

VILLA GROVE JR. HIGH
B L U E D E V I L



2 0 2 1 H A N D B O O K

EXPECTATIONS:

TEAM

- **BE AGGRESSIVE!!** Never stand and watch.
- **BE PREPARED!!** Expect every ball to come to you and be ready; Hitters (front row and back), expect every set to come to you and be in position.
- **TALK, TALK, TALK!!** This doesn't mean just saying, "MINE!" Everyone needs to be COMMUNICATING – "IN, OUT, YOURS, MINE, GO, SHORT, DEEP, MIDDLE, OUTSIDE, CROSS, LINE, HERE, READY, TIP, OVER, FREE, DOWN," etc.
- **KNOW** your position. Be constantly reading and moving into proper position.
- Play **YOUR** position. Allow your teammates to play their position. If you continually cover a teammates ball, they will never learn to properly play that position themselves.
- End every possession with an attack. Don't give up a free ball.
- The second contact should be fed to a hitter, even when out of system, even if it's a bump set. If a hitter can't attack, a DS should attack when possible.
- **EVERYONE** must be able to set the ball – hand and arm sets. If the setter has to take a first contact or if the pass is bad, we still need to be able to run the offense.

SERVING

- To win, we **MUST** win the serve/receive game.
- No more than 10% service errors are expected (2.5/set average for the team).
- More service errors are acceptable if we're serving aces as well. Tough serves will create more errors.
- We're going to focus on standing float serves.
- We may teach jump float serves at some point.
- We want to attack specific people/positions with our serves (coach will give signals, just like when batting or base running in softball).
- Take your time. Like a free throw, a serve should not be rushed.
- Look at the ball from the time you toss until contact is made. Don't toss and then look up to find the ball.
- Serves to positions 1, 5, and 6 should be low and flat – below the top of the antenna.
- Serves to positions 2, 3, and 4 should arch somewhat high and fall just over the net.

SERVE RECEIVE

- Move your feet!!!! Don't just lean or dive unnecessarily.
- Square stance, angled to the server (angle determines which foot is forward). Slightly staggered stance is fine, but inside foot should be back. Never

- angle your hips away from the court when passing.
- Medium, relaxed stance; shoulders in front of hips.
- Arms extend to neutral position as serve is tossed.
- **TALK** to each other. Let the player next to you know that the ball is theirs, long, short, in, or out, etc. At least 3 players should be shouting, "Out" on deep balls past the end line.
- Chest or lower, bump pass; shoulders or higher, overhand pass.

SETTING

- **BE A LEADER** on and off the court. Setters are the quarterback. You run the team on-court.
- In serve receive, as soon as the ball is contacted, get to the target position with your back to the net.
- When back in base defense (6-2, 5-1), as soon as you know the ball is not coming to you, get to the target position; look for the pass (don't wait in the back court and run to the pass from there – Don't cheat).
- Know when to call "Help!" – NOT if it's in the middle of the court. You have to get to balls that are yours. But, if someone has a better play on an off-target pass, call their name. They should set outside left.
- Don't call "Mine," every time. It's yours and everyone knows it's yours, unless you call "Help." If you're going a long way, then call, "Mine" or "Help" as soon as possible.
- If someone calls you off, peel off. Play **TOGETHER**. Even though you might be able to get to a ball, someone else may have a much better angle. If you feel like you had the better chance to score, talk to them after that point.
- Get your feet to the pass. Be there **BEFORE** the set and turn to the left pin, don't just meet the ball.
- Bump set **IF NECESSARY**. Then bump **HIGH**.
- Use proper technique:
 - Square your shoulders to the set (little hop if necessary—right foot pointing to the pin);
 - Hands up (at least 2" above head); cocked wrists; ball-shaped hands;
 - Ball in front of you;
 - Right foot forward; left to right weight shift (no squatting);
 - Use your wrists (not a big arm movement);
 - Palms away and freeze (hands/thumbs same width – don't fling).
- Immediately return to defense and cover (watch for block or back-over on 1, not how pretty the set was).
- No setter dumps! Trust your hitters. A set over the net is essentially a free ball. You must be able to see the defense to dump effectively. We will work on these as the season progresses.



HITTING

- When back on serve receive or transition defense, as soon as you know the ball is not coming to you, get to your pre-hit position.
- See your blocker(s) and attack accordingly. Don't just go up and swing. Getting blocked is a hitting error for a reason.
- If the pass is off target, take a step or two back to keep the set in front of you.
- If the ball is set behind you, turn and tell back row player to "GO."
- If the ball comes over short, use your hands; push it high so the setter can set you.
- OUTSIDE HITTER – If the second contact is taken by a non-setter, be ready. It should be coming to you!

BLOCKING

- Reach OVER, not up. Extend your hands over the net as far and as soon as possible.
- Surround the ball with your hands on a tight set.
- Angle your hands into the court on an off set.
- Change the direction of the ball on an over-set or joust. Swipe sideways and down.
- On an overpass, if you can't hit or push it straight down, push it up high. Let your setter give you a good ball to hit. Don't just push it back over.
- Immediately after a block attempt, get back to your pre-hit position. This transition needs to be especially quick for middles.
- If the hitter tips over you, DO NOT reach back. Only go for a tip after you turn and look. Someone is assigned to cover tips – Let them do their job.

BACK ROW/DEFENSIVE SPECIALISTS

- PURSUE! PURSUE LONG; PURSUE SHORT; PURSUE WIDE! Go after every ball that is outside anyone else's responsibility and back up every ball that IS someone else's responsibility. Your goal is to never let any ball hit the floor. You CAN'T stand and watch.
- Bend your knees and be ready to move. No standing up! EVER.
- Arms in neutral position ready to go down or up.
- Use a down-up motion with hips to pass high.
- On pass, maintain your platform – guide with your shoulders. FREEZE to target, if only for a moment.
- When passing a hard driven serve or attack, you should face the server/attacker and angle your platform. When passing a ball with arch, you should face the setter/target.
- Always move your feet! Take the ball in your center-line, if possible.
- If the set is behind the hitter (behind the attack line), call them off and ATTACK.
- When digging tips, TALK – LOUDLY. Make sure the blocker knows you're there.
- Balls out of bounds on the sideline – Run to the line,

THEN call "Out." Don't stand and guess.

- When defending against a line attack, place your outside foot against the sideline. If the ball is hit outside of your body, it is out.
- Block coverage – move forward with the attacker. Then fall back to position quickly.
- If you have to take the second contact, it should be a high bump set to the left pin.
- Patient hands/Aggressive hands: This pertains to balls passed outside of your body/framework.
 - Balls received between you and center court require patient hands, or let your hands fall back when angling your platform.
 - Balls received between you and the sideline require aggressive hands, or push your hands forward when angling your platform.
- You should take all free balls beyond the attack line to allow setters to set and hitters to prepare to attack.

TRANSITION

- Everyone—expect EVERY ball to come to you.
- End every possession with an attack.
- If you must give a down ball or free ball, target the opposing setter (position 1), if possible.
- Free balls received behind the attack line should be taken by a back row player. Front row players should be in their pre-hit position prepared to attack.



TERMS

POSITIONS

S: Setter.

DS: Defensive Specialist. A player with defensive skills who plays back row positions only.

OH (Left Side Hitter): Outside Hitter; Front row attacker on the left side.

MB: Middle Blocker; Front row attacker in the middle or right side.

RS (Opposite): Right Side Hitter; Front row attacker on the right side. Plays opposite in rotation to the setter.

Libero: ('Bro) Defensive player able to replace any back row player without costing the team a substitution. Liberos should not hand set in front of the attack line or attack a ball that is completely above the net.

L1/L2: L1 is the starting Left Side/Outside Hitter (OH); L2 is the secondary Left Side/Outside Hitter (OH).



R1/R2: R1 is the starting Right Side Hitter (RS); R2 is the secondary Right Side Hitter (RS).

M1/M2: M1 is the starting Middle Blocker (MB); M2 is the secondary Middle Blocker (MB).

S1/S2: S1 is the starting Setter (S); S2 is the secondary Setter (S).

Pin Hitter: Outside and Right Side Hitters who attack near the antenna.

OFFENSE

4-2: Offense utilizing 2 front row setters (2) who each have 2 front row hitters (4).

5-1: Offense utilizing 1 setter (1) who has 2 hitters when front row and 3 hitters when back row(5).

6-2: Offense utilizing 2 back row setters (2) who each have 3 front row hitters (6).

6-0: Offense utilizing no assigned setters (0). whoever is in front-right (or front-middle, sometimes) assumes the setter position. All players are hitters as they play the other front row positions (6).

In System: When the pass is on-target and the setter has all offensive options available.

Out of System: When the pass is off-target and the setter isn't able to set the ball or doesn't have all offensive options available.

Float Serve: A serve that is contacted with a firm hand and little follow-through to create a knuckle ball effect with little to no spin.

Jump Float: A float serve that is contacted while jumping.

Jump Spin: A serve that is contacted similar to an attack, creating top spin at a high velocity.

Ace: A serve that is unable to be controlled by the defense regardless of the number of contacts.

Attack: Contacting the ball above the net in an attempt to score, rather than to just return the ball over the net. Spiking is the most common form, but tips and dumps can be legitimate attacks

Kill: An attack that is unable to be controlled by the defense and results in a point, regardless of the number of contacts.

Attack Error (Hitting Error): Any attack that doesn't end in a point or continued play. Hitting the ball out of bounds or being blocked are attack/hitting errors.

Hitting Percentage: Number of kills, minus attack errors, divided by total number of attack attempts. For example, a hitter with 5 kills on 10 attempts with 2 errors is hitting "300" — $(5-2)/10=.300$

Down Ball: Overhand contact, sending the ball over the net while standing on the ground.

Free Ball: Underhand contact, sending the ball over the net.

Cross-Body Attack: Attacking the ball to an angle where their attacking hand will cross their body. Sometimes the hand is rotated thumb-up on contact to increase the sharpness of the attack angle.

Wrist Away Attack: Attacking the ball to an angle where their attacking hand will extend away from the center of their body. Sometimes the hand is rotated thumb-down (wrist away) to increase the sharpness of the attack angle.

Wipe (Off the Block): Attacking the ball with an extended hand and a quick push into the blockers hand and out of bounds.

Slide Attack: Attacking using a 1-footed approach parallel to the net and rotating into the attack. Usually performed by a MB to the right side behind the setter.

J Attack: A quick attack from a MB just behind the setter.

Tooling the Block: Attacking into the edge of the block to make the ball ricochet off the side of the block and out of bounds.

Hitting High Hands: Attacking high and flat to make the ball ricochet off the top of the block and out of bounds.

Roll Shot: A type of down ball where the player contacts the ball on the lower back side and rolls their hand up and over to create top spin.

Tip (Dink): A soft attack with the finger tips intended to place the ball just up and over the blockers hands, to an unguarded angle, or to a deep corner.

Joust: Two players simultaneously attacking a ball that is directly above the net.

Swipe: Attacking the ball with an extended hand and a quick push at a downward angle over the net.



Power Dink: A legal push attack where the attacker uses their fingertips to forcefully push the ball towards the floor of the opponents court.

Setter Dump: An attack disguised as a set until the final moment when the setter pushes the ball down over the net with one hand (usually the left).

DEFENSE

Base Defense: Primary positioning for the defense.

6-Back Defense: Standard defensive positioning, in which the middle-back player (position 6) covers the back line while right-back (position 1) and left-back (position 5) cover the middle section of the court. This allows two defenders in the part of the court that receives the most balls and allows a back row setter to be closer to the target area.

6-Up Defense: Defensive positioning, in which the middle-back player (position 6) covers the middle section of the court while right-back (position 1) and left-back (position 5) cover the deep corners.

Campfire Defense: When everyone stands in a circle and watches the ball drop in the middle.

Base Position: Feet shoulder width apart; knees bent; ankles bent; hips down; shoulders in front of knees; hands on knees; head up.

Ready Position: From Base Position, extend your arms forward to a neutral position; palms up and in.

Dig: Controlled reception of an attack that keeps the ball in play. A ball that goes over the net and is played by the opponent is still a dig.

J-Stroke: A method of passing a low or short ball that involves getting the platform under the ball low and flat and scooping or raising the platform as you make contact.

Sprawl: Passing the ball by extending the platform and collapsing to the floor at a forward angle.

Pancake: Digging the ball by diving and extending one hand under the ball just before it hits the ground, letting the ball bounce off of the top of the hand.

Hit Coverage: Collapsing on the attack to keep a blocked ball from hitting the floor.

Tip Coverage: Being aware of and protecting the open area behind the blockers.

Block: A block is only credited as a block if it results in a point — i.e. the ball is blocked to the floor or is uncontrollable by the coverage.

Blocking Error: A blocking error only occurs if the official stops play due to an infraction, i.e. a net touch, ball handling error, etc. Having the ball deflect off the block out of bounds is NOT a blocking error.

GAME PLAY

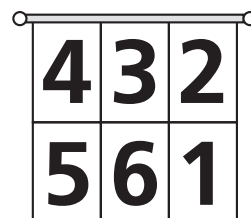
Set: Game to 25.

Match: Best of 3 sets.

Side Out: Point scored when the opponent is serving.

Real Point: Point scored when your team is serving.

Positions 1-6: Floor positions are numbered starting in right-back and counting counter-clockwise. It indicates when that position will serve (i.e. Position 3 will serve 3rd, position 6 will serve 6th).



Rotation 1 (through 6): Rotation 1 is generally the rotation with S1 in the serving position (position 1). As players rotate clockwise, they rotate through rotations 2 to 6.

Platform: The proper arm placement for passing the ball—Extended arms with locked elbows pressed in, clasped hands, thumbs extended downward.

Volleyball IQ: Understanding the game. Knowing what to do in a given situation.

End Line: The line that defines the back end of the court. Balls touching any part of the line are in-bounds.

Side Line: The line that defines the side of the court. Balls touching any part of the line are in-bounds.

Attack Line: The 10 foot line.

Pin: The antenna



Zones 1-9: The net is divided into 9 equal zones from left (1) to right (9). The setter usually occupies zone 6.



ABOUT THE GAME

Rules and other things you should be aware of:

Ball Handling:

- Ball handling errors are generally called more strictly on the second contact, and most strictly on the third.
- Prolonged contact is generally permitted on the first contact as long as the ball is not lifted from below the chin or from behind the head.
- Double contact is permitted on the first contact as long as there is only a single attempt made to contact the ball.

Legal Pushes: Slightly prolonged contact is generally permitted when swiping/pushing the ball down as long as the direction of the ball is not changed throughout the entire contact. This is usually done by the MB or on a setter dump. Slightly prolonged contact is generally permitted for blockers when pushing down a soft attack or overpass.

Libero rules:

- Liberos may only play back court positions.
- If the ball is completely above the net, a libero is not allowed to attack. However, a shorter libero may not be able to reach above the net, so it is legal for them to swing, or even to jump and swing from behind the attack line, if any part of the ball is below the top of the net.
- Liberos are allowed to hand set from anywhere on the court. However, if a libero hand sets in front of (or contacting) the attack line, the following contact may not be an attack above the net. So, liberos generally bump set from the attack line forward.
- Liberos may enter and leave the game between rallies without using a substitution. When the libero leaves the court, they must wait one rally before re-entering, unless they are serving. They may serve in one rotation.

Reaching Over the Net

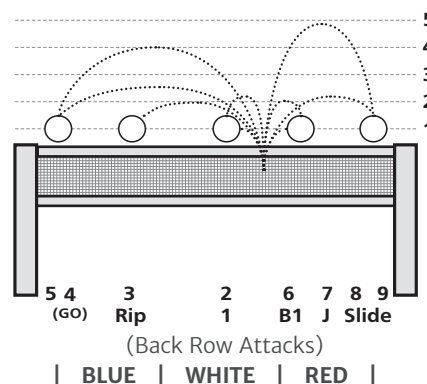
You are always allowed to block/attack a ball that has broken the plane of the net. Blockers are only permitted to reach beyond the net into the opponents court to block after the opponent has contacted the ball a third time, when the ball is attacked, or moving in the direction of your court and the opponent has no possibility for an

additional play. A second contact set that is set in the direction of your court is considered an attack and may be legally blocked on the opponent's side of the net. A set parallel to the net may not. Overpasses should break the plane of the net before it is blocked/attacked. While it may be legal to block/attack these in some instances, it's a judgement call by the official as to whether the opponent was able to make an additional play or not.

Overlap: The team must be in the proper rotation prior to the serve. Each player must not overlap the players directly adjacent to them (directly in front or behind and directly to either side). Other players may be overlapped with no consequence.

Set Numbering:

Sets are numbered many different ways. Each team will have it's own system. Traditionally, names are based on a combination of ball height and net zones. We will use the following naming convention.



- 1 - A quick set. First tempo set directly in front of the setter for the MB.
- 2 - Like a 1, but higher. Second tempo set directly in front of the setter for the MB.
- 3 - A shoot set placed between the MB and OH positions for OH or MB. Sometimes called a 32 or Rip.
- 4 - A shoot set to the antenna on the outside for the OH.
- 5 - A high set to the outside for the OH to take a normal approach and attack.
- 6 - A quick set. A back-1 to the MB.
- 7 - A higher set. A back-2 behind the setter for the MB.
- 8 - A quick back set to the right pin. Also used for a slide.
- 9 - A high set to the outside for the RH to take a normal approach and attack.
- RED** - A ball set for the right-back hitter. Typically, antenna height to allow for a good approach and swing.
- WHITE** - A ball set for the middle-back hitter. Typically, antenna height to allow for a good approach and swing.
- BLUE** - A ball set for the left-back hitter. Typically, antenna height to allow for a good approach and swing.



BASIC SKILLS

SERVING

- Float serve (ALL)

PASSING

- Base defense positioning (ALL)
- Good defensive posture (ALL)
- Pass/receive to target (ALL)
- Overhead pass/receive to target (ALL)
- Free ball from side position (ALL)

DIGGING

- Hit coverage (S, DS)
- Tip coverage (ALL)
- Block coverage (ALL)

SETTING

- Release to target (S)
- Hand set (ALL)
- Back set (S)
- Bump set (ALL)

HITTING

- Release to pre-hit position (MB, OH, RS)
- 3-step approach (MB, OH, RS)
- Attack with top spin/Spinning the ball (MB, OH, RS)
- Cross attack (MB, OH, RS)
- Line attack (MB, OH, RS)
- Tip/dink (S, MB, OH, RS)
- Push/deep tip (ALL)
- Roll shot (ALL)
- Adjust to poor pass/set (MB, OH, RS)
- Back row attacking deep/bad sets (S, DS)

BLOCKING

- Hard block (S, MB, OH, RS)
- Soft block (S, MB, OH, RS)
- Joust (S, MB, OH, RS)
- Overpass dump (S, MB, OH, RS)

ADVANCED SKILLS

SERVING

- Serving to specific positions (ALL) **
- Jump float (ALL)
- Jump spin (ALL)

PASSING

- Drop-Step (ALL)
- J-stroke (ALL)

DIGGING

- Digging balls out of the net (S, MB, OH, RS)
- Overhand dig (S, DS)
- Sprawl (ALL)
- Pancake (ALL)
- 1-Hand dig (S, DS)

SETTING

- Jump set (S)
- Run-through set (S)
- Tilt set (S)
- One foot set/spin set (S)
- 1-hand set (S)
- 1-hand dump (S)
- 2-hand dump (S)
- Reversing the flow (S)

HITTING

- Quick middle attack - "1/R1" (S, MB)
- Middle swipe/push (MB)
- Wipe/tool the block (S, MB, OH, RS)
- Slide attack (S, MB)
- High hands attack (S, MB, OH, RS)
- Back row attack (ALL)
- Back row quick attack/bic (MB, OH)

BLOCKING

- Swing block (S, MB, OH, RH)
- Independent hands (S, MB, OH, RH)



WARMUPS:

It's important that warmups are done correctly to avoid injury and to create muscle memory of **proper technique**. Doing a technique sloppily or wrongly only makes it harder to re-learn correctly.

INDIVIDUAL WARMUPS

- 140 Touches (To be done prior to EVERY practice and game)
 - 20 Self passes
 - 20 Single arm self passes
 - 20 Wall passes
 - 20 Self sets
 - 20 Wall sets
 - 20 Wall hits
 - 20 Wall serves
- Pass to self
 - One arm back and forth
 - Low; High; Low-High
 - Walking (Low; High; Low-High)
 - Jogging
 - Wall passing (posture)
- Set to self
 - Low; High; Low-High
 - Walking (Low; High; Low-High)
 - Jogging
 - Wall setting
- Wall hitting
 - Spinning the ball
 - Floating the ball

PARTNER WARMUPS

- Pepper (bump, set, spike)
- 3-man pepper (2 hitters/1 setter) S sets H1, H1 hits to H2 who digs to S; S sets to H2, and so on.
- 3-man motion pepper (defensive player/setter/hitter – bump, set, spike) Move to other side after contact.

GROUP WARMUPS — END LINE TO NET

- Jog to net forward/backward (x2)
- Side skip shuffle with arms (out and in)
- Walking quad stretch (foot back)
- Walking ham stretch (foot up)
- Walking glute stretch (foot across)
- Walking hip flexor
- Skipping hip flex (forward and backward)
- Carioca to net and back
- Knee hug to lunge
- Side lunges
- Russian March (hands to front, toes to hands as you walk)
- Russian Skip (Same, but skipping)
- Speed shuffle to freethrow line and back
- Speed shuffle to attack line and back
- Sprint to Front Ready Position/Jog back
- Sprint to Left Ready Position/Jog back
- Sprint to Right Ready Position/Jog back

GROUP WARMUPS — ARMS & SHOULDERS

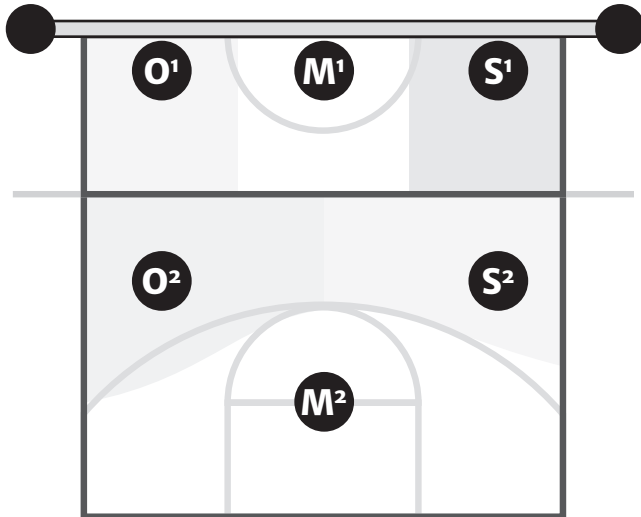
- Double Arm – Up and Outs (10)
- Double Arm – Up and Overs (10)
- Opposite Arm – Up and overs (10)
- Double Arm – Press Backs (high and low 10)
- Opposite Arm – Press Backs (high and low 10)
- Double Arm – Circle Ins/Circle Outs (each 5x2)
- Single Arm – Underhand/Overhand Swings (Left 5x2)
- Single Arm – Underhand/Overhand Swings (Right 5x2)



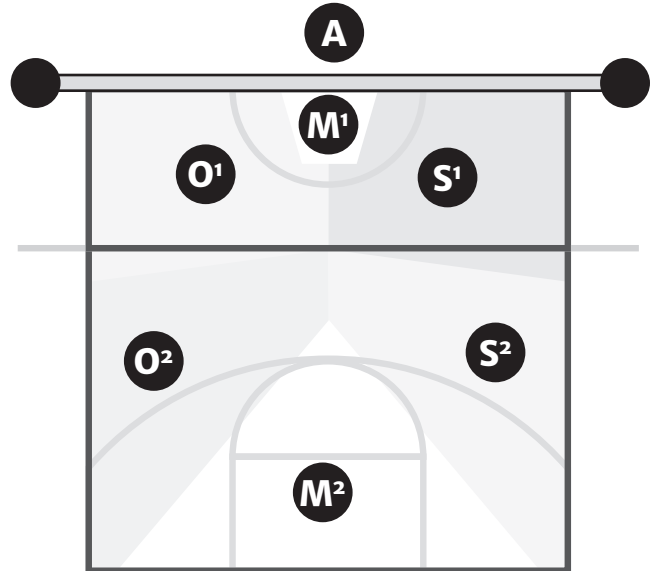
These diagrams are general guidelines to help you know where you should be and what area of the floor you are to be covering in a given situation. Volleyball is a dynamic game and you must constantly be moving to be in the best possible position at any time. Changes to these guidelines may occur as the coaches evaluate your performance and the performance of your opponents.

These diagrams assume a front-row setter — 4-2 or 5-1 Offense (in a 5-1, S2 would be R1).

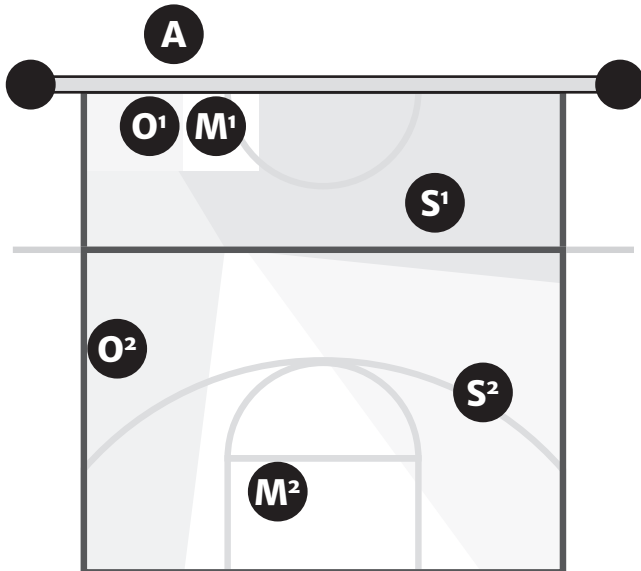
BASE DEFENSE



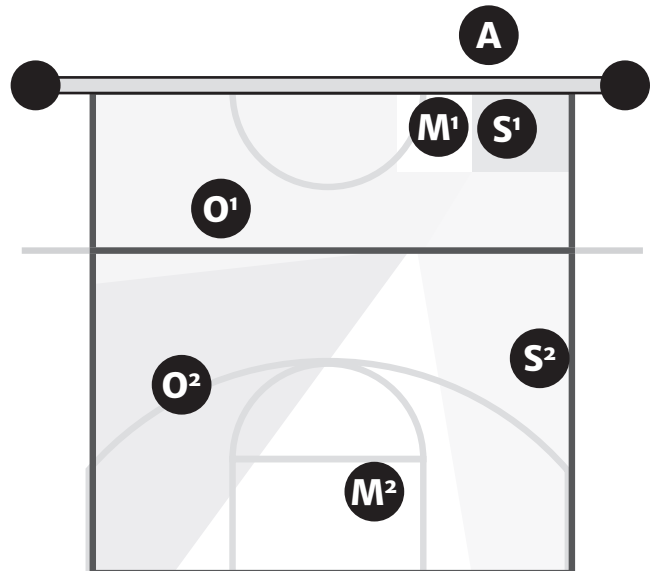
MIDDLE ATTACK DEFENSE



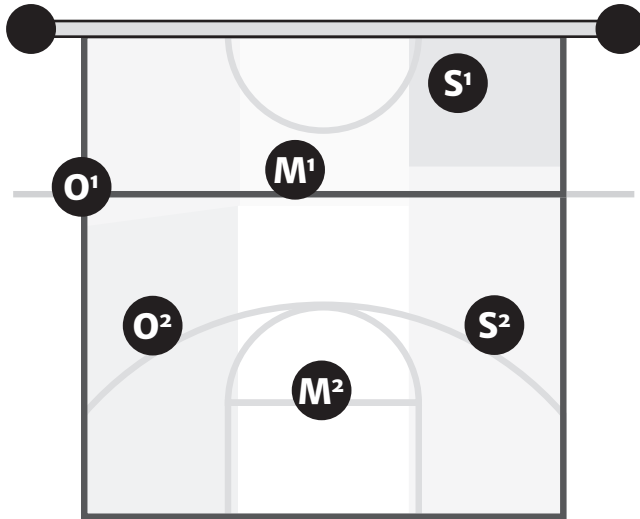
LEFT ATTACK DEFENSE



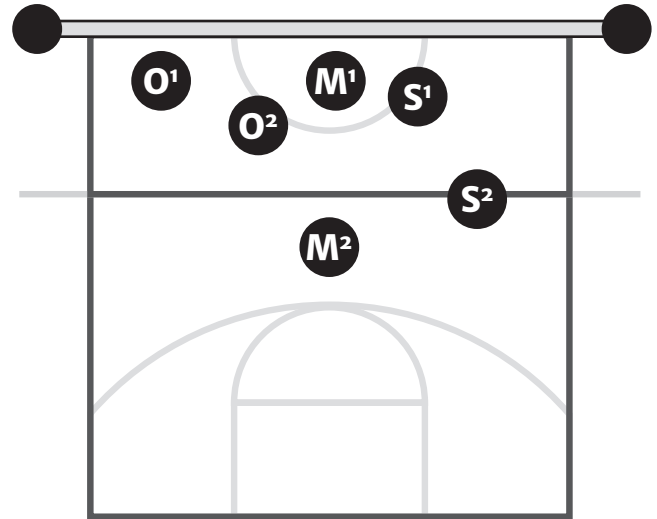
RIGHT ATTACK DEFENSE



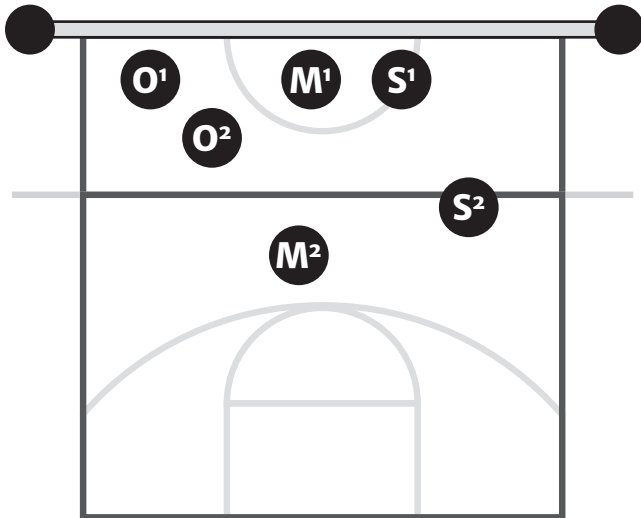
FREE BALL DEFENSE



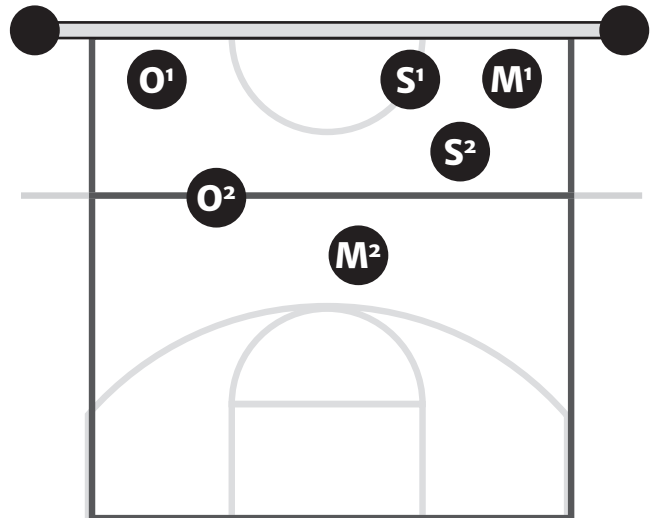
MIDDLE ATTACK



LEFT SIDE ATTACK



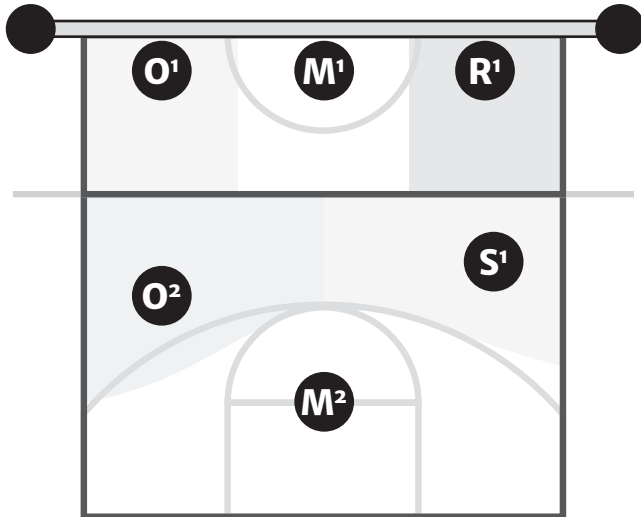
RIGHT SIDE ATTACK



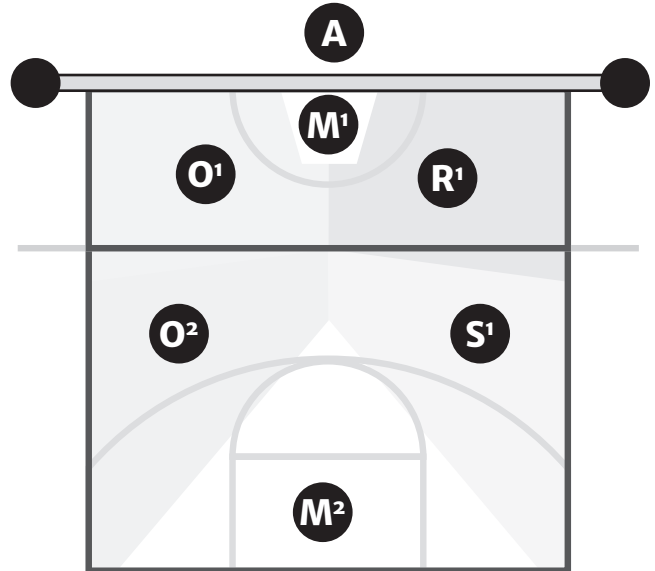
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These diagrams assume a back-row setter — 6-2 or 5-1 offense.

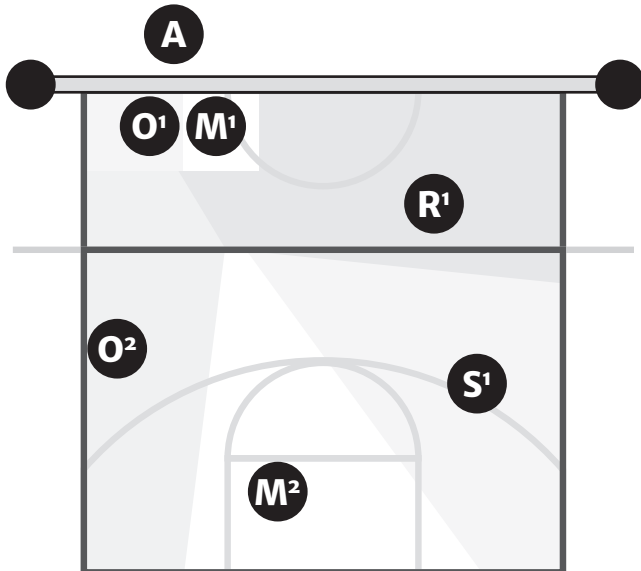
BASE DEFENSE



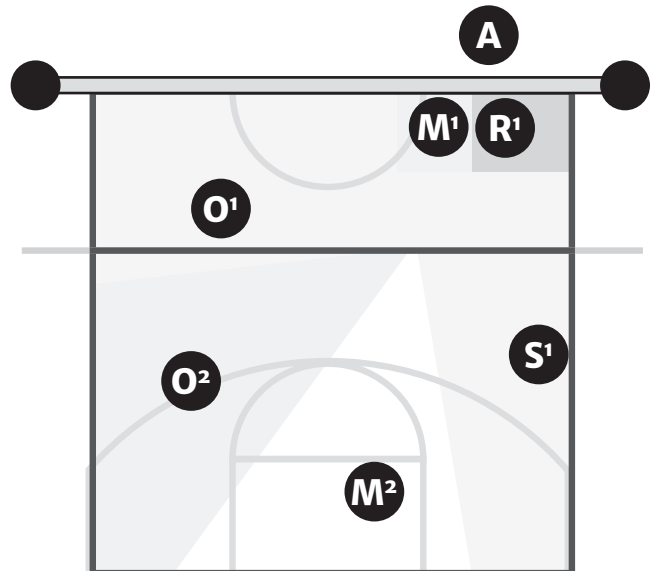
MIDDLE ATTACK DEFENSE



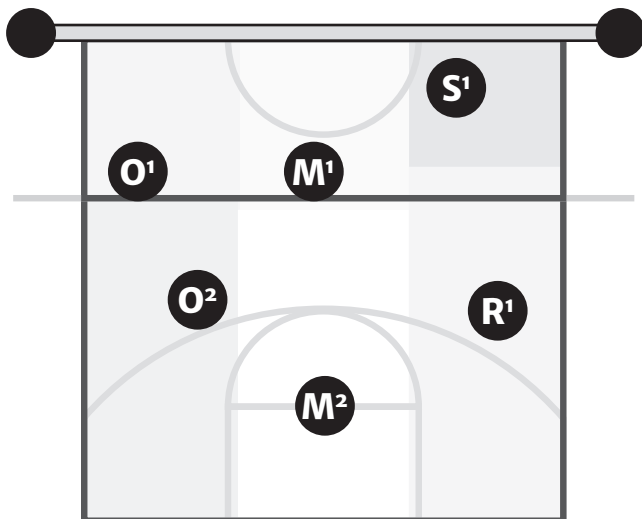
LEFT ATTACK DEFENSE



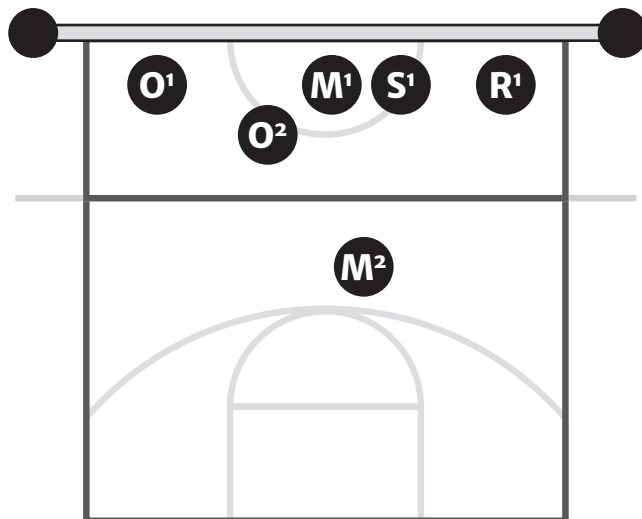
RIGHT ATTACK DEFENSE



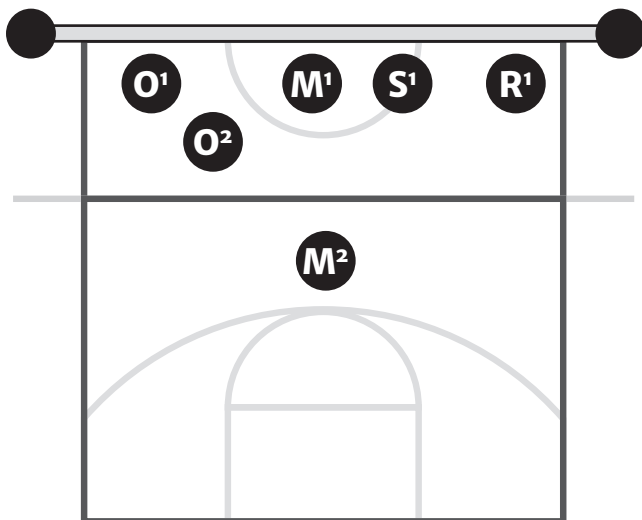
FREE BALL DEFENSE



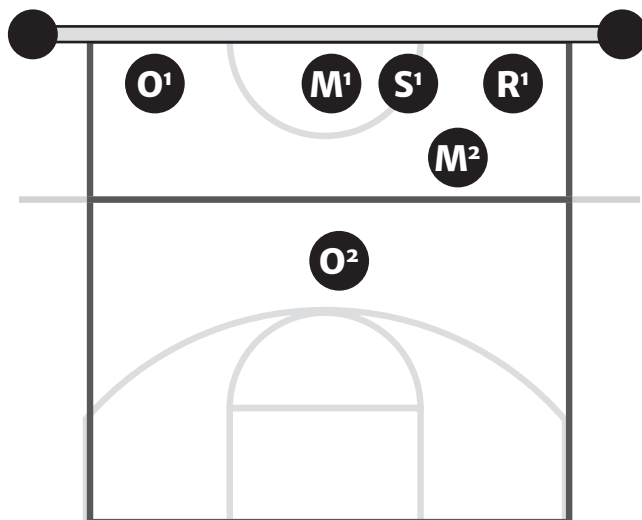
MIDDLE ATTACK



LEFT SIDE ATTACK



RIGHT SIDE ATTACK



NOTES:



VILLA GROVE JR. HIGH VOLLEYBALL