

## What do coaches want to see in a highlight film??

### Options for Highlight Film:

**A:** One video with all skills included (explained below)

**B:** One video per skill: one hitting highlight, one passing highlight, one blocking highlight, etc.

**C:** Unedited game film.

### What do I suggest?

- Create ALL of them. (Yes, it takes work.)
- Send Option A first.
- If they show interest and ask for more film, be ready to send option B and C.

### For Every Position:

- **ORGANIZED:**
  - one skill (all clips of that skill) and then second skill (all clips of that skill). See below.
  - Have an arrow pointing to you for each clip. Make it easy for them to find you.
- First clip:
  - should be THE VERY BEST CLIP you have.
- Time:
  - 2:00-4:00 minutes pending on position.
- Unedited Set:
  - After you create your highlight film, you can also attach an unedited set in case they want to watch more and see your play holistically, not broken up into highlights.
  - This is IN ADDITION to a highlight film, not in replacement of one. They will normally only watch this if they like your highlight film.
  - Choose one set in which you got a lot of touches.
  - Do not worry about making errors. Everyone makes errors. They want to see how you respond when you make an error and the good things that you do throughout a set.

### Setters: (Your clips should be in this order)

#### Skill 1: Setting (1:30)

- They want to see your tempo, consistency, and choices.
- They want to see how well you create one-on-one opportunities for your hitters.
- I would include successful "against the flow" sets.
- Every set included, should lead to a kill.
- Do NOT include all clips off a free-ball pass. Include the hard ones.

#### Skill 2: Offensive Tipping (0:30)

- They want to see WHEN you do it.
- They want to see if it is effective/deceptive or not.
- They want to see if it scores.

**Skill 3: Blocking (0:20) (If you do not block move to Skill 4:)**

- They want to see how well you set a block and how high you get over the net.
- Include touches (not tools).
- Include block assists and solo blocks.

**Skill 4: Defense (0:30)**

- They want to see defensive speed and movement.
- They want to see your ability to read attackers.
- They want to see defensive dig height, location, and effort.

**Skill 5: Serving (0:10)**

- Your serve does NOT have to be an ace to include it.
- Show height above net, speed/velocity, and ability to serve seams.
- You can include aces, just make sure it is a good serve and not just a bad passer.

**Example:**

<http://www.hudl.com/v/2EXUwr>

**Outside Hitter/Opposite Hitter: (Your clips should be in this order)**

**Skill 1: Hitting (1:30)**

- Start with the strongest swing.
- Show different shots, different routes, different sets, etc.
- Show you hitting from both pins.

**Skill 2: Serve Receive Passing (1:00) (If you are an opposite that does not pass, move on to**

**Skill 3)**

- Show movement to seams and good passing technique.
- Should be "2" or "3" passes.
- Best clips include your pass to attack clips where you passed a good ball and then scored offensively.

**Skill 3: Blocking (0:30) (If you are an opposite, your blocking skill should be 1:00, not 0:30)**

- They want to see how well you set a block and how high you get over the net.
- Include touches (not tools).
- Include block assists and solo blocks.

**Skill 4: Defense (0:30) (If you are an opposite that does not play 6 rotations, move on to**

**Skill 5)**

- They want to see defensive speed and movement.
- They want to see your ability to read attackers.
- They want to see defensive dig height, location, and effort.

**Skill 5: Serving (0:10)**

- Your serve does NOT have to be an ace to include it.
- Show height above net, speed/velocity, and ability to serve seams.
- You can include aces, just make sure it is a good serve and not just a bad passer.

**Example:**

<http://www.hudl.com/v/2EVDiY>

## **Middle Blocker: (Your clips should be in this order)**

### Skill 1: Hitting (1:30)

- Start with the strongest swing.
- Show different shots, different routes, different sets, etc.
- Show you hitting from in front of the setter and behind the setter.

### Skill 2: Blocking (1:10)

- Start with the strongest block.
- They want to see how fast you are laterally to close a block and how high you get over the net.
- Include touches (not tools).
- Include solo blocks and block assists.

### Skill 3: Serving (0:20)

- Your serve does NOT have to be an ace to include it.
- Show height above net, speed/velocity, and ability to serve seams.
- You can include aces, just make sure it is a good serve and not just a bad passer.

### **Example:**

<https://www.youtube.com/watch?v=VhkPFNMpNLE>

She included more skills because she is a hybrid kid. Most middle blockers do not include passing, defense, etc. But, it shows great organization and what types of attacks she included in her hitting skill section.

[https://www.youtube.com/watch?v=WQ3yt\\_OeF9o](https://www.youtube.com/watch?v=WQ3yt_OeF9o)

This one is more “normal” for a middle blocker.

## **Libero/DS: (Your clips should be in this order)**

### Skill 1: Serve Receive Passing (1:30)

- Put your BEST passing clip first!
- Show movement to seams and good passing technique.
- Should be “2” or “3” passes.
- Do NOT include easy serves or serves that are right to you. It needs to show movement and ability to pass hard serves. Do NOT include passes where you fall in serve receive unless it is an extremely challenging ball (like hits the tape and falls over the net).

### Skill 2: Defense (1:00)

- They want to see defensive foot speed and movement.
- They want to see your ability to read attackers.
- They want to see defensive dig height, location, and effort.
- They want to see your ability to take responsibility for the majority of the court.

### Skill 3: Out of System Setting (0:30)

- Your serve does NOT have to be an ace to include it.
- Show height above net, speed/velocity, and ability to serve seams.

- You can include aces, just make sure it is a good serve and not just a bad passer.

**Example:**

<http://www.hudl.com/v/2FDcDU>

PROS:

Her film is organized. I know where and who she is. I know who to watch. Each skill is separated with an introduction slide explaining what is coming next. Each clip included follows the criteria I suggested. Each section started with her strongest clip.

CONS:

She put her defense first and it is the longest portion of the video. I would put serve receive first, and add more clips to this section to make it the longest portion of the film.