How to Put in Your Line-Up for the Best Match-Ups. (How to Spin the Dial)

Jean Kesterson, retired Cathedral High School

Start with this video

<https://www.theartofcoachingvolleyball.com/spinning-the-rotation-for-the-matchup/>

According toTodd Dagenais, Head Volleyball Coach, University of Central Florida

* Studies show that if you can score THREE runs of THREE points your chances of winning are over 60%
* If you can score TWO runs of FOUR points your chances of winning are over 70%
* If you can score TWO runs of FIVE points your chances of winning are over 90%

**Know Your Team Best**

1. Do a SWOT analysis - [handout](Conduct%20SWOT%20Analysis.docx)
2. Create a 6-rotation chart with your line-up(s) - [handout](Team%20Match%20Up%20Eval.pdf)
3. Be honest with the Pros and Cons with each rotation

**Think Outside the Box**

1. Know your potential opponents on the road to state.
2. What are their strengths and weaknesses?
3. What can you do with the talent you have to beat them?
	1. Consider offensive changes
	2. Consider defensive changes
4. Work on this in the summer and early in the season.

**During the Season**

1. Scout your opponent against quality teams
2. Chart the video BY ROTATION
	1. Serve Receive Formation,
		1. Identify weak passers
		2. Plays run off this particular rotation
		3. What do they run out of system?
	2. Attacking Routes
	3. Setting tendencies and likely hitters
		1. In system
		2. 0ut of system
	4. Directional shot chart
3. Note common free ball plays, plays after time-outs, and go-to-plays
4. Then chart opponent’s serve and defenses vs common sets

**Game plan implementation**

* Practice weekly starting in different rotations (kids from the balcony)
* Practice using different personnel in different rotations in the first 2/3 of your season (practice only)
* Have the team watch opponent rotations and focus on opponents they will need to beat.
* Do a full mock-up of opponents including jerseys #, patterns and tendencies on white board early in week – [**FC Handout**](floyd%20central%20starting%20line-up.docx)
* Later in week have “scout” team walk through formations and plays for each rotation

**Determining player match-ups**

* We need to win 4 of the 6 rotations, and be neutral or slightly behind in the others
* Which players on our team need to score in order to win
* Which opposing player(s) do we need to stop to win

**Determining player match-ups options**

* Most common match-up ideas
	+ Start your setter in the right back position
	+ Start your best hitter in the left front
	+ Star your best blocker in the front row
	+ Start with you best server serving

**More advanced OFFENSIVE match-up ideas**

* **Match-up your best left side hitter against weakest right front blocker.**
* Match-up your best cross court left side vs weakest middle blocker.
* **Match up your best middle vs their weakest middle.**
* Match up your opposite hitter vs the weakest left front blocker.
* Match up your weak left side hitter vs the weakest right front blocker

**More advance DEFENSIVE match-up ideas**

* **Your strongest right front blocker vs their bast left front hitter.**
* Your best cross middle blocker vs their left front cross court hitter
* Your best left front blocker vs their best slide hitter.
* **Match up your weak blockers in their weak rotations**.

**Other important things to consider**

* **Have the ability to start in any rotation (see kids in balcony)**
* How many rotations you can go before you run out of subs
* The average set only 2 and 2/3 rotations. You can sub liberally.
* Make sure you finish with the best line-up possible

**Keep simple stats on the bench to help make decisions**

* Where the opponents serve in each of our rotations
* Opponent first ball patterns and shot charts

**Making Critical Adjustments**

* Use you trend tracking stats to make adjustments
* Most often change starting rotation after the first set
* Allows our best three rotations to come up more often

**When to Change the Match-ups**

* When your critical offensive personnel are having a hard time scoring
* When you opponents have found a rhythm against certain blockers
* **When you opponents are more than +3 or +4 in two rotations or more**
* **Do not be afraid to Spin the Dial.**

**Game 5 strategies**

* **Game 5 is about scoring points and eliminating errors**
* Get your lead of three points and just keep siding out from there
* Keep it very simple and stress free
* **Practice playing a 15-point game EVERY WEEK.**
* **Play several 13-12 or 13-11 games every day in practice.**

<https://www.solostatslive.com/rotate-123.html>

3 good instructional videos

<https://www.solostatslive.com/high-school-varsity-benchmarks.html>

<https://www.solostatslive.com/high-school-jv-benchmarks.html>