COASTAL VIRGINIA VOLLEYBALL CLUB

JOB DESCRIPTION

Captain

Overview

The position of team captain (or co-captain) carries with it very much responsibility. Not only will the captain be expected to prevent, mediate, and resolve situations that arise within the team, he will be expected to bring to the attention of the coaching staff any and all situations that his team feels requires the decisions of the staff. Conversely, the captain is the conduit from the staff to the team. This does not mean the staff will not address the team. It simply gives the captain the means to fully grasp the reaction of the team and enable her to better manage the team situation. **With this responsibility also comes the greater requirement to think and react as a captain and not as an individual player.** The captain may not agree with the decision or message from the staff but he must support that a decision is made and help his team move on to whatever is next. The captain must be cognizant of this responsibility. When speaking to the staff, she will be asked to speak frankly; however, during team functions, on the practice court, during the match, the captain must use discretion in how the staff is approached. For example, it is probably not prudent during the middle of a drill to yell at a coach, "This drill sucks!" Find time to let the coach know from a captain what can be done to make the situation better. A good rule of thumb to follow is if you recognize everyone's reaction in a similar manner and you as captain wanting to react in that manner, find a way to get the point and a possible solution across to the staff. The staff also has a responsibility to the captain. The integrity and credibility of the captain will not be compromised. The decisions made based upon the recommendations and description of the captain will not be used in justifying what was decided. Also, during team functions, practices, games, and team meetings, the staff will use the same discretion used by the captain in addressing him before the team. This is to ensure the credibility and integrity of the captain as a buffer with the staff and team. Below are some areas of responsibility of the Coastal VA's volleyball captain.

Communication

Within Team – this is possibly the most important aspect of the captain's job. In order to maintain as distraction-free an environment as possible for the team, the captain must nip potential situations in the bud. This may call for the "socially acceptable" reactions to be overcome and the decision to be reached based on what is good for the team. The staff will trust the captain to maintain discretion when he is approached by anybody. "It goes no further than this" should be respected by the captain and will be by the staff. The captain will need to be a facilitator to the rest of his teammates and should be considered to be trustworthy, open-minded, and knowledgeable with the ability to communicate. He should possess the willingness to listen and understand that she may be the object of frustration by his team or teammates at times. He should be a leader. He should be someone who his teammates respect, but not necessarily like. **Friendship is not a prerequisite for a good captain.**

Team to Coach – the captain will be responsible for organizing and communicating the thoughts, concerns, and ideas of the team to the coaching staff. In addressing what the team believes is a problem; the captain should work with the team to produce a solution(s). The captain must also decide what the staff really needs to know and what can be resolved within the team itself. This does not mean that individual players cannot approach the staff; they are, however, encouraged to approach the captain with any situation for advice, etc.

Coach to Team – the captain will carry the thoughts, decisions, and concerns from the staff to the team. This does not mean that the staff will not address the team, but the captain will be the extension of the staff to the team. *This might be the toughest part of the job.* The captain, while possibly not agreeing with the decision, must support that a decision has been made, offer the reasons for this, and help the team move on to the task at hand. He must be the supportive buffer between the staff and the team with regard to the flow of information and decisions. This is a tough position, but one, when carried out with open-minded honesty based upon the desire for doing what is best for the program, will enable the team to view the captain as "interpreter" for the staff.

Leadership

Ideally, the captain should reflect to the outside world as everything the team wants to be perceived. This will put the captain in a position of magnification in every aspect of Coastal VA volleyball. This means if, for example, an outsider walked into practice, the captain would be the one player who must leave the impression of the hardest worker, the most supportive, and the most controlled player on the court. In other words, a rock for his team to rely on through the most demanding practices. Also, in competition, these characteristics help the team show to the fans the very best of Coastal VA volleyball. However, this impression just does not stop with volleyball. Does the captain need to be a "choir boy?" No, but he does need to have discipline to know when to make the right decision in any environment he is in, and he must have the integrity to know when to correct a wrong or apologize for a mistake. He will not be any more or any less perfect than any one else in the program. In knowing that, he will be better prepared to enhance the opportunities for Coastal VA volleyball to limit distractions, resolve, within the team, problems which may arise, and help guide the staff in creating the best environment in which her team can achieve excellence.

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DISCIPLINE

Discipline goes hand-in-hand with responsibility and maturity. You'll need all three of these attributes to be successful and happy in this program. Discipline is simply doing **WHAT HAS TO BE DONE, WHEN IT HAS TO BE DONE.** When you have something to do, just do it…not five minutes later or two plays later...you do it **IMMEDIATELY.** Below are some things we will expect of you.

1. Be on time (ALWAYS!) to practices, tournaments, team functions, etc.
2. Listen well.
3. Pick up after yourself. Not leaving garbage and/or personal belongings after practices, matches, team functions, etc.
4. Execute the game plan.
5. Don't forget things.
6. Represent Coastal VA proudly. (For many people, they will expect a certain image because you are from Coastal VA. Make this image a good one).
7. Be at your strongest playing weight. Condition yourself physically and mentally. (Give maximum effort to conditioning, especially when you are training on your own…TAKE STRENGTH TRAINING VERY SERIOUSLY!)
8. Play without excuses or theatrics. (Don't blame circumstances on others. Just pick yourself up and do it better next time. Develop a "great game face.")
9. Abide by the decision of officials during the game. **Do not let officiating affect your play!**
10. Show consideration for others: teammates and support personnel (coaching staff, other Coastal VA staff, etc). All are integral parts of our program. Treat them with the utmost respect and follow their rules. Allow for individual behavior, but treat everyone as well as you would like to be treated.
11. Prepare for matches
    a. Mentally
    b. Physically during warm-up
    c. Getting a good night's sleep
12. Establish and abide by priorities.
    a. Family
    b. Team
    c. Everything else (significant others and other social amenities)

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ADVICE

1. Don't talk too much. Nobody likes a loudmouthed teammate. How you played with past teams is yesterday's news. This team will concern themselves with how you play in practice and matches. Let your play do the talking.
2. Always be on time! Remember, there is always someone who wants to take your place. Do your best to be places on time and ready to go!
3. Carry out your duties as outlined below. Everyone has responsibilities on the team.
4. You will have problems that occur within the team. Whether it is lack of playing time during practices or a personality clash with a teammate. ***Keep your team problems within the team.*** Get help and suggestions from the good people within the program.
5. You will be faced with situations that don't seem very fair. Think, "What can I do for the team?" and not the other way around. When you look around at the faces of your teammates, they have had to make their own sacrifices for their teams.
6. Play hard or don't play at all!! This especially is true in the practice gym. The group of players that play everyday versus the starting unit has the responsibility of making themselves better and constantly pushing the six on the other side of the net. It is your duty to take advantage of competitive situations in order for our practices to get the feel of a National Championship match.
7. Remember, you are now a Coastal VA player. You are part of something very special. Carry and conduct yourselves accordingly.

DUTIES

Practices

1. If you are out of a drill, don't just stand around, shag volleyballs
2. Sweep the court (if needed) before every practice

Tournaments

1. Captains are responsible for making sure all work assignments are covered by Coastal VA players (no parents).
2. Captains are responsible for making sure the team is ready to play at match time.
3. Be responsible for the whereabouts of any equipment taken at all times.

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PLAYER ACCOUNTABILITY GUIDELINES

Below may be some guidelines that may be helpful as you try to understand some of the decisions I will be making and what I will be expecting from you on and off the court. We won't have too many rules beyond the obvious ones i.e., the "Golden Rule"; be on time; pick up after yourself; don't ingest anything which could affect your play; don't do anything that could jeopardize or embarrass our program; no surprises.

Certainly, the overriding element in your Coastal VA volleyball environment will be the concept of the team. Recognize that the coaching staff cares greatly for you as an individual but there will be times that decisions are made that won't feel real good to you personally. "Fairness" is not generally an overriding consideration.

Here are three thoughts that can help you be successful as a Coastal VA volleyball player.

1. Develop a mental plan. Establish personal and competitive goals. Develop a lifestyle that reflects the pursuit of these goals. Don't say you want to be a National Champion then exhibit poor time management habits, poor rest and nutritional habits, sloppy personal habits, or questionable behavior in your daily life.

2. Solve the motivation issue. Don't put a coach in the awkward position of making you do the things you have already committed yourself to do. This means trying your best in all drills, scrimmages, and matches. Rid yourself of the many distractions (conflicts with teammates, a bad day, or girlfriend problems) that can prevent you being properly motivated. Be responsible for pushing yourself beyond your comfort zone as often as possible. Be ready to enjoy the challenge of getting comfortable with the uncomfortable.

3. Learn the line of wisdom with regard to social behavior. Every social situation is filled with difficult choices. The decision to behave in a particular fashion may be acceptable in one situation but unwise in another. Refine your sense of right and wrong as a Coastal VA athlete and learn how to creatively apply it in all situations. Remember, discipline is simply making the correct decision every time! Develop discipline!

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BLOCKING

Introduction

In the past we have been very adamant about discipline with our blocking; whether it be with your feet, hands, body position, etc. We still believe that being disciplined with whatever you do in blocking is the **most important aspect.** Our goals with blocking are very simple, we want **1. Stuffs 2. Controls 3. Touches 4. Forces for errors.** If we are able to do those four things we will be very successful with our block. **At all times we want to have four hands in front of every attacker.**

I. Preparing yourself to block
   A. Prepared to block or ready position
      i. Feet
         1. Shoulder width apart – be comfortable – be neutral
         2. Both on the floor – no shuffle or bounce – be neutral
      ii. Knees
         1. Slightly bent or "coiled"
         2. Do not lock or straighten out at any point
      iii. Hands
         1. Held above head
         2. In front of body
         3. Fingers apart – big hands
         4. Elbows inside of body
      iv. Eyes
         1. Be aware of what is developing on the other side of the net
            a. Overpass
            b. Attackers routes
            c. Good eye contact sequence – ball, setter, ball, hitter
            d. Spend more time on setter and hitter than ball
         2. Keep eyes on players – see the big picture

II. Movement Technique – during any movement eyes should be focused on the **hitter** you are moving to
   A. Drive step – use to cover short, quick distances
      i. Pick up lead foot slightly off the ground
      ii. Push off of trailing leg
      iii. Keep hands in good, high position
      iv. Feet should end up being shoulder width apart
   B. Crossover step – medium to long distances
      i. Not made until the setter has released the ball
      ii. Lift leading foot
      iii. Push off trailing foot while stepping with lead foot
         1. Distance of step will depend on distance needed to move

iv. "Crossover" is accomplished by driving trail foot past lead foot
    1. Make sure trail foot toes end up pointing at the net
v. Third step is the swinging/turning of lead foot to the net
    1. Make sure lead foot toes end up pointing at the net
    2. Drive with your hip on the swing

***When in doubt about whether to block or not, get to the point of attack first, then make a good decision.**

III. Elbow Drive (NOT Swing Blocking), Hand Positioning
- A. Elbow drive
    - i. Keep elbows compact and beside your body
    - ii. From ready position, simply drive your elbows through your armpits
    - iii. Thumbs stay pointed to the sky during the drive
    - iv. Do not let your hands drop below your waist
- B. Hand positioning
    - i. During the elbow drive thumbs must be pointed to the sky
    - ii. Do not let hands be flat to the floor – keep them in a karate chop position
    - iii. Do not let your hands go behind your body
    - iv. Slide hands up the net and then penetrate into the opponents court **as low and as far across as possible**
    - v. Outside blocking hand should be on the ball, turned in, while the inside hand should be driving to the center of the court

IV. Bunch Read, Flex Read – PTB (Prepare To Block)
- A. Preparing to block is simply recognizing attackers in your zone of responsibility (see below) and not worrying about the ones out of your zone based on their movement
- B. The better the pass, the higher the hands
- C. We are now in a read and chase system with all of our blockers
    - i. Read the setters hands
    - ii. Identify where the ball is going
    - iii. Make good movements to the attacker
- D. Right side blocker
    - i. 5 – 6 feet from the center of the court – bunch read
    - ii. 6 – 8 feet – flex read
    - iii. Responsible for fronting any middle attack from starting blocking position to the antenna
        1. You cannot get beat to your right by a quick attacker
        2. Must be very active
    - iv. 2nd read is any attack on the antenna, or movement by the left side hitter
        1. See approach early
        2. Be vocal on any swing or combo movement
    - v. 3rd read is a combination or BR attack
        1. Identify set
        2. Drive-step to the center of the court

E. Middle blocker
   i. Positioned in the center of the court
   ii. Responsible for any quick attack in your 10 foot zone
      1. Front middle hitters
      2. Be neutral and balanced at all times
   iii. 2nd read is any 2nd (combo) tempo set along the net
   iv. 3rd read is the BR attack
   v. 4th read is any attack on the antennas, or from the A or D zone
F. Left side blocker
   i. 5 –6 feet from the center of the court – bunch read
   ii. 6 – 8 feet – flex read
   iii. Responsible for fronting any middle from your starting blocking position to the antenna
      1. You cannot get beat to your left by any middle attacker
      2. Be active
   iv. 2nd read is any attack by a front row RS attacker
      1. Identify any movement early
      2. Communicate with other blockers
      3. If setter is front row, you are responsible for him while he is in your zone and any middle hitter that may run a slide attack
   v. 3rd read is the BR Pipe or any inside combo by the LS attacker
      1. Drive-step to the center of court
      2. Be vocal
   vi. 4th read is any attack out of the D zone

V. Creating a solid block
   A. Hand positioning – low and tight at all times – reach across the net – block
      i. Outside blockers
         1. Drive outside hand to the ball, almost cupping it
            a. Don't get beat to your outside
         2. Drive inside hand to the center of the court
            a. Take away the low seam
      ii. Middle blockers
         1. Drive your outside hand straight ahead
         2. Drive your inside hand to the center of the court
   B. Body positioning – be balanced and under control at all times
      i. Close to the outside blocker as much as possible
      ii. Middle blockers must feel where the outside blockers are positioned at all times

C. Eyes
   i. Should be focused on the hitter at all times
   ii. Get good long looks at the hitters approach
   iii. Focus on the arm and shoulder – what is he planning to do
   iv. Open at all times, keep your head up

SERVING

I. Philosophy
   A. Serving represents the quickest way to score a point. It is also a time when we can control the pace of the game and from where the opponent will originate their offense. With this in mind, Coastal VA serving will be smart and tough. If the block is touching a lot of volleyballs and we are converting, it is imperative that we have NO RUNS OF MISSED SERVES!! Conversely, if the opponent is siding out consistently we can take a few chances.

II. Tough Serving Considerations
   A. Jump serve to corners/seams
   B. Short serve to corners
   C. Hit a low hard floater…get it on a passer quickly
   D. We would rather have the opponents side out on our terms by making a decision to let a tough serve go just long than to let them side out on their terms by nailing a lollipop serve and running the ball down our throats

III. Individual Serving
   A. Develop a routine
      i. Stick to it
      ii. Learn how to adapt it to fit the pace you want the game to have
   B. The toss is the single most critical part of the serve
      i. Develop consistency with it
      ii. Elevate the ball ***in front of*** the serving shoulder
      iii. Get upper body into the serve
         1. Feet staggered and open
         2. Front foot should point in the direction to which you want to serve
         3. Elbow stays at or above shoulder height
      iv. Contact ball high
         1. Hand goes through the center of the ball for a floater
         2. Very slight upward angle
         3. Hand and wrist are firm (Pull in thumb to help)
         4. Concentrate on the contact of the ball
         5. Follow through should be “out” not “down”
   C. Jump Serves
      i. The toss is the most important factor
         1. Imagine the end line is the 3m line and you’re hitting a back row attack
         2. Toss the ball far enough in front of you and high enough so that it simulates a perfectly set back row attack

ii. Take a strong approach and "fly" across the end line
iii. The hitting hand should be thrown up to the ball
iv. The arm swing should finish "out" instead of "down"
v. Develop consistent heat

D. Serving choices
   i. Serving areas 1,2,4,5
      1. Serve to sidelines
      2. Serve to end lines
   ii. Serving areas 3 & 6
      1. Serve short
      2. Serve deep
      3. Serve seams
   iii. Hit passers high and hard
   iv. "Pull the string" on the passers

E. Momentum and Serving
   i. Tough Serving + Siding Out = Momentum
   ii. Know when to go after an ace or take a chance with a serve and when it is not appropriate
      1. If we are scoring points, get the ball and be mentally prepared to extend that scoring string. Do so with controlled quickness. Remember, we want to control the pace of the game.
      2. If we do not have momentum and the opponents are siding out well, slow the pace down. We need to dictate the pace and regain control…make them wait.

F. Coaches' Input on Serving During the Match
   i. Coaches may call serving zones. You will be expected to get a tough serve to that zone.

G. Serving Errors
   i. When a SE occurs, it puts additional responsibility on the SO offense. If we can SO ***on the first swing***, we will be able to regain some of the momentum lost
   ii. We've all heard variations of the "Server's Creed" of "Never miss a serve…"
      1. …if it is the first of the match
      2. …on game point
      3. …on match point
      4. …after a great rally
      5. …after a great stuff
      6. …after a great kill
      7. …after a time out
   iii. Coastal VA will amend it to "Never serve a lollipop…"
      1. Know what the situation requires and make the appropriate decision

COASTAL VIRGINIA VOLLEYBALL CLUB

INDIVIDUAL DEFENSE

Introduction

One of the strengths of Coastal VA volleyball has been our team's ability to play dynamic defense *and* to get a quality swing from the defensive play. The secret to any successful team defense is the ability of the players to play great individual defense. Following are main concepts and thoughts upon which Coastal VA volleyball individual defense will be based.

I. There are three essential elements in individual defensive play
   A. Proper floor position (or how well you've read)
   B. Proper body position (good defensive drop position)
   C. Proper attitude (discipline + desire + hard work)
      i. It takes heart and courage to be great on defense
      ii. Attitude of "relentless pursuit" – ***no*** value judgment can ***ever*** be made on whether or not a ball can be played…go hard for everything!
      iii. Think "every ball will eventually come at me" – anticipation

II. Time Priorities and Read Sequences
   A. First – be prepared to play the overpass
      i. Be keenly aware of this if we are playing a team who doesn't pass well
      ii. Take advantage of the easy overpass
   B. Second – determine if setter is front row or back row and start in the area which he most likes to dump the ball
      i. Alert the other back row players
      ii. Alert the front row attackers so they know they may have a blocker in front of them in case they swing at an overpass
      iii. If the pass is tight, the block will always go after the ball
      iv. If the pass is normal, 1 and 5 have short dump responsibilities and 6 has the deep dump
   C. Third – be aware of all hitters as the pass is in the air to the setter
      i. Give quick hitter first priority when setter is back row
         1. See him around the block
         2. On a pass where the quick can be set, get into a good defensive drop early
         3. ***Expect*** the quick hitter to get the ball
      ii. Be aware of other hitters and the beginnings of their approaches
         1. Most hitters we will face will give away what they are running early
         2. Get used to expanding your field of vision to include all attackers
            a. This is a skill which can be improved in training
            b. The Coastal VA offense will be one of the toughest to do this with, so you will have a great training experience with it
         3. As soon as the setter releases the ball to the outside, move quickly to your area of defensive responsibility
            a. Keep your eyes on the hitter

b. ***Do not backpedal;*** use crossover or slide step
c. Stay in a low body position
d. Make true perpendicular or parallel moves. Stay away from being influenced by the direction of the set

4. **GET STOPPED AND LOADED!!!**
5. Get into a good defensive drop (see item V below) just prior to attack contact
6. We will ***NOT*** encourage a pre-hop. The relaxation into the defensive drop position is enough forward movement to get you "balanced forward"

III. Defensive Priorities (in order of importance)
- A. Keep the ball off the floor and playable anywhere
- B. Keep the ball off the floor and playable on our side of the net
- C. Keep the ball off the floor and settable (middle of the court)
- D. Keep the ball off the floor and run the full transition offense (to target)

IV. Floor Position
- A. Be in position at the time of attack contact where the ball is most likely to be directed
- B. WORK HARD to see the hitter around the block
  - i. Alley players
  - ii. Off-blocker players
  - iii. Middle back in 2-2 or 1-3 modifications
- C. Be aware of the block
  - i. Alleys are outside the blockers' shoulders
  - ii. Stay outside of the block shadow (unless assigned to that area)
  - iii. Solid block formed
    1. Middle back expects deflections
    2. Alley player look for high hard swing
  - iv. Block formed but with gap
    1. Middle back sees hitter
    2. Middle back fills gap
  - v. Middle blocker late; one-on-one block
    1. Alley player adjusts into shallow alley
    2. Middle back adjusts into deep alley
- D. Be in a position so generally any ball above the waist is out of bounds
- E. Know the tendencies of the hitters
- F. Pay attention to set depth
  - i. Tight sets = middle of court
  - ii. Deep sets = deeper in court of off-speed
- G. Defensive drop occurs **prior** to attack contact
- H. ***MAKE THE READ***; trust your volleyball instincts

V. Defensive Drop Position
   A. BE STOPPED AND BALANCED!!
   B. Occurs **prior** to attack contact
   C. Relax hips forward and down into the correct posture. (Laugh at the hitter...hey, it works!)
      i. Back to sideline in alley
         1. Remember we want the ball kept on our side
         2. Movement into the court is easier
      ii. Feet are wider than shoulder width
      iii. Knees in front of (and inside) of toes
      iv. Shoulders in front of knees
      v. Hips in front of heels
      vi. Arms apart and relaxed out in front
         1. Elbows slightly bent with forearms parallel to floor
         2. Hands apart in front with palms up
      vii. Head up
         1. Eyes on hitter
         2. Aware of block
      viii. Nothing lands 45° either way of body centerline in front of you without a genuine effort hopefully resulting in a touch

VI. Contact Skills
   A. General Rules
      i. Stay on your feet if you can while playing the ball. Recover to the floor ***after*** the ball is played
      ii. You must be low, balanced forward, and positioned to get the arms under a hard driven ball
      iii. Hips need to be below or at the level of the ball at defensive contact
      iv. Many defensive plays call for athletic creativity. Using fists, forearms, head, etc. is all great **IF YOU KEEP THE BALL OFF THE FLOOR AND PLAYABLE!!**
   B. Be on balance
      i. At the moment of attack contact, the defender must be stopped, balanced and prepared to move in any direction; forward, backward, up, down, laterally or horizontally
      ii. Eliminate unnecessary movement in any direction
      iii. You should be in a good defensive drop position which will promote balance
      iv. It eliminates mistakes
         1. Feet off of the floor at attack contact (One of the difficulties of the "pre-hop" concept)
         2. Raising up at attack contact…usually accompanied by the arms going outside the body
         3. Leaning with upper body at attack contact
         4. Being "wrong-footed"

C. Contact ***through*** the ball
    i. Hands toward ball first!!
        1. Hands come together as they move toward the ball
        2. Hands do not come together and then move toward the ball
    ii. "Platform" awareness
        1. Keep hands out in front of body to maintain maximum leverage and control
        2. Arms are firm but not stiff
        3. Round shoulders…hyperextend arms
        4. Platform will play balls within 90° radius
        5. Adjust platform as necessary to guide the ball to target
D. Recovery moves
    i. Occur only after ball is contacted
        1. Finish dive, sprawl after ball is played
    ii. The underside of the platform (i.e., fleshy part of hands, wrists, and forearms) contacts the floor first
E. Athletic Defense
    i. Loose ball (ricochets, caroms, etc.)
        1. Be balanced
        2. Throw a fist, use a hand, arm or elbow – BE ATHLETIC!!
    ii. Scattered Defense (one or more players out of position due to previous action)
        1. Remaining players must "balance" the court
        2. Even out spacing between players so no part of the court is left undefended
        3. In worse case scenarios, go to open floor and get stopped
F. The Pursuit Rule – when a player may stop pursuing a ball
    i. If the ball strikes an out of bounds object such as a standard, referee's stand, wall or ceiling (note: In Coastal VA practices, we will play balls off walls, ceilings, bleachers, etc. to emphasize pursuit)
    ii. If continued pursuit of the ball would risk injury
    iii. If the referee's whistle stops the play
    iv. If a teammate clearly calls "mine!!"

VII. Summary
A. Work hard on the ***preparation*** to make defensive plays. The more you ***prepare*** to play defense the more you will play great defense.
B. Be stopped and develop a good defensive drop position
C. Use your athletic ability and be creative on defense…we won't really be too particular on how you get a ball up, we'll just want you to somehow find some way to keep the ball off our floor

COASTAL VIRGINIA VOLLEYBALL CLUB

Defense is an attitude. It can turn around matches. It can make our offense go and will frustrate the opponent. It takes a special person (not necessarily a super athlete) with a big heart and courage to be an outstanding defensive player. Please make your individual defensive abilities a high priority!! Coastal VA can play some great defense and that will earn your team crucial points at crucial times.

TEAM DEFENSIVE SCHEMES

Introduction

The Coastal VA defensive philosophy centers upon using our block *and* defense to create point-scoring situations. The defensive schemes, which will be employed throughout the year, will be presented here. A reminder here is that any scheme is only effective as the players executing it. In order for any defensive scheme to work individual defensive techniques must be mastered and the individual defensive attitude must be one that combines a great desire to keep the ball off of our floor and relentless pursuit once the ball is off the floor. Coastal VA will also pay particular attention to the *defensive transition*. The object is to keep the ball off of the floor, but it does not end with that concept!! Once the ball is kept off the floor, Coastal VA must be in position to get a very good swing in order to capitalize on the opportunity created by our defense. This will require harder work than the defense itself.

Coastal VA will employ WHITE (Basic perimeter) and BLUE (Rotational tip coverage) defenses. Depending upon the situation with which we are faced, variations and/or combinations of the primary defenses may be required. It is very important that the team become comfortable with each defense and be prepared to switch defenses at any time or on any hitter.

I. WHITE (Basic perimeter) DEFENSE (See figure 1)
   - A. Basic function
     - i. The depth of court coverage is more balanced
     - ii. Protect alleys and "open areas" by multiple players
   - B. Positional Responsibilities
     - i. Off-blocker
       1. Primary responsibilities
          - a. Get off the net
          - b. Defend sharp crosscourt alley
          - c. Play balls which are nearer the net
          - d. Play balls which are hit with steeper angle
          - e. React to off-speed attacks along net and behind block
          - f. WORK HARD to be in position for a transition swing
       2. Secondary responsibilities
          - a. React to off-speed attacks into the middle of the court
          - b. Deflections into the middle of the court
       3. Cardinal sins
          - a. Tip landing along net

b. Tip landing inside 3 meter line in center of court

ii. Wing behind block
   1. Primary responsibility
      a. Solid move to defend line (**get outside foot on sideline!!**) after playing for a quick attack
      b. Protect tip behind block and in mid-court
      c. Recognize when block seals your area and release for off-speed
      d. Recognize when attack angle is forced to change and react accordingly (i.e., set beyond antenna)
      e. WORK HARD to be available for back row transition (RB)
   2. Secondary responsibilities
      a. Deep off-speed overhead (If it can be punched up – go ahead)
      b. Deep deflection
      c. Follow and help in off-court chase situation
      d. WORK HARD to be available for back row trans (LB)
   3. Cardinals sins
      a. Tip falls behind block or mid-court
      b. Ball lands between you and your sideline

iii. Wing opposite block
   1. Primary Responsibilities
      a. Dig deeper alley
      b. "Sweep" the middle of the court in off-speed situations
      c. Make a strong move from protecting against the quick attack to digging the alley
      d. Being available for back row trans attack (RB)
   2. Secondary responsibilities
      a. Being available for back row trans attack (LB)
      b. Help on deep deflection
      c. Follow and help in off-court chase situation
   3. Cardinal sins
      a. Off-speed or deflection landing in middle of court
      b. Ball landing behind wing and inside court

iv. Middle back
   1. Primary responsibilities
      a. Play a deep alley versus the quick attack
      b. Play the seam
      c. Defend the deep alley of a gap in the block
      d. Go corner to corner covering the deep off-speed shots
      e. Track down the deep deflection
      f. Back row trans option
   2. Secondary responsibilities
      a. Deflections to middle of court
      b. Help in off-court chase situations
   3. Cardinal sins

a. Off-speed lands in corner
b. Ball hit in seam which scores ***behind*** middle back
c. No attempt on deep deflection
d. No help offered in off-court chase
e. Unprepared for back row trans

C. Benefits
   i. Allows easier movement from defending against the quick attack to reacting to the outside attack
   ii. Requires more dynamic movement by multiple defensive players resulting in a more up tempo game
   iii. This "read and react" defense suits Coastal VA's athletic ability well against teams that will try to miss our block
D. Areas of Concern
   i. If defensive concentration drops off, everything becomes very static
   ii. The "D" set may not be available if the right back dives or covers the tip (The remaining back row players must be involved in our defensive transition game)
E. WHITE Defense Situations
   i. Playing against smaller teams who don't challenge our block high
   ii. Playing against hitters who like to move the ball around the court

Summary

The basic design of this defense is to provide more balanced court coverage and to be in alleys and "open areas" of the court. It is a defense which requires much more dynamic movement on off-speed shots and tips by two-to-three defensive players. It also permits less movement when defending against the quick attack then reacting to the higher outside set. The middle back player has more responsibility from sideline to sideline and filling the **deep** alley of a gap, while LB, RB and the off-blocker have the responsibilities to "sweep" the middle of the court of off-speed attacks and dig the alleys when hitters are going around our block. The cardinal sin of this defense is to get beat by the off-speed shot.

The key to the success of this defense is in getting a long look at the hitter and being stopped upon contact. This "read and react" defense fits in well with Coastal VA's overall athletic ability and will enable us to cover the court well against teams that will try to miss our block.

II. BLUE (Rotational) DEFENSE (See Figure 2)
   A. Basic Functions
      i. Protect deep areas
      ii. Protect deep corners
      iii. Protect shallow court areas from off-speed shots
   B. Positional Responsibilities
      i. Off-blocker
         1. Primary responsibilities
            a. Position should be one which permits range
            b. **ALL** tips from sideline to sideline
         2. Cardinal sins
            a. Not getting in position to play a tip

b. Not getting ***ANY*** tip landing ***ANYPLACE***

ii. Wing opposite block
1. Primary responsibilities
a. Protect deep crosscourt corner
b. Track down deep deflection
c. React to off-speed; high, semi-deep deflection; and tip
2. Cardinal sins
a. Getting beat to the deep corner (being too shallow)
b. Not reacting to anything hit to deep middle of court
c. Not moving on any off-speed attack

iii. Wing behind block
1. Primary responsibilities
a. Protect deep crosscourt corner
b. Track down deep deflection
c. React to off-speed; high, semi-deep deflection; and tip
2. Cardinal sins
a. Getting beat to the deep corner (being too shallow)
b. Not reacting to anything hit to deep middle of court
c. Not moving on any off-speed attack

iv. Middle back
1. Primary responsibilities
a. Rotate towards block
b. Protect deep seem
c. Track down deep deflection
d. React to off-speed; high, semi-deep deflection; and tip
2. Cardinal sins
a. Getting beat to the endline (being too shallow)
b. Not reacting to anything hit to deep middle of court
c. Not moving on any off-speed attack

C. Benefits
i. Allows defense time to play around the block and track down touches
ii. Pick up tips from teams that do not hit well

D. Area of Concern
i. Tip to the line
1. Winger behind block or off-blocker ***must*** go get it
2. Everyone else must ***react*** to it
ii. Setter may be forced to handle tip
1. Must put dig high enough to allow secondary setter to get to the ball
2. Dig just needs to be settable

E. BLUE Defense Situations
   i. Primary defense versus 2-pass offense
   ii. Primary defense versus hitters who tip the ball a lot

Summary

This defense has the basic function of protecting deep areas and corners of the court. The off-blocker has the primary responsibility for tips, off-speed, and balls off the block in the shallow areas of the court. THIS DOES NOT MEAN NO ONE ELSE REACTS TO THOSE TYPES OF ATTACKS!! It simply means the back row defense moves to cover the deep court and deep corners when the ball is set outside, while the off-blocker positions himself to reach any and all off-speed attacks. The cardinal sin of this defense is getting beat by a ball that lands behind a defensive player and is in the court! Protect the corners, read the attacker, get stopped and dig the ball.

Expect to use this defense as our primary defense in 2-pass situations and against hitters that can and will tip a lot.

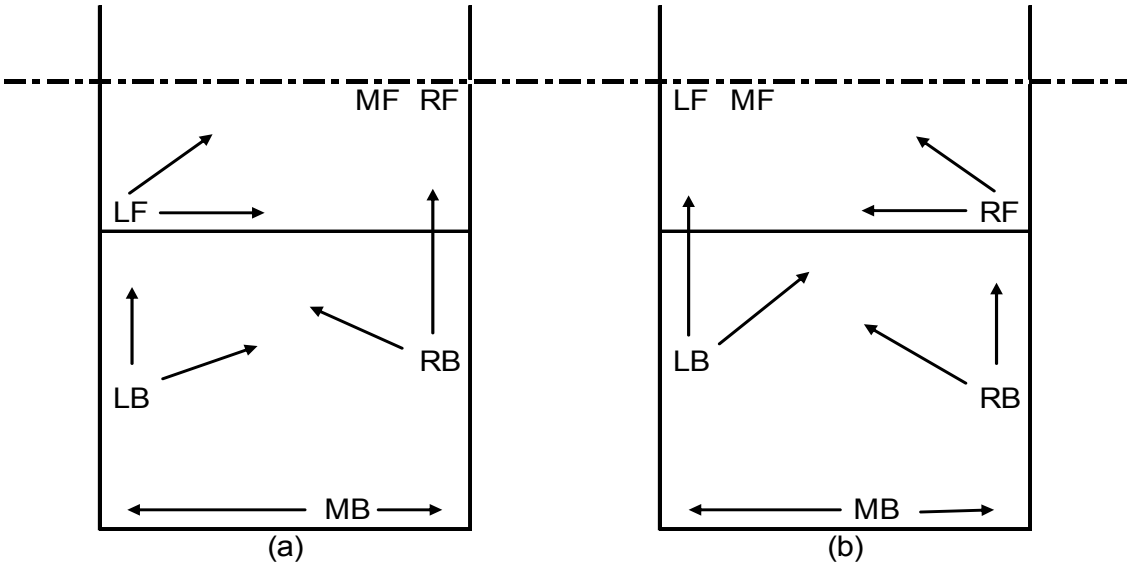

FIG 1: WHITE DEFENSE - versus (a) left-side attack and (b) right-side attack

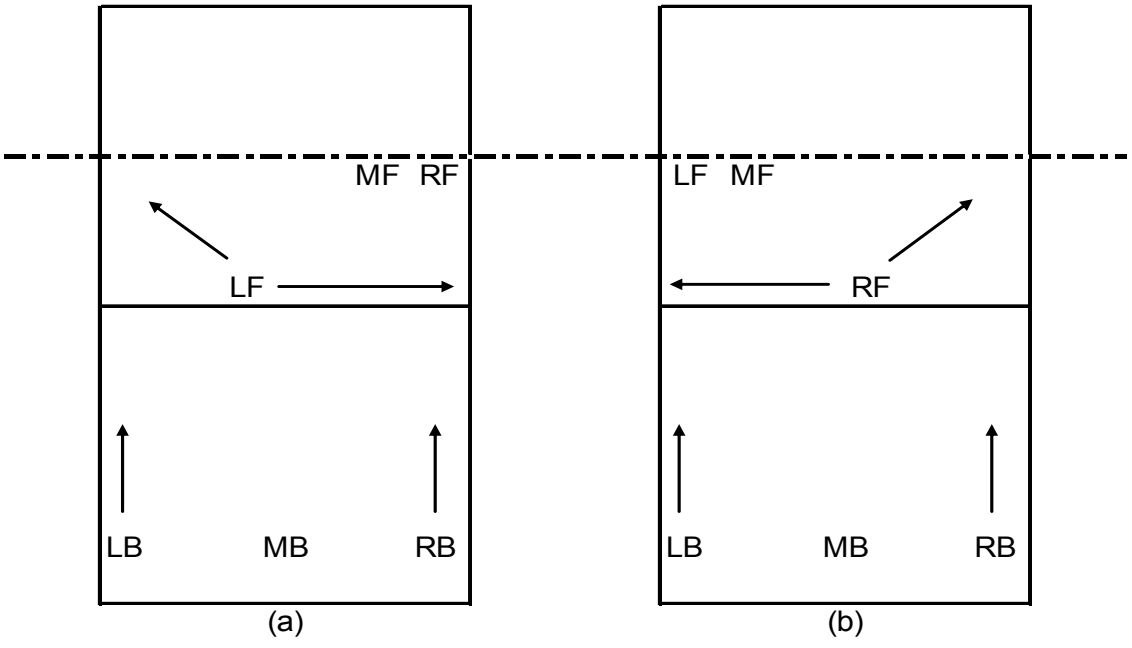

FIG 2: BLUE DEFENSE - versus (a) left-side attack and (b) right-side attack

COASTAL VIRGINIA VOLLEYBALL CLUB

TEAM OFFENSE

Philosophy

Scoring opportunities will be created by using Coastal VA's athletic ability by movement, quickness and jumping abilities. Each rotation will have as many different offensive options as possible in order to prevent opponents to key on any particular tendency.

I. Speed
   - A. 3-pass situations (when setter has the ball)
     - i. Must try to stretch the 3-pass offense to the limit
     - ii. Quick hitters must be in the air when the setter has the ball
     - iii. FR second tempo hitters must have two steps remaining
       1. Center of gravity above or in front of the front foot
       2. Actually prepared to go into the "step-close"
     - iv. BR hitters must have two steps remaining
   - B. 2-pass situations (when setter has the ball)
     - i. OH's swing a bit wider to see block and set on their first step
     - ii. Quick hitters are in the air 45° from setter
     - iii. BR hitters still in 3-pass mode
   - C. 1-pass situations
     - i. OH's make sure they have an angle to see the set and the block
     - ii. Quick hitters be prepared to hit a high middle set
     - iii. BR hitters be prepared to take a swing at the ball
       1. Be aggressive
       2. Call the ball
       3. Rule of Thumb: We would rather have a hitter attacking the ball in a 1-pass situation with a strong approach perpendicular to the net than a tentative approach going parallel to the net

II. The Offensive Mentality
   - A. CHALLENGE THE BLOCK!!
   - B. "Positive termination" mentality
     - i. Requires hard work by the hitters to prepare to run the route
     - ii. Take a strong approach
     - iii. Be aware of the block/defense in front of you
       1. Good blocker (?)
       2. Poor blocker (?)
     - iv. Talk to your setter
       1. Before the play
       2. During the play
       3. After the play

v. Identity what your tendencies and characteristics are from practice and work to improve them in the training gym, i.e., develop three shots with heat: line, seam, and angle

III. Team offensive scheme
- A. DO NOT give up points through poor execution
  - i. Know what you are hitting
    1. Verbal
    2. Visual
    3. Signal
  - ii. Know what others are hitting
  - iii. Call for the ball
- B. We will try to take advantage of "zone blocking" teams
  - i. Overloading
  - ii. Reverse flow
  - iii. Movement in hitting routes to influence the block
  - iv. Force blockers to make decisions
    1. Go to gaps
    2. Overload
- C. Strive to be a diverse offense
  - i. Everyone can hit a quick from any starting position
  - ii. Everyone can hit an outside set
  - iii. Varied tempo from the BR
  - iv. Advantage to Coastal VA will be less tendencies
- D. Back row will be a factor in each rotation
  - i. Minimum of 4 hitters in 3-pass situations
  - ii. Learn to run the B/Pipe/D as quick as comfortable
  - iii. Develop a hitter's mentality in the BR
    1. Use your athletic ability to ***DIG and TRANS***
    2. Doesn't matter where you are – FR or BR – still find a way to be part of the offense
- E. Hitter route priorities in crossing situations
  - i. Priority #1: quick hitter routes
  - ii. Priority #2: second tempo routes
  - iii. Priority #3: BR B/Pipe/D
  - iv. Priority #4: Third tempo and swing moves

IV. Basic Offensive Signals & Terminology
- A. "Four" or "Hut" – basic set to the left antenna.
  - i. Not much higher than six feet above the net.
  - ii. Signal: Four fingers extended
- B. "Go" – A faster, lower "hut" to the left antenna.
  - i. Not much higher than four feet above the net and at a faster tempo.
  - ii. Signal: Four fingers extended and quickly shook

C. "Three" – a quick set approximately three feet in front of the setter.
    i. It's run between the middle and right side blocker of opposing team.
    ii. Sometimes referred to as a "31" set.
    iii. Signal: First finger and thumb extended; like a gun
D. "Two" – a second tempo set where the ball is set approximately a body width away from the setter. (A "Back two" is the same set behind the setter.)
    i. Signal: First two fingers extended. (The "Back two" is signaled with the ring and pinky fingers extended.)
E. "One" – a quick in front of the setter. (A "Back one" is the same set behind the setter.)
    i. Signal: First finger extended. ("Back one" signaled with only pinky finger extended)
F. "Push" – a quick pushed about one foot in front of the setter hit by the quick hitter coming from the right and floating with the ball.
    i. Signal: First finger extended horizontally
G. "Back slide" – a slightly slower set behind the setter
    i. Hit (mostly) by quick hitter off one foot
    ii. "Tight slide"
        1. Hit right off of setter's back (similar to "Back one")
        2. Signal: Hand in fist with thumb extended
    iii. "Wide slide"
        1. Hit out at right antenna
        2. Signal: Hand in fist with thumb and pinky extended
H. "Five" or "Pink" – set to the right antenna the height of a "Four"
    i. Signal: All 5 fingers extended
I. "Red" – A faster, lower "pink" to the right antenna.
    i. Not much higher than four feet above the net and at a faster tempo.
    ii. Signal: Five fingers extended and quickly shook
J. Back row sets – all to be set anywhere from 8' to 10' from the net
    i. "A" – set to the left sideline
        1. Signal: Setter touches right shoulder (with back to the net)
    ii. "B" – set approximately 10' from the left sideline
        1. Signal: Setter touches right chest (with back to the net)
    iii. "C" – set approximately 10' from the right sideline
        1. Signal: Setter touches left chest (with back to the net)
    iv. "D" – set to right sideline
        1. Signal: setter touches left shoulder (with back to the net)
    v. "Pipe" – set middle of court
        1. Signal: Setter touches sternum
    vi. "BIQ" – A faster, lower "Pipe" set in front of setter *from wherever the setter is located*
        1. Signal: Setter touches nose

COASTAL VIRGINIA VOLLEYBALL CLUB

OFFENSIVE COVERAGE

Philosophy

Offense coverage is very similar to transition offense in that all that is really required is hard work. Generally, when stuffs are kept off the floor more consistently by one team than the other, it is a good indicator of which team is working harder. The fundamental basis for Coastal VA's offensive coverage is simply to cover open floor in high probability areas for where the block will direct the ball. Deep and high block backs are similar to free balls – DO NOT LET A DEEP OR HIGH BLOCK BACK FALL!!

I. Purpose
   A. Allow the hitters to challenge the block more confidently
   B. Permit us another method for causing the opponent frustration besides our blocking, digging, and SO game
   C. It gives us a chance to reset our offense and fire away again

II. Coverage priorities
   A. 3-pass coverage
      i. Primary coverage responsibility
         1. Setter (Short court)
         2. Non-attacking BR (deep court)
      ii. Secondary coverage responsibility
         1. BR second tempo hitters
         2. FR second tempo hitters
   B. 2-pass coverage
      i. Primary coverage responsibility
         1. Setter (Short court)
         2. Non-attacking BR (deep court)
         3. Quick hitter (short court)
      ii. Secondary coverage responsibility
         1. BR second tempo hitters
         2. FR second tempo hitters
   C. 1-pass coverage and coverage in trans
      i. Primary responsibility is ***everyone!!***
      ii. Classic coverage formation
         1. Three in short court
            a. Stay low (one knee OK)
            b. Arms out and low
            c. Just want to touch the ball
         2. Two in deep court
            a. In medium position
            b. Ready to sprawl or chase
            c. Protect deep
            d. DO NOT LET DEEP OR HIGH BLOCK BACK FALL!!

D. "Creed of Coverage – Always work hard to cover…"
   i. …after someone has been stuffed and gets the ball again
   ii. …after our time out when we know who is getting the set
   iii. …in 1-pass situations
   iv. …when we are rolling offensively…everyone knows to cover when we are struggling offensively…but keep the good going

OFFENSIVE LINEUPS AND ROTATIONS

Introduction

For the most part, there are 2 offensive systems: **1. Middle leads the setter**, and **2. Middle follows the setter.** Both systems have advantages and disadvantages.

I. Volleyball Rules and Concepts
   A. Serving Locations (Fig. 3)
      i. The court is "Cut Up" into 6 areas
      ii. Coach hand signals server where the serve should go
         1. Hand signals for area 1-5 are those number of fingers
         2. Hand signal for area 6 is a closed fist
   B. Overlap Rule (Fig. 4)
      i. Before the ball is put into play, each player must "start" in their rotational position
      ii. Player **CANNOT** "Overlap" the player directly adjacent to them (the terms "left" and "right" are based on you in that position looking at the net)
         1. "A" **CANNOT** be on the left side of "B" **OR** in front of "X"
         2. "B" **CANNOT** be on the right side of "A", **OR** the left side of "C", **OR** in front of "Y"
         3. "C" **CANNOT** be on the right side of "B" **OR** in front of "Z"
         4. "X" **CANNOT** be on the left side of "Y" **OR** behind "A"
         5. "Y" **CANNOT** be on the right side of "X", **OR** the left side of "Z", **OR** behind "B"
         6. "Z" **CANNOT** be on the right side of "Y" **OR** behind "C"

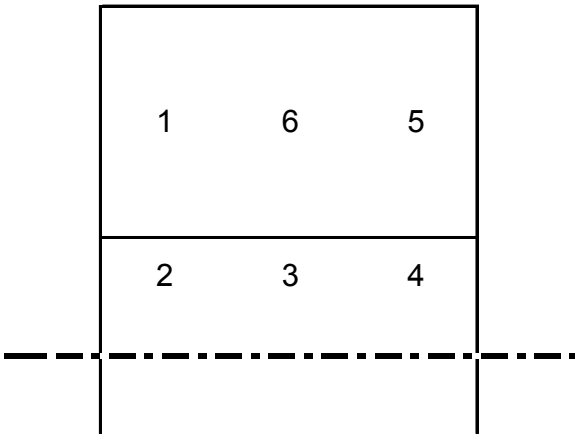

FIG 3: Serving Positions

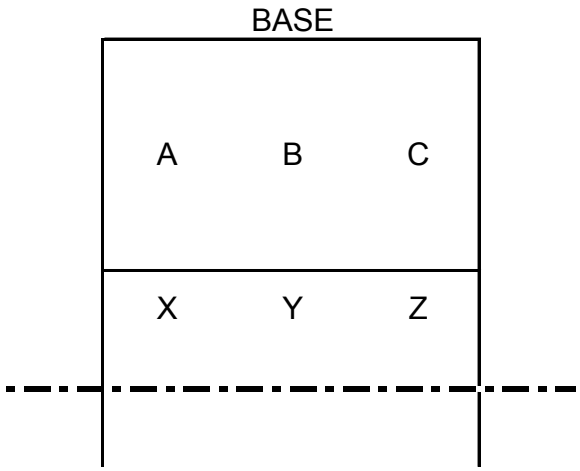

FIG 4: Overlap Rule

II. Middle leads the Setter (Fig. 5)
- A. Advantages
  - i. Less distance for setter to get to net off of serve receive
  - ii. Simple serve receive
- B. Disadvantages
  - i. Takes "RS" out of serve receive if used as a passer in certain rotations
- C. Positional Responsibilities
  - i. S – Setter
    1. Runs the offense (Quarterback of team)
    2. Takes **EVERY** second contact
  - ii. OH_1 – Outside hitter 1
    1. Primary passer beside setter
    2. Usually the stronger hitter of two OH's
    3. Usually plays back-row defense (at higher levels) in the 6 position
  - iii. OH_2 – Outside hitter 2
    1. Primary passer two away (or opposite OH_1) from setter
    2. Usually the weaker hitter of the two OH's
    3. Usually plays back-row defense (at higher levels) in the 6 position
  - iv. RS – Right Side Hitter
    1. At higher levels, is the "Go-to" hitter
    2. Must be a good blocker against opponents OH's
    3. Plays back-row defense in the 1 position
  - v. MB_1 – Middle Blocker 1
    1. Middle blocker beside setter
    2. Usually the stronger hitter of the two MB's
    3. Is the middle blocker of who runs a back-slide better
    4. Usually plays back-row defense in the 5 position

vi. MB_2 – Middle Blocker 2
   1. Middle blocker two away (or opposite MB_1) the setter
   2. Usually the weaker hitter of the two MB's
   3. Usually plays back-row defense in the 5 position

vii. Lib/DS – Libero/Defensive Specialist
   1. Primary passer
   2. Comes in back-row to play defense
   3. Must have ball-control
   4. Usually very quick footed

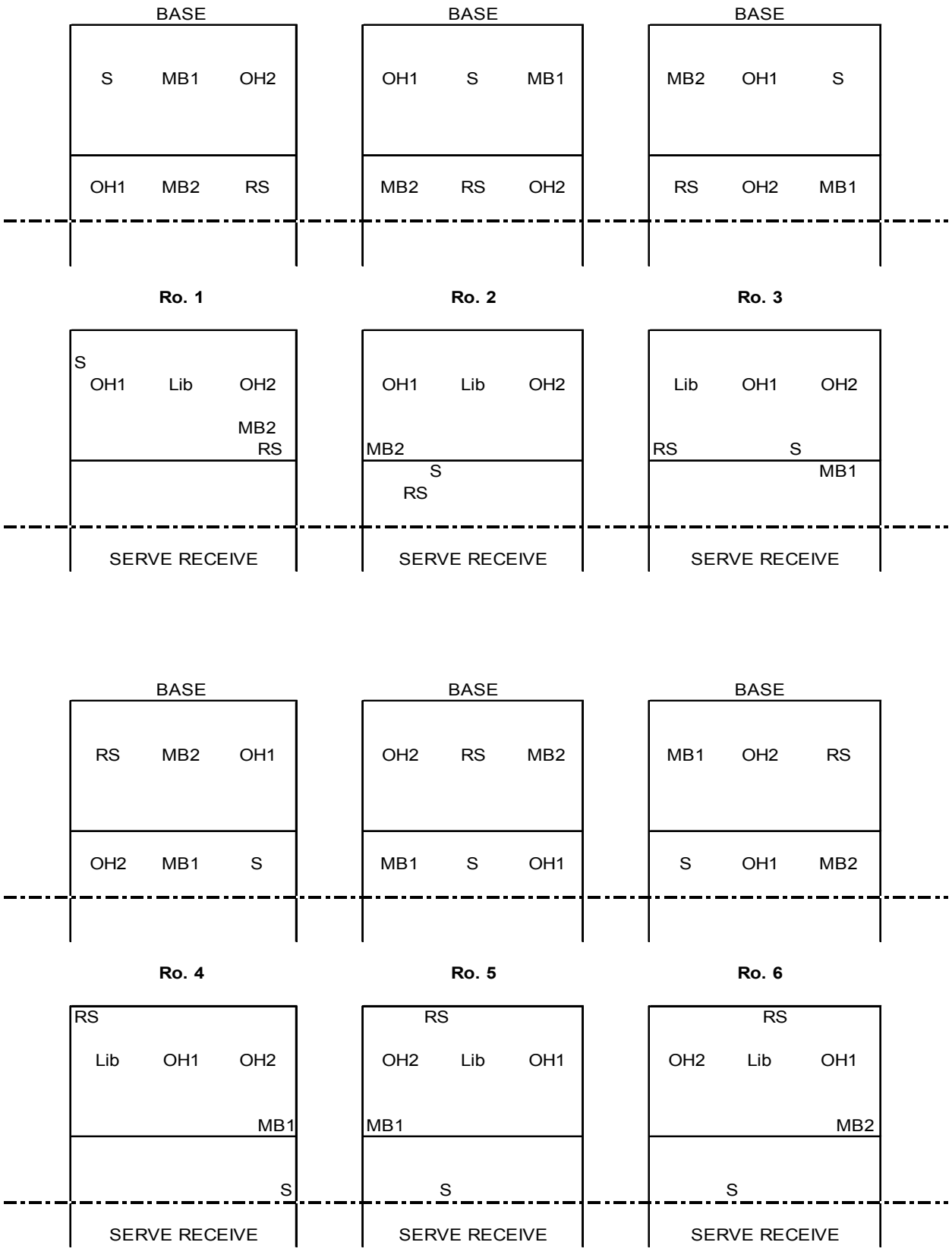

FIG 5: Middle Leads Setter

III. Middle follows the Setter (Fig. 6)
- A. Advantages
  - i. Allows the RS to be primary passer in every rotation
  - ii. Allows athletic OH's to be able to move around
- B. Disadvantages
  - i. Complicated serve receive
  - ii. Makes setter run longer distances out of serve receive
- C. Positional Responsibilities
  - i. S – Setter
    1. Runs the offense (Quarterback of team)
    2. Takes **EVERY** second contact
  - ii. OH_1 – Outside hitter 1
    1. Primary passer beside setter
    2. Usually the stronger hitter of two Left-side hitters
    3. Usually plays back-row defense (at higher levels) in the 6 position
  - iii. OH_2 – Outside hitter 2
    1. Primary passer two away (or opposite OH_1) from setter
    2. At higher levels, is the "Go-to" hitter
    3. Attacks primarily from the right-side of the court
    4. Usually plays back-row defense (at higher levels) in the 1 position
  - iv. OPP – Opposite Hitter
    1. Non-passing Left-side hitter
    2. Usually the weaker hitter of two Left-side hitters
    3. Usually plays back-row defense in the 6 position
  - v. MB_1 – Middle Blocker 1
    1. Middle blocker beside setter
    2. Usually the stronger hitter of the two MB's
    3. Is the middle blocker of who runs a back-slide better
    4. Usually plays back-row defense in the 5 position
  - vi. MB_2 – Middle Blocker 2
    1. Middle blocker two away (or opposite MB_1) the setter
    2. Usually the weaker hitter of the two MB's
    3. Usually plays back-row defense in the 5 position
  - vii. DS – Defensive Specialist
    1. Comes in back-row to play defense
    2. Must have ball-control
    3. Usually very quick footed

COASTAL VIRGINIA VOLLEYBALL CLUB

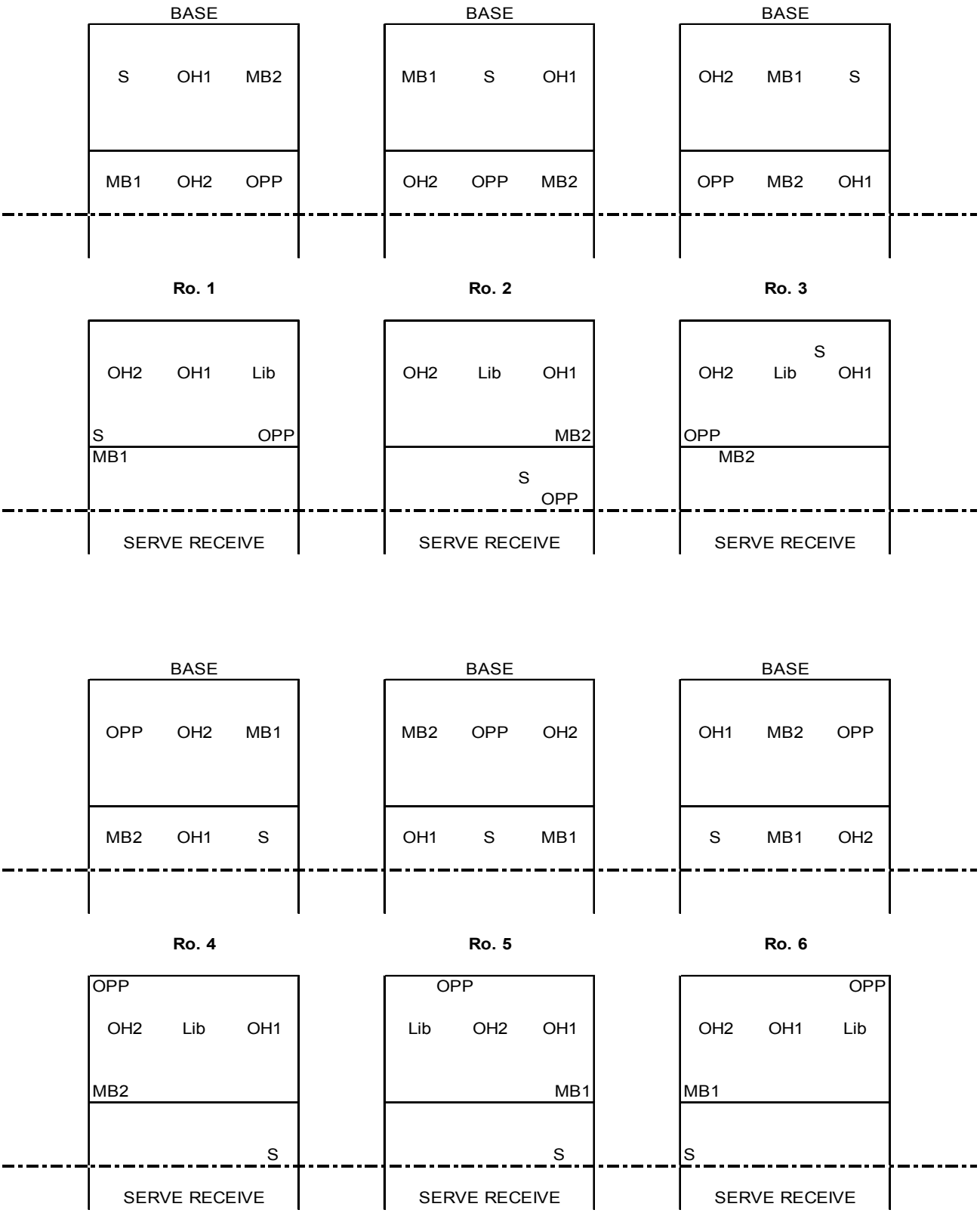

FIG 6: Middle Follows Setter