

How to Make in Match Adjustments to Win - Basic

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According to Todd Dagenais, former 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 mistakes
- What is your opponent doing to score points.

Fix your errors

- Control the controllables
- Service pressure
- Free ball, down balls
- Practice out of system offense

Change the energy on the court

- Make a sub
- Coaches' energy
- Bench energy
- Court energy

Change your Serve Receive formations – Important

- Left
- **SPLIT**
- Right

Defensive Changes

- Change blocking assignments
- Change back court positioning
- Release at least one blocker to follow their BH
- Change front court and back court base positions.

Offensive Changes

- Make opponents setter take first ball
- Assign blocker to block front row setter
- Change location and tempo of sets
- Attackers mix it up

Beating Perimeter Defense

- Find the holes in middle of court
- Go quick to pins
- Hit **HARD**

Beating Rover/Up Defense

- Tip/roll mid-sideline or deep middle
- Setter dump sideline
- Hit **HARD**

Beating Rotation Defense

- Tip/roll to mid-sideline or deep middle
- Setter dump
- Go quick to the pins
- Hit **HARD**