

Fusion Volleyball Club Handbook

Volleyball Basics

2019/2020

Directors Contact Information

TJ Shultz

Email: Fusionvbc@yahoo.com

Phone: 717-919-7080

Asst. Directors Contact Information

Lauren Bond

Email: Fusionvbc1@gmail.com

Phone: 631-521-0338

Website: www.fusionvbc.com

Volleyball Basics

Serving - Serve consistently and serve to score. This does not necessarily mean an ace. A good server does her job by forcing a free ball or a one-option play. We want you to be both aggressive *and* smart. Missing three serves is not being aggressive. Jump serves are encouraged as long as they are effective and consistent. If you are jumping 50% and the serves that land are being passed easily you shouldn't be jump serving.

Most important of all...be confident, take a deep breath and concentrate. Serving is the only skill that you have complete control over. Developing a pattern or routine before you serve is essential.

Our zone system is based on the theory that we want to serve seams as much as possible. Anyone can pass a ball served directly to them. With our zone system there should be at least two or three seams with any serve receive we might face. All players must learn to serve to the positions identified by the coaches.

Passing- It is a well known fact that in the game of volleyball passing is the key to everything. It is a true art and successful players take much pride in it. We have so many more offensive options when we pass well. Each and every player must want to pass the ball. Every passer will call the ball at least three times (ex. mine, mine, mine) before making contact.

Cues for passing:

1. Feet shoulder-width apart and legs bent in athletic position
2. Shoulders back
3. Platform in "lunch tray" position
4. Keep ball in front at all times
5. Mover feet to keep ball within shoulders

Blocking - Blocking is the first line of defense. All six players must move together. If one player misses her assignment the entire blocking scheme breaks down. Hands need to be high at all times, knees slightly bent, and all three players at the net need to be in the frame of mind that they are going to block their hitter. We need at least two blockers up every time. Try to anticipate by watching the pass and eliminating the setters options based on the pass. Each setter has tendencies. Good blockers figure out what they are. Finish your block no matter where you are. Just because you may have been fooled doesn't mean that you won't get a piece of the ball if you go up strong and close a hole. As soon as the ball passed your shoulders you need to be thinking, get off the net, call a set and hit.

Communication is the key. **Left sides** are in charge of following the setter and need to let the rest of the team know whether she is up or down (front row or back row). **Middle blockers** are responsible for knowing who is in the front row and calling the hitters out to the rest of the team. Hitters won't always attack along the same spots at the net so it is crucial that you always know where your hitter is and always communicate. ALWAYS FOLLOW YOUR HITTER!!

- Coaches will game plan to identify the strengths and weaknesses of the opponent and will set up the blocking scheme and defense appropriately (ie funnel ball to Libero, take away line or angle, play rotational or perimeter defense). Players must be able to adjust to changes in the game plan on-the-fly and without confusion.

Offense vs Defense

Defense - Relentless Pursuit!!! Not going for a ball is letting your teammates down. Effort does not take height or skill. Great defensive plays, regardless of the result will be rewarded in practice. Great defense will result in points and points will result in wins. Players need to stay low throughout the duration of the rally and keep their feet moving until the play is blown dead.

Our main defense will be a version of perimeter. However, we will adjust our defense based on our opponent. All six players will start in base and then release to their defensive positions when the ball is set. Positions will vary depending on the block.

Offense – Getting our best offensive threat in position to score is our philosophy. Hitters always need to be ready to attack anywhere along the net, not just the traditional sets for their position. Setters need to see the defenders, understand the defensive flow, and find the one-on-one opportunity. Everyone needs to be smart. There is no need to force a quick middle off a bad pass when our outside is faced against a four foot setter. *UTILIZE what the opposing defense gives us!* We also need to work on our shots. Swinging as hard as you can into the net or a block doesn't do us any good. All hitters need to see the block in front of them and be able to work all the angles.

- All back row players must help identify the openings for the hitters. Each attack should be helped along with back row players calling the open shot (cross or line)

For the most part, the setter will be determining the patterns of attack in serve receive. She will make the call based on who is in the front row and what has been working. In transition the hitters will audible what they want. We want our hitters to use the entire net, especially in transition. Middles will call first, then outsides, then right sides. Our setter will need to listen and process information quickly. We will have a game plan. We do not follow the equal distribution theory. As the season progresses we will work on using more and more sets.

We will use numbers for our front-row sets and colors for our back-row sets. In addition, each team will run combination plays off of free-balls.

Remember, it all starts with the pass!

Position Basics

Libero - You will be our defensive anchor. You are a constant spark plug in our system. You will communicate where the attack is coming from. Be the most aggressive passer on the court. You will be in more defensive plays than any other player on the team. In some defensive systems, you will be responsible for setting the ball if the Setter plays the first ball. Learn the habits of the hitters and use that knowledge to your advantage.

Outside Hitters - First and Foremost, pass the ball! Be available for the set every time. You will get the most sets, you need to live up to that responsibility. Limit your errors. We need our outsides to be smart while staying aggressive. We need you to put balls away consistently. You also have the responsibility of blocking the opposing setter when she is front row.

Middle Blockers - Blocking!!! You are a middle blocker, not a middle hitter. Always remember that. Finish every block by not giving up and going up strong. Create one-on-one hitting situations for your outsides by running a hard approach every time. Good middles work hard on every play. Be vocal. Communicate the hitters to your teammates and be the first to call an attack zone in transition.

Right side Hitters - Block our opponents outside attack. That's where most of the sets will go. Be up to the challenge. Want to block her every time she gets set. In some defensive systems, you will be responsible for setting the ball if the Setter plays the first ball. When the setter takes the first ball you need to step in with confidence and deliver a hittable ball. You are also an outlet for the setter in the back row so be ready to hit a back row ball at all times.

Setters - Be in charge on the court and set hittable balls. Be a leader. If you want your hitters to respond to you, give them a reason to. Setters always have to work harder to hold the respect of their teammates. You need to keep the defense guessing by always being an offensive threat. When you are back row don't forget that your first priority is defense. —Defense First

Bench - Whether you are on the bench for one play or the entire match the objectives remain the same. Volleyball is a game of momentum. A consistently supportive, loud, and fun bench contributes huge amounts of positive energy to the team. Never sulk or check out of a match. Always keep your statements positive and uplifting. Participate in team cheers. When sitting on the bench, you must be focused on the game at hand and not worried about anything outside of that particular match.

Remember that at any given time your role/position can change. Accept this change, know that it's what's best for the team and be ready to contribute no matter where you are

Bottom line – we will always have the loudest and most supportive bench!

Rotation Basics

A team's success in volleyball is directly linked to each player's ability to understand his or her position on the court. The 5-1 rotation—1 setter and 5 hitters—provides the greatest flexibility and consistency for a team's offense and defense. All teams will also be familiar with the 6-2 rotation – 6 hitters and 2 setters where the setter always come out of the back row. The following diagrams describe the basic serve-receive set-up and a basic defensive posture. The diagrams are only a starting point. In both serve-receive and defense, players should be able to adapt to the opposing team.

Some basic principles to keep in mind:

1. **Communicate.** There is no greater tool on the court than your mouth. Call every ball. Talk to your team before, during and after each play. Stay positive. Focus on what the team needs to do; resist the urge to spend energy on what the team should not be doing.
2. **Know your position.** Each player should have an identified position—2 middles, 2 outside or left-side hitters, a setter, and an opposite (i.e. opposite the setter) or right-side hitter. After the serve-receive or after the ball is sent to the other side, players should transition to their designated positions—the front-row middle to the middle; the back-row middle to middle-back, deep; the front-row outside to the left; the back-row outside to left-wing; the setter and opposite, always to the right-side
3. **Know your opposite.** Players line up opposite each other and remain so throughout the rotation. In Diagram 1, S is the setter, lined up diagonally across from the opposite (3). 2 and 5 are middles; 1 and 4 are outsides. If you get confused during the match, look for your opposite.

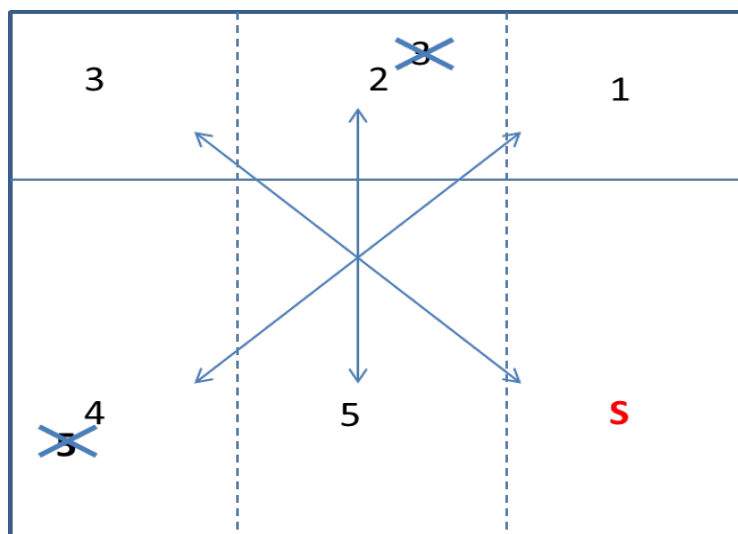


Diagram 1

4. **Don't overlap.** At the moment of the serve, players must be in the correct position. Those out of rotation are considered to be overlapping. This applies among front-row players and among back-row players. In the rotation shown in Diagram 1, for example, 3 can never be to the right of 2; 5 can never be to the left of 4. (It is possible for 2 to be to the left of 4, as long as 4 remains to the left of 5 and 2 remains to the right of 3.)

5. **Transition.** Once the server makes contact with the ball, the receiving team should transition quickly. Before the ball passes the plane of the net, the setter should be in position, right-of-center, ready to receive the pass. Hitters should move to their position and be ready to take an approach.

6. **Always pass right.** It does not matter where the setter is coming from, passes should always be right-of-center about 2 feet off the net. It is the setter's responsibility to be in position each and every time. The passers need a visual and auditory target to direct the ball. Even when passing falters, it is critical that the setter be in position. *All emergency sets should begin from right-of center.*

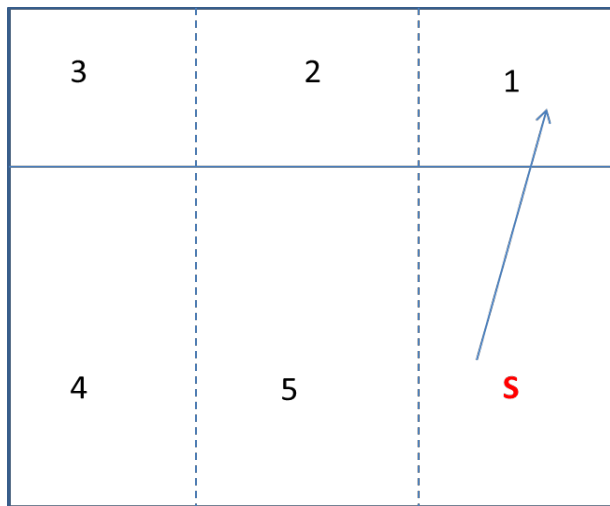
7. **Listen to your setter.** The Setter is the quarterback of the team. When setting up the serve receive, each player should look to the setter for hitting instructions. Setters, therefore, should be familiar with the set-up of each rotation.

Serve Receive

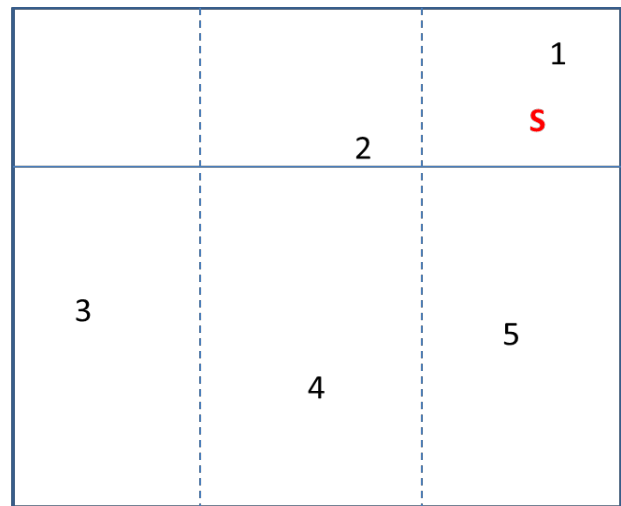
The following diagrams will help you to visualize positioning on the court. The diagram on the left shows where each player begins in each rotation. The diagram on the right shows where each player should be for serve-receive. After the offensive attack has been completed, middles should transition to the middle, outsides to the left and the setter and opposite to the right-side.

This is especially critical for the opposite, as he or she is expected to be the back-up setter when the setter plays the first ball. Since all passes go right, if the setter requires help, the opposite should be in close proximity to assist.

Rotation #1 (Stack Right)



Base



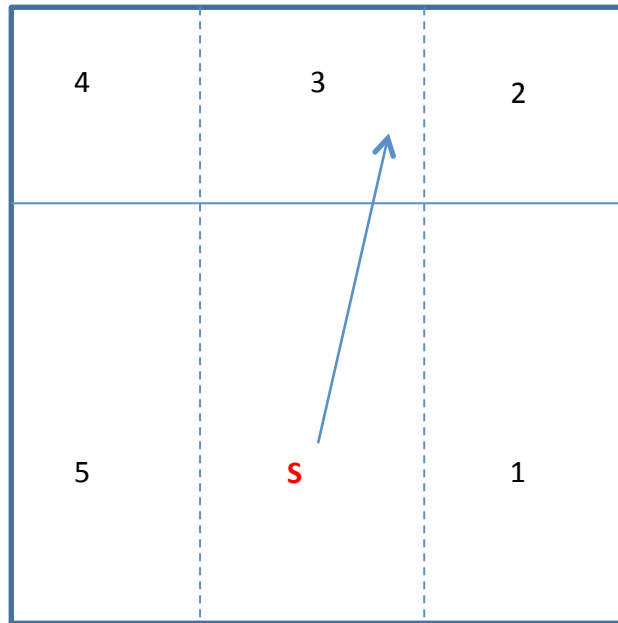
Receive

Please note that the dashed line represents potential overlap areas

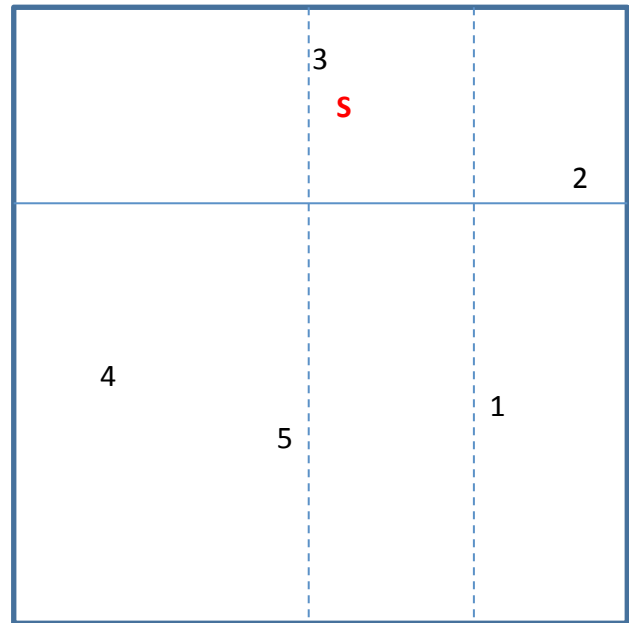
In the first rotation, the Setter pulls 1 up to the right-hand corner. As soon as the server makes contact with the ball, the Setter should move to the setter's position, right-of-center on the net. 1 and 2 should move to their hitting position, ready to take an approach. 3 drops back to help 4 and 5 pass the ball. In this rotation, overlap-risks are minimal, as long as the Setter remains to the right of 5 and behind 1.

****Serve receive rotations are subject to adjustment on a game-to-game or serve-to-serve basis****

Rotation #2 (Stack Middle)



Base



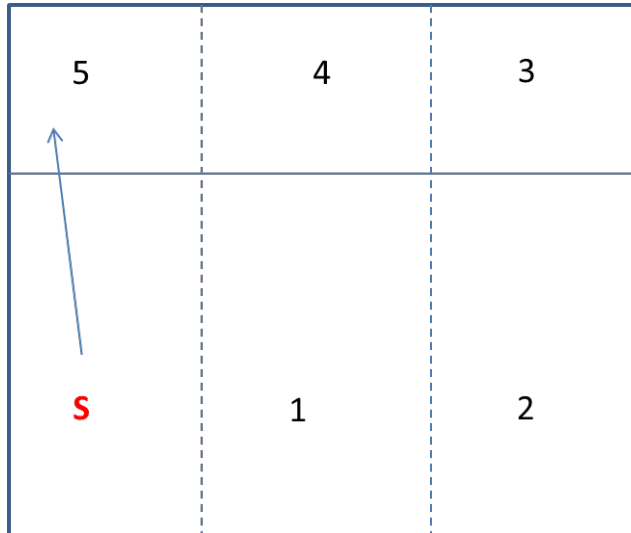
Receive

Please note that the dashed line represents potential overlap areas

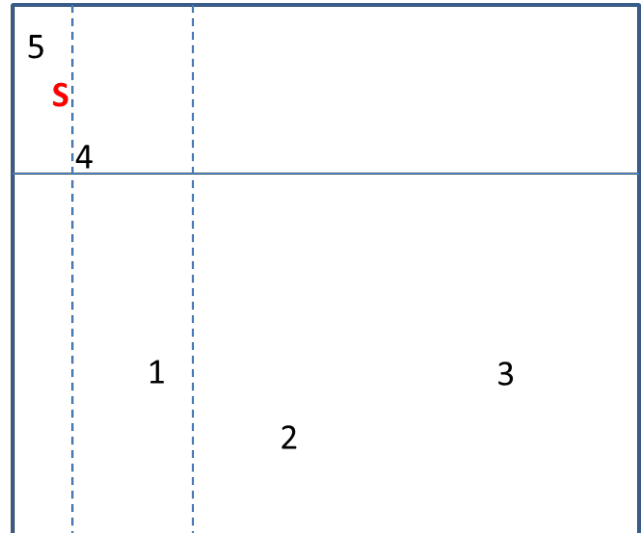
In the second rotation, the Setter pulls 3 up to the center-front. It is critical, that as soon as the server makes contact with the ball, for 3 to back up into hitting position. Otherwise he or she will be in the way of the setter. 4 drops back to help 5 and 1 pass the ball. In this rotation, there is an overlap-risk with the back-row. The Setter must be in between 5 and 1 and behind 3.

Rotation #3 Stack Left **or** 5-3 Switch

Stack Left

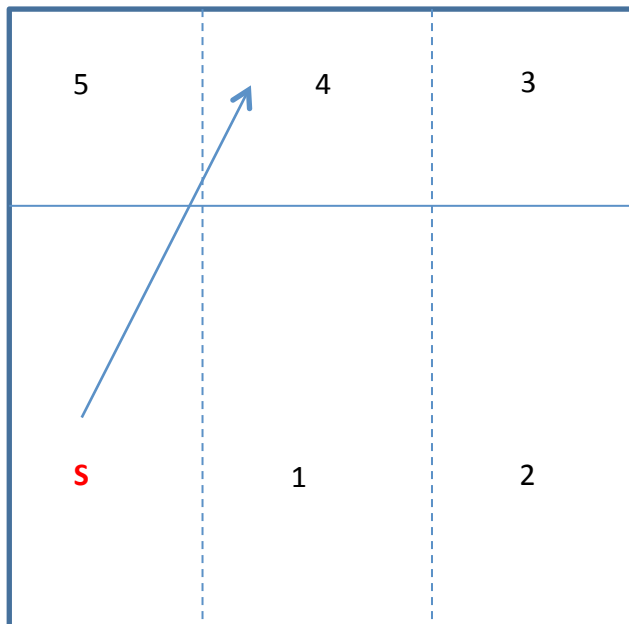


Base

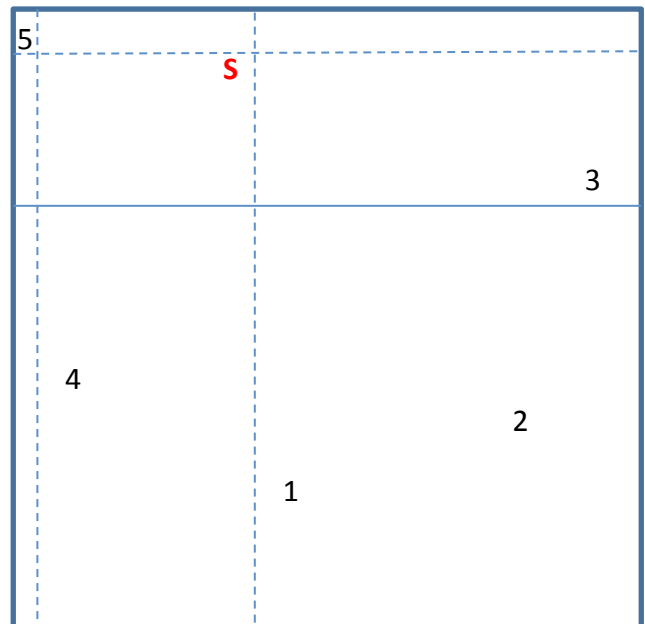


Receive

5-3 Switch



Base



Receive

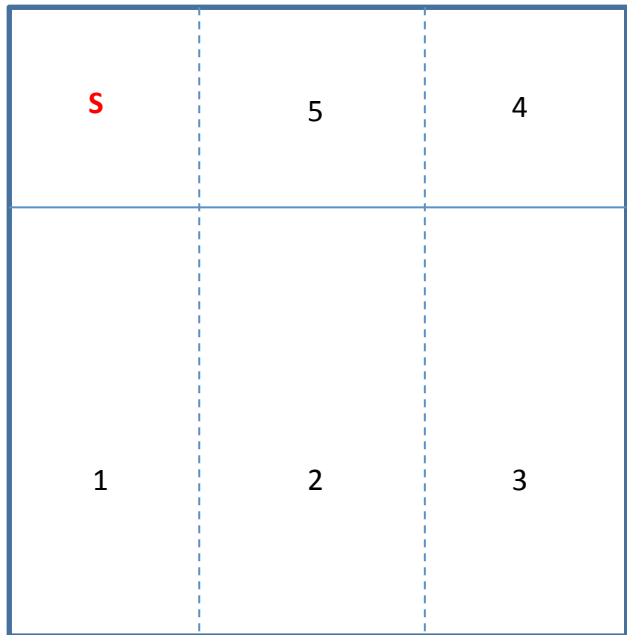
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Rotation #3 Stack Left or 5-3 Switch (cont.)

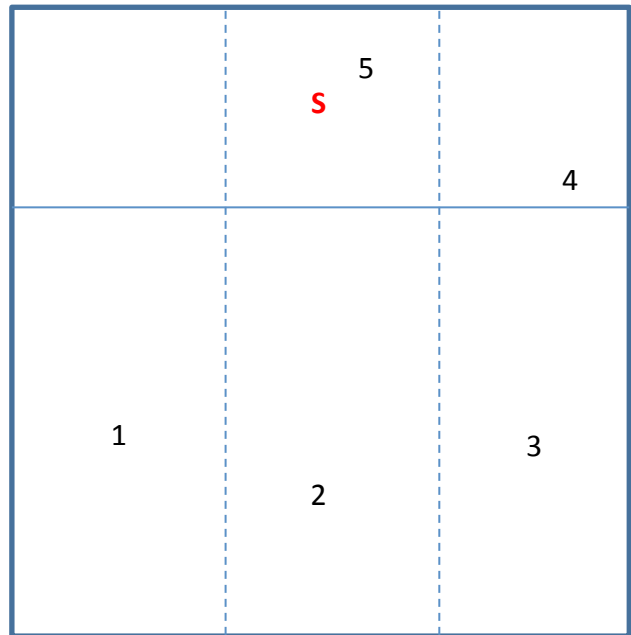
In the third rotation we have two options:

1. Stack Left - The Setter pulls up 5 and 4 into the left-hand corner. It is critical, as soon as the server makes contact with the ball that the Setter sprints into position. 4 should quickly move into position on the outside. Once the path is clear, 5 should quickly move into position. 3 drops back to help 1 and 2 pass the ball. In this rotation, overlap-risks are minimal, as long as 5 remains to the left of 4, and the setter remains behind 5. The setter also cannot leave too soon without risking an overlap with 1.
2. 5-3 Switch – The Setter moves up to the net and as far over as possible towards the setting position. Player 5 stands in the front left corner of court while 4 slides back into serve receive. This formation will allow the setter to limit the amount of movement for the setter while also allowing player 4 (OH) to be start in offensive position. Please note that the Setter must stay behind 5 and to the left of 1 while 4 must stay to the right of 5 and in front of 1.

Rotation #4



Base



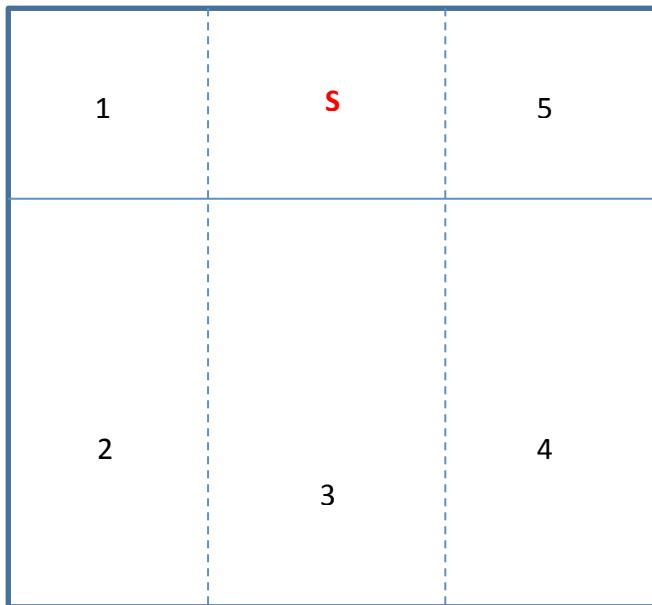
Receive

Please note that the dashed line represents potential overlap areas

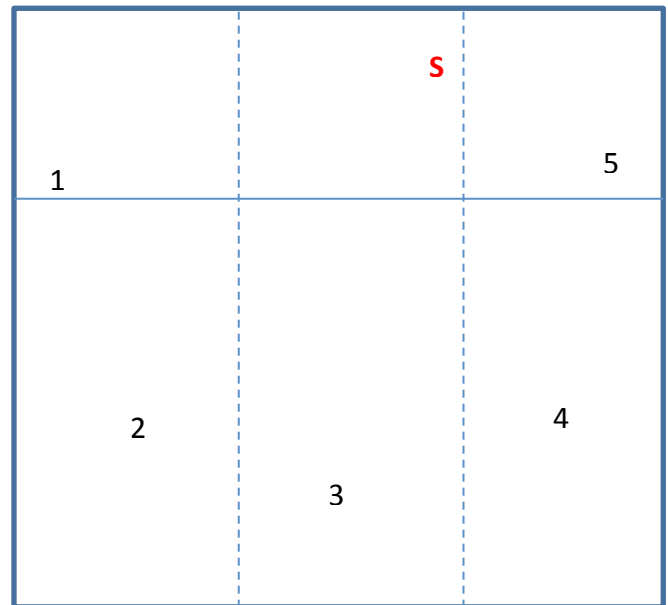
In the fourth rotation, the setter is now in the front row. When the Setter is in the front row, the remaining two hitters have greater flexibility as to where they set up and where they hit. As long as the Setter is to the left of 5, and 5 is to the left of 4, all is well. The three front-row players could, conceivably, all 'stack' in the left, middle or right depending on where the hitters are heading.

(For a 6-2 rotation—6 hitters, 2 setters—setters always sets from the back-row. In the front row, the setter becomes the opposite hitter; the Opposite (3) sets when entering the back. Positioning recycles to Rotation #1.)

Rotation #5



Base

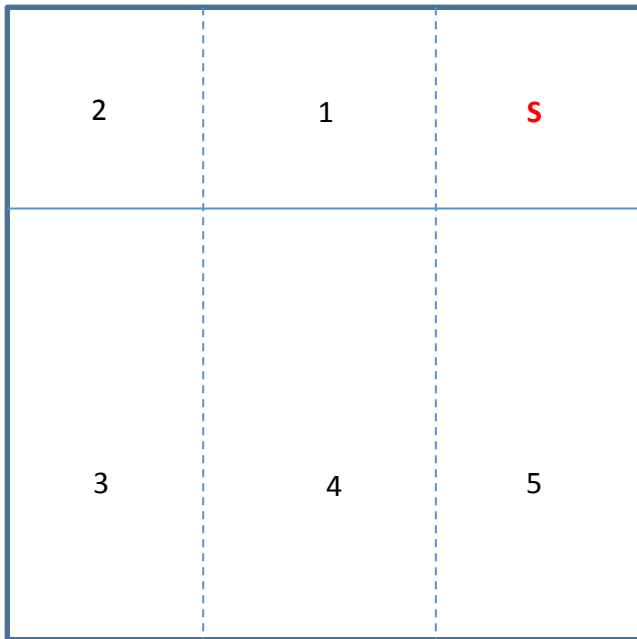


Receive

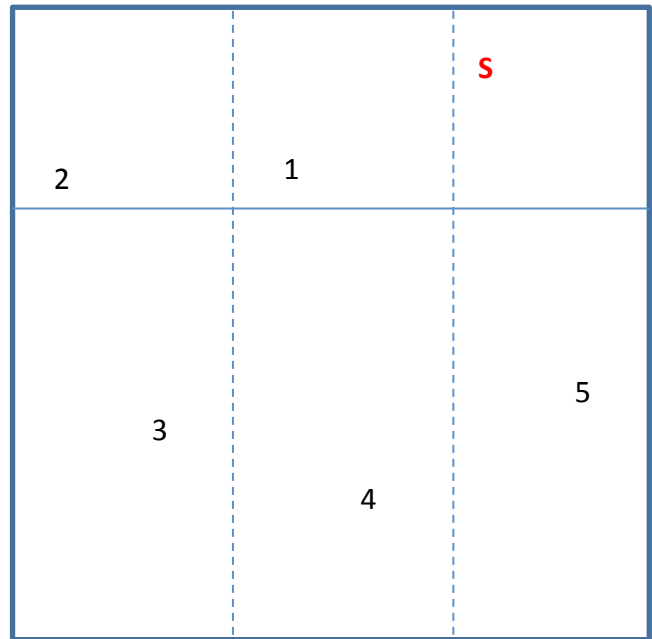
Please note that the dashed line represents potential overlap areas

In the fifth rotation, much like the fourth, the front-row has a lot of flexibility. The diagram above shows what is called —split-hitters. The Setter should still expect passes right-of-center. If the setter receives passes in the middle (i.e. calls to the team —pass middle!), the opposing team will know there will be no middle offensive attack.

Rotation #6



Base



Receive

Please note that the dashed line represents potential overlap areas

In the sixth and final rotation, much like the fourth and fifth, the front-row has a lot of flexibility. Hitters 1 and 2, at the direction of the Setter, can hit from wherever they'd like. Depending on the offensive play, all the back-row players should be ready to hit.

NOTE: Our serve receive pattern will always be "right seam dominant". This means that the passers are responsible for all balls that are in front of them and to the right until they reach the next player. There should always be an overlap with the player on the left passing in front of the player on the left.

Defense

Though a decisive spike feels good, defense wins games in volleyball. The previously described serve-receive set-ups and transitions are as much about preparing a team's offense as they are about preparing the team's defense. While it may be convenient for players to remain where they fall in the rotation, by transitioning to the same position play after play, the team builds cohesion and consistency. When a defensive player returns to the same position over and over, he or she is more likely to learn.

Some basic principles to keep in mind for the back row:

1. **Perimeter defense.** The most common defensive set-up is called a —perimeter defense. In other words, back-row defensive players position themselves along the perimeter of the court, with one foot on the line. Players are always ready to move *into* the center. This way they know when balls are out; and their movements are directed into the court and the rest of the players. The reverse—starting in the center and chasing balls on the line—has the predictable outcome of sending balls flying into neighboring courts.
2. **Rotational defense.** Another common defensive set-up is called a rotational defense. In other words, the back-row defensive players all rotate around to the hitting side of the court will the back row player behind the blockers comes short to pick up tips in the center of the court. *Rotational defense is used for teams that like to tip to the center of the court or hit down the line.*
3. **Get low. Keep moving.** Back-row defense is played low, with your knees bent and butt low. Hands should be in a neutral position in front of your body, ready to move left, right, down or up. Defense is never played standing up. Defenders should constantly be moving through the entire play, adjusting and anticipating the direction of the ball.
4. **Be in place.** When the opposing hitter is attacking the ball, STOP! Even if you are out of position, STOP! Be low and get ready. You have a better chance of passing the ball from a stationary, neutral position, then when you are a moving target. As the level of play improves, increasingly it's just about getting a good touch on the ball.

Blocking

Some basic principles to keep in mind for blocking

1. **Block the court.** Blocking is not about the opposing team; it's about defending your own court. Blocking is about what's behind you, and what's in front of you. The block should take a piece of the court away from the hitter, directing the ball to the positions of the back-row defense.
2. **Get low.** Blockers should also be low, cocked and ready to jump, with their hands in front of their face. When the hitter attacks, only one thing should be needed: to jump.
3. **Seal and penetrate.** A good block is set by the outside or opposite blocker, about 3 feet from the antenna. The middle blocker should transition to close the block by feeling for the shoulder of the second blocker. Blockers should jump *together* and pike over the net.
4. **Block straight up.** Jump straight up—even if you're not in position. The defense sets up behind the block. If you drift, the hitter is certain to tip off your hands or find the hole you've created behind you.

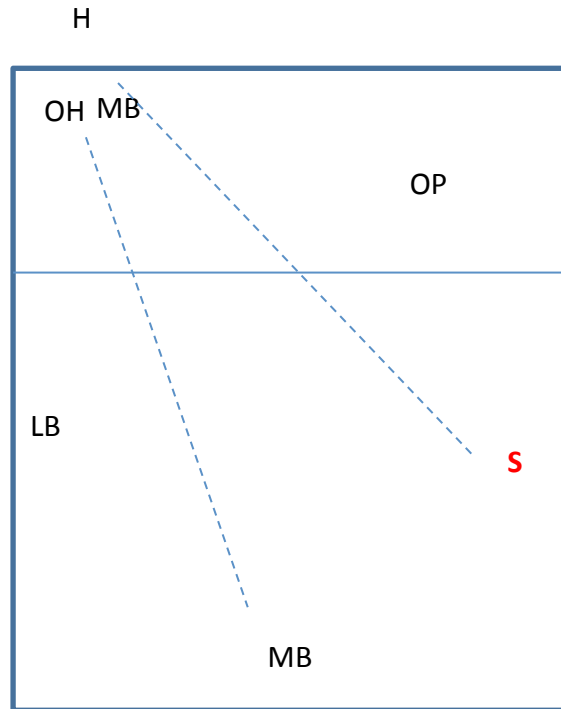
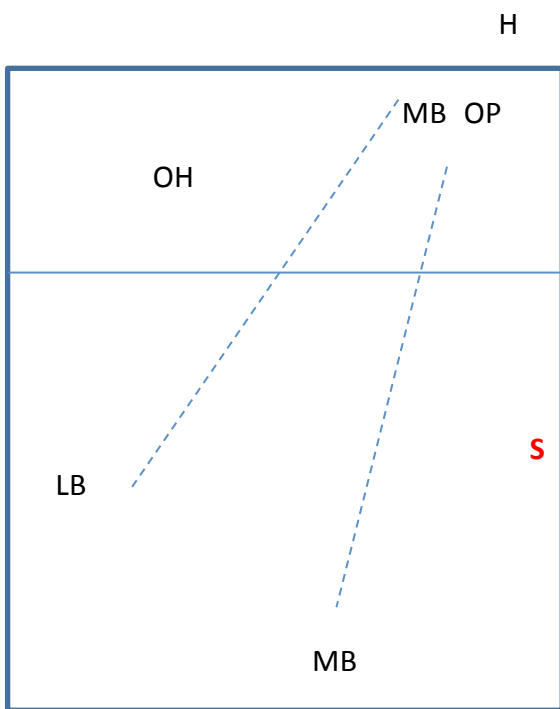
When competing, it's valuable to under react. Sometimes the opposing team will have a good hit. Sometimes a player will incorrectly anticipate the ball, or cheat too far in one direction. That's ok. Return to the basic principles and the basic set-up before making dramatic changes in the rotation or positioning of each player.

Above all, in defense, be flexible.

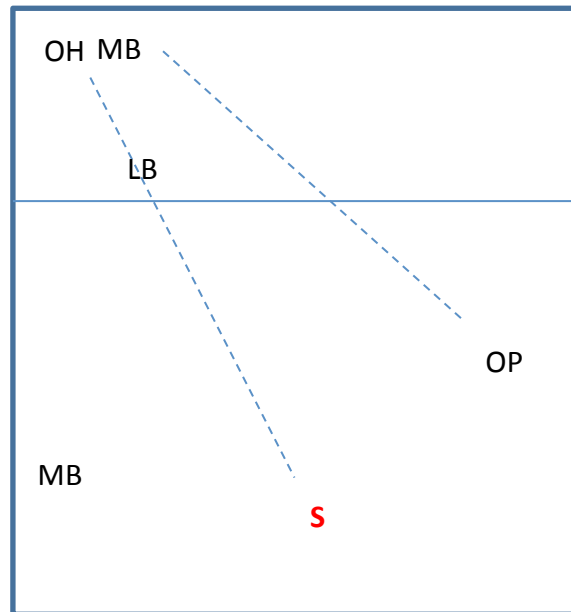
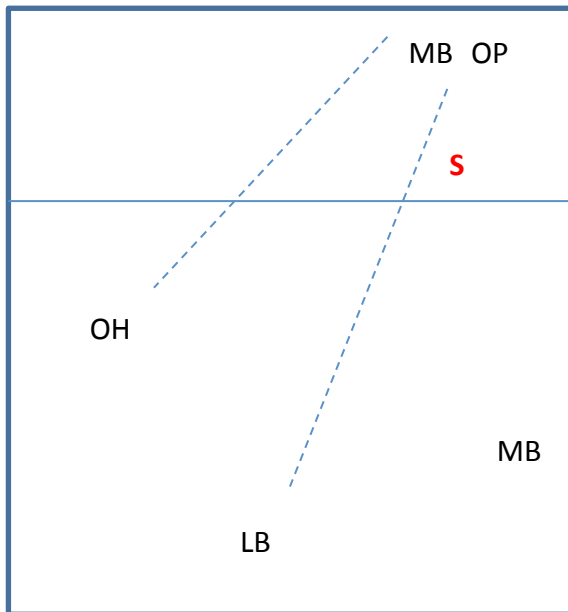
The following diagrams will demonstrate a generic defensive pattern. Defensive positioning should always adapt to the hitters. Some hitters are incapable of hitting a hard line shot. If so, the sideline defender can shift up to cover closer behind the block. Other hitters love to tip the deep corners. If so, the sideline defender should stay back ready to cover over his or her head.

Outside Blocking

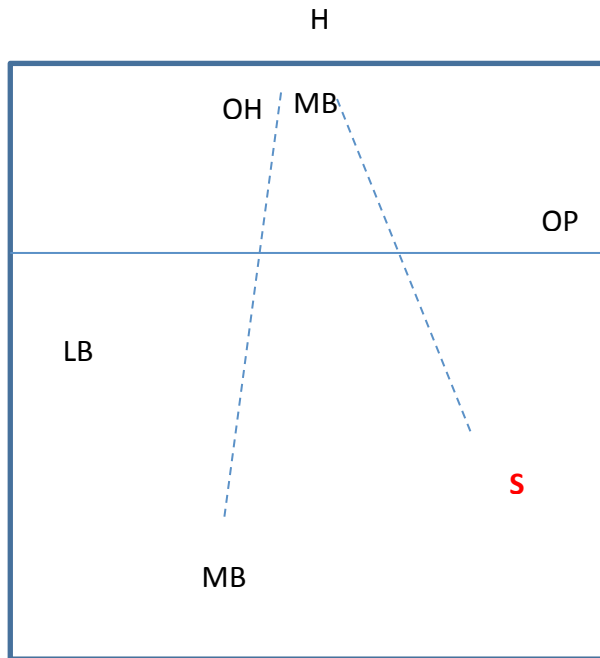
Perimeter



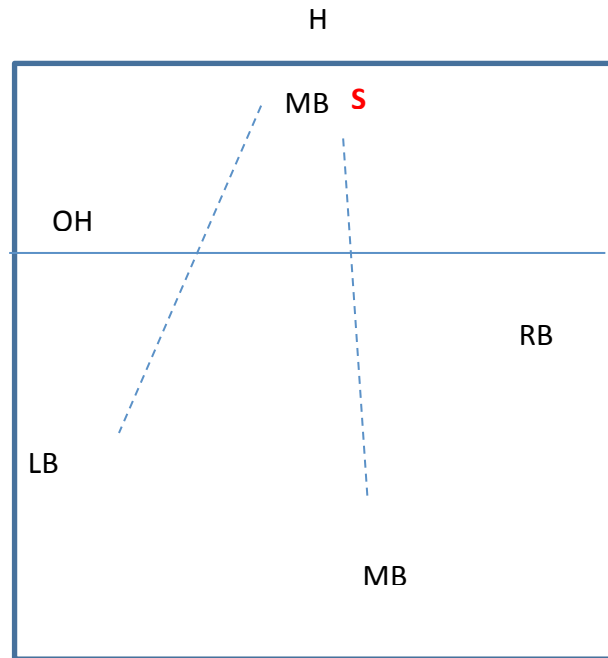
Rotational



Middle Blocking



D-1

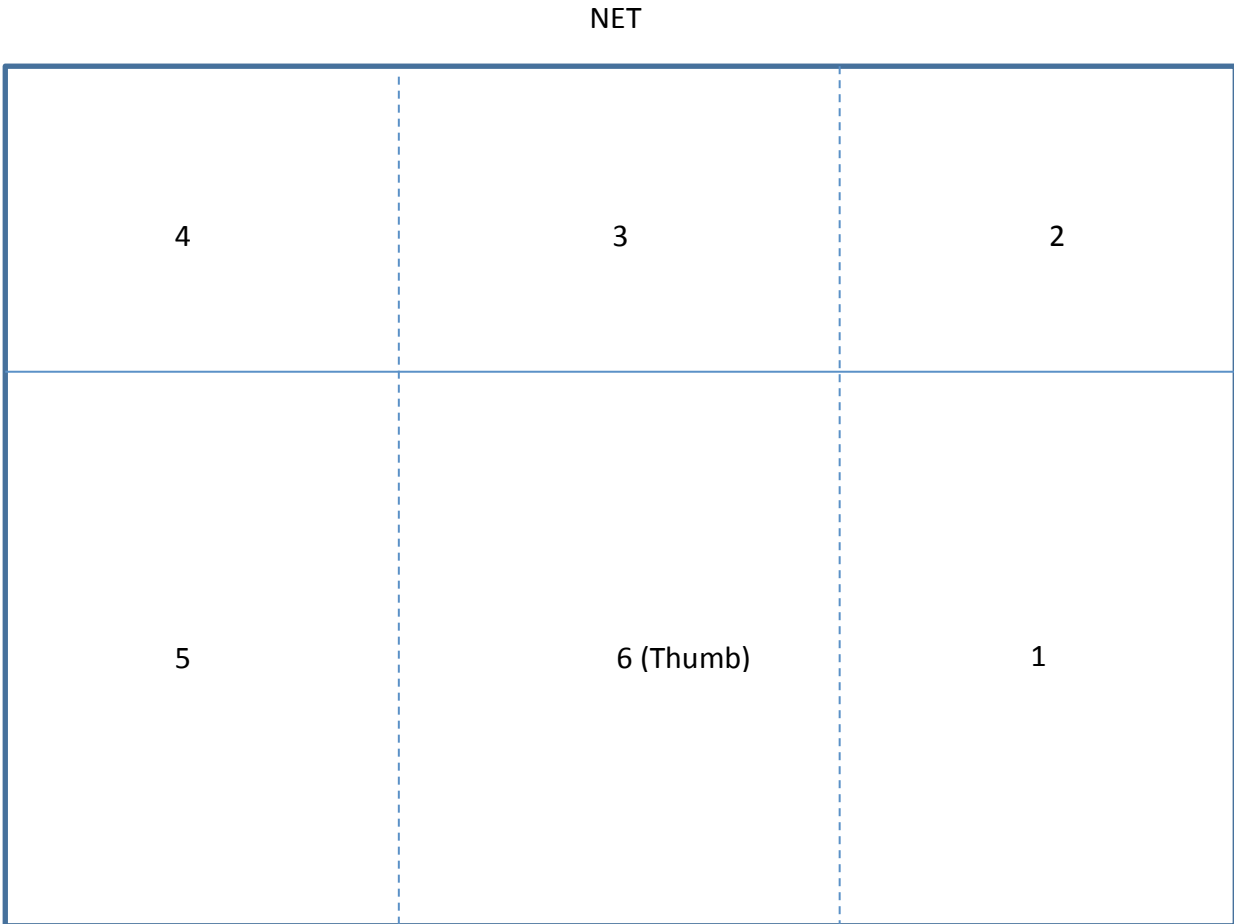


D-2

Hits from the middle are likely to be quicker than those from the outside. Occasionally, the middle blocker (MB) blocks alone. As often as possible we want our left side doubling with the middle. Obviously, a lone blocker cannot take away as much of the court as a double- or triple-block. The team should decide based on the skill of the team's defender and the tendencies of the opposing hitter which half of the court the blocker will protect. If the hitter likes to cut to the right, go with Diagram D-1. Or, if your best defensive player is your right-back (R), go with Diagram D-2.

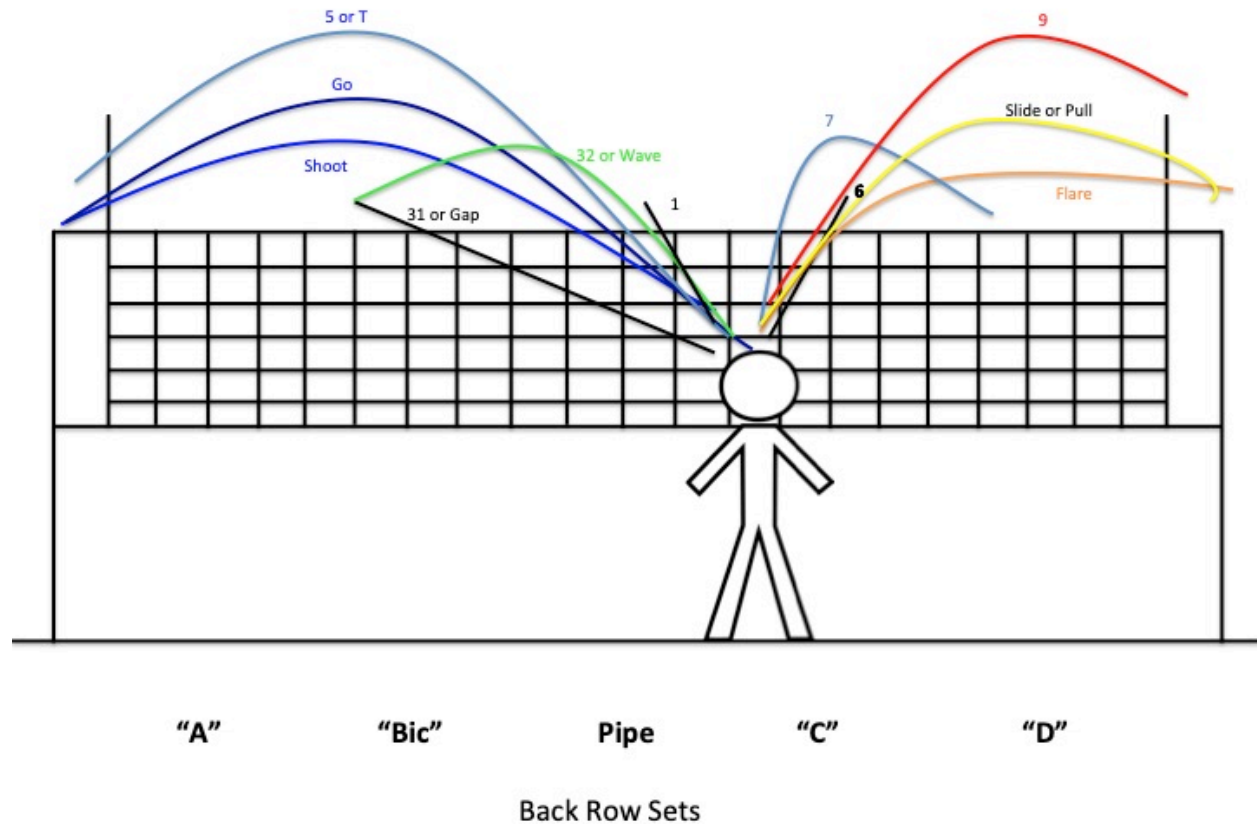
Service Zones

This diagram shows our 6 serving zones. We want to serve the last 6 feet of the court or the first ten feet of the court. Our goal as a team is to serve aggressively and consistently. We would like to promote float serves, jump floats, and traditional jump serves which create topspin after contact. A player can receive the green light for jump serves after successfully serve approximately 80% during a practice session.



Service zones will be signaled to the server by coaching staff prior to the serve. Players should look to the bench to receive zone. We are looking to exploit poor passers, bad positioning, and perhaps weaknesses in setter/hitter movement or ability.

Attacks



Serve Receive – When we are in serve receive, all of our attacks will be predetermined and signed to our hitters by our setter. The hand signals are shown above in parentheses. Our hitters will make eye contact with our setter and say —yes to confirm that they know what they are hitting.

Free Ball Plays – Each team will establish their own predetermined free ball plays. Each play will have its own name and will be called out by the coach or setter. A free ball play may be called in as early as prior to a serve or perhaps quicker like during play.

At a minimum the following combinations plays will be used:

Z1 – 1(MH)-2(OH) stack

ZIP – 1(MH)-31(OH) stack

ZOOM– 31(OH)-Pipe (BR)-Slide(MH) – Used only with front-row setter

X – Slide(MH)-2(OPP)

Audibles – Players can audible their attack when the predetermined call is no longer possible. Example... A middle blocker was told to run a “B1” but the pass was too far off the net. In this case the Middle Blocker could Audible for a 2 or 3. Instead of losing an offensive option this has kept our middle in the play by creating a different attack that may still be effective. This also keeps the blockers on the other side of the net honest. If they know our middle quits after a bad pass it becomes easier to block our team every time we have a bad pass. Audibles can also be used to create more effective attacks during a longer point. The longer a point carries on the more a team’s defense tends to break down (not our teams) so by audibling to something other than our traditional —4, 2, or 9 we may have a better chance of terminating the point. In the event that we do use audibles this is the order in which we do so. Our middles call first, followed by our left sides, and lastly our right side.