



## A GUIDE FOR VOLLEYBALL RECRUITS

### Basic Questions to Ask About the School

- What size school do I want?
- Do I want an urban or rural setting?
- How far from home am I willing to travel?
- Do they have my major?
- How are the academics?
- Will I be happy if I am not playing volleyball?

### Basic Questions to Ask About the Volleyball Program

- How many players are on the roster?
- How many are graduating/returning?
- How many players on the roster play your position? What year are they?
- What are the stats like of the players? Can I do as well or better?
- Be sure to ask the coach these questions and not just go by the roster on the web site. There may be changes occurring that only the coach would know, such as players not returning for reasons other than graduation, players changing positions, etc.

### Basic Questions to Ask Yourself

These questions can help you determine what level you are interested in playing.

- Am I looking to start and have significant play time as a freshman?
- Am I willing to train for a year, but not play?
- Am I willing to log the hours weight-lifting, conditioning, practicing and studying and give up some of the parties and social life of college?
- Am I looking to play solely in the fall and simply “be a student” in the spring? (Most Division I and many Division II programs have a spring season.)

### Recruiting checklist

Have you:

- Registered with the NCAA clearinghouse?  
This is essential to becoming an athlete at any NCAA Division I or II school. You can register online at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).
- Taken the SAT or ACT and faxed us the scores? (Fax: 570-422-3306)
- Applied to ESU? EARLIER IS BETTER!
- Completed our recruit form online?  
You can complete our recruiting form online at <http://www3.esu.edu/athletics/wvolleyball/recruitingform.asp>
- Sent a video/DVD to us of your skills?
- Send us your club name, team name, and club schedule?

Keep in mind, your college career is exactly that – YOUR college career. We would like to hear from you about your interest in ESU and our volleyball program – not from your parents. While we are happy to answer parents’ questions, it’s important that you control your college search.

Other things to think about when considering which program you want to play for...

- ✓ How the coach determines playtime?
- ✓ Can/do freshmen start?
- ✓ Coaching philosophy?
- ✓ Coaching style?
- ✓ Coaching background?
- ✓ Practice times/days?
- ✓ Scholarship possibilities?
- ✓ Off-season training/schedule?
- ✓ Any recent discipline issues? How were they handled?
- ✓ Player graduation rate/team GPA
- ✓ What is the alcohol/drug policy (team, coach, department and school)
- ✓ What will I be paying for?

## **Tips for Shooting your Recruiting Video for ESU**

### **The Skills DVD/Tape:**

Have your parents/coach shoot your skills on tape. You can have a recruiting company or video production company produce a more professional looking video, but they can be very expensive. We are concerned with the skills shown on the video, not the look of it. We do not need fancy graphics or music. At a minimum, these skills should be on your video.

### **Skills**

1. **Serve Receive** – Server should be on the opposite side of the net from the receiver, serving from behind the end line. Serve toward the player. You don't need to show that you can pass the whole court, since in a game you wouldn't pass the whole court anyway. Video from the side of the player with a wide enough angle to show where the ball goes. Have someone stand in the target zone and catch your passes. We should be able to see what your platform looks like. 10 touches.
2. **Hitting** – Start in blocking position at the net. Jump block and transition off the net into hitting position, approach, and swing. Video from the side, preferably from behind the setter, on the same side of the net. This is to show your footwork and arm swing. Also video from behind the player showing where the ball lands. Try to include the setter in both shots. 5 touches for each type of set. Some of the setting terms may vary. If you are not sure what they are, ask your coach.
  - a. If you are an OH you should video at least:
    - 1) A high outside set
    - 2) A shoot set
    - 3) Middle 2
    - 4) Back row attack
  - b. If you are MH/MB you should video:
    - 1) Middle 1
    - 2) Middle 2
    - 3) 31
    - 4) Slide
  - c. If you are RS you should video:
    - 1) Back 1
    - 2) Back 2
    - 3) Middle 2 from RS position (come around for a tandem or stack)

- 4) Back row attack
  - d. If you are a DS **or plan on playing back row** you should video 10 foot hits. 10 touches.
- 3. **Blocking** – Blocking the coach while he/she is hitting at your hands while he/she is standing on a box is not realistic, and **NEVER** occurs during a game. So, our advice is for you to:
  - a. Take 6 block jumps from the center of the court, straight up, video from the back and the side (to show penetration).
  - b. Take 10 block jumps from your starting position at the net against an opposing hitter. (If you are an OH, block against a RS, if you are a MH/MB block, against a MH/MB, if you are a RS block against an OH) Attempt to block this hitter. This will show us how well you adjust to the set and the hitter, as well as demonstrate your block timing.
- 4. **Serving**
  - a. Video 5 float serves from the side, to show form.
  - b. Video 5 float serves from behind showing where the serve goes on the opposing side. If possible, have your coach/player call your serve on screen (verbally or signal).
  - c. If you have a jump serve, video 5 touches. If you can't, don't try and learn it so you can include it in your video. It will look bad on the video. You are better off having us teach you.
- 5. **Setting** – If you are a setter or just consider yourself to have decent hands you should video your setting. Video from the back of the court so that both antennae can be seen. Sets should be off a pass, not a toss from the coach. Have your coach toss a ball over the net to one of your passers and set the hitter from that pass. If you can jump set, include it. Be sure to include the entire range of sets :
  - a. A high outside set
  - b. A shoot set
  - c. Middle 1
  - d. Middle 2
  - e. Back row attack
  - f. 31
  - g. Slide
  - h. Back 1
  - i. Back 2
  - j. Tip
- 6. **Defense** – Have your coach/player hit at you from the opposing side of the net. Dig a few hard hits, a few roll shots, and some tips. Confine the hitting and defense to 1/3 of the court, since you rarely will be covering more than that during a game. If you normally play one side of the back row or the other, then defend that side. If you play every position in the back row, pick the one your strongest position and video that side. Video from behind the player, such that you can see the hitter in the background and the target.

### Game Footage

The last part of your skills tape should be game footage. It doesn't have to be a game you won. It's more important to show a game where you played well. A few tips:

1. Try to shoot from the end line of the side of the court you are playing on. If you cannot, shooting from higher up is typically better within reason. If your videographer has a better view of the architecture in the ceiling or you cannot read the jersey numbers, then he is probably too high up.

2. If you can, mark who you are in the video. Some players have used arrows or other symbols to highlight the player so that we can distinguish them from the other players. If you cannot do this, don't worry. Just be sure we can identify you by jersey number.
3. Don't edit out your mistakes. Everybody makes mistakes, and the character you show when you make one says a great deal about you. It's important for us to see those too.
4. If editing your footage and you are involved in a play, show the entire play from serve to termination.
5. You don't need to show plays that you are not involved in.
6. **ABSOLUTELY DO NOT HAVE YOUR VIDEOGRAPHER FOLLOW THE BALL!** Keep the camera in a fixed position, taping both sides of the court if you can.

Lastly, When you finish your tape or DVD be sure to label the actual tape/DVD with your:

1. Contact information
2. Year of graduation
3. Position
4. Player number, jersey color, and starting side for game footage

This way, if your tape gets separated from your paperwork we don't have to guess who you are!

**The ESU Women's Volleyball team hopes this guide has been helpful to you.  
Best of luck during your high school and club seasons!**