

# Offensive Strategies- Free Ball/OOS/BackRow

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- Fast offense
- Force Setters to become strong defenders
- Encourage the setters to be offensive thinkers and always be looking to score when they have the chance. This helps open both pins while keeping middles engaged.
- Want to work and train middles to be aggressive and comfortable hitting OOS.
- Specifically work the drills below that train your defense and passing to be fast and to the tape because setters will always be there and be ready.
- Backrow HAS TO BE AN OPTION. Also need to learn to defend backrow attacks.
- We work these drills almost 30-50% of our practices.
- Find ways to compete in all drills.
- A good drill has a goal (or winner/loser) a punishment (because losing needs to feel painful in practice) and a sense of urgency (timed or only so many chances). Best way to recreate a game like situation.
- Track all results.

## Drills

### Backrow Attacking

- Games to 10
  - Can be altered to fit what you are looking to accomplish.  
Backrow focus
- Activate Terminate
  - Activate OH/Terminate Backrow
  - Activate Middle/Terminate Backrow
- Samurai Receive
  - Receive Drill
  - Score to 10
  - Timed drill
  - 4 Points backrow attack
  - 2 points for first ball kill
  - 1 point for any other score

## FreeBall Work

- Freeball D
  - JV/Second side gets free ball and game is to 7.
  - Offensively always need to get a swing.
  - We stress middles or running something out of the middle.
- Win 2 of 3
  - Team is sent a Free Ball
  - Team has a down ball (Generally try and take setter out to work OOS)
  - Serve Receive

## Out of System Work

- Texas Chainsaw
  - Game to 7 or to time (We generally go 2 minutes)
  - Coach Initiated- High Energy- We generally finish a practice with this.
  - Work rotations creatively.
  - Work what you want worked.
  - Score is timed and recorded.
  - Initiate off both sides of court.
- Off block defend to attack
  - Hitters chip off box alternating attacks.
- MIA OOS
  - Pins attack 1 and 5 zone with cones set up, alternating attacks.
- Middles set OOS by setter
  - Various angles and runs.
- Setter 1<sup>st</sup>
  - First ball either attacked or tipped to setter.
  - Game to 7 or to time- 2 minutes
  - Hit all 6 rotations.
  - Work both sides of the court.