

Match Analysis

Increasing 1st Ball Efficiency

Presented By

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Things to think about...

1. Opponent

- a. Blocking Scheme
 - i. Bunch vs Spread
- b. Mismatches
 - i. Tall Blockers
 - ii. Slow Blockers
- c. "Switch Block"
 - i. Why do they do it?

2. Your Team

- a. What's each hitters best attack
- b. Rotation your team is in
- c. What has been working

3. Serve Receive Management

- a. Stack Hitters
- b. Split Hitters
- c. Front vs Back Row Setter
- d. Serve Receive Pattern
 - i. 2,3,4 or 5 person

4. Out of System

- a. 1 Option Pass
- b. 4x4 Sets
- c. Secondary Setting
- d. Hit "High, Deep and Hard"



Before we start please grab a pen and paper as you will need to be charting out your teams serve receive patterns and tactics.

1. Let's Talk about our opponent

- Blocking Schemes
 - Spread = Pin Blockers about arms length from sideline
 - Bunch = All Blockers arms length from each other
- Mismatches
 - Find a weak blocker and attack them or challenge them
- Switch Block = Blockers switching positions along net to counter your offensive attack
- Or Middle Serving!

Bunch Block



Spread Block

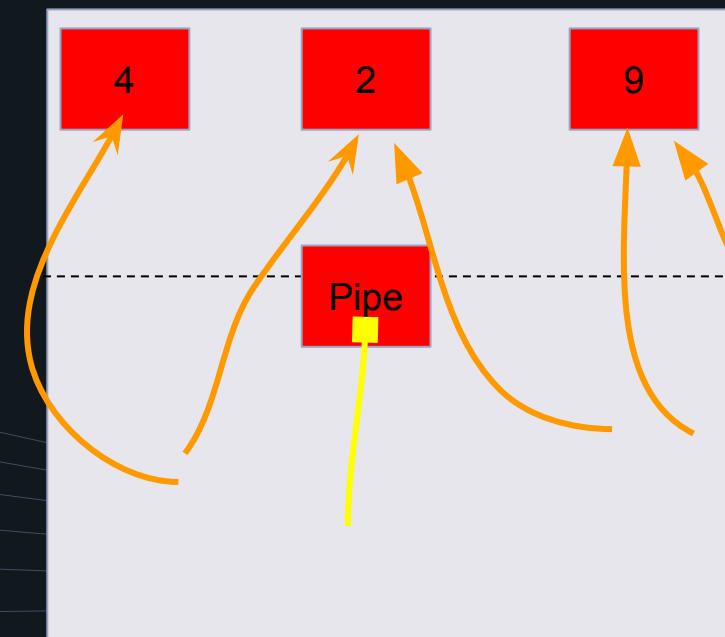


2. Team Concepts

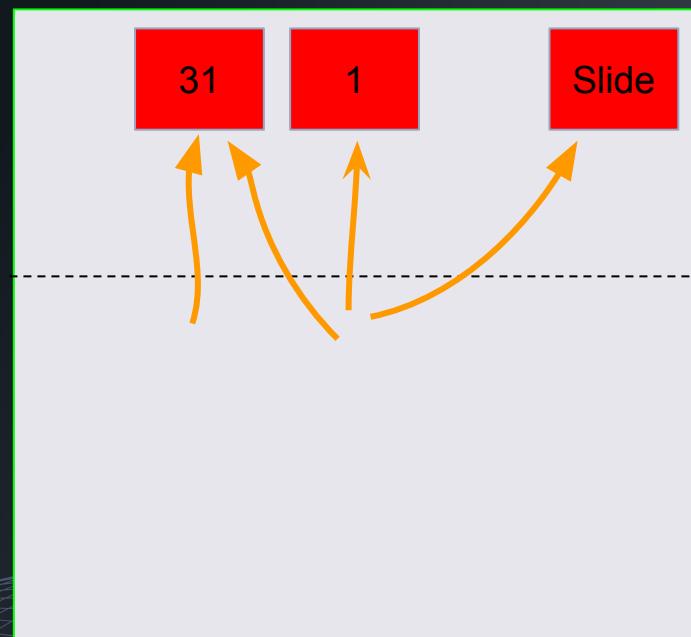
- Have a understanding of what attack patterns/sets your players can perform well. It be hard to ask a player to perform an attack in the middle of the game when they have never done it before. It's extremely important to teach young players to attack from all zones along the net.
- Coaches make sure you know what rotations you score well in and what rotations need to be looked at.
- When you can take a look at what your percentage is for your SO%. It's very similar to a batting average.
- As they say "If it ain't broke, don't fix it!"

Attack Patterns

Pin Hitters



Middles



3. Serve Receive Management



What is a stack? Stacking is when you have a group of hitters in serve receive and we move them to the sideline. It can also make it easier for hitters to get into their attack patterns quickly and efficiently.



Hitters are split! When this happens we typically see one hitter on each sideline with the setter in the middle of the court.



More options to set when your team has a backrow setter vs Front row.



Serve Receive Patterns can influence what your team can do in serve receive. With younger teams you will see more 4-5 player patterns while older kids will utilize the 2-3 person serve receive.

4. Out Of System, don't panic!

While we would want to play flawless volleyball it just doesn't exist! USA Volleyball said volleyball is about 60% out of system. It's extremely important to train and learn how to deal with these situations. As we get older you will see the rallies become more clean but when you're younger let the chaos begin!

What to do when your team is out of system? Can everyone set? 4x4 system and back row attack?



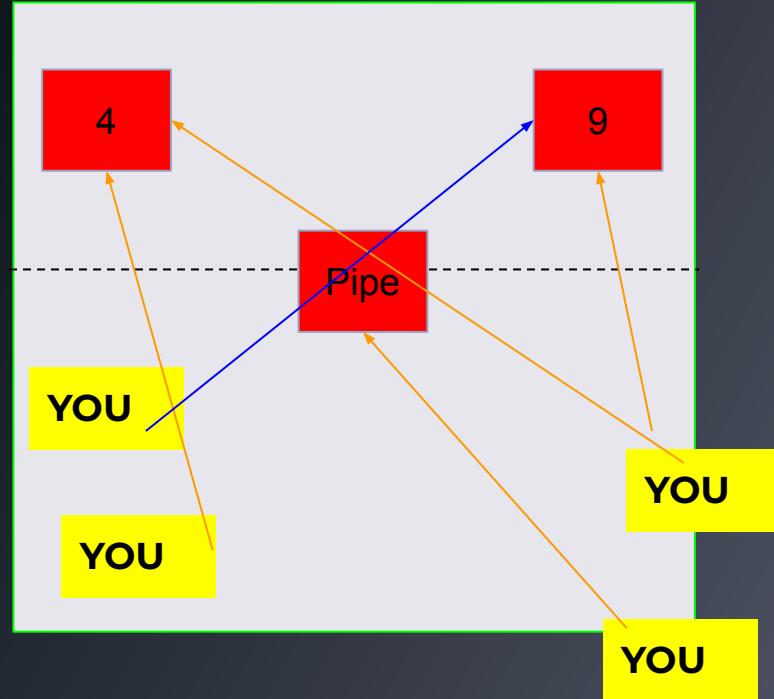
Practice at home!

Before you start you will need..

- 1-3 volleyballs
- Target to set/bump set into
- At least 30 x 30 area (Outside)
- Something to designate the net
 - Rope, String, Shoes, fence

The goal here is to work on receiving the ball from various locations on the court and setting them to the 3 designated targets. Make sure the 4 & 9 zones are at a 4x4. This means the set will be 4ft off the net and 4ft inside the court. You or a partner can toss to you. Make sure you challenge yourself!

Out Of System



Question Time!



Thanks for attending today's Match Analysis.
Check us out online skyhighvolleyball.org

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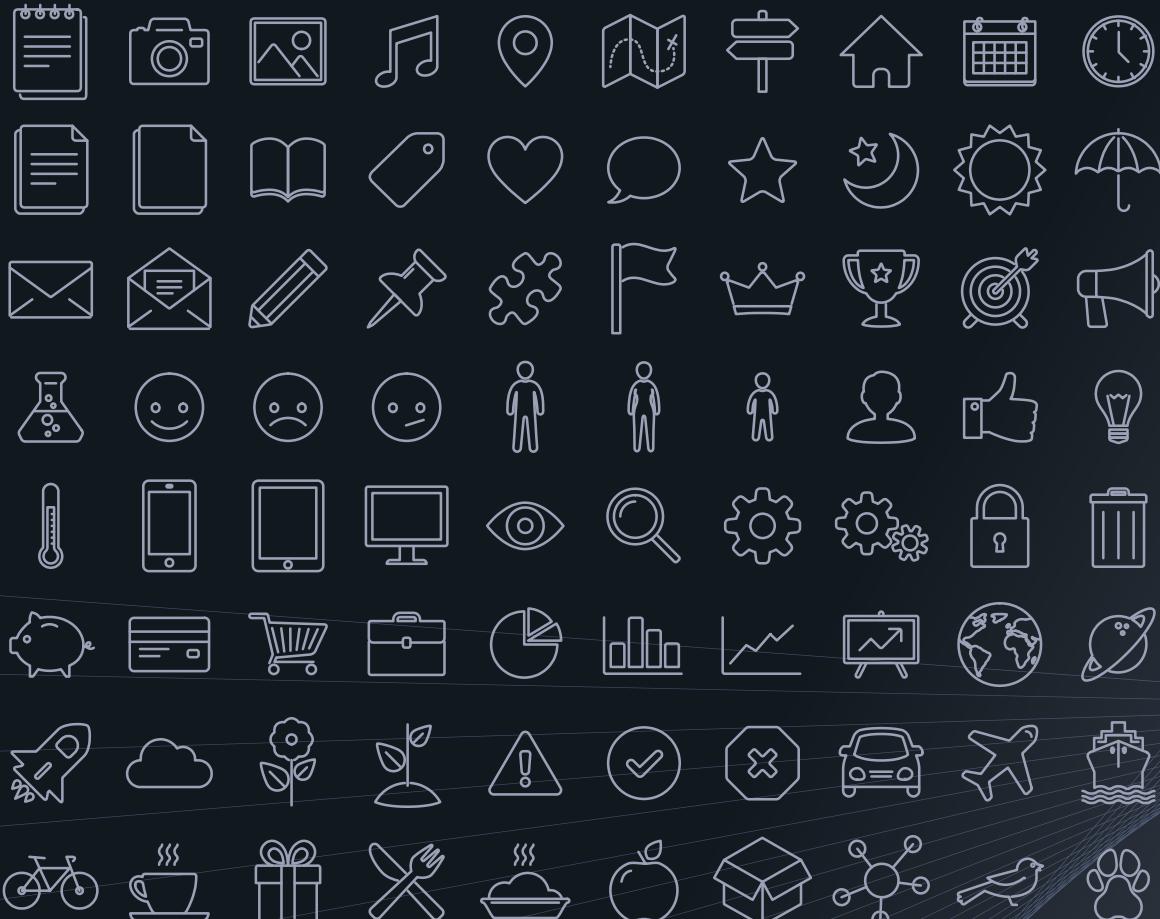
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