



Skill Cue Words

Keys for Success

- **"My Ball" pursuit** every time
- **Angles** and **momentum** to target
- **Get the ball over the net and in one more time than your opponents to win**

Passing

- **"My ball"** commitment and pursuit
- **Wide base**
- **Short stop**
- **Hips to target**
- Shuffle steps
- Feet to ball early
- Platform out early
- Press platform, no spin on ball
- **Freeze platform to target**

For overhead passing

- Same as above
- Shape up early
- Extend and freeze shape to target

Setting

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

For back sets

- Same contact point

For jump sets

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

For quick sets

- See hitter
- Flat and peak at hitter

Deception

- Contact forward/back
- Show body mis-cues, deceptively lean forward or back counter to set

Read blockers

- Look at blocker locations when releasing to line
- Peripheral vision when ball is between pass/set

Setter Attacks

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

Attacking

- **Compact posture**
- **Approach slow to fast**
 - Right directional/ slow step 4 step approach for OH/RS)
 - Left directional/ acceleration step
 - Right acceleration to plant step, foot at 80° angle to net
 - Left close and explode
- Throw hands **elbow back and high**
- High wrist snap
- *Follow through to target*
- **Land on two feet**

For quick attacks

- Transition two-step approach (left foot forward)
 - Right acceleration to plant step, foot at 80 degree angle to net
 - Left close and explode to ball
 - Timing, with passed ball
 - Spacing, distance off net and setter
 - Open up to setter
 - Hands up fast/elbow back
 - Quick/high snap down
- For slides
- Load in line with setter
 - Slow to fast approach Last step 5 feet from net and attack point
 - Explode up and across off axis leg, drive right knee up with right arm
 - Turn, then swing

Serving

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
- Finish **palm to target**

Jump serve (top spin)

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

Jump float serve

- Start with elbow and hand back and high
- Low toss, as high as reach
- Toss/jump, then pop

Blocking

- Point out hitters and tendencies
- **Compact posture**
- **Hands high and wide** (before and after block)
- **Eyes, Ball** – track your **Hitter** with peripheral vision – **Setter** - **Ball**-locate other **Blocker** with peripheral vision – **Hitter** attacking
- Footwork, **throw feet** to stop
- **Communicate** ("4, out, ready, block"; identify hitter routes, identify set location, timing of block)
- **Front hitter**
- **Close block**, look and go to shoulder
- **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**

For Middle blocker

- Front 1 balanced, OR take one step towards opponent MB movement 3/6/8 then get stopped and balanced BEFORE set, then sprint to close
- Read, Commit or Release blocking skills
- Cut off angle

For Outside/Rightside blockers

- Zero drift, especially vs. slides
- Communicate timing for block jump, "Ready...Block"
- LF block 1 and 2 to slide sets, RF block 3 straight ahead to 4 sets

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
- For overhead digging
- Shape up early
 - Firm hands and wrists
 - Extend & freeze shape

Team Philosophies

- On court effective communication system
- Acknowledge other players after rallies and games
- Eye and pride contact
- Bringing the team together
- Team leadership
- Collective responsibility in team solutions with challenges (on and off court)

Communication System

- Communication during rally: 1. "mine"/"yours", 2. call "I set"/"set me", 3. "cover", 4. call hitting shot, 5. "base"
- Setter-hitter two-way communication to set 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 ID opponent hitters and options ("#1-#2-#3, setters up, #2 is going slide")
- Defense responsibility acknowledgements ("I have setter attack", "I have the quick cutback"...)
- Hitter approach ID ("4/2/1...")
- Set ID ("out"/"back"/"ten")
- Block adjustment ID to hitter approach ("inside"/"outside")
- Floor defense ID 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 ID ("line, cross, tip")
- All call "base" (back to base defense fast)
- Post rally and game player acknowledgements to teammates

Playing Philosophies

- Always ready in posture and angles
- Look across the net at people
- "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 VBCamps Skill Cue Words
- Combination work
- Team situational play
- Over speed team play