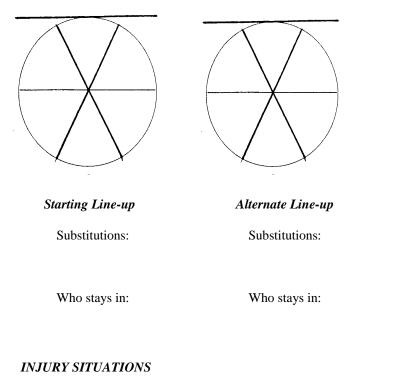
NO FREE BALL, DOWN BALL, or TIP will beat US!



Serving Strategies:

- 1.Serve to weak passer
- 2.Serve to Zone most difficult for setter to receive from
- 3.Serve short to disrupt quick attack
- 4.Serve to take player out of best attack route

5.Switch front row setter with big rightside blocker to stop LOH

Serve Receive Strategies

- 1.Pass left when dominant hitter, who also passes, is right front position
- 2.Challenge the server
- 3.Show openings, then cover once server tosses the ball *Setting Strategies*
- 1. Have best hitter attack weakest block
- 2. Overload an attack zone
- 3.Spread the offense from antenna to antenna
 - Hitting Strategies

1. Tip to primary setter

- 2.Off-speed attacks to upset the diggers
- 3.Push the ball off the blocker's hands

Defensive Strategies

- 1. Adjust Mback to opponents strengths (crosscourt-line)
- 2. Change blocking from "overload" to "matchup"
- "LET NOTHING DISTURB YOU, NOTHING AFRIGHT YOU. ALL THINGS ARE PASSING. GOD ALONE SUFFICES."

Offensive Game Plan

- 1. Establish the Middle Attack
- 2. Develop combinations with MH and ROH
- 3. 1 ball pass: LOH or Backrow
- 4. 0 ball: improve the situation

Defensive Game Plan

- 1. Stop the Middle Attack
- 2. Take away the OH best attack
- 3. LBlkr takes the setter
- 4. Don't get beat deep; get to all balls in front of you *Offensive Adjustments*

Blockers Narrow: Wide Offense

Blockers Wide: Narrow Offense

Defensive Adjustments

Switch MBlkr and RBlkr/LBlkr Cheat MBlkr to right/left Commit the MBlkr to the MH

PERFORMANCE OBJECTIVES:

- 1. Serve them out-of-system
- 2. Play for Points
- 3. Sideout Forever
- 4. Relentless Pursuits
- 5. Force the first time-out
- 6. Keep the ball in-bounds

TIME OUTS

1. Water

2.

3.

4.

5.

- 2. Emphasize one point
- 3. Player communication

NOTES

- Offense:
 Defense:

 Left-handed players:
 Setters:

 Setters:
 Setters:

 Blockers:
 Setters:

 Where to serve:
 Setters:

 Where to tip:
 Free Ball Plays Middle

 Left
 Middle

 1.
 Setters
- The offense must be innovative and adaptable. The defense must be tenacious, yet flexible.
- The players must be self-sacrificing and relentless in achieving team goals.

Right