



Swap out Coach Academy Logo for Region
Logo



WORDS MATTER

SKILL NOTES & KEY WORDS

USA VOLLEYBALL
DEVELOPMENT
★ MODEL



PASSING:

1. **READY POSITION.** Ready to move - **ARMS UP & READY**
2. **TAKE A STEP.** Direct step to the ball (Side, Forward, Drop step)
3. **ARMS OUT EARLY.** Pointed to the target area.
4. **SHOULDERS MAKE THE PASS.** (“keep closed” - never “open”)
5. **MOVE** - go to your next job...

SERVING:

1. FACE where you want to serve.... don't be tricky, be good.
2. TOSS - This is 90% of serving. If Jump Serve, toss the ball on 1 step.
3. CONTACT. Float just above Eye on the serve shoulder. Jump High and Forward
4. SWING - straight through the ball
5. MOVE to your next job.

SETTING:

1. **BEFORE THE BALL ARRIVES.** Big open hands = use all 10 fingers.
2. **CONTACT.** Above the head, elbows bent .
3. **RELEASE.** Push straight through the ball - let your hands follow to
target

OVER HAND PASS

1. **HANDS LITTLE MORE FLAT**
2. **MOVE UP NOT FORWARD.**

ATTACKING:

1. FOOTWORK. Small RIGHT- Adjust LEFT - Step Close (RIGHT-LEFT)
2. ARM LIFT. - Left arm Up, Right arm back
3. HAND UP - & Elbow back. Avoid impingement
4. HIGH CONTACT. On the right shoulder take the ball out of the air.
5. QUICK SWING = “Snap (elbow), snap (wrist)”

BLOCKING:

1. **READY POSITION.** Able to move - hands around shoulder height.
2. **EYE PROCESS = (Ball-setter-ball-hitter...Pass-Setter-Set Hitter)**
3. **MOVEMENT = Side Step - Crossover - 3 Step - (high level - step push)**
4. **TIMING.** Jump when hitter jumps = go early.
5. **HANDS AND ARMS - Swing OK - Static OK... KEEP Hands over the net.**

DEFENSE:

1. READY POSITION.
2. MOVEMENT. Only have time for a few steps.
3. WHEN THE HITTER JUMPS - STOP.
4. DIRECT STEP TO THE BALL. No negative step.
5. ARM OUT EARLY. Arms lead to the ball, Stay under the ball.

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Passer Hitters: (“Work Horse” - they do everything)

1. Be able to pass.
2. Hit from all positions - 1 on 1 Kill the ball, 1 on 2 OFF THE
EDGE
3. Be a good Server
4. Be a good defender
5. Be a good blocker.

Middle Hitters: (“Greyhounds” - Follow the bone and get it before anyone else)

1. Be a good blocker.
2. Sideout Quick spike
3. Be a Good Server.
4. Be good in transition.

Opposite Players: (“Trashmen / Trashwomen” - TAKE OUT THE TRASH)

1. KILL THE BALL - take high swings. (Front and Back court)
2. BLOCK - be one of your best blockers.
3. SERVE - often your best server.
4. Defense.
5. Be a GO TO player.

Setters: (The “Cat” - they get everyone to do what they want)

1. SET - take a medium pass and make it better.
2. Good Set / Smart Set / Tricky Set. Know when to use each.
3. Serve - be a good server
4. Defense -be a good defender.
5. Block and attack as needed

Liberos: (The “DJ” - make the rhythm and noise that moves the team)

1. Communication – this is the most important skill.
2. PASS - Be your best passer
3. DIG - be the one to make the great play look easy
4. “Make the Easy ball Easy”
5. Serve

