Integration
"Out-of-System" Pass-Set-Hit

1. Coach or player hits down ball
2. Diggers or Hitter digs ball to Setter
3. Setter sets 5' off net x 5' in from sideline
   to left side

4. Hitter hits into other court
5. Hitter scores In or No Play
6. Hitter shags ball

5 Score
White Board
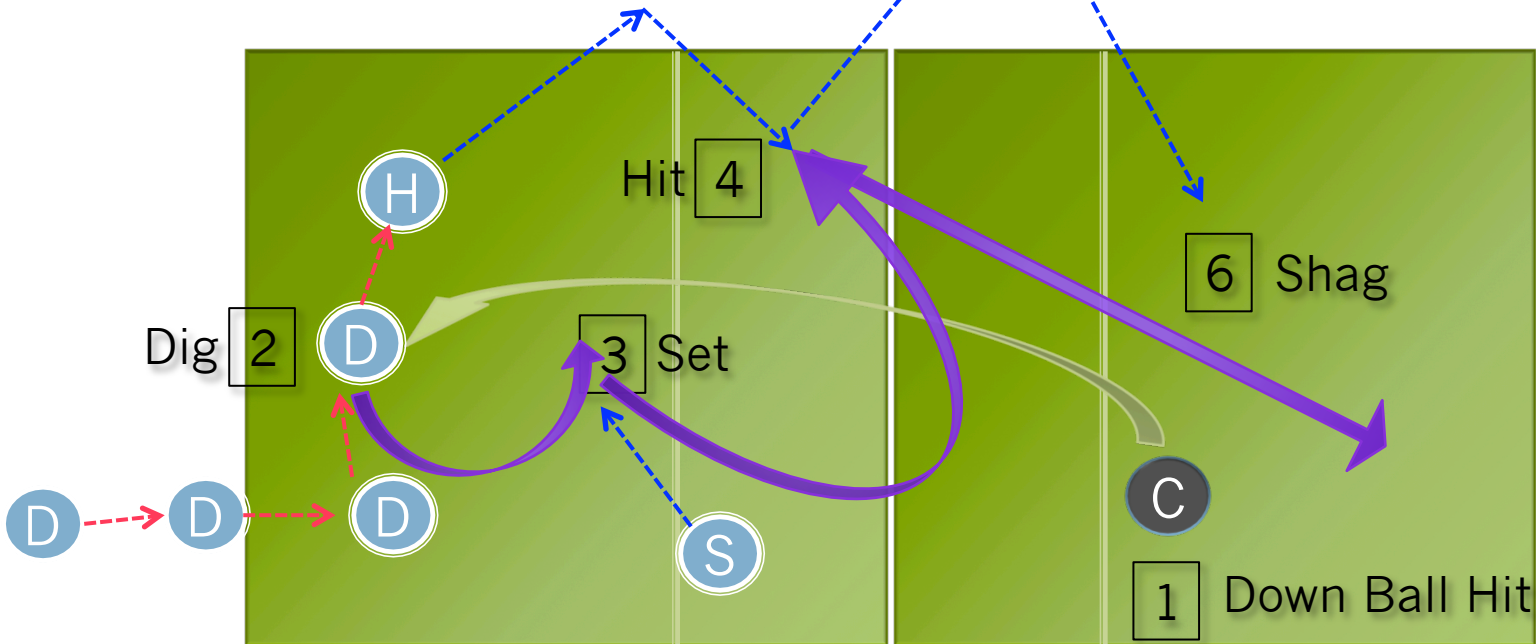
Hit 4

6 Shag

Dig 2

3 Set

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S

C

1 Down Ball Hit

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An "Offensive" Attitude

- **THE RULE** – Part 2
  - **NO FREE BALLS**
  - Every ball over the net is offense

- "Around the World" or "Columbus"
  - Offensive Bumping – can only return the ball with a bump
  - Offensive Setting – can only return the ball with a set
  - Extra points to encourage specific behavior – like zone 1 shot = 1 point for the attempt

"Tennis"

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- 2 players (or more) on each side

- Coach tosses in ball

- Ball must be bumped

- Start with 1 bump over

- "Attack" bump to try to score a point

- Player who bumps, leaves the court

- Can add more contacts per side

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Drill Options

- Corrections
  - Start the play at the point of error

- Players Input
  - How do we improve the drill?

- Goals for this Drill Series
  - Build focus and intensity – no standing around
  - Establish Attitude
    - Nothing hits the floor
    - No Free Balls
  - Get a second chance to correct an error
  - Get in condition while playing and having fun

Be Efficient

- Gym Time is Precious

- Think about your practice goal as:
  - How many "quality touches" can I get per min, hour, 2 hours

- Process
  - Stop jogging or doing DROMs to warm up
  - Plan sessions carefully – use the clock
  - Design drills to avoid players waiting around for their turn
  - Be creative and have drills that the player can run without you

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Stop Jogging to Warm Up

- AVCA and USAV recommend NOT to jog to warm up, instead start with easy bumping – get more touches

- Do the Math!
  - 12 mins of warm up during a 2hr practice = 1 lost day per 10 days of practice

- Sport science has shown that stretching before practice does not reduce injuries and cold stretching is never recommended

- If players show up gradually to practice, have them bump and pepper

- If entire team is ready – then do shuttles over the net
  - Count "in a rows" and have a goal
  - This creates focus, teamwork and an objective

Run Practices Efficiently

108

- Plan your drills on paper and think about the flow

- Have clear goals for each drill and a scoring system
  - Scoring systems drive motivation

- Try to make drills "player initiated" so that you can watch and coach

- Get a large whiteboard and write out the drills for the day and the objectives for the day
  - Keep it focused to a few things

- Better to have shorter, high-intensity drills than longer, medium-effort drills

When you don't have an assistant coach

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- Find a "game" that the rest of the team can play while you do small group sessions

- My favorite is split court doubles tournaments with switching
  - Game requires focus
  - Good all around skills
  - Keep win-loss record
  - Build a ladder

1. YOUR GAME
2. Players' skill levels
3. Design a system
4. Build from the floor
5. Be efficient
6. **Stat, Review, Modify**

Stat, Review, Modify

- Gather data from matches
  - Stat key skills
  - Use video tape
  - Look at "Exit Stats" – the last action that ended the rally

- Review the data

- Make modifications to your team – Optimize Your Rotations

Understanding the Game

- How you win and lose points

- Let make sure we really understand how we win or lose a game

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Quick Test 1

- If you win a set, what actions contribute to the 25 points?

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- Before going to the next slide, take out a sheet of paper and write down the actions that take place in order for you to score 25 points.

25 Points

Earned Points

- Aces

- Kills

- Blocks

25 Points

Earned Points

- Aces

- Kills

- Blocks

Opponent Error Points

- Serve

- Attacks

- Faults

25 Points – An Example

Earned Points	Opponent Error Points
■ Aces: 2	■ Serve : 2
■ Kills: 11	■ Attacks: 8
■ Blocks: 1	■ Faults: 1
■ **Total: 14 points**	■ **Total: 11**

Quick Test 2

- How many points do you "lose" in a game on average?

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- We know how many points we earn on average in a game. Now write down how many points you lose and what actions contribute to this.

Do You Win More Points Or Lose More Points?

Earned Points	Error Points
■ Aces	■ Serve
■ Kills	■ Attack
■ Blocks	■ Block
	■ Dig
	■ Receive
	■ Faults

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Some Examples:
My 16U Club Team
Finished 16th out of 118 in Norcal 2013

Points Won Per Game		Points Lost Per Game	
Aces:	2.5	Serve Errors:	1.3
Kills:	10.9	Attack Errors:	4.1
Blocks:	1.4	Block Errors:	1.7
Total:	**+14.8**	Dig Errors:	6.6
		Receive Errors:	1.7
		Faults:	.9
		Total:	**- 16.3**

Some Examples:
My 16U Club Team
Finished 16th out of 118 in Norcal 2013

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- Lost on average: 1.7 points per game

- Might make you think that this isn't very good

- But it clearly shows how you win and lose points

Some Examples: Stanford
University Women's Volleyball Team 2012

Points Won Per Game	
▪ Aces:	1
▪ Kills:	14.2
▪ Blocks:	3
▪ **Total:**	**+18.2**

Points Lost Per Game	
▪ Serve Errors:	1.5
▪ Attack Errors:	4.2
▪ Block+Dig Errors:	12.8
▪ Receive Errors:	.9
▪ Faults:	.7
▪ **Total:**	**- 20.1**

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- Lost on average: 1.9 points per game

- Stanford actually loses more point per game than my 16U club team

- What does this mean?
  - It means that in volleyball, it's hard to earn points
  - There are point losses in a variety of places
    - As the caliber increase, there are more kills and resulting defensive errors
  - If you start to understand what causes these points, then you can begin to focus your training and strategies

Think of Your Team as a Black Box

Your actions as a coach Influence the outcome of your team's performance

The Coach

The Team

Rallies

+Points

Kills, Aces, Block Opponent Errors – Attack, Serve, Faults

Points Leakages

Your Errors – Serve, Receive, Attack, Dig, Block, Faults

8/8/13
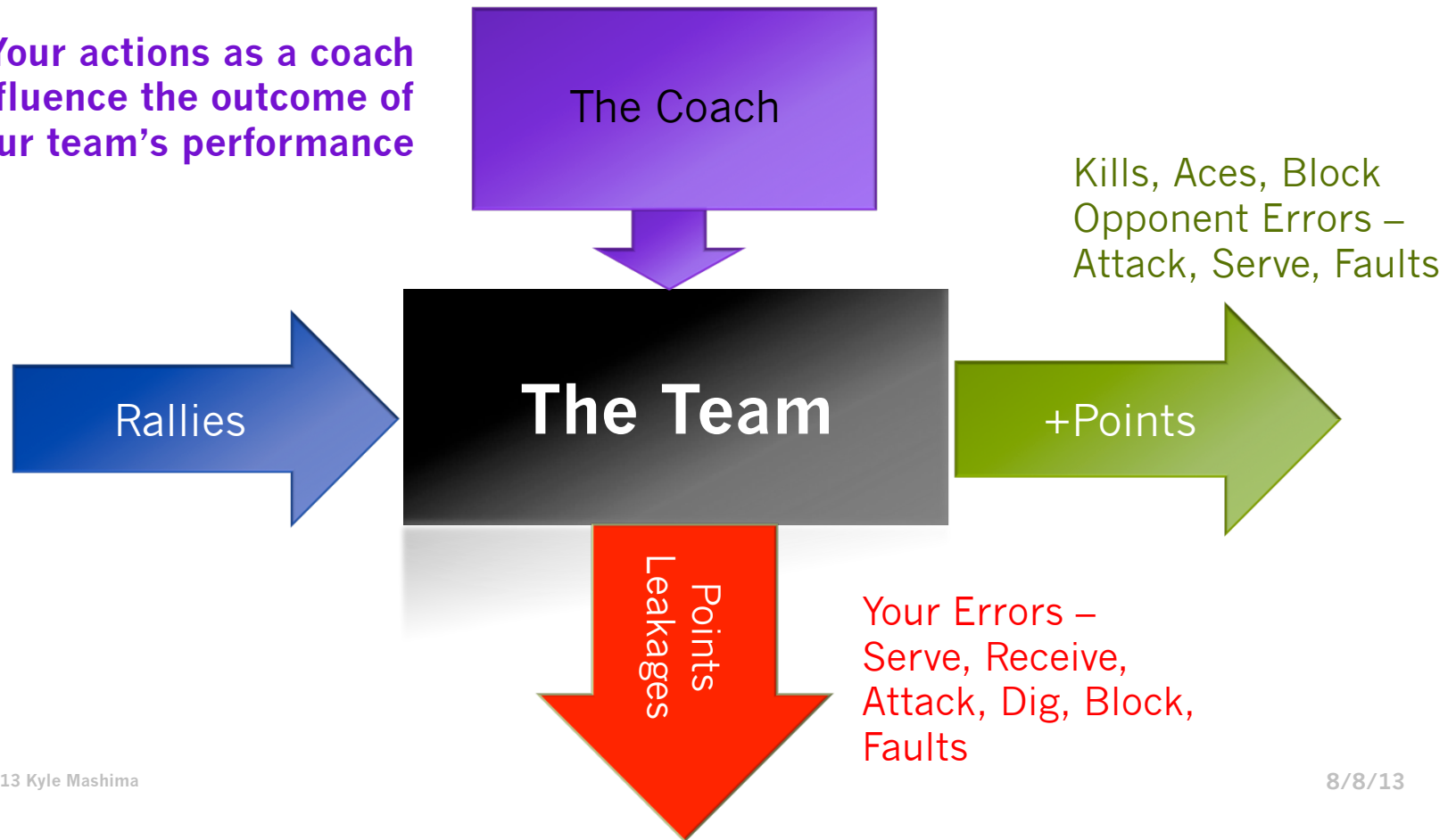
Learn How to FOLLOW THE POINTS

Learn how you are winning and losing points.
Follow the Points **and make the right corrections.**

The Coach

The Team

Rallies

+Points

Kills, Aces, Block Opponent Errors – Attack, Serve, Faults

Points Leakages

Your Errors – Serve, Receive, Attack, Dig, Block, Faults

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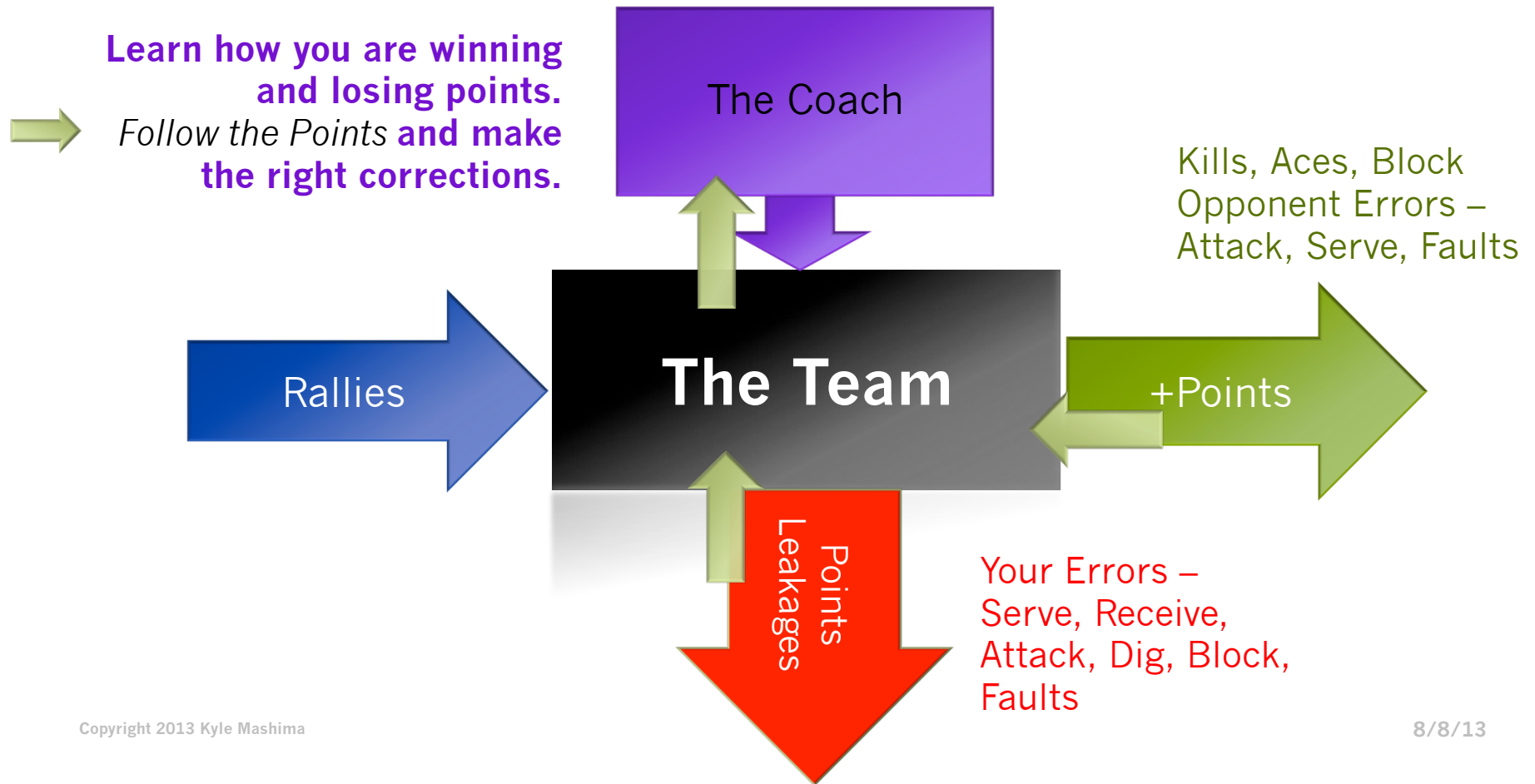
Taking Stats

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- I will show you some simple stats that you can track on paper

- You can also use a stat app on your tablet or smart phone that will automate the process and save your paperwork

Simple Stats "Tree"

- Simple hand tabulation

- Enter tick marks into each row

- When a team makes an error, the other side gets a point

- You can see whether you are earning your points or your opponent is giving you points

US	G1	Them
25	Score	19
12	Kills	10
4	Opponent Hit Error	3
3	Aces	1
3	Opponent Serve Error	1
2	Blocks	3
1	Opponent Faults	1

Exit Stat Form

Stat what caused each point.

1. YOUR GAME
2. Players' skill levels
3. Design a system
4. Build from the floor
5. Be efficient
6. **Stat, Review, Modify**

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Your Earned Points						Opponent Errors					Your Point	Their Point	Their Earned Points						Your Errors				
Your Player	Kill	Ace	Block	Dump	Other	Opponent	Receive	Serve	Spike	Other			Their Pl	Kill	Ace	Block	Dump	Other	Your Player	Receive	Serve	Spike	Other
											1	1											
											2	2											
											3	3											
											4	4											
											5	5											
											6	6											
											7	7											
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											26	26											
											27	27											
											28	28											
											29	29											
											30	30											
Total													Total										

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Exit Stat Form with Sample Data

1. YOUR GAME
2. Players' skill levels
3. Design a system
4. Build from the floor
5. Be efficient
6. **Stat, Review, Modify**

This is one of the few stats that allows you to watch the rally because the stat is taken at the end of the rally and before the next serve.

Your Player	Kill	Ace	Block	Dump	Other	Opponent	Receive	Serve	Spike	Other	Your Point	Their Point	Their Pl	Kill	Ace	Block	Dump	Other	Your Player	Receive	Serve	Spike	Other
Beth	1										1	1		3		1							
Sally		1									2	2		3		1							
							11	1			3	3							Bobby		1		
							5		1		4	4							Megan			1	
Jane			1								5	5		14		1							
											6	6											
											7	7											
											8	8											
											9	9											
											10	10											

Your Earned Points
Tells you what you are doing well

Opponent Errors
Tells you how many points your opponent "gave" you

Their Earned Points
Tells you what your opponent is doing well

Your Errors
Tells you what you should work on at practice

Your Earned Points to Your Errors Points it is a
negative number

Get **SoloStats 123**

- Runs on Apple or Android

- Tablet or Smart Phone

- Go to appstore and search on "solostats"

- Free right now, will be $4.99 in September

- Super easy to learn and use

- You can Coach AND Stat

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Receive Stat Analysis

- Who's the better passer?
  - Sally passes at 1.80 and 15% errors
  - Beth passes at 1.60 and 5% errors

- Depends on your Side Out Efficiency
  - However if your SO% <40% then
  - Beth is the better passer, unless you have a very good middle hitter

Hitting Efficiency

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- (# of Kills) – (# of Errors)/Total Hits Attempts

- Like a batting average, .300 is a very good number

- At intermediate level
  - Outside Hitters = 0 to .100
  - Middle Hitters = .100-.400

- Your setters need to understand these numbers so they can set the right person

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Stat, Review, Modify

- Some modifications worth considering

1. Quick Middle

2. Nickel Defense

3. Double Libero

4. Serving Libero (in club)

Consider Running a Quick Middle

- If you have 2 middle blockers who can run, jump and reach about 8'-4", you can run the quick middle

- Why? It seems like this would increase chaos.
  - Increases focus and attention span:
    - Forces everyone on the court to be more conscious of the accuracy of their passing
    - Middles must transition faster and spot the ball
    - Setters must move into position quickly and learn to "see" the hitter
  - Increases points:
    - My players found it to be easier to hit and score than with a "2" set
    - Middle Hitter Efficiency is higher than Outside Hitters
  - Puts more pressure on opponent:
    - Causes more out-of-system plays for the opponent since no one knows where the hit will go (including the hitter)
  - It's FUN!

Nickel Defense

- Like the NFL – it's 5 defenders

- Why?
  - After 10 matches our outside blockers
    - Had not blocked a single spike for a point
    - Had deflected 9 balls that would have been easily dug
  - We were also having court coverage issues, setter transition speed, overall rally control

- The fix
  - Only the Middle Blockers block
  - Both outsides drop off the net and cover short
  - Since the Opposite is not blocking, she moves to right back and the Setter always goes to the 10ft line – ready to set
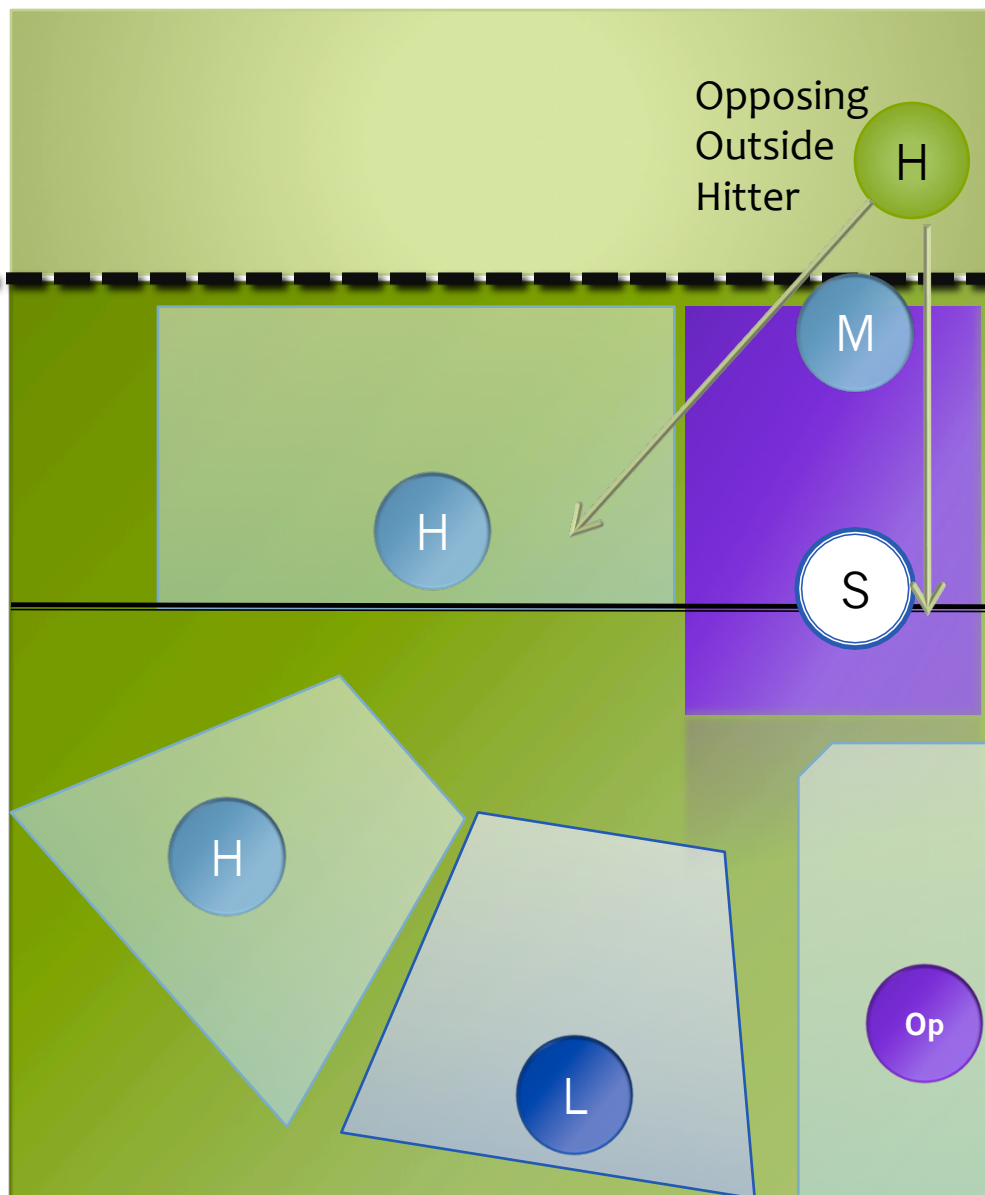 - I replaced the Opposite with my second Libero so I have 2 Liberos on the court all the time

Nickel Defense – with 2 Liberos

Nickel Defense Philosophical Quandary

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- My club team objective is to prepare the girls to become varsity caliber players
  - I want them to learn advanced skills so that they will be prepared
  - Examples:
    - Quick middle – requires the Setter to "see the hitter", MBs must transition and time the pass
    - Calling open zone – players learn to look across the net to see what the opponent is doing

- With the Nickel Defense, most of the girls aren't blocking – is this bad?
  - Most of the girls aren't getting high enough to be a factor anyway
  - This defense increases our rally touches and increases the girls' skills

Summary

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- Understand YOUR game

- Understand the players you have and design a system around them

- Start from the floor up
  - Serve tough
  - Improve receive and defense
  - Get the setter closer to the pass
  - Practice hitting from deep
  - Consider running a middle quick

- Use your time efficiently

- Be creative, question the conventional wisdom

Appendix

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Volleyball Skill Books

- **"Coaching Volleyball" by Carl McGown**
  - Has much of what GMS and CAP training cover

- **"Aggressive Volleyball" by Pete Waite**
  - Love his attitude approach to the game

- **"The Volleyball Coaching Bible"**
  - A great anthology from various coaches

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Clinics for Coaches

- USA Volleyball IMPACT, CAP 1 and CAP 2 training
  - http://usavolleyball.org/events/tag/3197

- Gold Medal Squared
  - www.goldmedalsquared.com

- AVCA
  - Conventions: http://avca.org/events/
  - Educational Resources: http://avca.org/education-resources/coaching-education/
    - Articles, Drills, Webinars, Certifications

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Forms and Spreadsheets

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- Form
  - Exit Stats
  - Serve and Receive
  - Attacks
  - Grading Table

- Spreadsheet
  - Calculating Serve, Receive, Attack
  - Exit Score

References

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- Videos
  - Youtube has a ton on every skill
  - DVDs
    - www.championshipproductions.com

- Complex but important presentation on the skills that matter
  - video
    - http://www.metacafe.com/watch/6005700/2009_nessis_talk_by_gil_fellingham/
  - slides
    - http://www.amstat.org/chapters/boston/nessis09/presentation_material/Fellingham.pdf

Equipment

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- The Window
  - Tent poles – 2 sets = $18
  - String, Velcro, duct tape

- Speed Gun – Bushnell
  - Amazon · $75

- 9 inch Poly Spot Markers by Champion
  - 6 markers
  - Amazon · $16

- Coaches Eye Video app for iPad
  - $5