

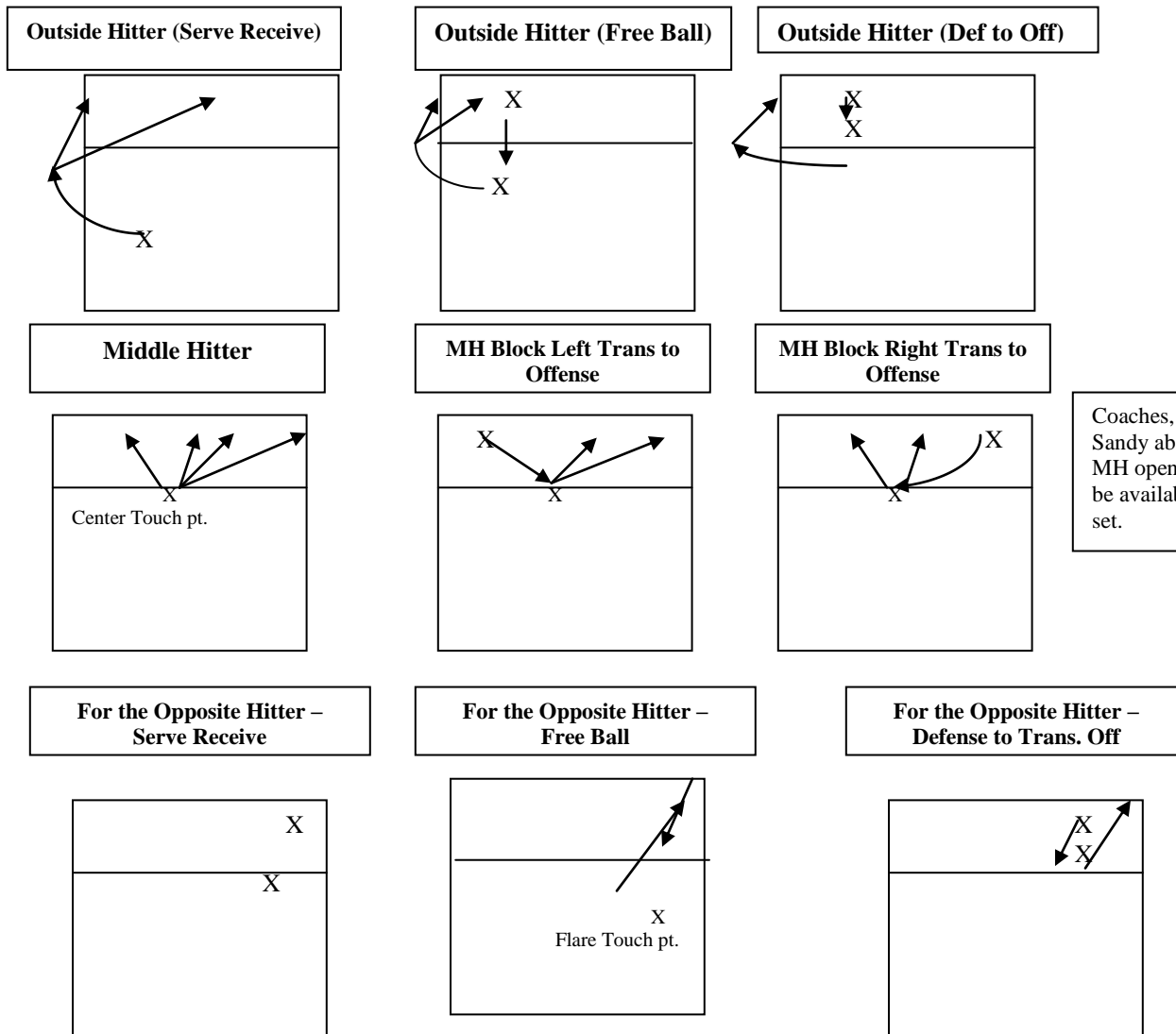
Coaches Offensive Goals and Tactics

Basic Thoughts:

- 1) Passing and ball control are key to success
 - a) We must teach players to be confident in their passing skills
 - b) Passing always comes first, then the responsibilities as a “hitter”, including Middle Hitter’s and receiving short zone serves
- 2) The system is design for players to be willing to move, run, and jump.
 - a) The players cannot be successful in this system passing and watching, then moving.
 - b) The players must be willing to pass and GO!!, pass and Run!! Land your block and Run.

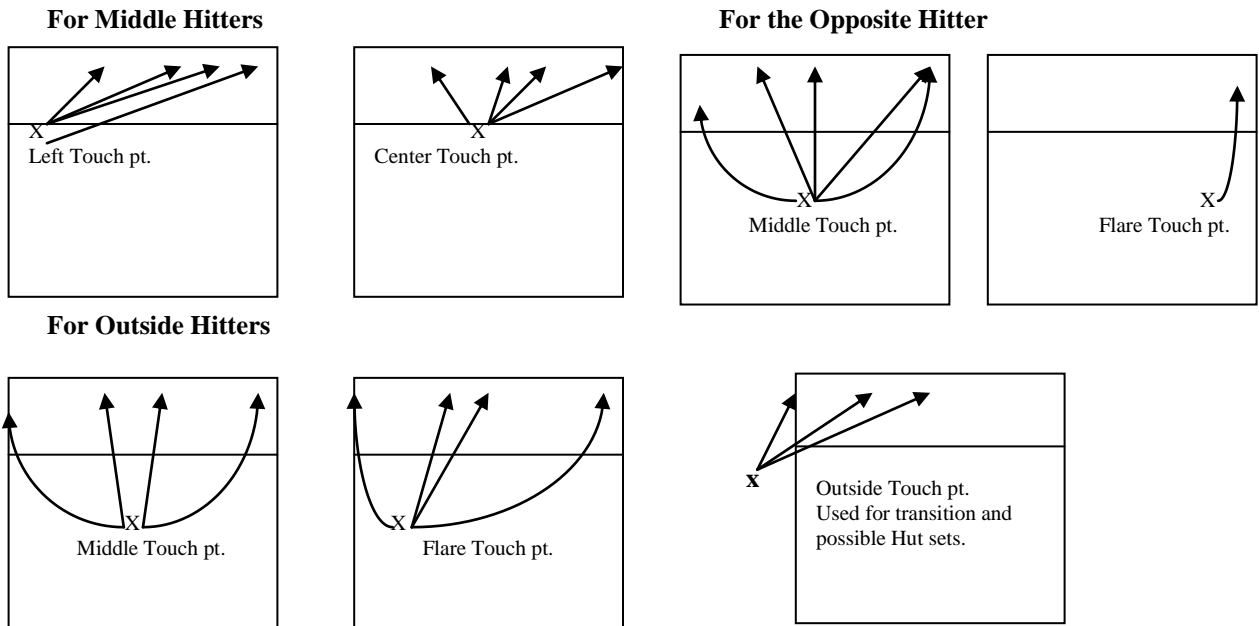
Touch Points:

- 1) The system is designed with “touch points” or starting positions for all hitters
- 2) 14’s and under – basic touch points



Coaches, chat with Sandy about having your MH open to her right to be available for the quick set.

3) More Advanced Touch Points for 15's and above:



Offensive goals for all levels:

- ◆ Get the best hitter in the best spot
 - ◆ Get the ball to our hitter that has only one blocker, or an open net.
- ◆ Use the best passers in mid-court
- ◆ Attack opponents weak spots

Zones	1	2	3	4	5	6	7	8	9
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Only one hitter per zone on the net.		
Blue	Pipe	Red

Offensive Communication for all levels

- ◆ The serve receive offense will be setter oriented (coach can call plays from the bench)
- ◆ The free ball offense will be at the basic level will be a very basic set of plays called by an audible by the setter or the middle hitter
- ◆ The transition (or counter attack offense) is called by the hitters at all levels, see below for the order the hitters call their sets

Offensive goals for 15's and above:

- ◆ OH and Opposite hitters get to attack more 2nd tempo sets
- ◆ The offensive is based on principles that only one hitter goes to a zone on the net
 - ◆ MH's call their set first
 - ◆ Opposite player next
 - ◆ OH hitter next
 - ◆ Followed by back row attackers

Advanced Offensive goals for National 17's and National 18's

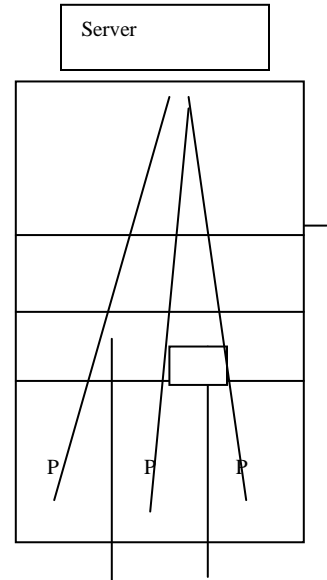
- ◆ Coaches will determine if the players are ready and capable of calling a hitters oriented offense
 - ◆ In this offense the play is called by either by an audible or signal from each hitter prior to serve receive, every hitter must understand the "match plan" and what are the goals of the offense
 - ◆ The setter must be able to be make quick decisions on which hitter to set
 - ◆ The hitters also will be making their first set call prior to the pass of serve, and then will have to make a second call if the pass is less than perfect

- ◆ The offense will be exciting, fast paced, spontaneous, challenging to learn and execute, and virtually impossible to stop.
 - ◆ Force opposing blockers:
 - ◆ To move laterally
 - ◆ To make decisions
 - ◆ To become mentally fatigue from making decisions
 - ◆ Force Opposing diggers:
 - ◆ To be moving while we are hitting the ball

Passing Guidelines:

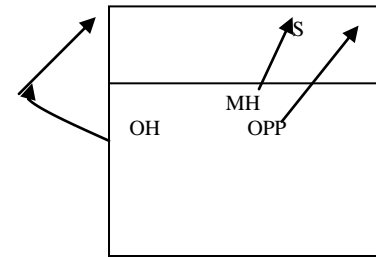
3 passers

- ◆ Divide the court into 3 equal sections (i.e. 10' x 30')
- ◆ Always move your feet and center the ball linear (or between your hips)
- ◆ Use your hands as much as you feel confident and capable, especially MH when passing short serves
- ◆ Front your server
 - ◆ Move your feet and hips to face the target as much as possible
 - ◆ Forearm pass the ball as low as possible, be patient
 - ◆ Keep your chin down
 - ◆ Step and push with your legs as oppose to lifting with your arms (platform)
 - ◆ Freeze your platform
 - ◆ Shoulder control is crucial
 - ◆ Tilt your platform to face the target as oppose to “scooping” or moving your platform
 - ◆ Finish your pass
- ◆ Pass first, then run your attack

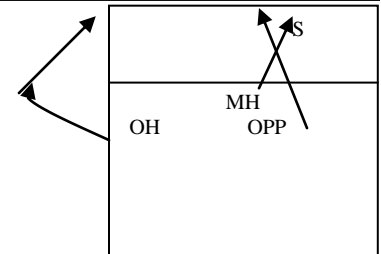


Basic Plays:

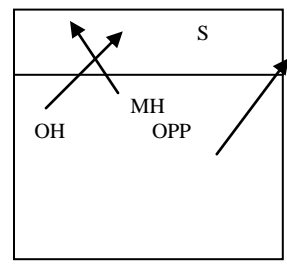
**#1 - OH - 1, MH-A, Opp-9
hand signal - 1**



**#X OH - 1, MH-A, Opp-5
Hand signal - fingers crossed**



#2 OH - 5, MH-B, Opp-9, hand sig. 2



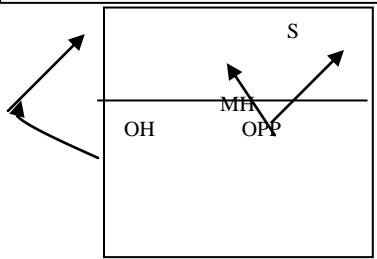
Hitters Responsibilities:

- ◆ Passing is a priority and must be accomplished 1st
- ◆ Hitter must wait and explode to every set
- ◆ Hitter must time every “set” well
- ◆ Hitter must attempt to have the last steps of her approach facing the setter or right standard every time they approach the ball (right handed players)
- ◆ Hitter must jump and land – balanced.

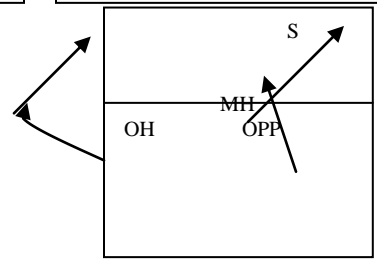
Tempo's

- 1st tempo:** in the air or the arms are above your head
A's, B's, C's
- 2nd tempo:** left step of your traditional 3-step approach
Shoots, 5's, Slides
- 3rd tempo:** high set, you are taking the right step of a 4-step approach
Traditional 3-step approaches read your set and begin your approach
1's, 9's, Pipes, Red

#3 OH - 1, MH-B, Opp-9 hand sig. 3

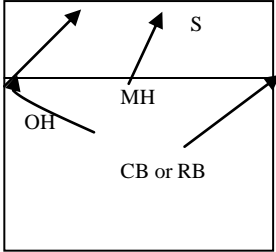


#9 OH - 1, MH-9, Opp-5, hand sig. thumb

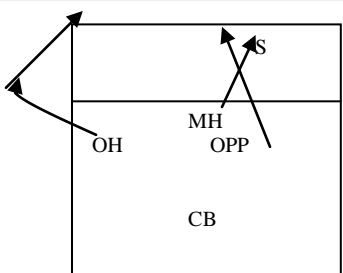


Basic Plays w/ back row attack:

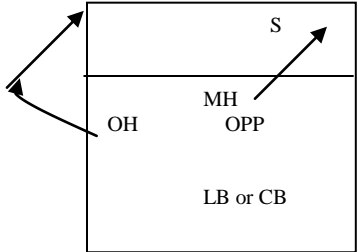
#1 Red- OH – 1, MH-A, Opp-9
hand signal – 1 with a wiggle



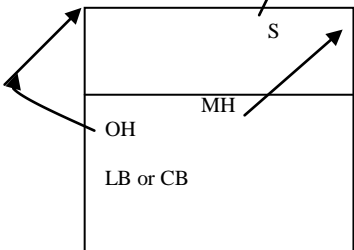
#X Red - OH – 1, MH-A, Opp-5
Hand signal – fingers crossed with a wiggle



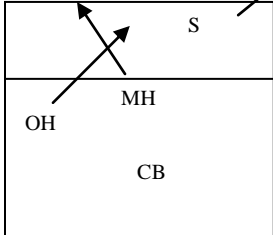
#3 Pipe - OH – 1, MH-B, Opp-9 hand sig. 3
with a wiggle



#9 Pipe - OH – 1, MH-9
hand sig. thumb w/ wiggle

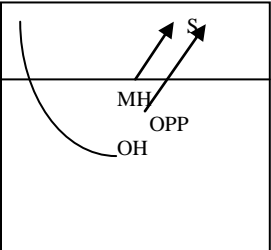


#2 Red - OH – 5, MH-B,
hand sig. 2 with a wiggle

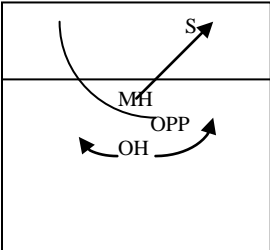


Advanced Combinations

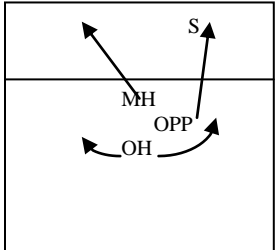
#Double Quick - OH – 1, MH-A, Opp- C
hand sig. index & middle finger together



#Wide X- OH – 1 or 9, MH-C, Opp- B or Lob B,
hand sig. hook 'em horns

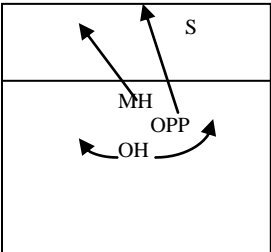


#Wide Double Quick – OH – 1 or 9,
MH – B, Opp – C, hand sig. thumb,
index finger make a gun

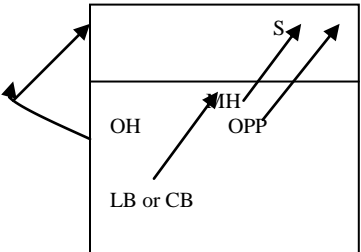


Advanced Combinations

#Double Quick – OH – 1, MH-A, Opp- C,
hand sig. index, middle finger together



#Right Inside – OH – 1 or 9, MH – B,
Opp – 5, hand sig. thumb, 5



#Wide Right – OH – 1, MH – C,
Opp – 9, LB or CB – Pipe, hand sig.
thumb, Fist