



Ball Control Fundamentals

Ball Control Assumptions

- ▲ Easy-to-control balls should be passed with control to the setter's target position, at a tempo that allows the setter to run a controlled, in-rhythm offense
- ▲ Hard-driven balls should be funneled to the middle of the court, on the 10' line
- ▲ Passers are responsible for controlling the tempo (height) of the pass
- ▲ Player's bodies can be quiet (disciplined) and relaxed (fluid) at the same time
- ▲ Ultimately, the platform controls the direction and tempo of the pass
- ▲ Players must pursue every ball, unless a whistle blows or it is unsafe to continue pursuit

Passing

- ▲ Start position is relaxed: arms are relaxed, shoulders are slightly pressed, and players should not be bent at the waist – head stays level and relaxed throughout the pass
- ▲ Platform fundamentals
 - △ Platform always out early, squared to the target
 - △ Platform always squared to target (throughout entire move)
 - △ Platform always finishing toward the target
- ▲ Being “squared”
 - △ Shoulders (hips, feet) squared to “where the ball is coming from”
 - △ Platform squared to “the target”
- ▲ Playing the ball
 - △ Platform starts squared toward the target
 - △ Platform drives forward through the ball (does not recoil, or back up, at any time)
 - △ Platform is hinged to body at the shoulders
 - △ Any movement (slight) should be directed forward – can call this a “press”
- ▲ Controlling height of pass
 - △ Players should use the angle of platform to control the height of the ball, not a hip drive
- ▲ Errors to avoid
 - △ “Cutting the ball” (platform swings underneath the ball – caused by shoulders rotating from the ball to the target during passing)
 - △ Turning, “rolling,” or “yanking” the platform (usually caused by a body shift during passing, or platform not initially squared to target)
 - △ Driving hips into the ball, either to raise the height of the pass or to use the body to make the pass
 - △ Too much head or body movement

Defensive plays

- ▲ Players will start in a slightly more aggressive stance than regular passing, and will “attack the attacker”
 - △ The move forward into the attacker is designed to get rid of negative moves: sideways, backwards, up or down
 - △ It can be termed a “press” for overly active players
- ▲ Platform fundamentals
 - △ Platform always out early, squared to the target
 - △ Platform always squared to target (throughout entire move)
 - △ Platform always finishing toward the target
- ▲ Lateral moves will always maintain the distance between the attacker and defender, and will keep the shoulders square to the attacker
 - △ Therefore, all lateral moves will be made in a semi-circular fashion
- ▲ In order to keep the shoulders square to the attacker, defenders should keep shoulders and hips behind the ball
- ▲ Defenders should “attack” the ball with their hands – playing the ball as far out in front as possible
 - △ Allows platform angle to put ball in the air
 - △ Encourages shoulders and hips to stay behind the ball
 - △ Keeps players moving forward and cutting off angles
- ▲ Errors to avoid
 - △ “Going flat” (players moving in a straight line when moving sideways, or even moving away from the attacker)
 - △ Turning the platform (usually caused by a body shift during passing, or platform not initially squared to target)
 - △ Platform swinging into the ball (caused by platform starting with hands pointed towards the floor – work on hand position with player)
 - △ Driving hips into the ball, either to raise the height of the pass or to use the body to make the pass
 - △ Too much head or body movement
 - △ Stopping before, or during the play of the ball



Dedicated to the advancement of youth volleyball.