

“Beyond Technique”

Drills and Methods that help your Setter make your Team better.

Often Setters become obsessive about technique and don't spend enough time learning how to win games. Here are some pointers to give your setter and some drills to reinforce them

Besides great technique, what makes a great Setter?

- 1) Consistent location and tempo
 - a. This takes repetition including with live hitting
 - b. Give setters feedback during live play in practice
 - c. Setters must get a feel for release, tempo and location during play

- 2) Understanding “Error Environment” and how to avoid it.
 - a. Coaches can observe what trends lead to hitting errors (these can be player specific)
 - b. Communicate this to your setter and create drills to rep it out correctly
 - c. Initiate a wash drill with a tough move that challenges your setter and make her “create” a good swing

- 3) Good decision making
 - a. Varies by coach. Make sure your setter understands what you want
 - b. To repeat or not to repeat?
 - c. What are you trying to create and what time in a set is it
 - d. Meet with her on the side and discuss who you want to set in certain situations
 - e. Setters often go to certain players or sets under stress. Are they the right players?
 - f. What are the percentages of different options
 - g. Careful not to over coach here
 - h. Develop trust between the setter and coach

- 4) Knowledge of her hitters and what they can do.
 - a. Which hitters are end game players?
 - b. Which hitters need to stay alert?
 - c. Who are “Go To” Players in particular rotations?
 - d. Are players better in 1st swing or transition?

- 5) Knowledge of what THE SETTER is able to do without hurting the team.
 - a. Demonstrate to the player what are good percentage plays and bad percentage plays
 - b. Have real info or examples to back it up.
 - c. When do you Force a play and when do you keep it simple?

- 6) Understanding her role as a leader
 - a. Discuss demeanor, body language as leadership
 - b. She will be looked at by most players on every play. The message she gives is critical
 - c. She must keep players composed and confident
 - d. She must take blame even when it may not be her fault
 - e. She must be trusted to be demanding but not upsetting
 - f. She must let everyone KNOW they are going to win

Drills for setters

Wash Drills with setter focus-

My favorite way to work on any problem is to set up a two ball wash drill where the ball is initiated in such a way that you create the problem you are trying to work on. For example if your setter struggles setting a pass that is sent behind her on the net. Initiate the first ball (or both balls) of a two ball wash with that particular pass.

Pure Quality (see attachment)-

Pure quality is a decision making drill. Even though each player on the front row must get a kill, the setter must decide which options to go to first, leaving her most successful option for the end when everyone knows where the ball is going. It creates a tactical decision making situation just to win the drill.

Plays vs. full defense and baseball (see attachments)-

These drills work on a number of things but in both drills the setter gets fast reps of in system passes. This allows her to really feel the rhythm of the offense and allows her repetitive opportunities where she can see and feel the results of her posture, release and decision making on the blockers she is facing.

Pure Quality

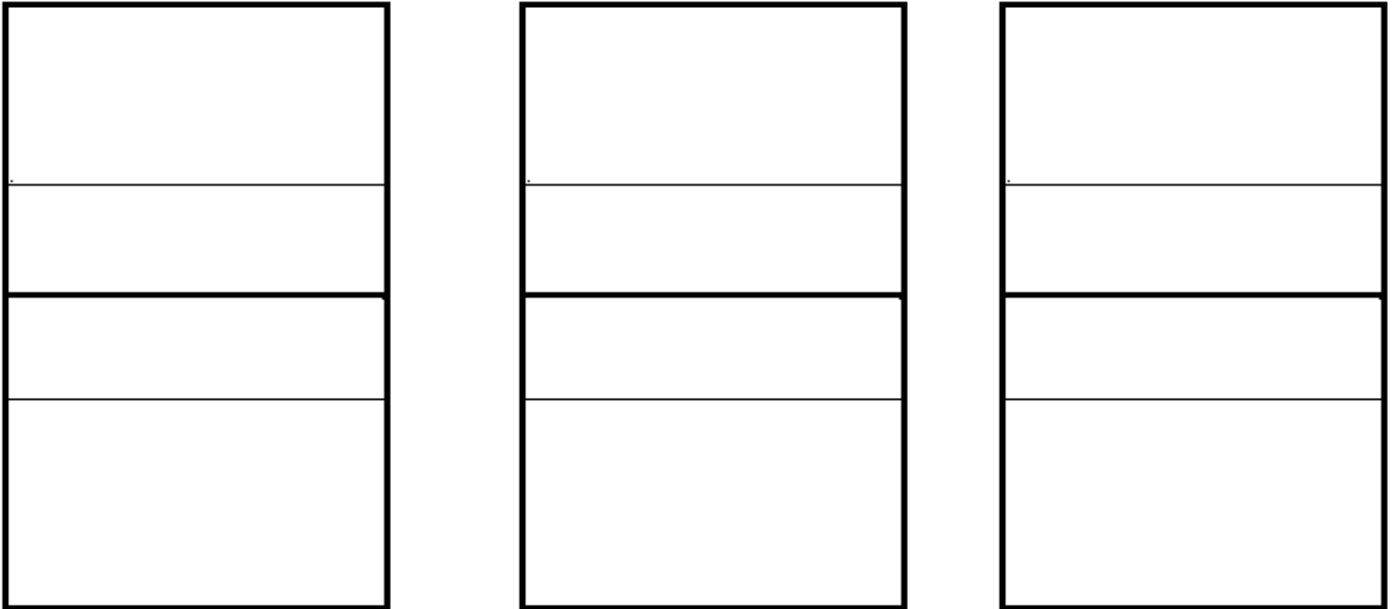
Objective: A drill to work siding out especially during pressure situations. This is a great drill to work on a specific weak rotation. This is also a good drill to teach setters how to move the ball around to multiple hitters. The drill does a good job of putting pressure on passers and hitters. You will find that the serving team or the second team will have a decisive advantage so this drill allows you to stack the receiving side with your best players and they will still find it very difficult. At the end of each game one person will be put on the spot to be the go-to player and everyone knows it. This creates some great competitive situations.

Drill initiation: Six players per side. The receiving side must be in rotational order and in legal serve receive formation. The serving side initiates with a tough serve to the receiving team. Once that play is over the serving team serves again. The serving team may have the same server and same lineup throughout the game if they wish.

Scoring: The score starts at 22-22. The receiving team can only score a point if they first qualify the rally by passing a "3 pass" or good pass. Then they will be given a point if the proper players kill the ball. Each of the front row players must get a kill and points are only scored if an eligible player gets a kill. They are trying to get all their kills before the serving team gets to fifteen. If a the receiving team passes a poor pass but still wins the rally they do not score a point but they still prevent the other team from scoring. The same applies if a player kills the ball and already has her kill. If the setter is in the front row, then her kill can either be a dump or a back row attack from any position.

Variations: Instead of 22-22 you can start at 19-19 and each player must get two kills. This allows the setter to be a little more unpredictable. If the setter is front row, it is recommended that you start at 10-10 and you only need 1 of the setter/back row kills.

Colorado State Volleyball Drill Sheet



Drill name: Baseball

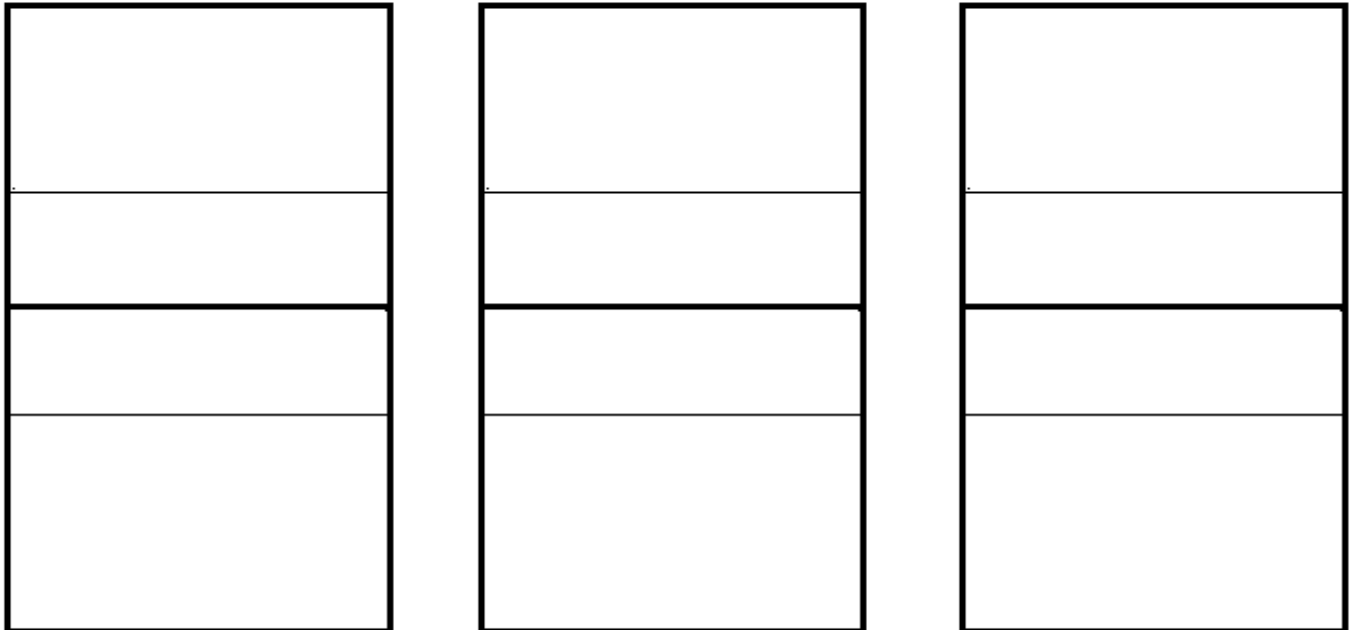
Objective: A drill to work both on specific offensive plays and the defense of those same plays. This is also an excellent game “flow” drill.

Drill initiation and directions: Six players per side in rotational order. Game is played in “innings” hence the name “Baseball”. Coach initiates a free ball to the team A serve receive formation. If team A kills the ball another free ball is given to them immediately. Team A continues to get free balls until team B scores. This is considered an “out”. Once team B scores then team A goes back to serve receive formation to play the next ball.

Scoring: Each ball killed by the receiving team (team A) is considered a “run” and a point is scored. Each time the defending team (team B) scores it is considered an “out”. Once three outs are scored then the coach switches sides and initiates to team B. When both teams are given a chance to score it is considered an inning. You can play as many innings in a game as you like

Variations: The way a ball is initiated can be varied. The first ball can be a free ball or served ball. The remaining balls could be free balls or down balls. You can specify what plays you want your offenses to run in order to practice running a particular play and/or defend a particular play. You can also give bonus points for stuff blocks, transition kills etc.

Colorado State Volleyball Drill Sheet



Drill name: Plays vs Full Defense

Objective: To teach offenses about plays and tempo and to teach defenses to stay alert in long rallies. The receiving team must kill three balls in a row twice before the serving team scores five points

Drill initiation and directions: Two teams face off with the score 20-23 the serving team is behind. The serving team serves the first ball in the court and the receiving team tries to score. If they terminate the ball the coach yells "One in a row!" and a free ball is quickly initiated by the coach. If they terminate this second ball the coach yells "2 in a row" and another free ball is initiated. The third termination scores a point for the receiving team or the "plays team". If the defensive team hits an error, gets blocked or misses a serve there is no score but another free ball is initiated and the number of kills remains the same. The serving team scores one point any time they win a rally for any reason. Both teams stay in the same rotation.

Variations:

- 1) Change the number of points that need to be scored by either team. For example score three kills in a row three times before the serving team scores eight.
- 2) Make it so one player has to get two kills in a row twice before the other team scores 5. Thus calling it "Left side vs. Full defense.