

# College of Southern Idaho Volleyball

## Training and Developing Right Side Offense

### **1. Train a variety of Tempo's and Footwork Patterns**

- a. 1 Foot Approaches
- b. Slide Tempo
- c. 1<sup>st</sup> Tempo
- d. 2<sup>nd</sup> Tempo
- e. Release Sets

### **2. Train Transition**

- a. Track the Setter
- b. Split the Difference
- c. Run Varied Routes
- d. Commit to Routes

### **3. Train Scoring Zones**

- a. 1 – 5 – 4
- b. Campfire Tip
- c. Use Hands

### **4. Train Opportunity**

- a. Serve Receive
- b. Free Ball
- c. Defensive Transition