

## Developing a Libero

Brian Murray: Brebeuf Jesuit High School

- Philosophy Questions you must ask in to determine libero development in your program
  - What is the strength of your team?
  - What offensive and defensive systems do you want to run?
  - Where does your leadership on and off the court historically come from?
  - What are the strengths of your pin players?
    - ♣ Are your pins better in serve reception or defense
    - ♣ Do you plan to incorporate backrow attacks into your offense?
  - What are the strengths of my ball control only players
  
- Once you've answered the above questions, you need to turn the questions toward your ball control players
  - Where do my defenders play their best defense
    - ♣ You have to try and coordinate this with where you will play any 6 rotation players
  - What intangibles do each of my backrow players bring?
    - ♣ Can they lead/run the backrow and s.r. for the team?
    - ♣ How competitive are they?
    - ♣ Are they a gym rat?
    - ♣
  
- Drills(warm-up)
  - Standard pepper
  - 3 contact pepper
  - 2 person short/deep
  - 2 person non-linear movement
  - Out of system setting drill
  
- Serve Reception Drills
  - Individual zone passing
  - Partner 2 zone passing
  - 3 person full court passing
  
- Defensive Drills
  - Dig and push through
  - 2 touch drill
  - Coach and 3 defender movement drill
  - Team seam drill
  - Relentless defense drill