



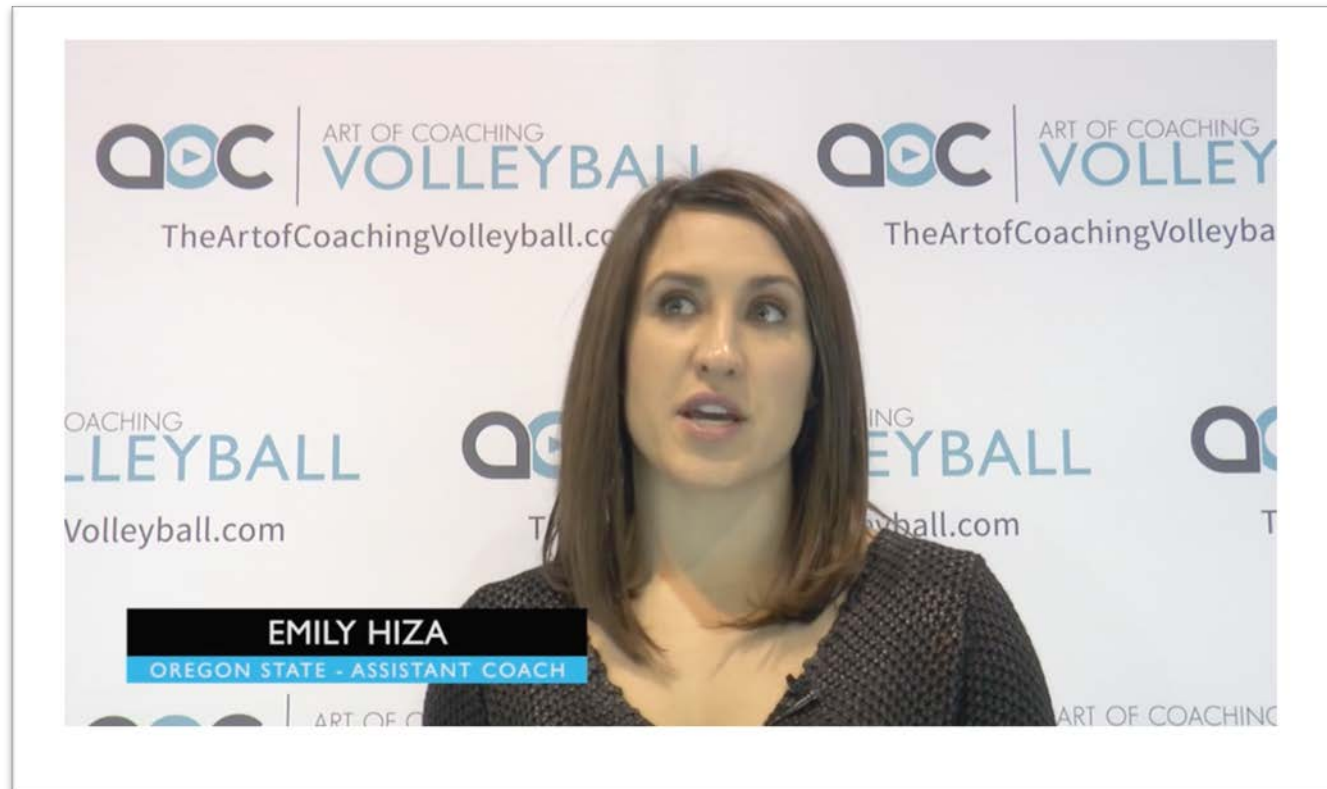
How to Make Game-Changing Adjustments

Presented by Jean Kesterson

IHSVCA President

Retired Coach at Cathedral High School

Video



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

I would say some game-changing adjustments is when coaches are very clear and direct about changing the defense and why between sets. Honestly, I think the biggest thing is having the relationship where the coach explains why they are making the change and players trust them.

*~ Nia Robinson, Northwestern University graduate,
currently at University of North Carolina*

We used a different defense that we called man under defense in college that we would switch back and forth between to throw teams off and make them hit certain shots. I also got put in a lot at the end of games for service pressure and to add my loud voice for energy.

~ Anna Jensen, Ball State University graduate

Todd 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%**

What's happening?

Are you making
the mistakes?

What is your
opponent doing
to score points?

Fix your Errors

- Control the controllables
 - Service pressure
 - Change service zone calls
 - Know your server's strength
 - Free ball, down balls
 - Be consistently good passing these
 - Practice out of system offense
-



Change the energy on the court

- Make a sub
 - Confidence important
- Sub a distressed player
 - Talk to them
 - Sub back when in their strength position



Change the energy on the court

- Coaches' energy
 - Remain calm and positive
- Bench energy
- Court energy



Spin the Dial –
Change the
Matchups

- Your best servers in their (early) rotations
- In 5th set start your best line-up

**High school
rotates
average**

**13 per 25
pts set**

**8 per 15 pts
set**

Spin the Dial – Change the Matchups

- Match-Up Chart
- Try to limit their best hitters' points
- Score as many points as possible when your good hitters in front row

Serve Receive Offense	Transition Offense		Strategy			
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Chart BY ROTATION

- Serve Receive Formation,
 - Identify weak passers
 - Plays run off this particular rotation
 - What do they run out of system?
- Attacking Routes
- Setting tendencies and likely hitters
 - In system
 - Out of system
- Directional shot chart
- Note common free ball plays, plays after time-outs, and go-to-plays
- Then chart opponent's serve and defenses vs common sets

Chart BY ROTATION

- Note common free ball plays, plays after time-outs, and go-to-plays
- Then chart opponent's serve and defenses vs common sets

#16-Lefty

ROTATION SHOT CHART

DATE: _____

VOLLEYBALL _____ VS SCOUTING _____

OPPONENT TEAM LOCATION

NOTES: _____

1

NOTES: _____

2

NOTES: _____

3

NOTES: _____

4

NOTES: _____

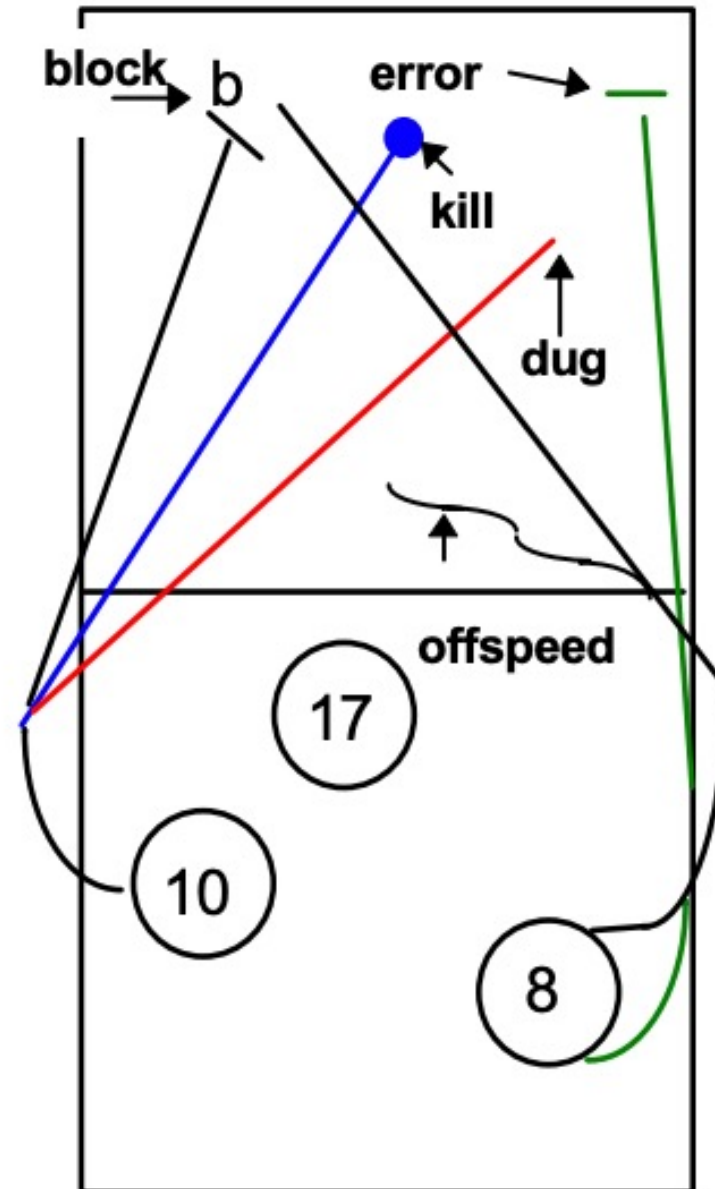
5

NOTES: _____

6

NOTES: _____

How to Chart



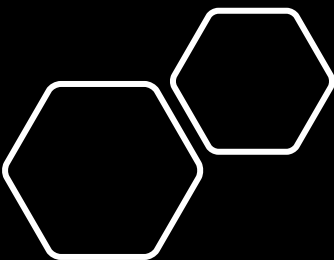
Spin the Dial – Change the Matchups

- A coach on bench keep points per rotation
 - [See chart](#)
- Your best blocker on their best hitter
 - Especially if best hitter right-side or middle
 - Your middle moves right side to block



POINTS PER ROTATION

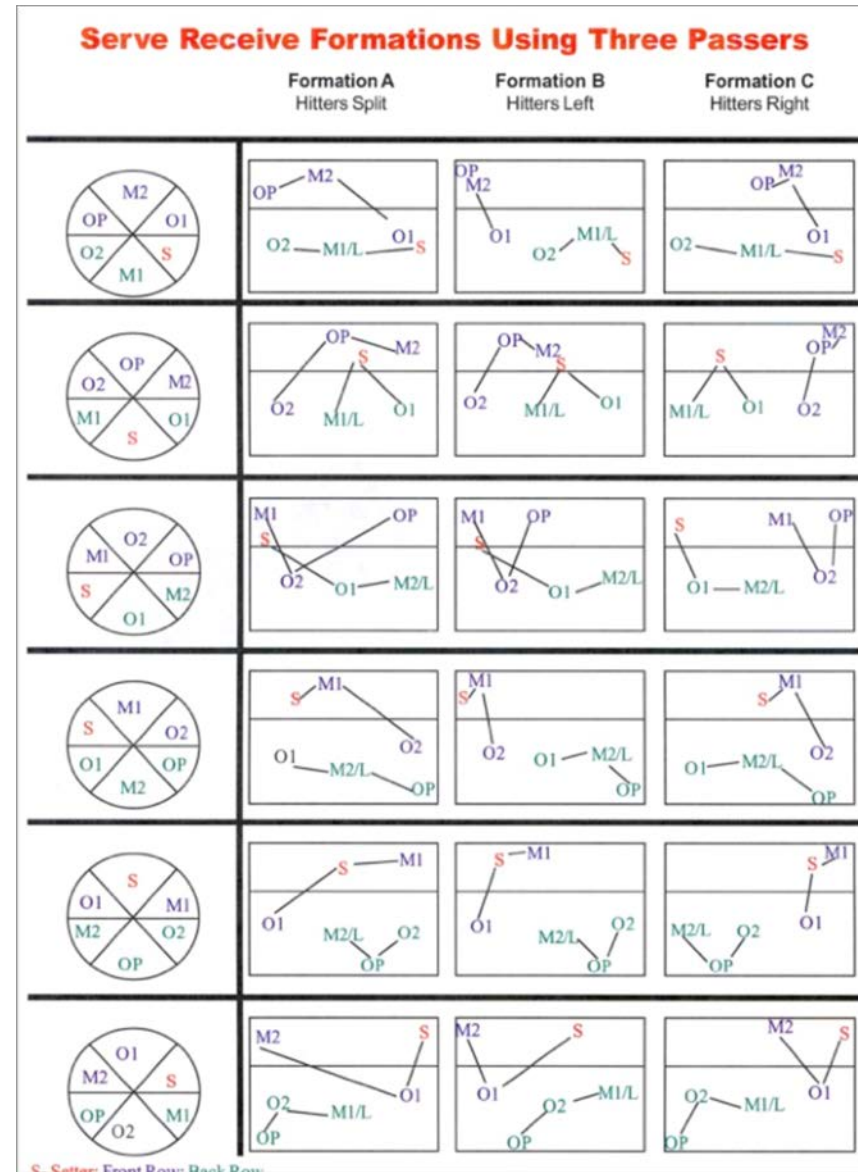
Date: _____
Site: _____
Opponent: _____



Points For									Points Against						
Rotations	Player Serving	Game 1	Game 2	Game 3	Game 4	Game 5	Total	Pt/Rot	Pt/Rot	Total	Game 5	Game 4	Game 3	Game 2	Game 1
Points															
Rotations															
Points															
Rotations															
Points															
Rotations															
Points															
Rotations															
Points															
Rotations															
Points															
Rotations															
	Team	P													
	Totals	R													
				Points for		6-0's					6-0's	Points Against			
					4-2's						4-2's				

Change SR formations

- Expose your libero (if good at SR)
- [See chart](#)





PLYR	KILLS	DIGS
2	0	2
7	2	0
8	6	6
11	8	0
14	8	0

00:60	
1	3
PERIOD	
FOULS	T.O.L.
2	2
SCORE	PLAYER FOUL
MATCH	

Defensive Changes

Change your Tactics

- Stop their big hitter
 - Change blocking assignments
 - Change back court defensive positions



Change your Tactics

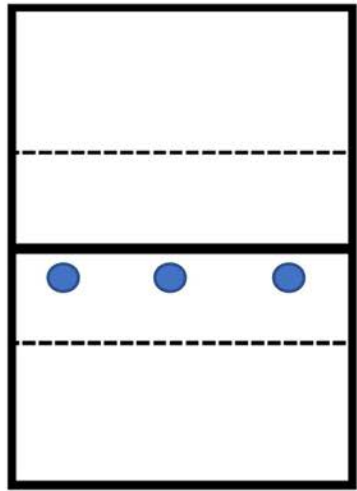
- Opponents have one big hitter
 - Your best blocker(s) automatically release to follow her.
 - Watch for keys
 - Watch eye contact with setter, look at where BH looks after
 - BR watch the same & BH approach & speed of arm swing
-



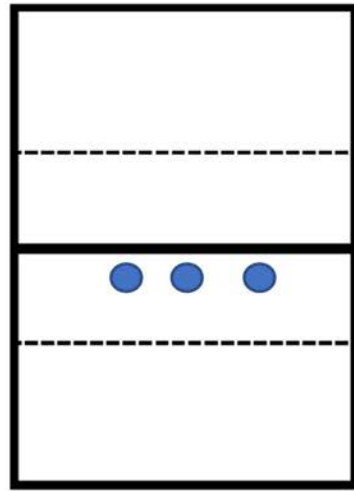
Adjust base positions

- Blockers
 - Wide base
 - Short base
 - Back court base
-

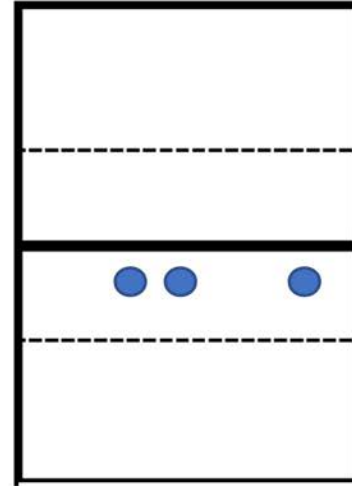




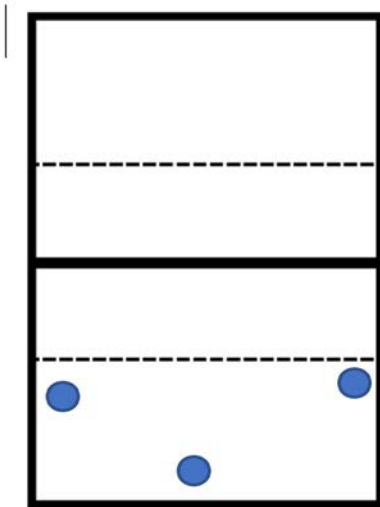
Wide



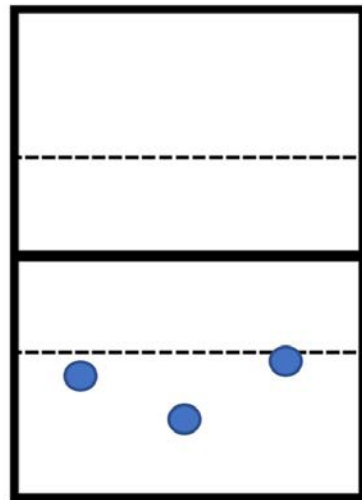
Short



Split



Deep



Short

Starting Base Positions



Offensive Changes

Change your Tactics

- If setter aggressive on second ball
 - Run right side offense and hit back to 1 or 2
 - OH/MH attack to her or tip
 - When setter in front assign one blocker to her, move LB up to cover dumps



Change your Tactics(Setters)

- Setters mix it up
 - Have hitters attack different sets
 - Different zones along the net
 - Different tempo
 - Use backrow
-



Change your Tactics – Change Tempo (Slow)

- Run slower tempo
 - Pass higher, set higher to throw off blocks
 - Can just pass higher, but still set quicker
- Take more time to pick-up ball and 5 seconds

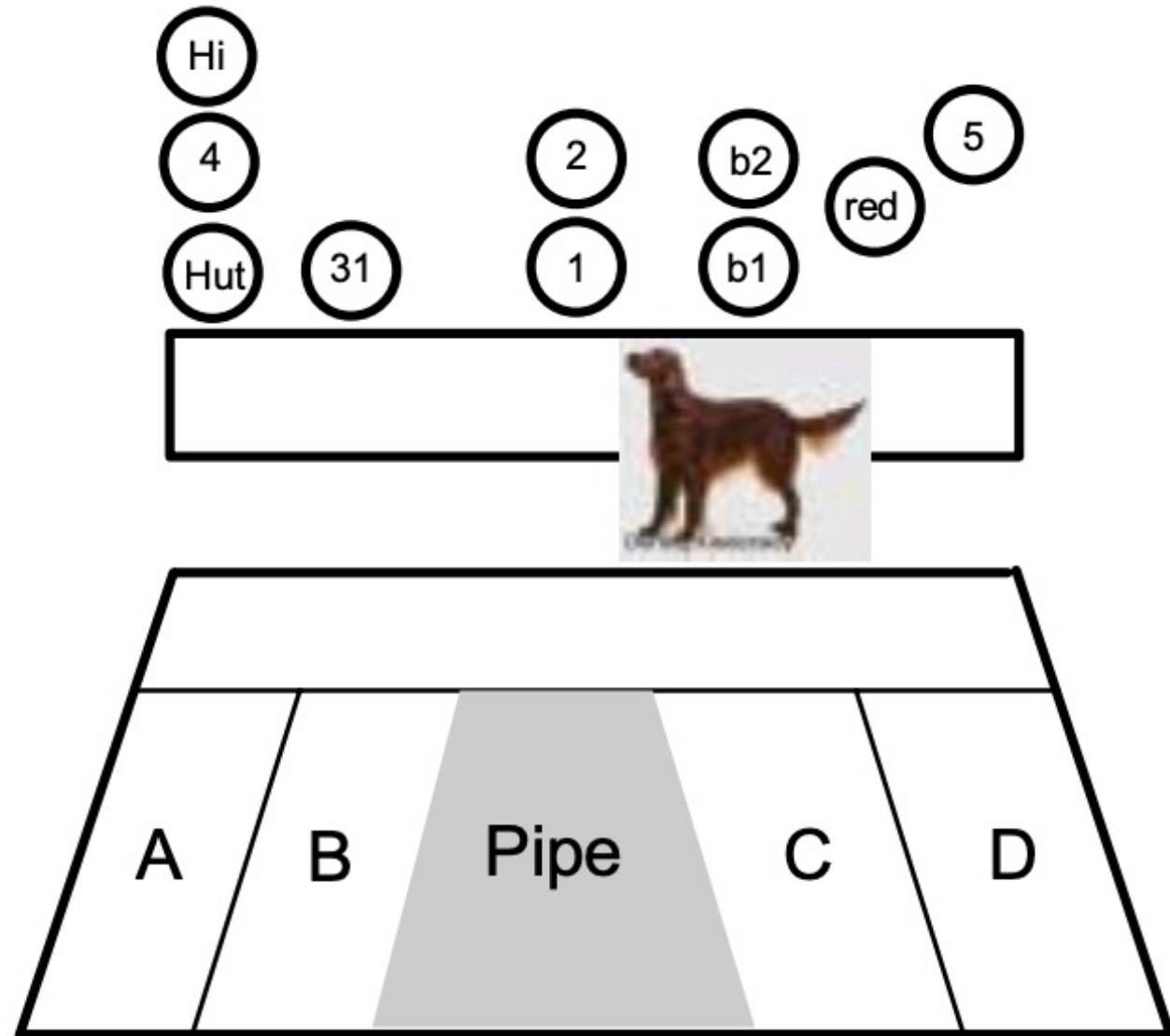


Change your Tactics - Change Tempo (Fast)

- Run quicker offense
 - Faster, lower pass.
 - Faster, lower set to hitter
 - Move **Best Hitter** to different attack zones
 - Serve quickly after whistle
-



Change Tempo



Change Your Tactics (Offense)

- Attackers mix it up
 - Learn how to hit different shots
 - Find the holes
 - Keep ball away from Libero
 - Hit to zone 1 if setter in back row
-



Beating Perimeter Defense

- Tip short sideline
- Tip/roll middle of court
- Setter dump middle of court
- Set quicker balls to the pins
- **Hit the ball hard enough to defeat the digger or block**

Beating Rotation Defense

- Beat the middle back by tip/roll mid-sideline or deep middle
- Setter dumps to the middle of the court
- Set quicker balls to the pins
- **Hit the ball hard enough to defeat the digger or block**

Beating Rover/Up Defense

- Beat the right/left backs by tipping/rolling mid-sideline or deep middle.
- Setter dumps to the sideline
- **Hit the ball hard enough to defeat the digger or block**

The Last Resort

