



14's, 15's, 16's, 17's, & 18's KEY WORDS AND CONCEPTS

Take time after a practice session and with your coaches to define, diagram, and explain the following terms.

ATTACKING:

1. FOOTWORK
2. EXPLODE and JUMP
3. SWING with the ELBOW HIGH
4. FOLLOW THROUGH
5. 1's, Shoot's, B's, A's, 5's, X's, C's, 9's, & Slides
6. FLARE FOOTWORK
7. SWING FOOTWORK
8. HITTERS TRIANGLE
9. ON TIME FOR A QUICK SET
 - a) zero tempo
 - b) 1st tempo
 - c) 1 ½ tempo
10. ON TIME FOR A HIGH SET
11. LATE FOR QUICK
12. LATERAL FADE
13. CUE ON PASS
14. ARM SWING TARGETS
 - a) corner
 - b) sharp angle or short corner
 - c) high seam
 - d) low seam
 - e) high line
 - f) line

FOREARM PASSING

1. FRONT THE BALL -
2. TRACKING THE BALL –
3. POSTURE -
4. MOVEMENT TO THE BALL -
5. SHOULDERS OVER KNEES -

5. PLATFORM TO TARGET -

6. DIP SHOULDER -

7. RETREAT STEP –

8. FOREARM OR OVERHEAD -

SERVE (Float Serve)

1. STEP TOSS SWING -

2. FOLLOW THROUGH -

3. PALM TO TARGET -

OVERHEAD PASSING

1. POSTURE FOR FOREARM PASSING –

2. FOOTWORK -

3. HAND POSITION FOR CATCHING THE BALL

4. EXTEND –

5. CROSS-COURT 5 AND 5

INDIVIDUAL DEFENSE

1. READY POSITION –

- a) balance
- b) low
- c) weight on toes
- d)

2. ARMS UNDER THE BALL -

3. LUNGE -

4. RUN IF POSSIBLE -

BLOCKING

1. FOOTWORK –
 - a) lead – run, turn
 - b) lead, cross-over, hop stop
 - c) shuffle hop stop
2. FRONT THE HITTER
3. READY POSITION - BLOCKING TECHNIQUE AND ARM/HAND POSITION
4. PENETRATE NET-
 - a) hands over the net
5. TIMING -
6. READ -
7. COMMIT -

MIDDLE BLOCKER'S

1. TURN TO THE RIGHT
2. CENTER TOUCH POINT
3. **THREE** TOUCH POINT SYSTEM
4. TRANSVERSE (RUN) THE NET
5. PRIORITY HITTER
6. FACE THE RIGHT STANDARD
7. HIT IN THE APPROACH ANGLE
8. ONE FOOT TAKE - IN FRONT OF THE SETTER OR IN FRONT OF THE ZONE

SETTING (SETTER'S)

1. TARGET
2. POSTURE IN TARGET (FRAME WINDOW)
3. PUSH STEPS
4. LEFT, RIGHT STEPS
5. LEFT BRAKE
6. RIGHT BRAKE
7. SPIN STEPS
8. SHOULDER TO NET
9. COVER



10. HIGH percentage SET
11. HITTER MUST ALWAYS BE ABLE TO TAKE A GOOD SWING
12. BETTER SHORT THAN LONG
13. BETTER DEEP THAN TIGHT
14. BETTER HIGH THAN LOW
15. PACE OF THE BALL
16. TEMPO SET
17. 9' BACK ROW- Blue, Pipe, Red
18. 8' BACK ROW - Blue, Pipe, Red
19. 6' BACK ROW - Blue, Pipe, Red
20. DUMP TO ZONES 2, 3, AND 7
21. OCCASIONALLY DUMP TO ZONES 4, and 9
22. JUMP, ROTATE AND SWING
23. JUMP AND SWING
24. FULL APPROACH AND ATTACK