



## Key Words for Peak Volleyball

### Keys for Success

- **"My Ball" commitment and pursuit**
- **Angles** and **momentum** to target with ball contacts
- Balls on our side of the net **high and off net**
- **Get the ball over the net and in one more time than your opponents to win**

### Serve

Float (end line and from deep)

- **Start and step with opposite foot pointing to target**
- **Open hips** and shoulders (80°)
- **Elbow and hand back and high**
- Low (toss) **lift** in front, as high as reach
- Finish **hand to target**

Jump serve (top spin)

- Leading and high toss
- Swing through to target
- Snap, top spin down

Jump float serve

- Start with elbow and hand back and high
- Low lift (toss)
- Jump/lift, then pop hand to target

### Pass

- **"My ball" commitment and pursuit**
- **Wide base**
- **Short stop**
- **Hips to target**
- Shuffle steps
- Feet to ball early, Platform out early
- Wrists down (elbows locked)
- Press platform
- **Freeze platform to target**

Overhead passing

- Hands/shape up early (behind ball)
- Extend and freeze shape to target

### Set

- **Compact posture** (hands at mid-body)
- Get to center line early
- Feet to ball early
- **Right foot forward**
- **Square** to front target
- Hands in **shape** of ball early (hairline)
- Full **extension** ("Superman")
- **Freeze** extension (hands high at finish)
- Location (height, depth, zone)

Back sets

- Same contact point and extension to target

Jump sets

- Jump slightly forward (6")
- Jump, then set (at peak)

Quick sets

- See hitter
- Set flat to and peak at hitter's hand

Deception

- Reverse ball
- Show body mis-cues, deceptively lean forward or back counter to set

Read blockers

- Look at blocker locations when releasing
- Peripheral vision between pass/set

### Setter Attack

- Show **jump set**
- **Hold** hands in **shape**
- **Extend** left hand, reach high
- **Tip to target**, trajectory flat/down

### Attack

- **Compact posture**
- **Approach slow to fast** (3 step for right handed attacker)
  - Loaded right foot forward
  - Left **directional** small/slow step
  - Right acceleration to **open step**, foot at 80° angle to net
    - Left **close/arms back** and explode
- Throw arms high, **elbow back and high**
- High wrist snap
- **Follow through to target**
- **Land on two feet**

Quick attacks

- Transition two-step approach (left forward)
  - Timing, track passed ball/tempo, be ahead of ball
  - Right acceleration to open step, foot at 80 degree angle to net, left close
  - Spacing, distance off net and setter
  - Open up to setter
  - Hands up fast/elbow back
  - Quick/high snap down
- Slides
- Load in line with setter
  - Slow to fast approach. Last step 6 feet off net and attack point
  - Explode up off axis leg, drive right knee up with right arm
  - Rotate, then swing

### Block

- Point/call out hitters and tendencies
  - **Compact** posture
  - **Hands high and wide** (before/after block)
  - **Read**, Setter extension
  - **Communicate** ("4, out, ready, block"; identify hitter routes, identify set location, timing of block)
  - **Front hitter**, watch hitter angle of approach
  - **Close block**, MB look and go to shoulder
  - Footwork, **throw feet** to stop
  - **Penetrate** hands over net quickly, wide hands and surround ball, ball to floor
  - Hands in **shape** of ball, **drop in** to angle
  - **FINISH** with **hands high**
- Middle Blockers (Read and close priority)
- Front 1 balanced, OR take one step towards opponent MB movement 31/slide, then be stopped and balanced BEFORE set
  - **Read setter extension** (100% accuracy), call "out"/"back".
  - **Sprint and close to blocker**, touch hand
  - Cut off angle
- Outside/Rightside blockers (set block priority)
- LF inside to assist block 1, release to slide sets; RF block 31 straight, release to 4 sets
  - Set block by **read hitter approach** (not ball) and **front hitter**. Call "inside" or "outside".
  - No float towards outside of court
  - Communicate timing, "Ready...Block"

### Floor Defense

- **"My ball"** commitment and pursuit
  - **Wide base**
  - **Low** posture (can touch floor with hands)
  - **Hips to target**, shuffle steps
  - **Be stopped** at hitter contact
  - **Platform to target**
  - Stay on feet (when possible)
- For overhead digging
- Shape up early
  - Firm hands and wrists behind ball
  - Extend & freeze shape

### Team Philosophies

- On court effective communication system
- Acknowledge other players after rallies and games
- Eye and pride contact
- Bring team together
- Talk in positives, "We will do..."
- Collective responsibility in team solutions with challenges (on and off court)

### Communication System

- Communication during rally: 1. "mine"/"yours", 2. call "I set"/"4", 3. "cover", 4. call hitting shot "line", 5. "base"
- Setter-hitter two-way communication to designate play and acknowledge play
- Pre-serve receive passers ("I have the short middle serve"/"I have the deep cross court top spin jump serve")
- Pre-serve blockers identify opponent hitters, options, and tendencies ("#1-#2-#3, setters up, #2 is going slide-line")
- Defense responsibility acknowledgements ("I have setter attack", "I have the middle's cutback"...)
- Hitter approach identification ("4/2/1...")
- Set identification ("out"/"back"/"ten")
- Block adjustment identification of hitter approach ("inside"/"outside")
- Floor defense identification by all players ("mine", "yours/name")
- Hitter call set/setter audible adjustments ("4/1/pipe...")
- All call "cover" (prompt for all to cover hitter)
- Hitter option identification ("line, cross, tip")
- All call "base" (back to base defense fast)
- Post rally and game player acknowledgements to teammates

### Playing Philosophies

- Always pre-set posture and angles
- Look across the net at people/contact points
- "My ball" pursuit first
- Communication loud and early

### Training Philosophies

- Dream. Believe. Live.
- High energy, positive and supportive atmosphere
- Teaching within whole to part with the Peak Volleyball Skill Key Words
- Combination work (multi-skills integrated)
- Team scenario play
- Over speed team play