

# **2019 NEBRASKA COACHES ASSOCIATION – VOLLEYBALL**

**Wednesday, July 24<sup>th</sup>; 2:35-3:25p**

**Create Offense to fit you Personnel**

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## **I. GROUND RULES**

- A. Be Creative**
- B. Climb the Mountain**
- C. Volleyball in 2019**

## **II. ESTABLISHING THE CULTURE**

- a. Repeatability – Consistency of Action**
- b. Reduce Variance – Consistency of Results by decreasing the range of error**
- c. Manage Errors by making good decisions**

## **III. EVALUATING YOUR PERSONNEL/STAFF**

- A. Are you and your staff committed to a new system and the time needed to implement?**
- B. Is this for a team or for the entire Program?**
- C. Athletes**
  - a. Big/Fast vs “Other”**

- b. Skill by Position
  - i. Setting
  - ii. Attacking
  - iii. Passing
- c. Intangibles
  - i. Handedness
  - ii. All-Star System
  - iii. Team Intelligence/Experience

## SOAPBOX 2 – Referee Interactions

### IV. Systems

#### A. Slow Middle/Slow Pins

1. Easy to execute
2. Requires shots
3. Relatively easy to defend

#### B. Fast/Slow

1. Typical Offense
2. Typical to Defend
3. Adding wrinkles

### C. Slow/Fast

1. Strong middles
2. Quick pins
3. Good setter
4. Different to defend

### D. Hybrids

1. Fun
2. New to defenses
3. Time commitment?

## V. Commitment and Training

### A. Resistance to Change

### B. Video analysis of Offense AND Opponent's Defense

### C. Implement over course of the season

**SOAPBOX 3** – Time Out Management and Preparation