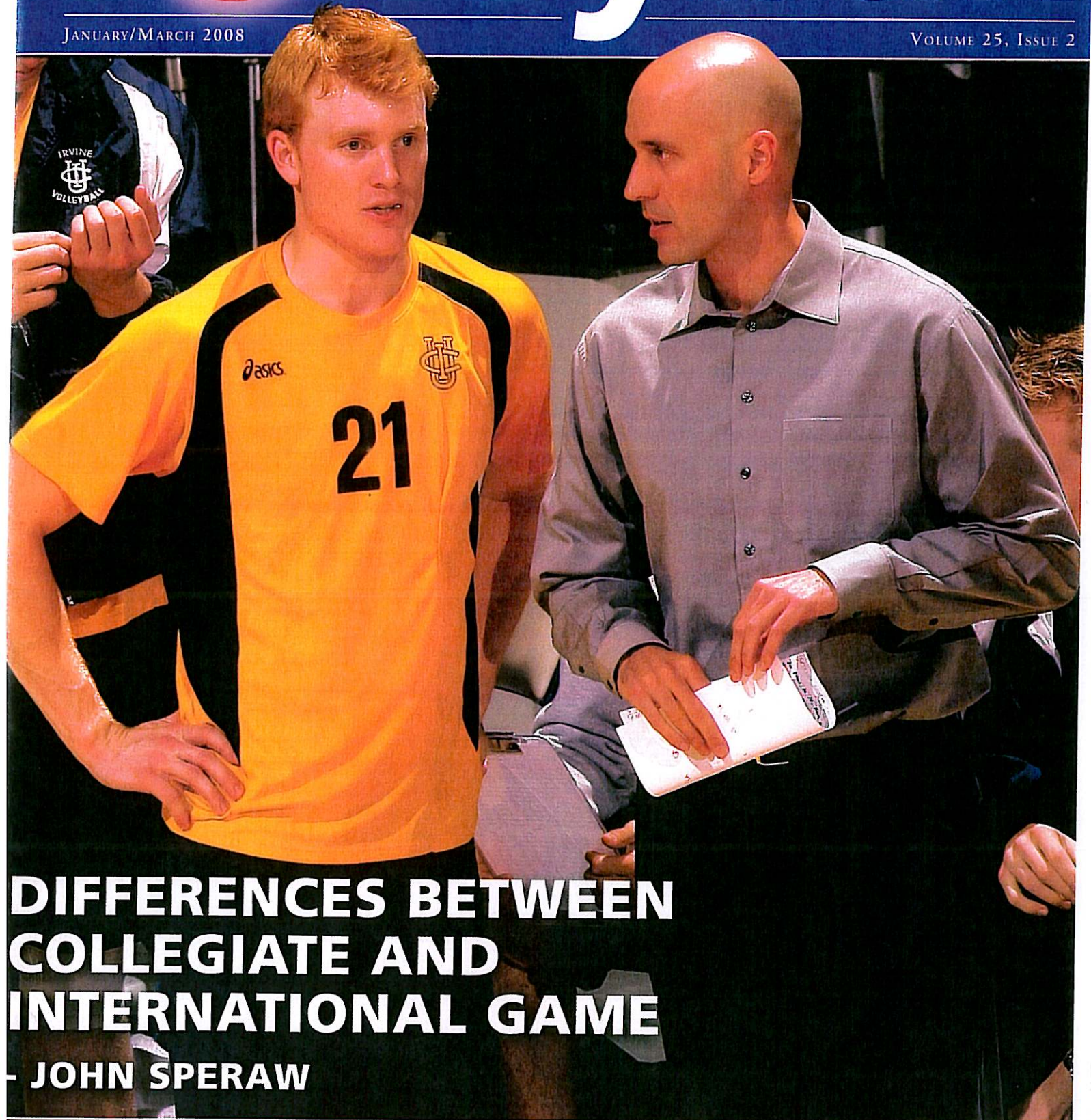


SETTING YOUR TEAM TO SUCCESS • GAINING A VIZUAL EDGE • 2008 NCAA MEN'S PREVIEW

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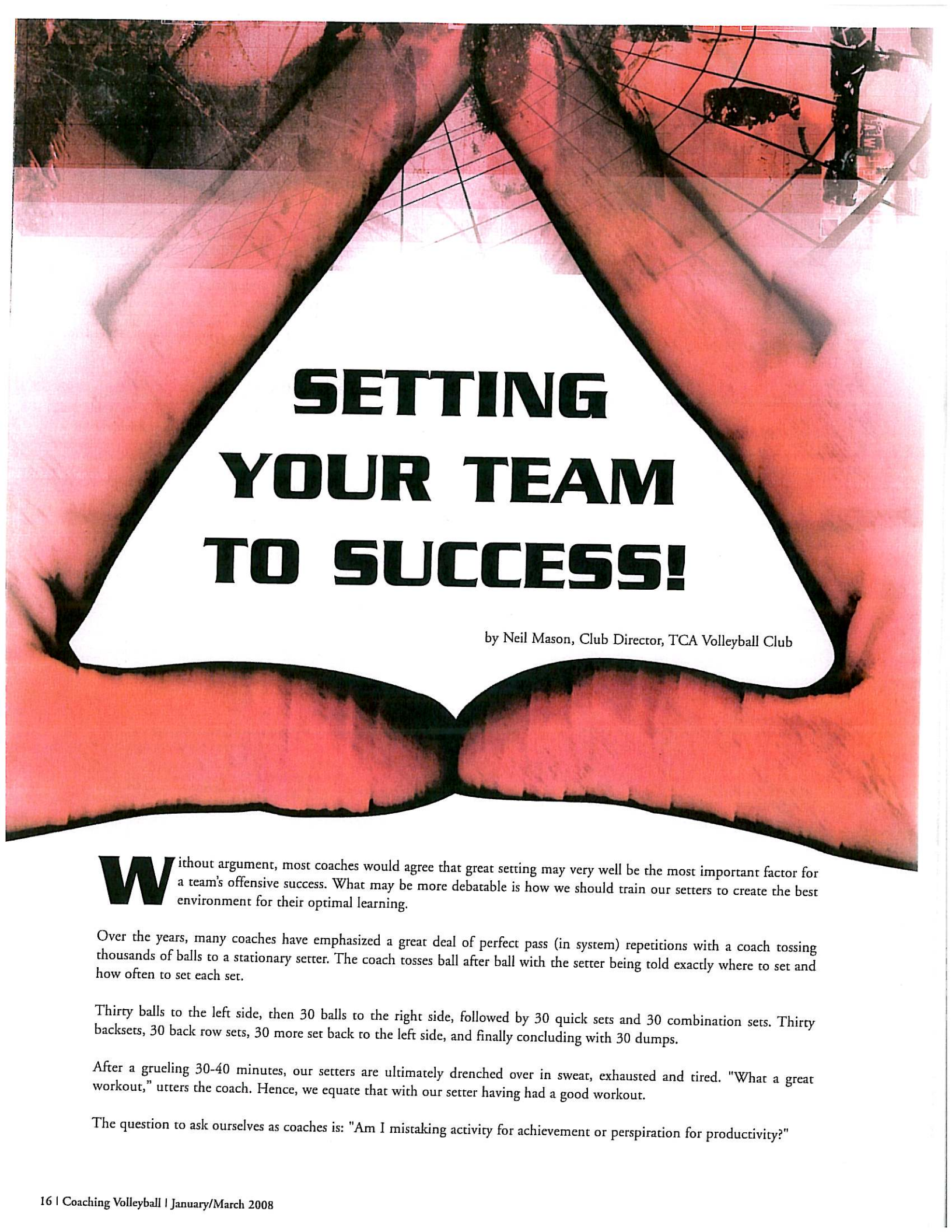
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DIFFERENCES BETWEEN COLLEGIATE AND INTERNATIONAL GAME

— JOHN SPERAW

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SETTING YOUR TEAM TO SUCCESS!

by Neil Mason, Club Director, TCA Volleyball Club

Without argument, most coaches would agree that great setting may very well be the most important factor for a team's offensive success. What may be more debatable is how we should train our setters to create the best environment for their optimal learning.

Over the years, many coaches have emphasized a great deal of perfect pass (in system) repetitions with a coach tossing thousands of balls to a stationary setter. The coach tosses ball after ball with the setter being told exactly where to set and how often to set each set.

Thirty balls to the left side, then 30 balls to the right side, followed by 30 quick sets and 30 combination sets. Thirty backsets, 30 back row sets, 30 more set back to the left side, and finally concluding with 30 dumps.

After a grueling 30-40 minutes, our setters are ultimately drenched over in sweat, exhausted and tired. "What a great workout," utters the coach. Hence, we equate that with our setter having had a good workout.

The question to ask ourselves as coaches is: "Am I mistaking activity for achievement or perspiration for productivity?"

SETTING YOUR TEAM TO SUCCESS!

Figure 2: After finishing, the setter then goes to the ball cart in area 4 simulating the setter penetrating from rotations 3 and 4. The coach will pass perfect more times than not when the drill starts.

Figure 3: Once the setter understands the drill, the coach starts to move their position around the court (passing from different areas) and also moves the setter around, simulating really good passes in which the setter will have many options.

The coach can pass medium, giving the setter some choices that will create wonderful opportunities for decision making. If the pass is 10 feet off the net, should the setter set the quick attacker or set back row? If the pass is left of center, should the setter go quick in the seem, set over the quick attacker to the left side, or back set against the flow all the way to the right side hitter? All great questions, and, conversely, decisions that will, over time, make our setters more creative and cognizant.

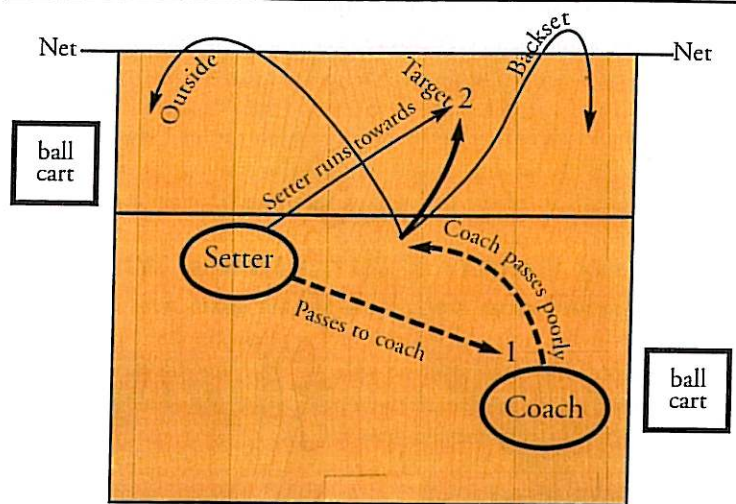
Finally, the coach can also pass very poorly, which will give the setter maybe only one good option, which may very include a bump set. Many coaches will yell at their setters "set every ball with your hand!" Do we really want that, or do we want a setter than can deliver a great bump set if needed, which will give the hitter a great chance to score?

The key to this drill is randomness, reading, and feedback between both the player and coach. They both are equally important in this learning situation.

Note: During this drill we must remind our setter to stop and face the passer when the ball is about to be passed. This will help with:

- * Improved reaction time: Changing directions is much easier from a stopped position.
- * Improved vision: Evaluating the difficulty of the serve, seeing the passer and anticipating where the pass will be going.
- * Improved range of motion: Allowing for a variety of footwork patterns: left, right, forwards and backwards, along with running, jumping, shuffling and pivoting.

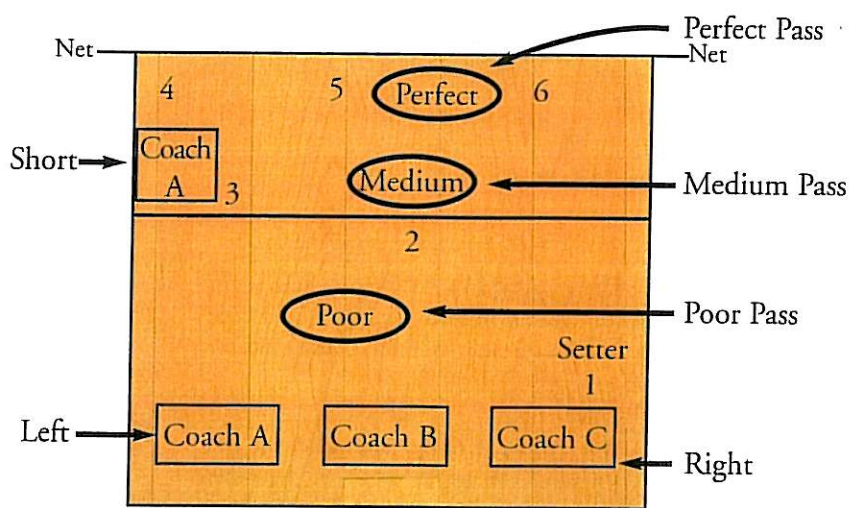
Fig. 2



Rotation 3 or 4

1. The setter gets the ball from the cart and tosses it to the coach.
2. The setter runs towards the net and stops when the ball is being passed and reads passer.
3. The coach passes poorly.
4. The setter runs down the pass and sets outside, backset or back row and covers.
5. The setter then goes to a different position.

Fig. 3



Rotation 1, 2, 3, 4, 5, 6

1. The setter starts wherever she would like – rotation 1, 2, 3, 4, 5, 6 (the numbers signify starting position).
2. The coach can simulate a pass from wherever they would like (a = left, b = middle, c = right, d = short).
3. The setter tosses to the coach and runs towards the net and stops on contact and reads the passer.
4. The coach can pass perfect, medium or poor.
5. The setter runs down the bad pass or stays near the net on good pass and can set wherever (left, middle, right, quick, back row, dump then covers).
6. The key to this in randomness: the coach moves around the court simulating different areas where the ball can be served.
7. Feedback and communication is pivotal.