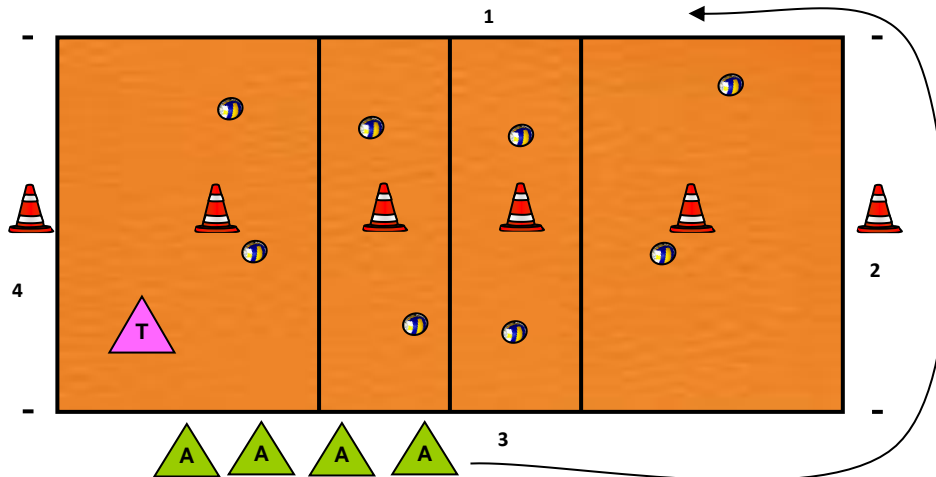


Training 28 : Goal orientated serving & setting: Spread

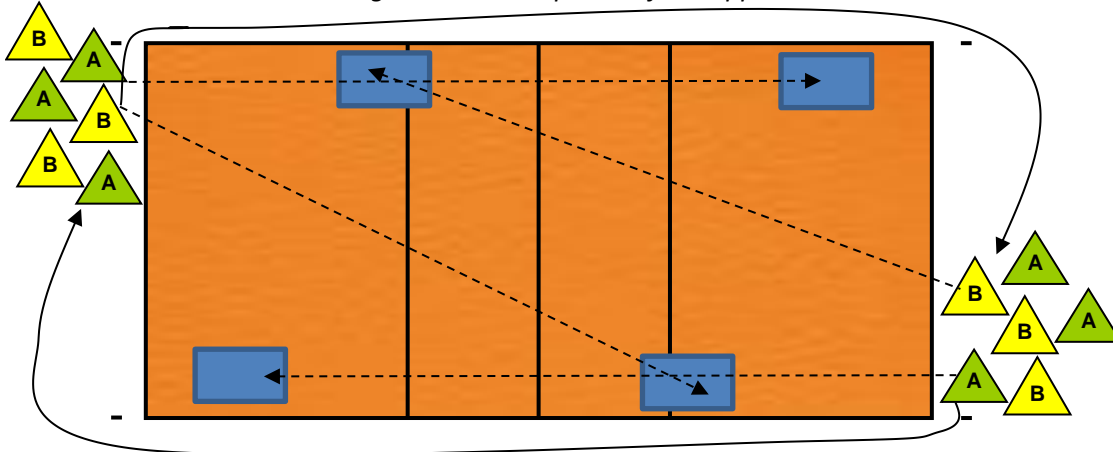
Exer. 1. Warm up with balls & cones



Jogging around the court - on the signal from T complete a task:

- 1) Sit on a ball as quickly as possible
The last player has to make x10 push-ups
- 2) Touch 1 cone on each side of the net and then sit on a ball
The last player has to make x20 sit-ups
- 3) Touch x4 walls as quickly as possible and then sit on a ball
The last player has to make x5 block jumps
- 4) T shouts a code: E.g. "4132"
1st touch wall 4, then wall 1, then wall 3 and then wall 2...
Thereafter, sit on a ball as quickly as possible
The last player must make x3 dives
- 5) 1 block jump and then as quickly as possible head the ball 10x in a row
Once finished, sit on the floor with your ball
The last player makes x5 tuck jumps on the spot (Lift knees to chest)
- 6) Take a ball & make Football movements: Foot-Knee-Head
The player than finishes 1st can select the following exercise
- 7) Take a ball and complete the following sequence x10: Underhand-Overhand-Header-Underhand-Overhand-Header....
The last 2 players to complete the exercise run twice around the court extra

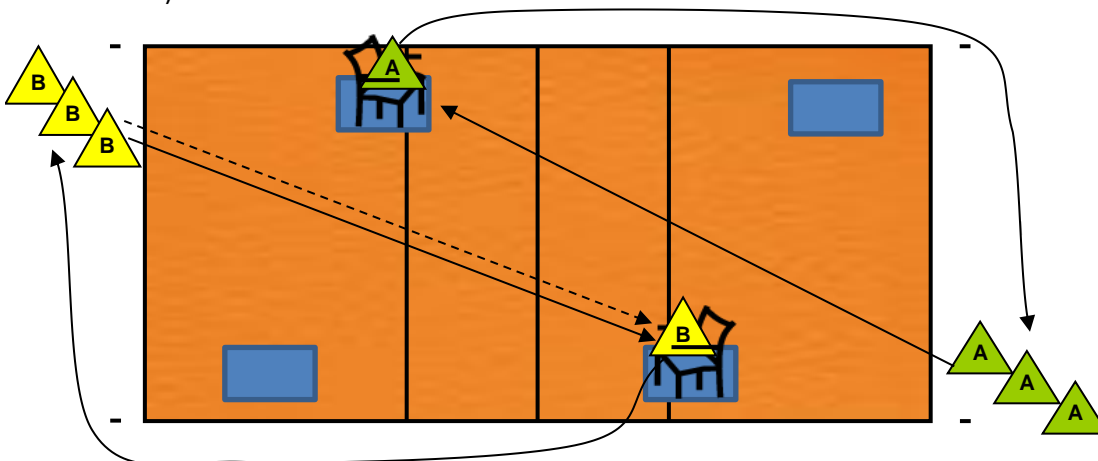
Exer. 2. Goal orientated serving: Reduce the options of the opponent



An equal number of players from Team A & Team B on each side of the court
 Team A & Team B serve alternately:
 From position 5 straight ahead (in the back of the Setter)
 From position 5 diagonal (The front court reception player makes the reception)
 When the server hits the mat, they can run to the other side and serve from there
 The goal is to serve onto each of the 4 mats once

1) Which team is the 1st to stand in their original positions?
 Winning team earns 1 point, then repeat from the other side
 Play until 4 points

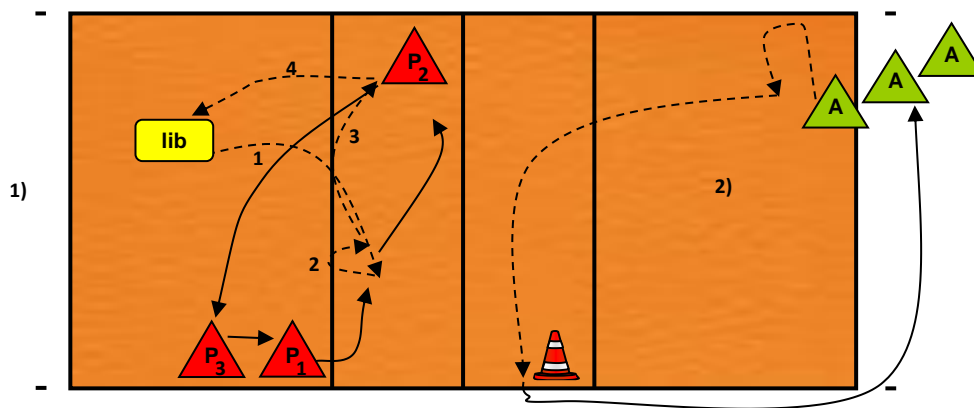
2) Chair on the mat



1) Serve towards your team mate sitting on the chair from position 5 to position 4
 If your team mate can catch the ball whilst seated: 1 point
 Server changes with team mate sat on the chair
 The 1st team to reach 15 points, wins!

2) Serve from position 5 to position 1 (Place the chair on the other mat)
 Flat serve: Ball height maximum 1 meter above the net!
 The 1st team to reach 15 points, wins!

Exer. 3. Technique for attackers - Setters training



1) On 1 half court: 3 Setters (or 2 Setters & 1 Middle player) + Libero

1. Libero feeds the ball, P1 moves in, makes a control overhand pass followed by a set to position 2

P2 plays the ball back to the Libero and then repeat

Rotate through: Following the set, P1 takes the place from P2

P2 takes the place of P3 & P3 takes the place of P1

2. Without the control pass, make a jumpset to the Setter at position 4

Libero: Play the ball always higher than the height of the set-up!

3. Increasing the intensity: Setter returning to position1 plays defence

1st tempo defence position, shuffle backwards to 3rd tempo defence position & then penetrate for set. When intensity is too high, extra control OVP from libero

2) Attackers toss the ball in the air with backspin and make an overhand volley pass (OVP) to position 4, collect own ball and join up with group

1. Forwards OVP

2. Backwards (Reverse) OVP

3. Jumpset OVP

Thereafter: In 2's ball handling: Attack - defence, focus on armswing technique for attacker

1. Attack with hand position at '5 to 12 o'clock'



exorotation hand

2. Attack with hand position at '12 o'clock'

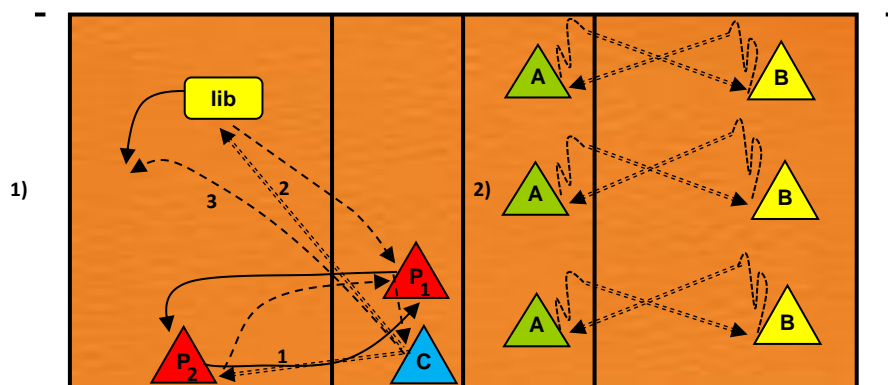


3. Attack with hand position '5 after 12 o'clock'



endorotation hand

Exer. 4. Ball handling: Set to Setter at position 2 - controlled technical spike from attacker

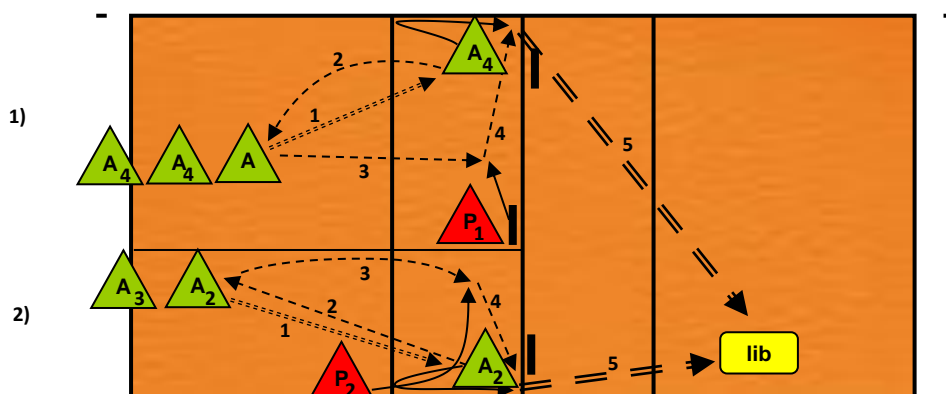


- 1) On 1 half court: Setter sets x3 in a row to C at position 2
 - Set 1: followed by attack from C to P2 at position 1
 - Set 2: followed by attack from C to Libero at position 5
 - Set 3: followed by freeball from C to Libero at position 6

P2 switches place with P1 after defence at position 1
 P1 switches place with P2 after defence at position 1

- 2) On 1 half court: 3 contacts: Underhand defence - OVP - attack...
 - Series: 10 'secs without error
 - Error = x3 dives

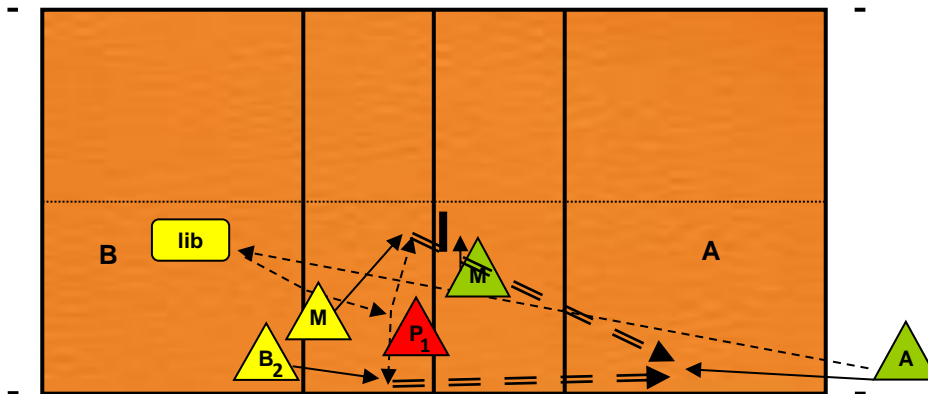
Exer. 5. Attack organisation, free attack on 1 half court



- 1) At position 4:
 - A technical spike to A4, A4 defends the ball back to A, A OVP to P1
 - P1 executes a block action at the moment that A4 defends
 - P1 sets the ball to position 4 where A4 spikes and then collects their own ball
 - Rotate through: after attack, block Vs. Pos. 4 attack & rotate through to the other side

- 2) At position 2 & 3:
 - A2 or A3 technical spike to A2 (or A3) - P2 penetrates and sets to the middle or pos. 2

Exer. 6. Playing outside attack at position 2 without block



Isolate the Middle blocker: 1st tempo shoot in front - position 2 attack

On 2 halves of the net: Team A & B comprise of 2 players each

Libero & Setter stay fixed in their position

Players from court A try to get to court B by winning a game from the serving side

If Team A wins, they move to the reception side and Team B move to the serving side

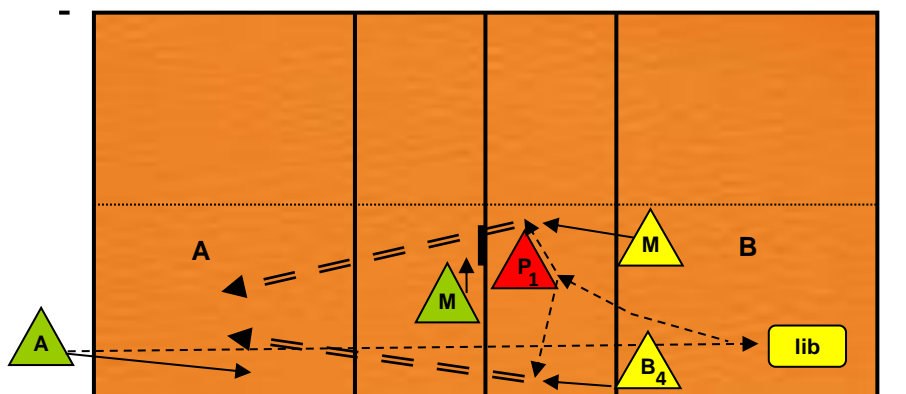
If Team B wins from the side-out side then they win a point

The 1st team to score 7 points, wins!

Task for the Setter: Spread the attack & try to move the Middle blocker on the wrong foot . P1 can only play middle with shoot OR B2 behind: Isolate the Middle blocker

Middle attack: Cross to the centre & try to pull the M away from the attacker at pos. 2

Exer. 7. Playing outside attack at position 4 without block



Isolate the Middle blocker: 1st tempo behind (Or in front) - attack position 4

As per Exercise. 6, both teams try to move to court B

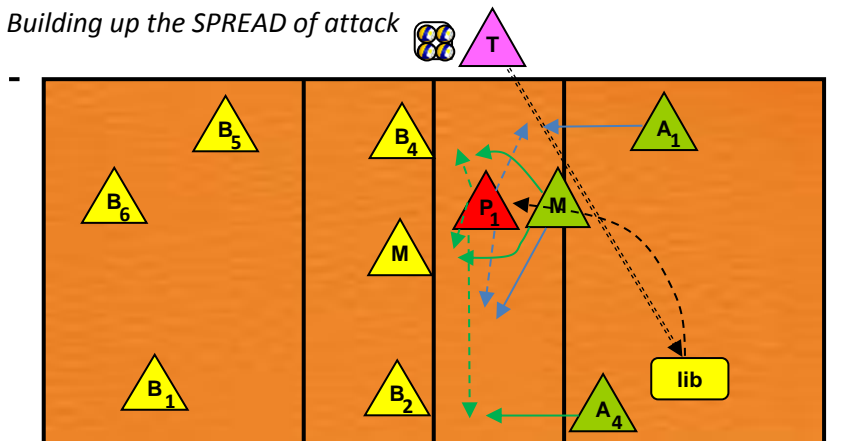
Scoring whilst on court B = 1 point

The 1st team to score 7 points, wins!

Task for the Setter: Spread the attack & try to move the Middle blocker on the wrong foot . P1 : can only play middle with 1st tempo behind (Or in front) OR B4: Isolate the middle blocker.

Middle attack: Cross to the centre & try to pull the M away from the attacker at pos. 4

Exer. 8. Building up the SPREAD of attack



T starts with an attack to the Libero - Libero defends to P1

P1 can make a 2nd hand attack

Task P1: FIX the Middle blocker and play 1 Vs. 1 on the outside

Shoot middle - 3m attack A1

1st Tempo behind (Or in front) - outside set to position A4

Defenders play the 2nd contact underhand over towards the Libero

After x5 series started by T: Rotate through from attack-->block-->defence-->attack

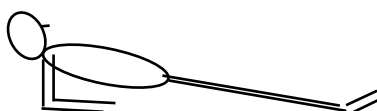
With front court Setter:

Diagonal block against A1 - B4 assist with 1st tempo

Line block against A4

M tries to always form a double block Vs. the outside attacks!

Exer. 9. Core stability: Back



Feet, pelvis and shoulders stay in the same straight line

Brace on the elbows & heels - keep pelvis high

Hold position for 15" secs: 2 series of 10 repetitions