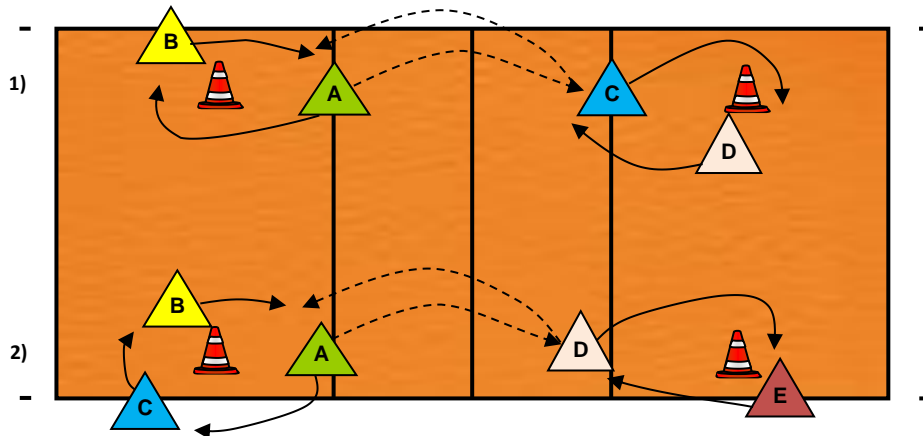


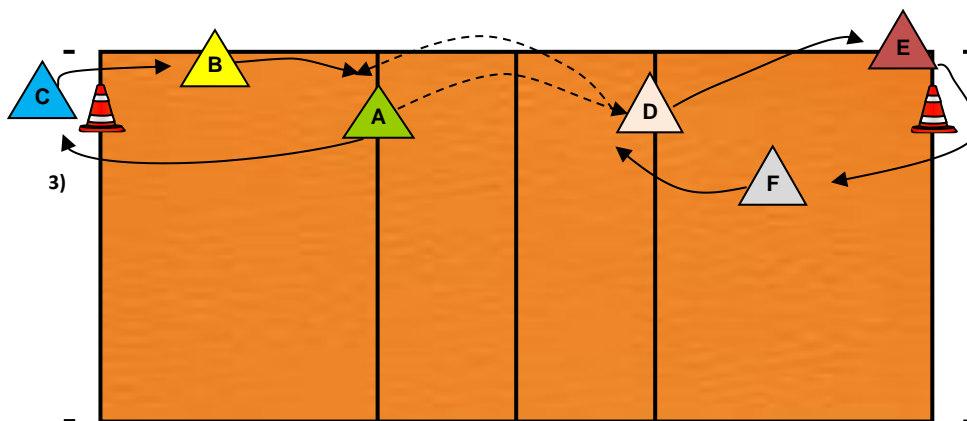
Training 40: Setting with tactics versus block

Exer. 1. Overhand play with increasing distance



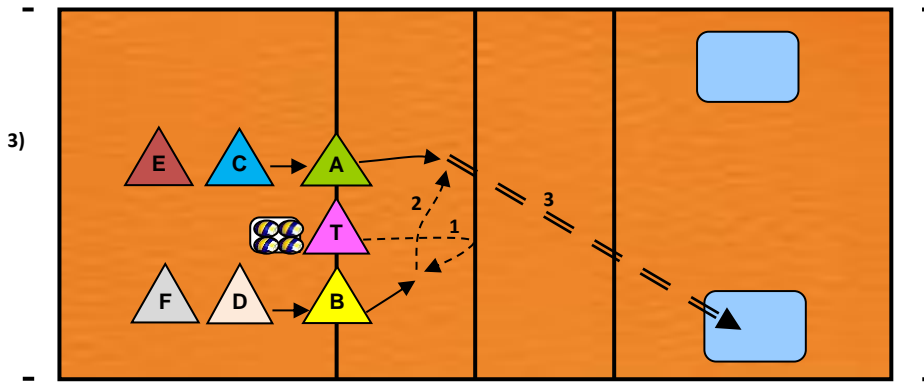
1) Per 4: A plays the ball overhand over the net to C & runs around the cone in their half. C plays overhand to B who rotates in. C runs around the cone in their own half B plays overhand to D....

2) Per 5 (or 6): A, B & C rotate through and follow a windmill pattern



3) Per 6: increase the distance to 9m
The player that makes a mistake, makes a dive

Exer. 2. Small game to retrieve the ball out of the net



Small game is in groups of x2 players. High tempo.

T throws the ball in the net. A & B start on the 3m line.

A (or B) retrieve the ball out the net - high. B (or A) play the ball over the net.

Scoring:

- Ball not played over the net: minus 1 point
- Underhand or overhand over the net: 1 point
- Attack over the net, but not on the mat: 2 points
- Attack over the net & on the mat: 3 points

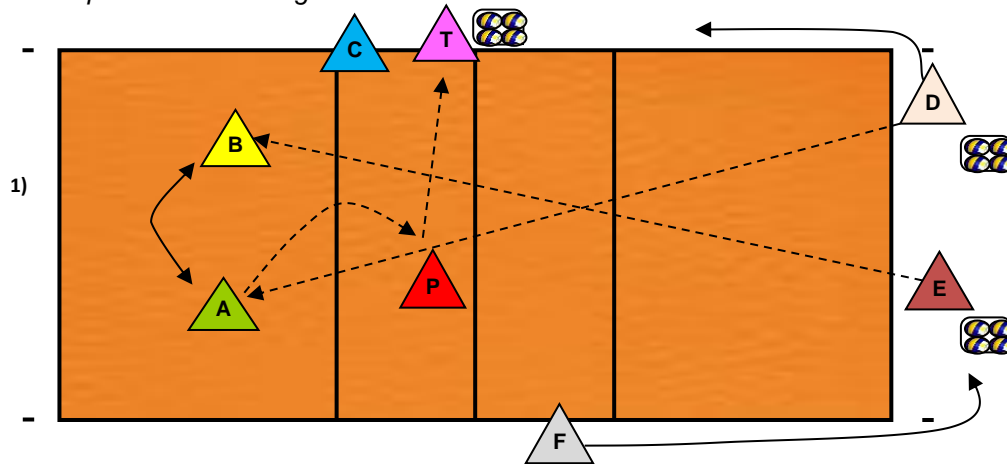
Thereafter: C & D, E & F,

Which duo is the 1st to make 10 points?

Variation:

- T throws the ball into the bottom of the net: ball bounces out
- T throws the ball into the top of the net: ball sinks & falls downwards
- T bounces the ball into the 3m line

Exer. 3. Reception unit: Creating distance



1) 2 receivers A & B (C waiting: C changes in following a reception mistake)

Others players serve Jump Float from a free choice start zone along the baseline

After serve: run x1 lap

After serve error: run x2 laps

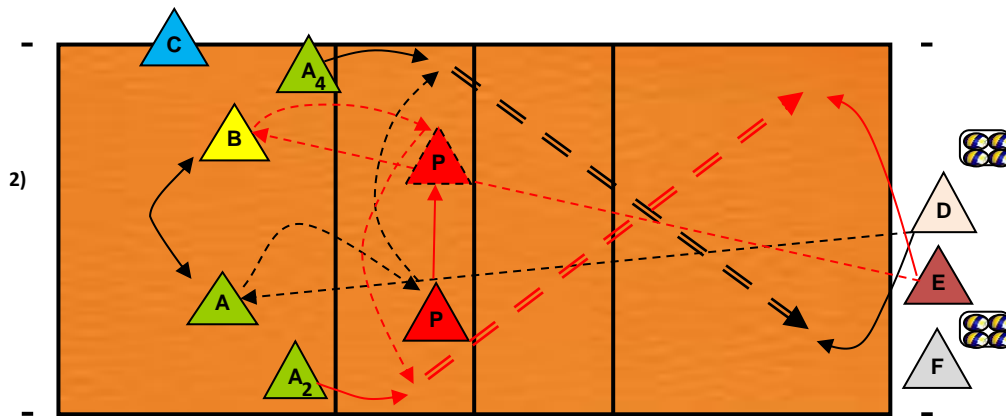
After a good reception: 1 point for the receivers unit, A&B change

After reception error: Player making error goes to serve. Player waiting replaces them.

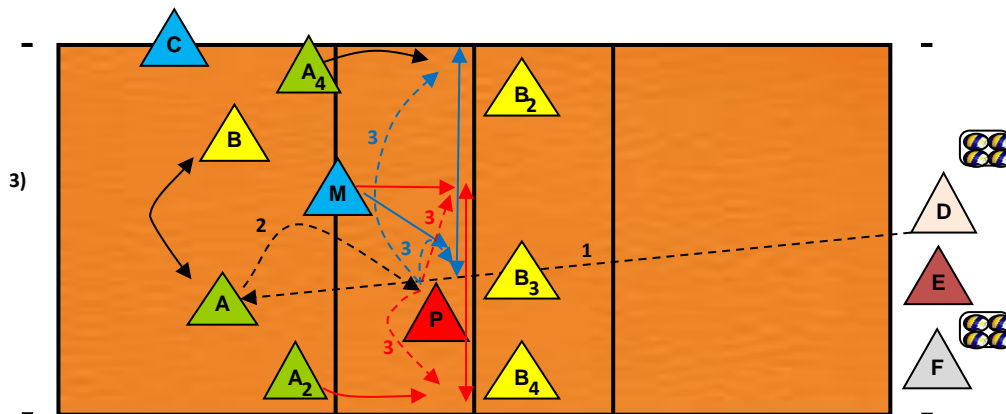
Server goes to the waiting position

P gives a quick set to position 4 (T catches the ball)

Which duo of receivers makes the longest series of good receptions?



- 2) With the addition of outside attackers at position 2 & position 4
 Rotate through: from serve to outside attack ---> to serve
 Task for the setter: choose for the outside attacker over the longest distance
 After serve: defence at position 1 or position 5
 Attacker must attack deep into the last 1.5 meter of the court towards the defender



- 3) With the addition of middle attack and blocking line up
 After perfect reception: all options are available for the setter
 Normal set selection: - short in front / behind + set-up tempo to position 4
 - shoot + setup tempo to position 2
 Spreading the attack: = distance from the 1st tempo to outside attacker as big as possible

Task for the setter:

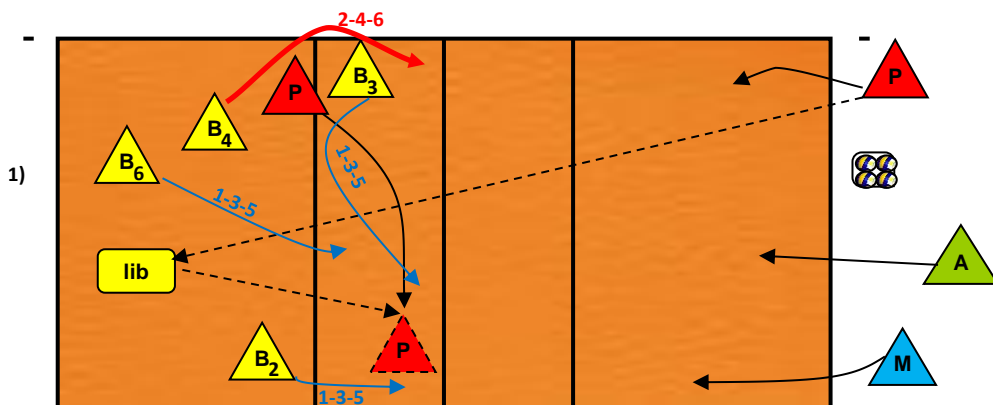
1. Give your attacker 1 blocker to attack against
2. If the middle blocker doesn't commit: Play 1st tempo

At the start of the game, play as much 1st tempo as possible = hold middle blocker central

Task for the outside attacker:

1. On high set-ups: play with the block - attack deep in the last 1.5m
2. On tempo set-ups: attack sharp angles

Exer. 4. Team side-out from rotation 3 & rotation 6



- 1) Team B starts in rotation 3 (with setter in position 4)
 x6 serves in a row: after serve, defend in your own zone
 Setter / Opposite defend at position 1
 Outside attackers defend at position 6
 Middle blockers & libero defend at position 5

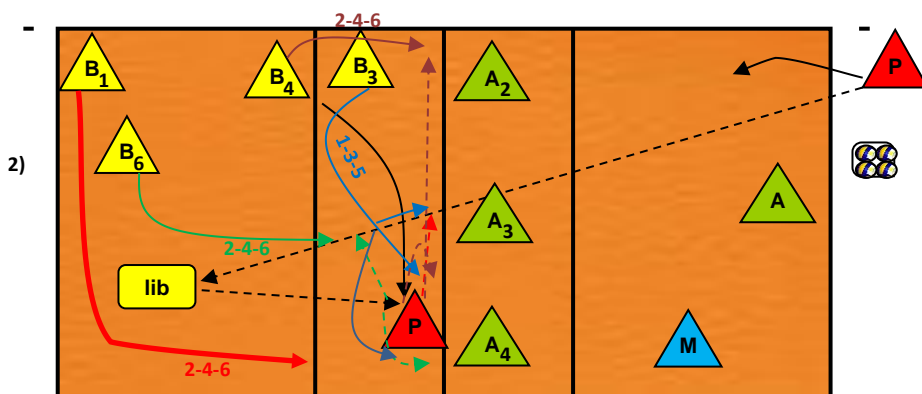
Serve 1-3 & 5 : P gives set-up to players not involved in the reception (B2-B6-B3)

Serve 2-4 & 6 : P gives set-up to player B4 (reception attacker is front court)

Attention: when B4 receives: B3 must go short in front / behind

Attacker must attack deep towards the zones of the defenders !

x5 repetitions - thereafter change to rotation 6



- 2) Team B starts in rotation 6 (with setter in position 3)

Serve 1-3 & 5 : P gives set-up to middle attacker B3 (short in front / behind or shoot)

Serve 2-4 & 6 : P gives set-up to appropriate attacker

1. 1st tempo shoot and set-up to appropriate attacker B1

2. 1st tempo short in front and set-up to appropriate attacker B4

3. 1st tempo short behind and set-up to appropriate attacker B6

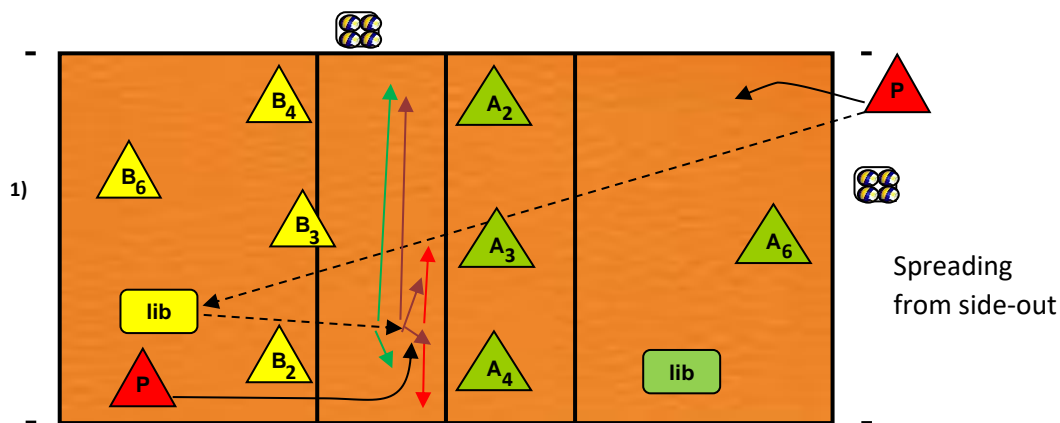
Blockers play against the attackers: play out the rally

When the middle blocker doesn't commit: play 1st tempo !

When not possible to play short behind (poor reception): automatic short in front

x5 repetitions

Exer. 5. Team play with spreading the attack and overload



Game rules (15 minutes):

Team A starts with serve:

1) When Team A losses: Serve goes to Team B

2) When Team A wins (from transition):

Extra 2nd ball from T for Team B (side-out team)

- A wins 2nd ball: 1 point for A

- A losses 2nd ball: "wash" (no point, but A continues with Serve)

Therefore: side-out team can only retain the serve, they cannot score points

Task for the setter of the side-out team:

From 1st serve: classic spreading the attack

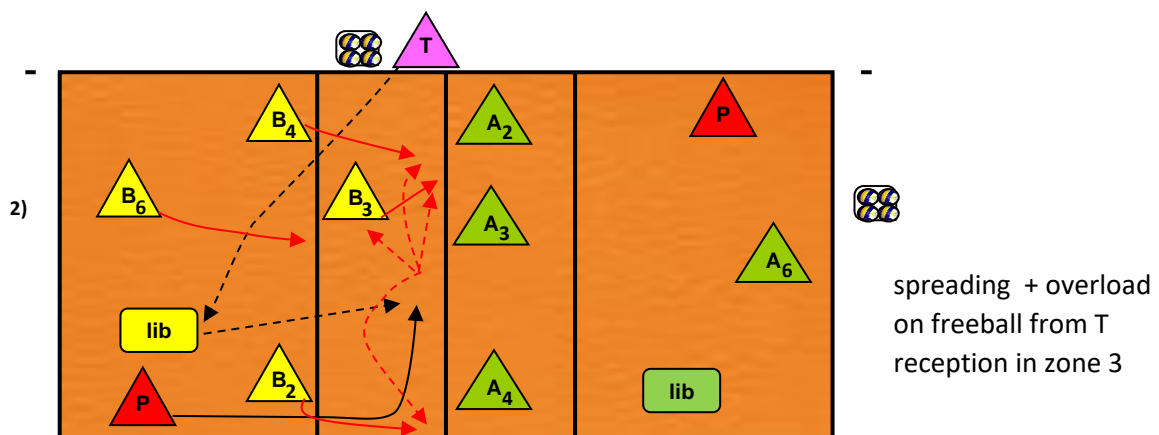
From 2nd freeball from T: spreading & overload

Classic spreading the attack:

1. shoot & play backwards to B2 (or B1 when setter is front court)

2. short infront / behind and forwards to B4

3. short behind and forwards to B4

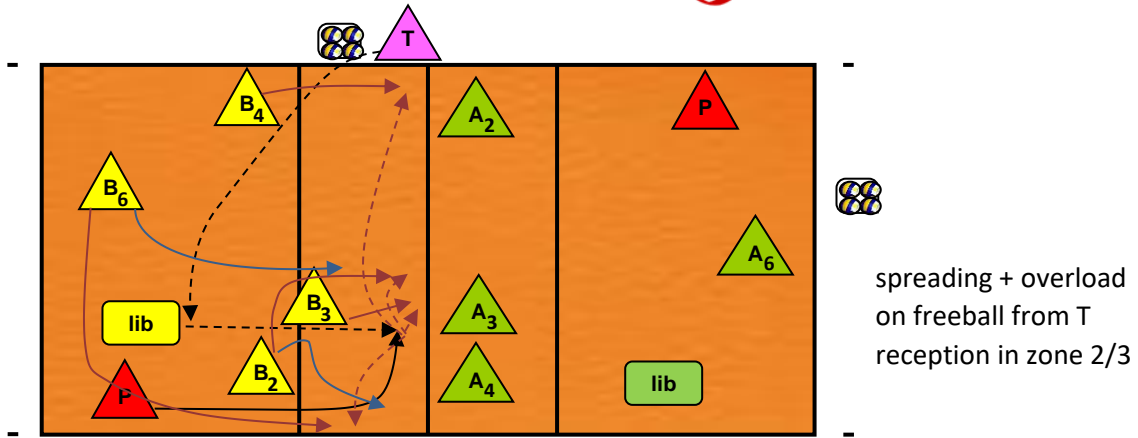


Spreading + overload :

1. B3 shoot - B4 just over (outside) the shoot - B6 between

Overload = overload number of attackers against the number of blockers in half the court

Attention: with the exception of B2 attacking on the antenna !

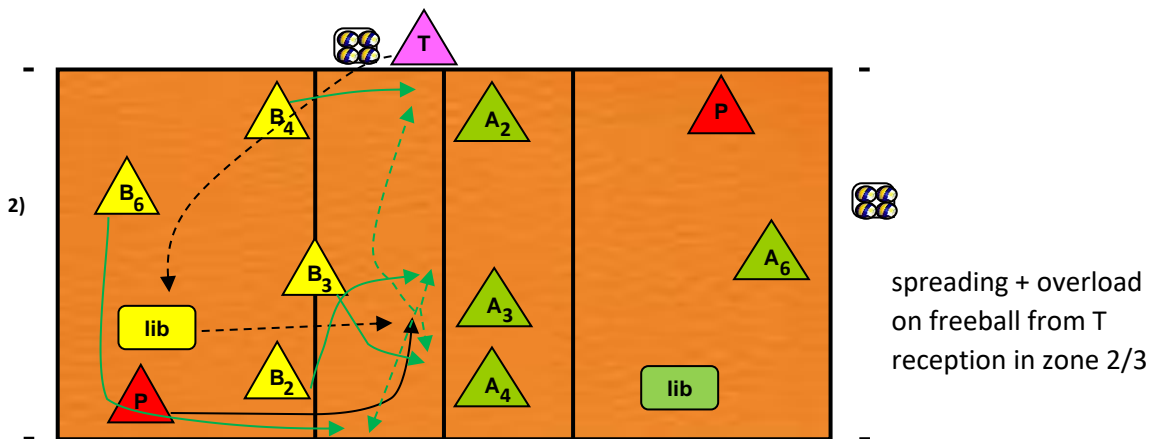


2. B3 short infront - B2 front cross - B6 position 1

Variation: B3 short infront - B2 diagonal cross - B6 position 6

Overload = overload number of attackers against the number of blockers in half the court
 Attention: with the exception of B4 attacking on the antenna !

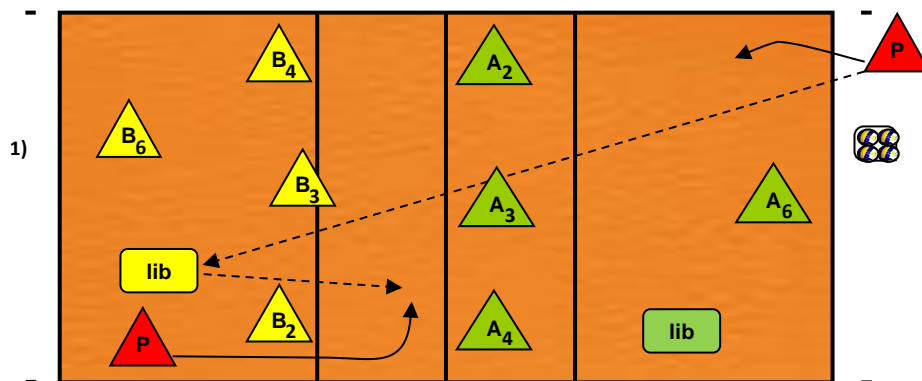
When to play overload: when middle blocker jumps full out with the 1st tempo (commit)



3. B3 short behind - B2 front cross - B6 position 1

Overload = overload number of attackers against the number of blockers in half the court
 Attention: with the exception of B4 attacking on the antenna !

Exer. 6. Team play with a reverse rotation



Game until 25 points.

Side-out score = 1 point

So long as the side-out team wins, the other team stays on serve (reverse rotation).

Therefore: the server changes if the serving team can score

Task for the setter in side-out : Run the 1st tempo in the zone of the smallest blocker

A2 small blocker: B3 shoot

A3 small blocker: B3 short behind

A4 small block: B3 short behind / fly & attack at position 5