

I. GROUND RULES

- A. Be Creative
- B. Climb the Mountain
- C. Volleyball in 2018

II. ESTABLISHING THE CULTURE

A. "USA Women's National Team Techniques" Handout

1. Key Techniques

- a. Repeatability – Consistency of Action
- b. Reduce Variance – Consistency of Results by decreasing the range of error
- c. Manage Errors by making good decisions

2. "The Pillars"

- a. Learn
- b. Prepare

c. Adversity + Resilience = “Adversilience”

d. Compete

e. Unite

III. DRILL PURPOSE

A. Warm UP

B. Technique

IV. SERVE

A. Serve Types:

- Standing
- Jump Spin
- Jump Float

1. Jump Spin

a. Accuracy first – then speed (need both)

b. Good toss = hit hard – Bad toss = hit in

c. Goal = 88%-90%

2. Jump Float (most effective serve)

a. Basically same keys as for Jump Spin

b. Goal - 93%-96%

3. Standing

a. Preferred for lesser skilled athletes

b. Deep serve under utilized

B. Overall Keys

1. Develop a routine

2. Use whistle in practice

3. Seams, not zones

C. Short Zones

1. Technique
2. Purpose

V. RECEIVE/PASS

A. Technique Emphasis

1. Receive in midline (goal)
2. Straight Arms – start to finish
3. Arms never swing across ball path
4. Pass off net

B. Reception Patterns

1. Depth of pattern dependent upon team skill/athlete skill level
2. Err to starting deeper to move forward

SOAPBOX 1 – Create players, not just athletes that play.

VI. OFFENSIVE SYSTEMS

A. "National Team Set Terminology"

1. "Fixed" vs "Floating"
2. Based on 4-step approach
3. NO sets wider than 1'-2' inside of sideline
4. Out of system – Inside and off
5. Very few front row combinations

B. Create your System

SOAPBOX 2 – Time Out Management and Preparation

VII. DEFENSIVE SYSTEMS

A. Block Technique

1. Middles close below the net – outsides close above
2. Shoulders perpendicular to net
3. Wrists to corners
4. Palms to ball

5. When NOT to block

B. Digging Technique

1. Slight forward lean
2. Neutral, apart hands
3. Pancake?

C. System

1. Purpose – put players in best position to make defensive plays (front or back) AND efficient transition to offense
2. Block (Bunch/Spread, Read/Commit)
3. Team (Neutral/Rotation/Slide)
4. Front Row Setter

VIII. DRILLS

A. Serve/Pass/Tip/Cover

B. 3-person over-net pepper

C. All-Skill warm up

D. 5v5 w/1 setter

E. 1st Ball has to go.....

SOAPBOX 3 – Referee Interactions

Q/A?