

Volleyball Fundamentals and Team Composition

Fundamentals:

Fact:

You cannot get good enough at the fundamentals of any sport.

Principles:

- Keys
- Simple movements
- Demonstrations
- Motor programs are specific
- Repetitions
- Feedback
- Progressive training

Volleyball Fundamentals and Team Composition

Forearm Pass:

Keys:

- 1) Wrists and hands together.
Heels of your hands together.
Fingers layered on top of one another at 90-degree angles.
Thumbs on top of fingers.
- 2) Straight and simple.
Start with your arms straight down and close to your body.
Do not bend your elbows.
Perform at most a single push to the ball.
- 3) Face the ball and angle your arms.
Face where the ball is coming from.
Angle your arms toward where you want the ball to go.
- 4) Shuffle. Feet apart to allow balance and mobility
- 5) See the server, see the spin

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Overhand Pass:

Keys:

- Hands up early
- Face where you want the ball to go
- Extend your arms. Push through the ball.

Front Set

Pivot Set

- 2-footed, left foot plant
- 1-footed, right foot pivot

Jump Set

- 2-footed take-off, left foot plant
- 1-footed take-off, right foot pivot

Back Set

Watch the ball

Jump Set

- 2-footed take-off, left foot plant
- 1-footed take-off, right foot pivot

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Serve:

Overhand:

Keys:

- 1) Bow and Arrow
 - a. Stand sideways
 - b. Hold ball in 1 hand
 - c. Hitting elbow up
- 2) Toss, step, hit (on heel of hand) or Step, toss, hit
- 3) Swing to the target.

Float Serve

Simple

'Bow and Arrow' setup

1 handed toss

1 step approach

Contact with an open hand

Hit directly behind and push through the ball

Topspin Serve

'Bow and Arrow' setup

1 handed toss

1 step approach

Contact with an open hand

Hit up at and push over the top of the ball (snap your wrist)

Jump/Spike Server

Use your 4-step spike approach

Make your 1st step small and then toss the ball high

Finish your 4-step approach and contact the ball like a spike.

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Spike/Attack:

Keys:

- 1) 4 step approach.
- 2) Arms down (not up), then back, then up.
- 3) Bow and Arrow arm swing
- 4) Take your 1st or 2nd step when the ball is set.
- 5) Get into starting position using shuffle steps.

Approach the ball at a 45-degree, or less, angle with respect to the net

4-step approach

1st step:

Right-handed hitters:

Lead with your right foot.

Left-handed hitters:

Lead with your left foot.

2nd step is the direction step (what direction do I take to get to the ball?).

This step should occur on or behind the 3m line.

3rd step is the long stride/acceleration step, arms perform the back swing (both arms).

4th step is the short transition step with arms swinging forward ending in the jump into the air.

Get your hitting arm's shoulder back off/away from the net.

Swing with a fairly relaxed arm.

Reach high and contact the ball with your hand above and in front of your hitting arm's shoulder.

Hit the ball with an open hand.

Contact point is the heel of your hand.

Keep your wrist loose and snap your hand over the top of the ball.

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Defense:

Principles:

- 1) Best players are positioned where most of the balls go.
- 2) Front row: More blockers are better than fewer blockers.
- 3) Simple.
- 4) Do not do tactically that which you cannot do technically (TT).
- 5) Read/React

Blocking:

Blockers must watch the opponent's play in the following order:

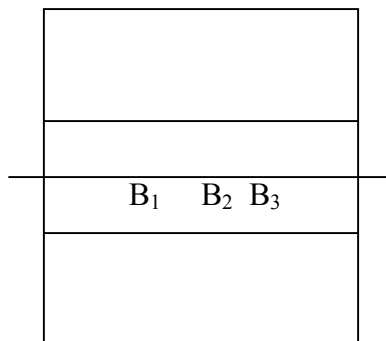
Ball – Setter, Ball – Hitter

Defensive positioning:

Front Row:

Swing block:

Bunch Read



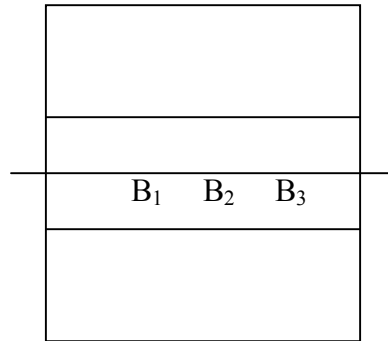
Used to allow blocking of all 3 of the opponent's hitters.

Distance between B_1 and $B_2 = 1\frac{1}{2}$ arm lengths

Distance between B_2 and $B_3 = 1$ arm length

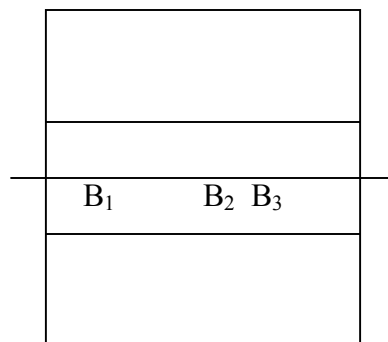
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Swing block (cont.):
Spread Read



Used to concentrate more on the opponent's outside hitters.
Distance between B₁ and B₂ = 1½ arm lengths
Distance between B₂ and B₃ = 1½ arm lengths

Dedicate



Used to concentrate on your opponents strengths and weaknesses. E.G.: Front-row setter likes to hit on 2.
Distance/placement depends on location of the opponent's hitters.

Blockhead:

Designated front row player who calls out, prior to every play, the opponent's setup and how we are going to deal with it.

- 1) Setter: Front/Back row
 - a. Tip
 - b. Hit
- 2) Hitters: Stacked (left? right?) Split?, Middle hitter?
- 3) System to use (Bunch, Spread, Dedicate)

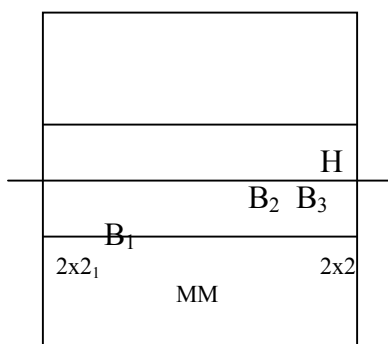
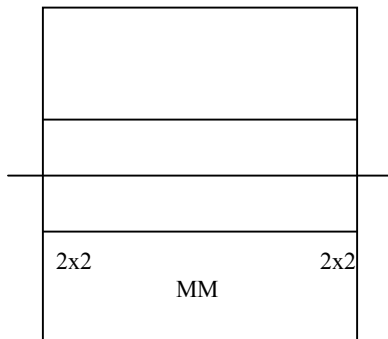
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Back Row:

2 x 2 = 2' from 3m line, 2' from sideline

10 x 10 = 10' from net, 10' from sideline

Middle-Middle = 20' from net, 15' from sideline



B₁ drops into the 10x10 position.

2x2₁ asks the question:

Can the hitter hit at me?

If no, then move to where the hitter can hit at me.

If this would position me behind B₁ then

drop back to the Middle-Left position

behind the block.

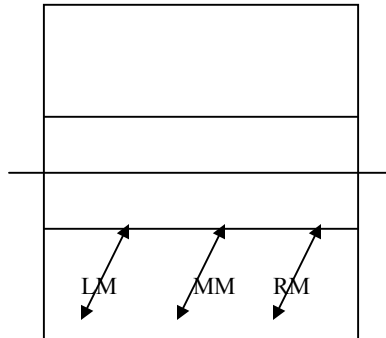
If yes, then stay there.

ALL players MUST READ and REACT to the opponent's offense at ALL times. Especially when the opponent's are hitting!

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Serve Receive:

3 person Serve Receive:



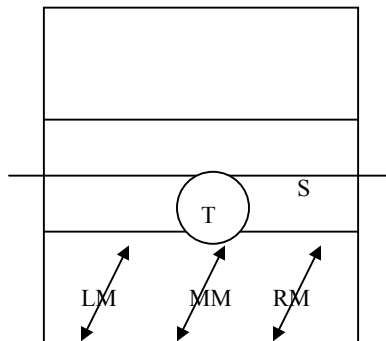
Passing lanes are from left to right.

Statistical ordering of successful pass attempts:

- 1) Midline of your body
- 2) Left side of your body
- 3) Right side of your body (statistically very poor).

Cross-court receiver steps in 1 step from his base or starting position of Left/Right-Middle.

Target:



We never want to pass the ball over the net.

Therefore, we establish our Target in the center of an acceptable circle where the passes will most likely go due to deviations from the perfect pass; which is at the net.

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Offense:

Player definitions:

- OH₁ = Outside Hitter₁
- OH₂ = Outside Hitter₂
- CB₁ = Center Blocker₁
- CB₂ = Center Blocker₂
- O = Opposite
- S = Setter

Player positions:

When the player is in the Front Row:

- OH₁ = Left
- OH₂ = Left
- CB₁ = Center/Middle
- CB₂ = Center/Middle
- O = Right
- S = Right

When the player is in the Back Row:

- S = Right
- Others will be determined by their defensive ability.

Team Composition:

- 5-1 = 5 hitters – 1 setter