



Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



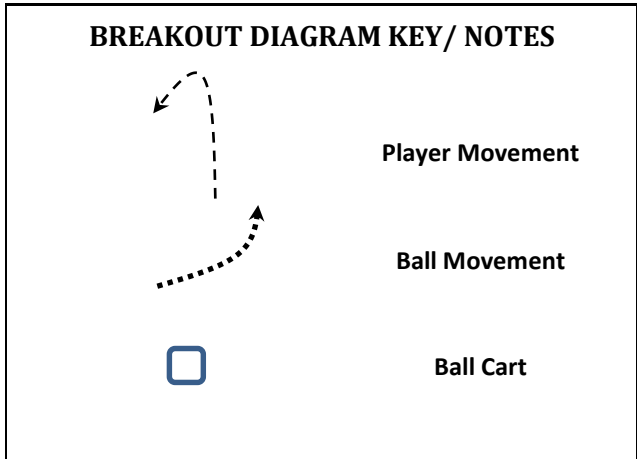
- 2:00 PM**     **Tryout Set-up**
- 3:15 PM**     **Lead Tryout Coach meets with Court Coaches**  
**Lead Evaluator meets with Evaluating staff, communicates groupings**
- 4:00 PM**     **Registration Begins**  
**Physical Testing starts for athletes checked-in and warmed-up**
- 5:00 PM**     **Physical Testing ends for Opening Announcements / Player Meeting**
- 5:10 PM**     **Roll taken on each court by Evaluators**
- 5:15 PM**     **Parent Information Meeting**  
Parent meeting will start whenever the Player Meeting is over
- 5:15 PM**     **Positional Breakouts**  
Please stay on time – not early, not late – with each drill  
Tryout times may be adjusted by the Lead Tryout Coach based on numbers.
- 6:20 PM**     **Lead Tryout Coach convenes group for "USA"**  
Water break for athletes  
Coaches meet to organize Combined Positional Breakout Groups – split age groups and ability
- 6:25 PM**     **Combined Positional Breakout** – Rotate Setters every 5 minutes, Liberos every 10 minutes  
Libero Statted Serve Receive (4 – 10 minute waves)
- 7:05 PM**     **Lead Tryout Coach convenes group for "USA"**  
Water break for athletes  
Coaches meet to organize Controlled 6 on 6 Situational – split age groups and ability
- 7:10 PM**     **Controlled 6 on 6 Situational**
- 7:55 PM**     **Closing Remarks**

## Court Coach

•**Court Coaches:** See this section for notes regarding set-up of drills. This provides information on how to initiate the ball(s) into the drills, and notes the allotted time for various rounds. This section will also guide you to properly rotate players through drills.

## Evaluator

•**Evaluators:** See this section for notes regarding evaluations for each drill. The "Evaluator Priority" should give you an idea of what you should be watching for in a particular drill so that you are able to complete EVERY column from left to right on your evaluation sheet by the end of the tryout. You should be determining Athleticism, Potential, & VB IQ throughout the tryout and have the rank by position within each age group (DO NOT RANK ATHLETES ACROSS AGE GROUPS) by the end of the tryout.



> Preferred groups are 3-6 athletes max. Be sure to have all groups working. If low number of athletes, use groups of 3 and reduce the total number of groups. If high number of athletes, use numbers in parentheses (xx) at maximum. Rotate groups in numeric order (ie., G1 to G2, G2 to G3, etc.). G1 refers to Group 1, etc.



Where Olympic Journeys Begin

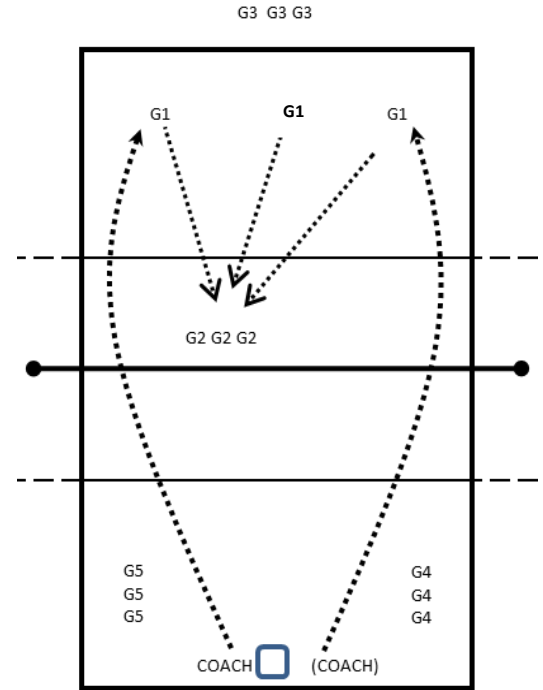
# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Positional Breakout: LIBERO

### DRILL # 1 Serve Receive

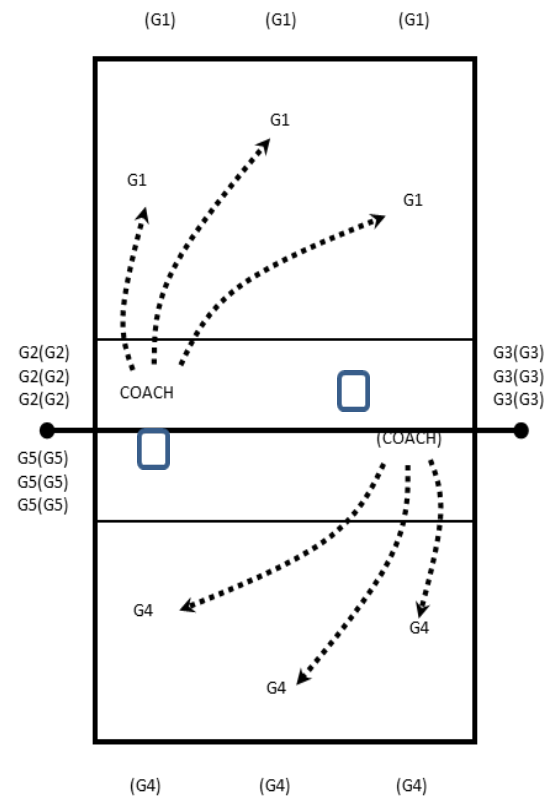
20 Minutes	Court Coach	<ul style="list-style-type: none"> <li>Group 1 will be on the court first, passing serve receive balls from the coaches. Coaches will continuously serve balls for 3 minutes. Use the following sequence:             <ul style="list-style-type: none"> <li>1.5 min – Float serves</li> <li>1.5 min – Top spin serves</li> </ul> </li> <li>Rotate groups every three minutes.</li> </ul>
	Evaluator	<ul style="list-style-type: none"> <li>Group athletes into groups of 3 - 6 in the order on your evaluation sheet.</li> <li>Stat Serve Receive</li> <li>Evaluate Serve Receive Passing</li> </ul>



[HP VIDEO DRILL # 1](#)

### Drill # 2 – Backrow Dig – Set

20 Minutes	Court Coach	<ul style="list-style-type: none"> <li>Part 1: Three back row players in a read defensive position. Coach attacks balls from right front at one of the three players, one of the other two players sets to the outside position. Groups stay for 3 minutes. If groups are more than 3, rotate within the group every three balls.</li> <li>Part 2: Coach enters balls from left front.</li> </ul>
	Evaluator	<ul style="list-style-type: none"> <li>Group athletes into groups of 3 - 6 in the order on your evaluation sheet.</li> <li>Evaluate Defense</li> <li>Evaluate Out Of System Setting</li> </ul>



[HP VIDEO DRILL # 2](#)



Where Olympic Journeys Begin

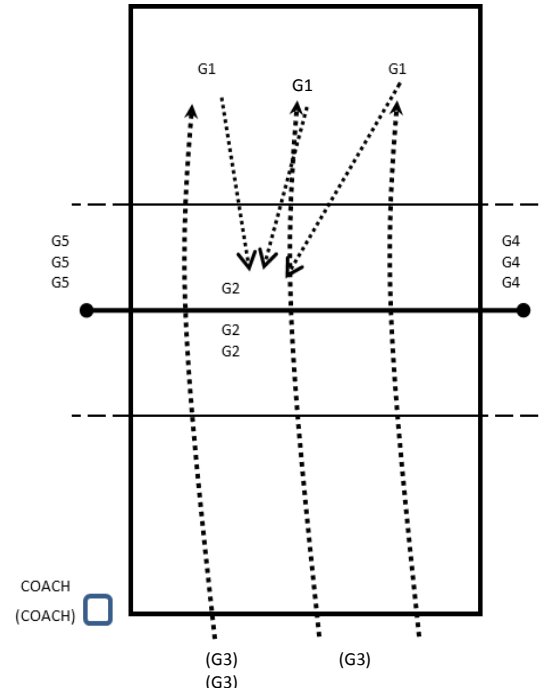
# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Positional Breakout: LIBERO (cont.)

### DRILL # 3 - Serve Receive w/3

<b>20 Minutes</b>	<b>Court Coach</b>	<ul style="list-style-type: none"> <li>Group 1 three across back row serve receive position. Servers in Group 3 alternate serving giving only enough time for passers to get back to serve receive. Groups rotate after 2 minutes. Rotate within the group from left to right after every serve.</li> </ul>
	<b>Evaluator</b>	<ul style="list-style-type: none"> <li>Group athletes into groups of 3 - 6 in the order on your evaluation sheet.</li> <li>Stat Serve Receive</li> <li>Evaluate Serve Receive Passing</li> <li>Evaluate Serving</li> </ul>



[HP VIDEO DRILL # 3](#)



Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Positional Breakout: OUTSIDE HITTER

### DRILL # 1 – 3's Speed Ball (Coach Initiated)

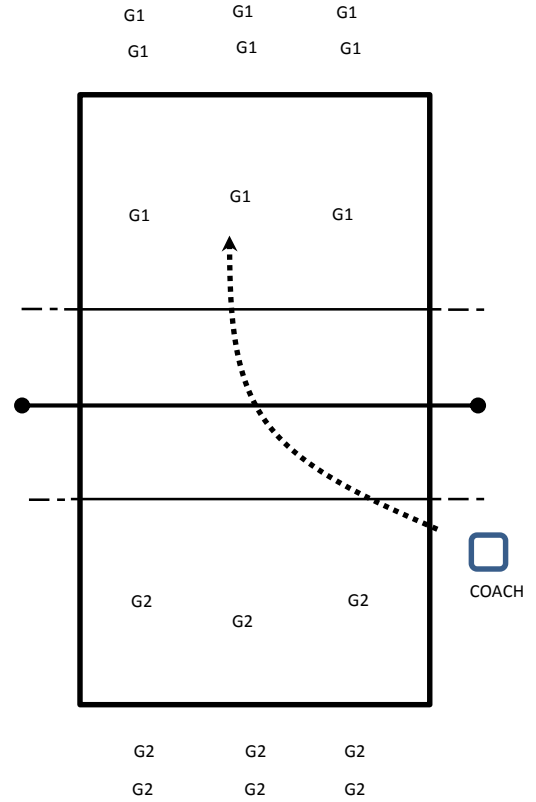
**15 Minutes**

**Court Coach**

- Lines of 3 on each side with 3 on at each back row position. Coaches enter a free ball to one side, then play to completion using only back row attacks. When "point" is awarded to one team, a new team of 3 takes the losing team's place. Win and stay on, lose and rotate off. Coach enters new free ball to winning side **immediately** after previous ball is dead.

**Evaluator**

- **Two equal groups who always stay on opposite sides of the net.**
- Evaluate Attacking
- Evaluate Defense



[HP VIDEO DRILL # 17](#)

### DRILL # 2 – Pin Hitting

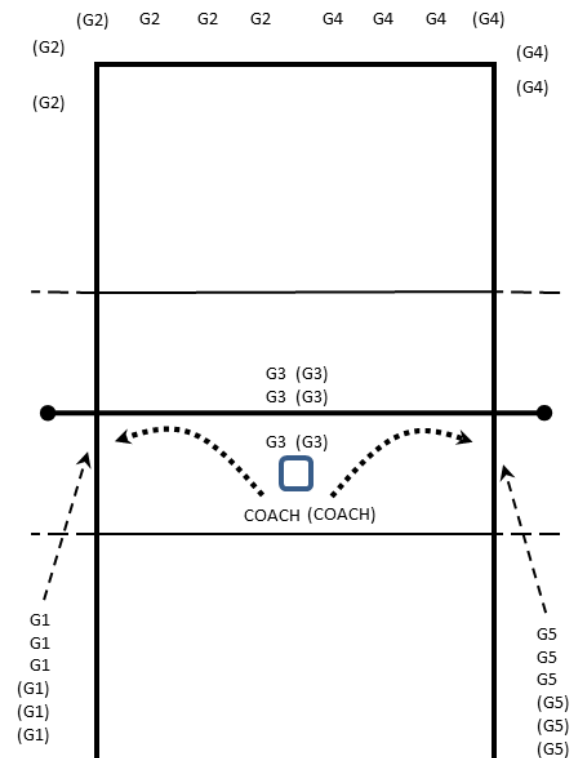
**25 Minutes**

**Court Coach**

- Coach(es) toss 4's and 5's from 5 feet off the net, rapid fire tosses for 2 minutes. Group 1 and 5 hit and return to same line. Groups 2 and 4 shag, making sure balls land before shagging. Group 3 hands. Groups rotate in order after time is up.
- Hit line first time through.
- Hit hard cross court second time.

**Evaluator**

- **Group athletes into groups of 3 - 6 in the order on your evaluation sheet.**
- Evaluate Attacking
- At the end of the 20 minutes, coach should have initial skill groupings.



[HP VIDEO DRILL # 4](#)



Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan

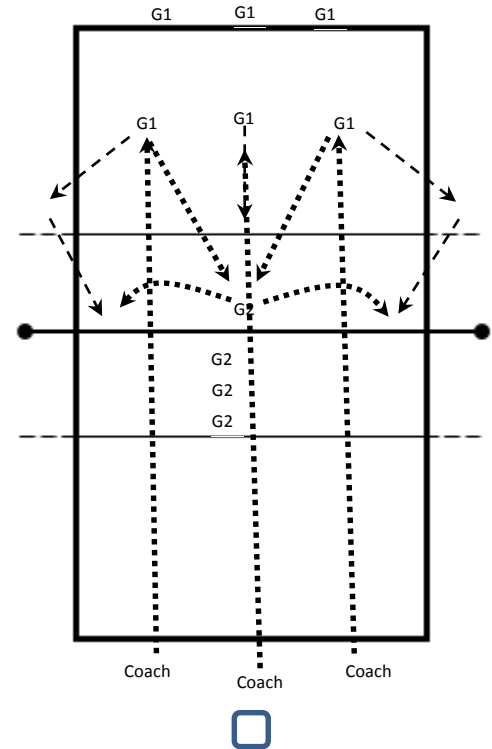


## Positional Breakout: OUTSIDE HITTER (cont.)



### DRILL # 3 – Pass to Attack

<b>20 Minutes</b>	<b>Court Coach</b>	<ul style="list-style-type: none"> <li>Group 1, three across in back row in serve receive; pass then transition to attack a high outside set, high back set, or Pipe. Whomever passes, attacks, then rotates off. Coach alternates serving to each position. Group 2, set to the athlete that passed using hands or platform.</li> <li>Rotate groups every 3 minutes.</li> </ul>
	<b>Evaluator</b>	<ul style="list-style-type: none"> <li><b>Group athletes into groups of 3 - 6 in the order on your evaluation sheet.</b></li> <li>Evaluate Attacking</li> <li>Evaluate Serve Receive Passing</li> <li>Before the end of the 20 minutes, evaluator must have athletes grouped in the number of groups indicated by the Lead Evaluator.</li> </ul>





Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Positional Breakout: SETTER

### DRILL # 1 – Partner Setting

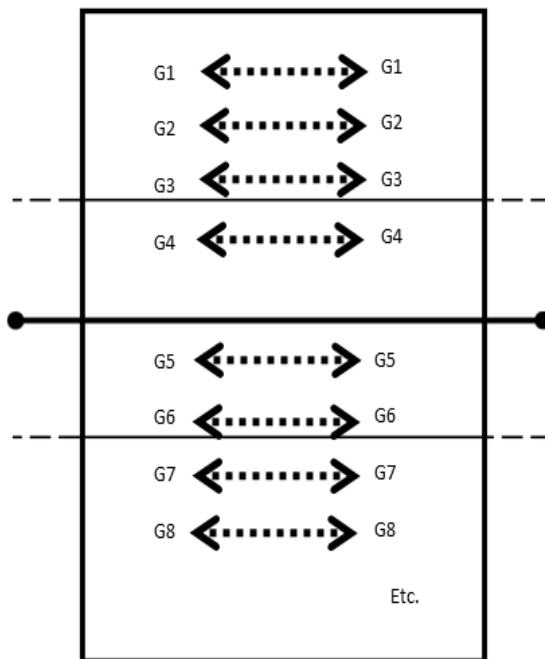
**10 Minutes**

**Court Coach**

- Front Set-start at 10' and progress to 25' sets back and forth. Can also self-set to set to partner.
- Self-set, turn, and back set to partner.
- Side Set
- Jump Set

**Evaluator**

- Group athletes into groups of 2 in the order on your evaluation sheet.
- Evaluate Setting
- At the end of the 10 minutes, coach should have a good idea of talent groupings.



[HP VIDEO DRILL # 5](#)

### DRILL # 2 – Triangle Set from Toss

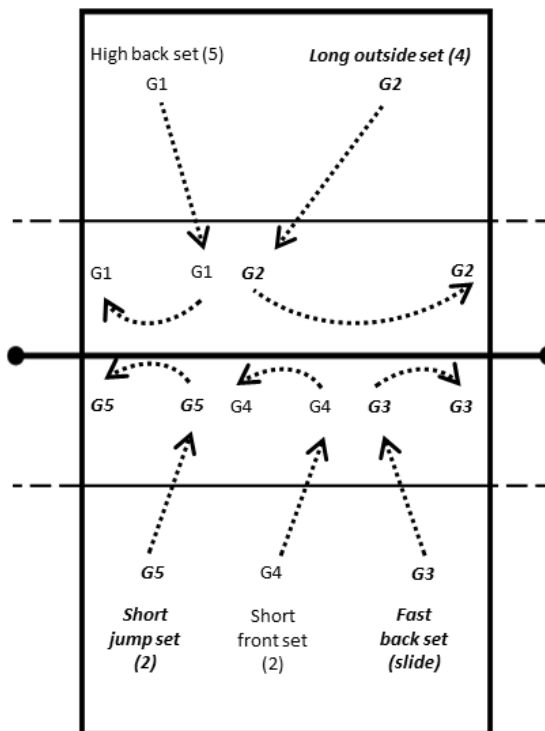
**10 Minutes**

**Court Coach**

- Groups of 3. Rotate within groups every 60 seconds; rotate between groups after all 3 rotations.
- Groups should utilize 2 balls per group.
- G1: High back set (5)
- G2: Long outside set from the target setter position (4)
- G3: Fast back set (slide)
- G4: Short front set (2)
- G5: Short front JUMP set (2)
- Switch every 30 seconds

**Evaluator**

- Group athletes into groups of 3 in the order on your evaluation sheet.
- Evaluate Setting



[HP VIDEO DRILL # 6](#)



Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Positional Breakout: SETTER (cont.)

### DRILL # 3 – Dig – Set

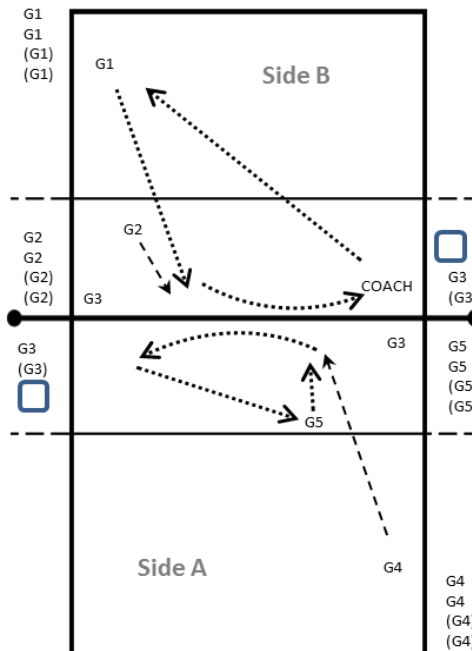
**20 Minutes**

**Court Coach**

- Coach will attack to player at right front (A) or right back (B).
- Players will dig high to opposite who will release to setter spot and either:
  - Set outside to coach
  - Back set away from coach to target
- Rotate players every minute or when evaluators are ready. Backrow digger to front row digger to shagger/hander, etc.

**Evaluator**

- **Group athletes into groups of 3 - 6 in the order on your evaluation sheet.**
- Evaluate Defense
- Evaluate Setting



[HP VIDEO DRILL # 7](#)

### DRILL # 4 – Pin Hitting with Block

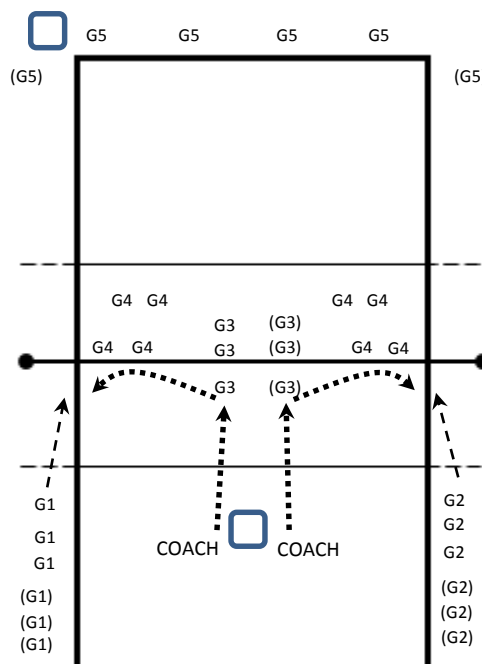
**20 Minutes**

**Court Coach**

- Coach(es) toss to Group 3 who set 4's and 5's from 5 feet off the net; Group 1 and 2 attack.
- Group 4 will double block the hitters, switching after setting 3 blocks. Group 5 shags, making sure balls land before shagging. Players rotate in group. Groups rotate in order after time is up.
- Hit line first time through.
- Hit hard cross court second time.

**Evaluator**

- **Group athletes into groups of 3 - 6 in the order on your evaluation sheet.**
- Evaluate Blocking
- Evaluate Setting



[HP VIDEO DRILL # 8](#)



Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Positional Breakout: MIDDLE BLOCKER

### DRILL # 1 – 3's Speed Ball (Coach Initiated)

15 Minutes

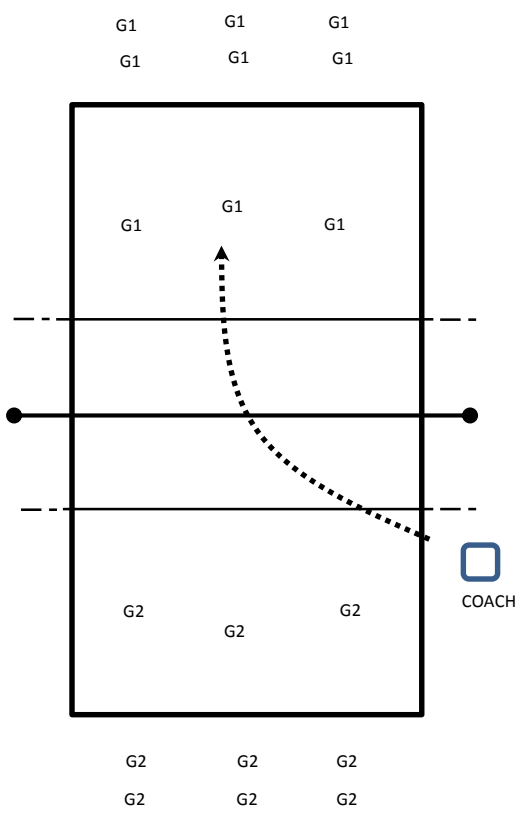
Court Coach

- Lines of 3 on each side with 3 on at each back row position. Coaches enter a free ball to one side, then play to completion using only back row attacks. When "point" is awarded to one team, a new team of 3 takes the losing team's place. Win and stay on, lose and rotate off. Coach enters new free ball to winning side **immediately** after previous ball is dead.

Evaluator

- **Two equal groups who always stay on opposite sides of the net.**
- Evaluate Attacking
- Evaluate Passing and Ball Control

[HP VIDEO DRILL # 17](#)



### DRILL # 2 – Block, Transition to Attack "1"

15 Minutes

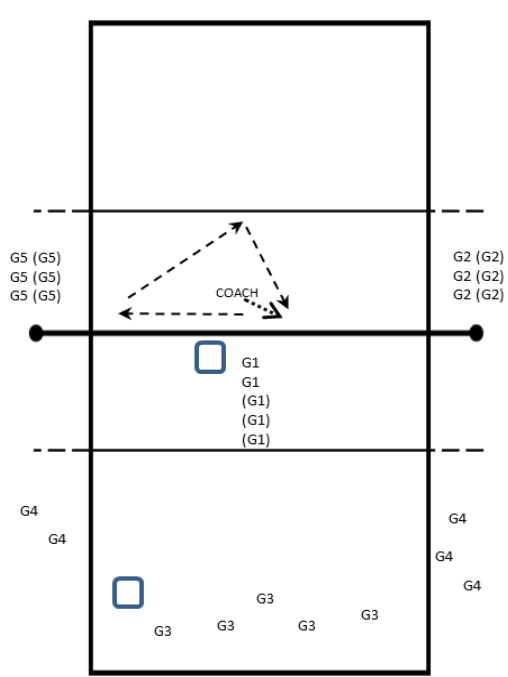
Court Coach

- Start at the middle of the net.
- Use footwork to "block" left side hitter.
- Transition and attack "1" (back 1, first tempo) from coach toss.
- Each MB attacks 5 balls, then rotate.
- After all groups have gone, switch to "block" right side hitter, then transition and attack "1."
- Reps and speed may need to be adjusted based on # of players.

Evaluator

- **Group athletes into groups of 3 - 6 in the order on your evaluation sheet.**
- Evaluate Blocking
- Evaluate Attacking

[HP VIDEO DRILL # 9](#)







Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan

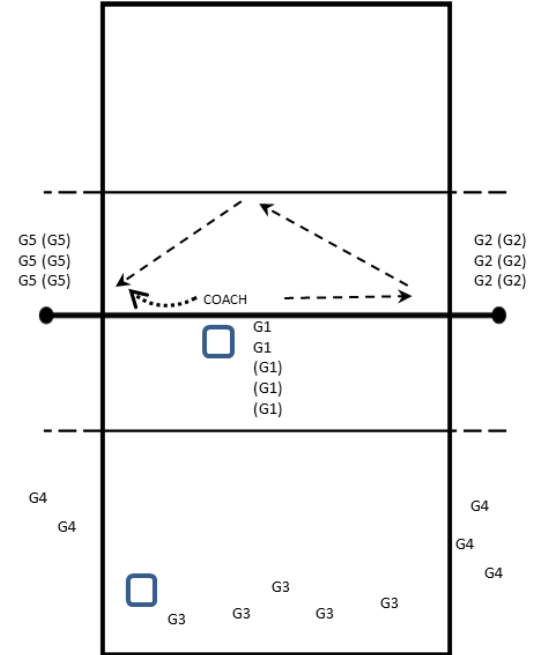


## Positional Breakout: MIDDLE BLOCKER (cont.)



### DRILL # 3 – Block, Transition to Attack “Slide”

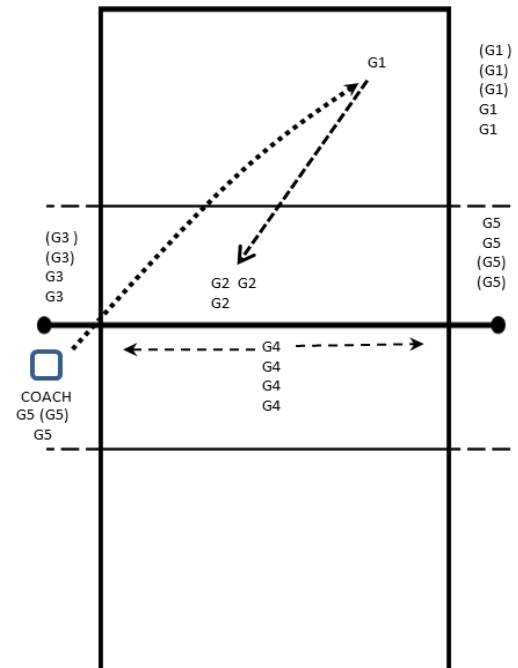
<b>15 Minutes</b>	<b>Court Coach</b>	<ul style="list-style-type: none"> <li>• Start at the middle of the net.</li> <li>• Use footwork to "block" right side hitter.</li> <li>• Transition and attack "Slide" (right side, second tempo) from coach toss.</li> <li>• Each MB attacks 5 balls, then rotate.</li> <li>• After all groups have gone, switch to "block" left side hitter, then transition and attack "Slide."</li> <li>• Reps and speed may need to be adjusted based on # of players.</li> </ul>
	<b>Evaluator</b>	<ul style="list-style-type: none"> <li>• <b>Group athletes into groups of 3 - 6 in the order on your evaluation sheet.</b></li> <li>• Evaluate Blocking</li> <li>• Evaluate Attacking</li> </ul>



[HP VIDEO DRILL # 10](#)

### Drill # 4 – Ball Control and Defense

<b>15 Minutes</b>	<b>Court Coach</b>	<ul style="list-style-type: none"> <li>• Player at left back (G1)</li> <li>• Coach "chips" free balls over the net, players forearm pass to G2. G2 sets high left or right.</li> <li>• MB on other side (G4) uses blocking footwork to transition and then "block" at left or right front.</li> <li>• Each player passes 5 balls in a row, then rotates out. Go through twice (10 balls each), then switch groups.</li> <li>• REPEAT drill by having left back dig a ball spun by coach (go through twice).</li> </ul>
	<b>Evaluator</b>	<ul style="list-style-type: none"> <li>• <b>Group athletes into groups of 3 - 6 in the order on your evaluation sheet.</b></li> <li>• Evaluate Passing and Ball Control</li> <li>• Evaluate Blocking</li> </ul>



[HP VIDEO DRILL # 11](#)



Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan

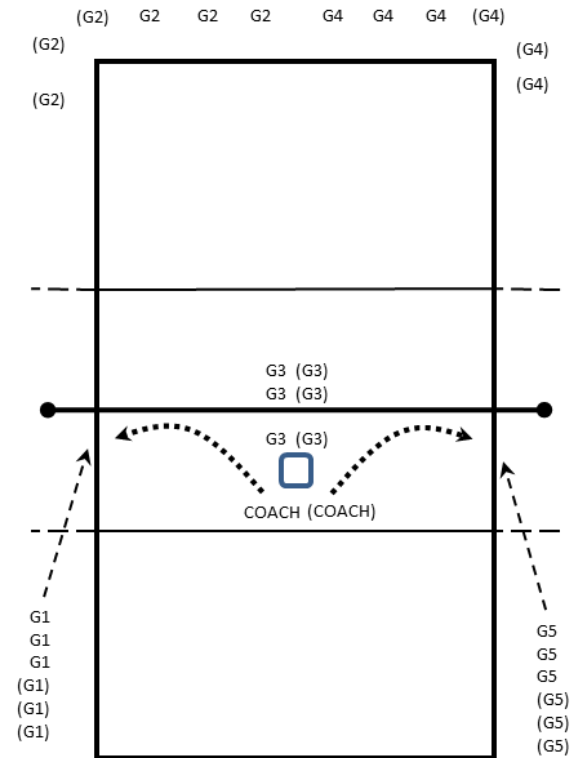


## Future Select – Hour 1

### DRILL # 1 – Pin Hitting

<b>20 Minutes</b>	<b>Court Coach</b>	<ul style="list-style-type: none"> <li>• Coach(es) toss 4's and 5's from 5 feet off the net, rapid fire tosses for 2 minutes. Group 1 and 5 hit and return to same line. Groups 2 and 4 shag, making sure balls land before shagging. Group 3 hands. Groups rotate in order after time is up.</li> <li>• Hit line first time through.</li> <li>• Hit hard cross court second time.</li> </ul>
	<b>Evaluator</b>	<ul style="list-style-type: none"> <li>• <b>Group athletes into groups of 3 - 6 in the order on your evaluation sheet.</b></li> <li>• Evaluate Attacking</li> <li>• Evaluate Passing</li> </ul>

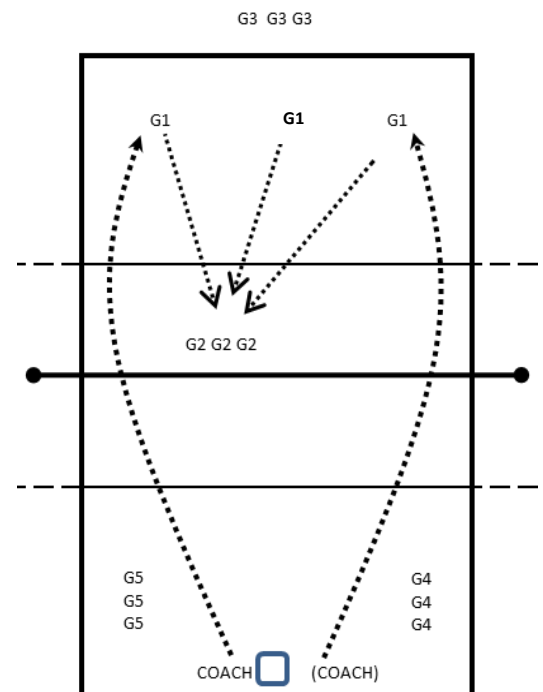
[HP VIDEO DRILL # 4](#)



### DRILL # 2 – Serve Receive

<b>20 Minutes</b>	<b>Court Coach</b>	<ul style="list-style-type: none"> <li>• Group 1 will be on the court first, passing serve receive balls from the coaches. Coaches will continuously serve balls for 3 minutes. Use the following sequence: <ul style="list-style-type: none"> <li>• 1.5 min – Float serves</li> <li>• 1.5 min – Top spin serves</li> </ul> </li> <li>• Rotate groups every three minutes.</li> </ul>
	<b>Evaluator</b>	<ul style="list-style-type: none"> <li>• <b>Group athletes into groups of 3 - 6 in the order on your evaluation sheet.</b></li> <li>• Evaluate Passing</li> </ul>

[HP VIDEO DRILL # 1](#)





Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Future Select – Hour 1 (cont)

### DRILL # 3 – Partner Setting

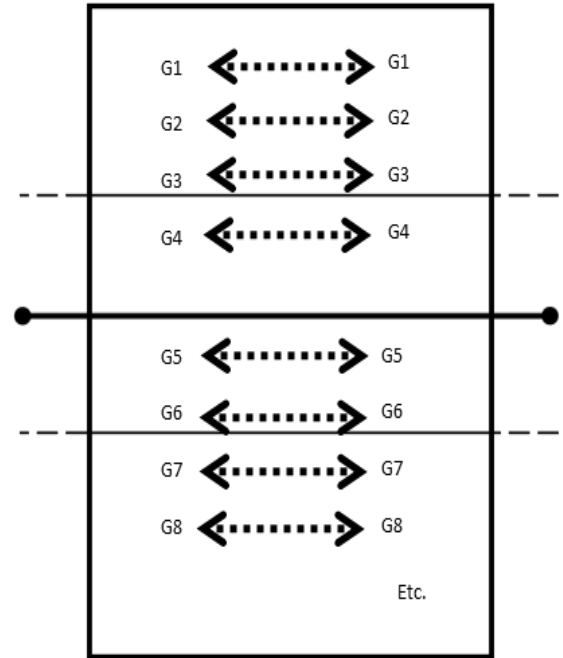
**10 Minutes**

**Court Coach**

- Front Set-start at 10' and progress to 25' sets back and forth. Can also self-set to set to partner.
- Self-set, turn, and back set to partner.
- Side Set
- Jump Set

**Evaluator**

- Group athletes into groups of 2 in the order on your evaluation sheet.
- Evaluate Setting



[HP VIDEO DRILL # 5](#)

### DRILL # 4 – Triangle Set from Toss

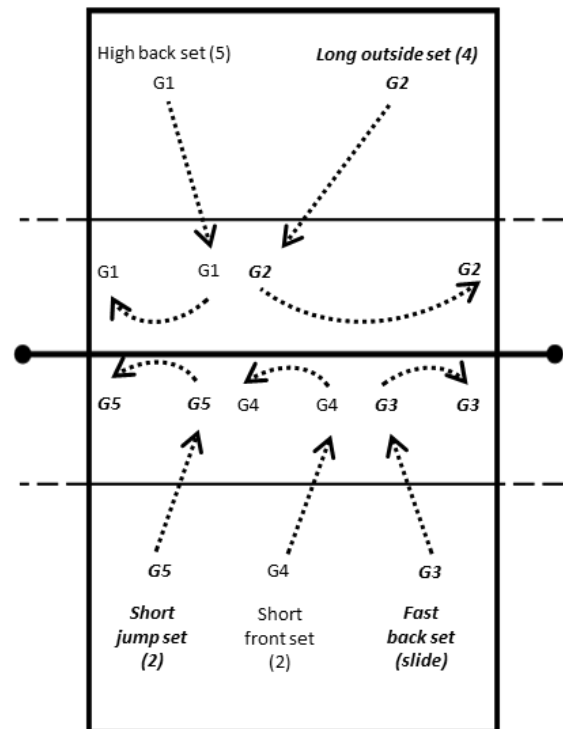
**10 Minutes**

**Court Coach**

- Groups of 3. Rotate within groups every 60 seconds; rotate between groups after all 3 rotations.
- Groups should utilize 2 balls per group.
- G1: High back set (5)
- G2: Long outside set from the target setter position (4)
- G3: Fast back set (slide)
- G4: Short front set (2)
- G5: Short front JUMP set (2)

**Evaluator**

- Group athletes into groups of 3 in the order on your evaluation sheet.
- Evaluate Setting



[HP VIDEO DRILL # 6](#)



Where Olympic Journeys Begin

## 2016 USA Volleyball High Performance National Teams Tryout Plan



**USA**Volleyball

### Combined Positional Breakout Instructions

Lead Tryout Coach will advise how groups should be split and on what courts each position should play. Lead Evaluation Coach must advise evaluators HOW groups will be split for the Controlled 6 on 6 Situation BEFORE BEGINNING the Combined Positional Breakout.

**Initial rankings should be complete by now.**

**Outsides:** Split into age group groupings. Depending on numbers in each age group, may need to split an age group by ability.

**Middles:** Split into age group groupings. Depending on numbers in each age group, may need to split an age group by ability.

**Setters:** Split into age group groupings and then split those groups in two and send one half to MB Breakout and the other to OH Breakout. If courts are separated by ability, then split Setters by ability; otherwise, split Setters equally. Setter evaluators are responsible for switching the Setters between the MB and OH groups every 7 minutes. **They should also ensure that on attacking courts with two age groups, setters set their own age group as much as possible.**

**Liberos:** Split into age group groupings and then split those groups in two. Send one half to MB Breakout and the other half to a separate court for statted serve receive using the drill below. Libero evaluators are responsible for switching the Liberos between the MB and serve receive courts every 10 minutes. **The more serve receive passes that you can record for the Liberos, the better – there is no limit.**

### Controlled 6 on 6 Situational Instructions (begins on pg. 21)

- Lead Tryout Coach will need to decide to either combine entire age groups if an age group is too small (like Future Select and Select, Youth and Junior, or Select and Youth), or to separate groups. **INDIVIDUAL ATHLETES MUST NEVER PLAY IN AN AGE GROUP ABOVE OR BELOW THEIR OWN.** 1<sup>st</sup> year of the cycle (even years) tiny Future Select groups are likely to be paired with Select; 2<sup>nd</sup> year of the cycle (odd years), tiny Junior groups are likely to be paired with Youth.
- For large age groups, split into ability-tiered groups of 20-28, preferably. If you have 2 groups – 1: top, 2: bottom. If you have 3 groups – 1: top, 2: middle, 3: middle. If you have 4 groups – 1: top, 2: middle, 3: bottom, 4: bottom.
- Evaluators for each position and age group must call out the tryout numbers for their position and direct them to the appropriate court, preferably call out middle court first. **LEAD EVALUATION COACH SHOULD NEVER DO THIS.**
- If Junior athletes are mixed with Youth, all Junior athletes must be on the TOP court **no matter what.**
- Future Select athletes should get their own court, as much as possible. If there aren't enough athletes for 6 on 6, one coach may be assigned to run an alternate game on the FSL court (but utilizing as many athletes as possible).
- If Middle Blockers are scarce and you feel they have taken too many reps during the tryout, ask Outside Hitters to step in during the 6 on 6 and take some rounds at Middle. Be sure they also have the opportunity to play Outside.
- Lead Tryout and Evaluation Coach should ensure that there is at least one evaluator on every court at all times.
- Lead Evaluation Coach should encourage coaches to complete their evaluations, move athletes between courts, as appropriate (more movement is better than less), and assist with ensuring athletes with incomplete evaluations are on the court and receive enough contacts for the evaluator to complete the evaluation.



Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



## USA Volleyball

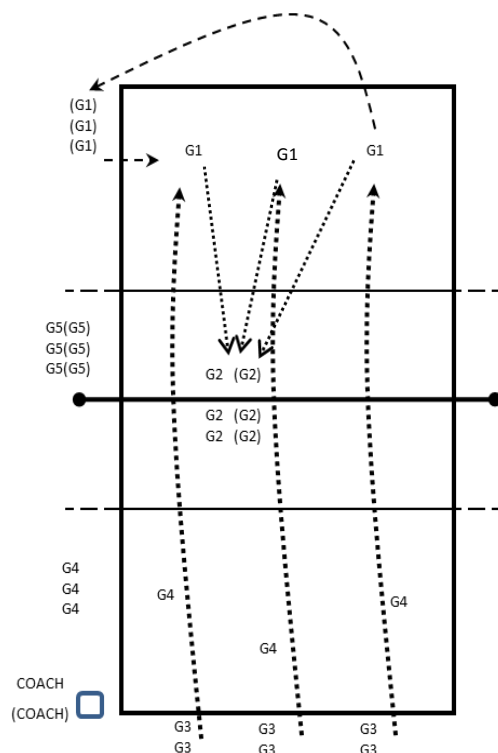
### Combined Positional Breakout

### LIBEROS

#### Serve Receive w/3

#### HP VIDEO DRILL # 3

<b>4 Sets of 10 minutes each</b>	<b>Court Coach</b>	<ul style="list-style-type: none"> <li>Group 1 three across back row serve receive position. Servers in Group 3 alternate serving. Players in Group 2 set a back row attack to the hitter who passed, player in Group 1 attacks a downball. Players in Group 4 dig a ball to themselves and give ball to server. Groups rotate after 3 minutes.</li> </ul>
	<b>Evaluator</b>	<ul style="list-style-type: none"> <li><b>Group athletes into groups of 3 - 6 in the order on your evaluation sheet.</b></li> <li>Stat Serve Receive</li> <li>Evaluate Serve Receive Passing</li> </ul>





Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Combined Positional Breakout MIDDLES, SETTERS, and LIBEROS

### Drill # 1 – Middle Blockers Attacking Behind

[HP VIDEO DRILL # 12](#)

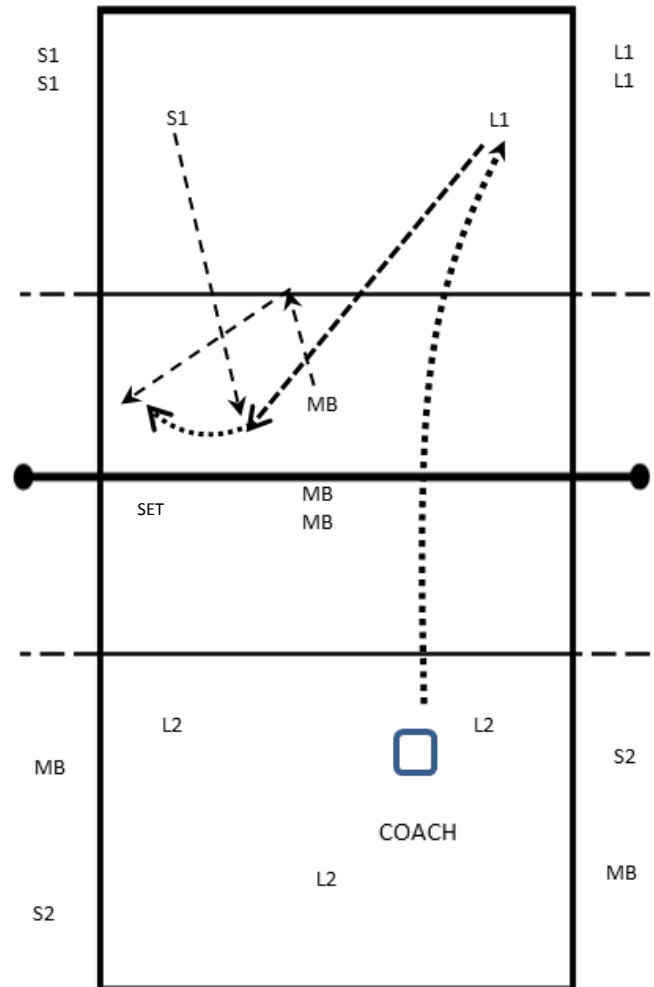
**Court  
Coach**

- Coach spins balls over the net to Libero.
- Middle will transition to attack the "Slide" (right side, second tempo) or "A" (back 1, first tempo) from Setter (shown in diagram).
- One group of setters setting, another single blocking on the right.
- Liberos switch off in their groups every ball, MB stays for 4 balls.
- Liberos on opposite side of net will dig a high ball to themselves, catch it and shag.
- Switch Setter and Libero groups every 2 minutes.
- \*With FSL and SEL players struggling setting or attacking these quick sets, switch to higher "back 2" balls at or above antenna height.

10 Minutes

**Evaluator**

- Group all positions in groups of 3 - 6 in the order on the evaluation sheet.
- Middle Blocker
  - Evaluate Attacking
- Setter
  - Evaluate Setting
  - Evaluate Blocking
- Libero
  - Evaluate Defense





Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Combined Positional Breakout (cont.) MIDDLES, SETTERS, and LIBEROS

### Drill # 2 – Middle Blockers Attacking In Front

[HP VIDEO DRILL # 13](#)

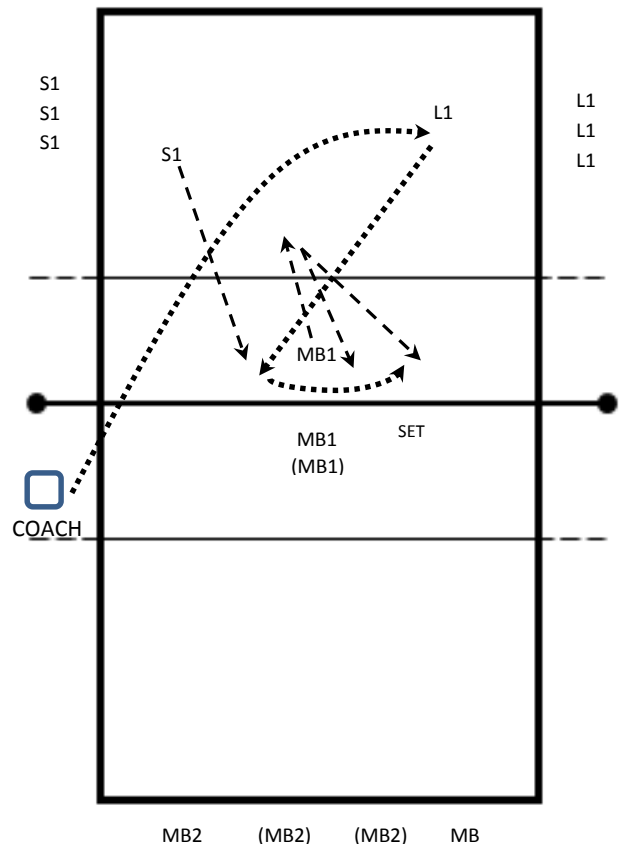
**Court  
Coach**

- Coach spins balls over the net to Libero.
- Middle will transition to attack the "1" (middle front, first tempo set) or "Wide" (3 or 31) from Setter (shown in diagram).
- One group of setters setting, another single blocking on the left.
- Liberos switch off in their groups every ball, MB stays for 4 balls.
- Liberos on opposite side of net will dig a high ball to themselves, catch it and shag.
- Switch Setter and Libero groups every 2 minutes.
- \*With FSL and SEL players struggling setting or attacking these quick sets, switch to higher "2" balls at or above antenna height.

10 Minutes

**Evaluator**

- **Group all positions in groups of 3 - 6 in the order on the evaluation sheet.**
- **Middle Blocker**
  - Evaluate Attacking
- **Setter**
  - Evaluate Setting
  - Evaluate VB IQ/Leadership
- **Libero**
  - Evaluate Defense
  - Evaluate Athleticism, Potential, & VB IQ





Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Combined Positional Breakout (cont.) MIDDLES, SETTERS, and LIBEROS

### Drill # 3 – 5 on 5 without Middle Blockers

[HP VIDEO DRILL # 15](#)

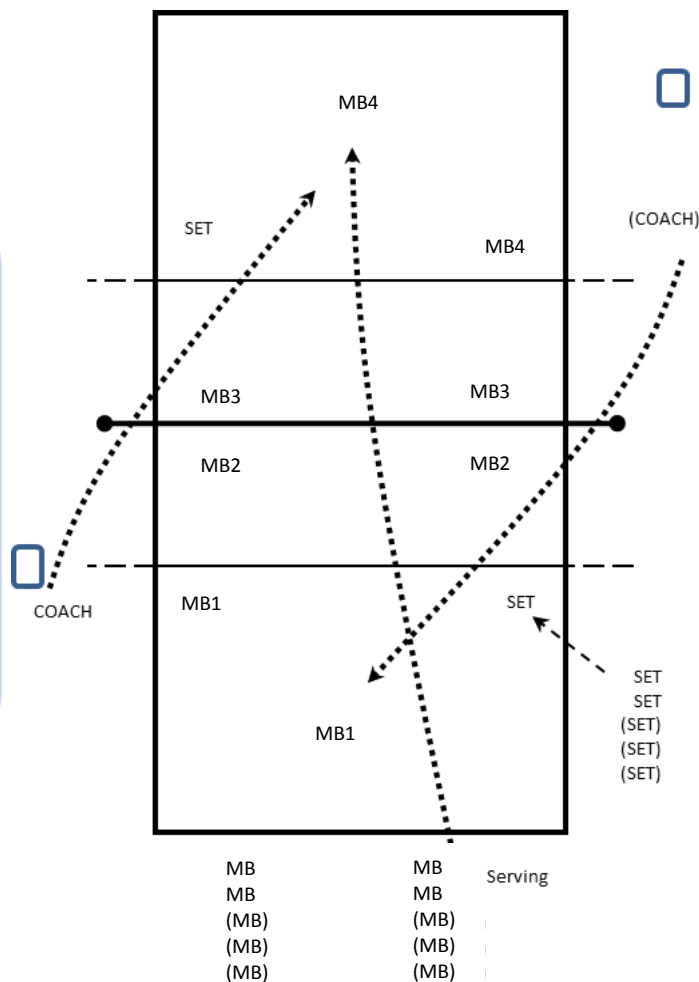
20 Minutes

**Court Coach**

- Initiate drill with a serve, coaches alternate next 4 balls to each side.
- Setter is always in position 1.
- Set options:
  - "GO" (left side, second tempo set)
  - "5" (high back set)
  - "PIPE" (back row middle, second tempo set)
- Pairs of MB's wave according to numbers, back row to front row, to opposite front row, to back row.

**Evaluator**

- **Middle Blocker**
  - Evaluate Serving
  - Evaluate Blocking
  - Evaluate Attacking
  - Evaluate Passing and Ball Control
- **Setter**
  - Evaluate Setting
  - Evaluate Volleyball IQ / Leadership







Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Combined Positional Breakout OUTSIDE HITTERS, SETTERS, and LIBEROS

### Drill # 1 – Transition Attack vs. Solo Block

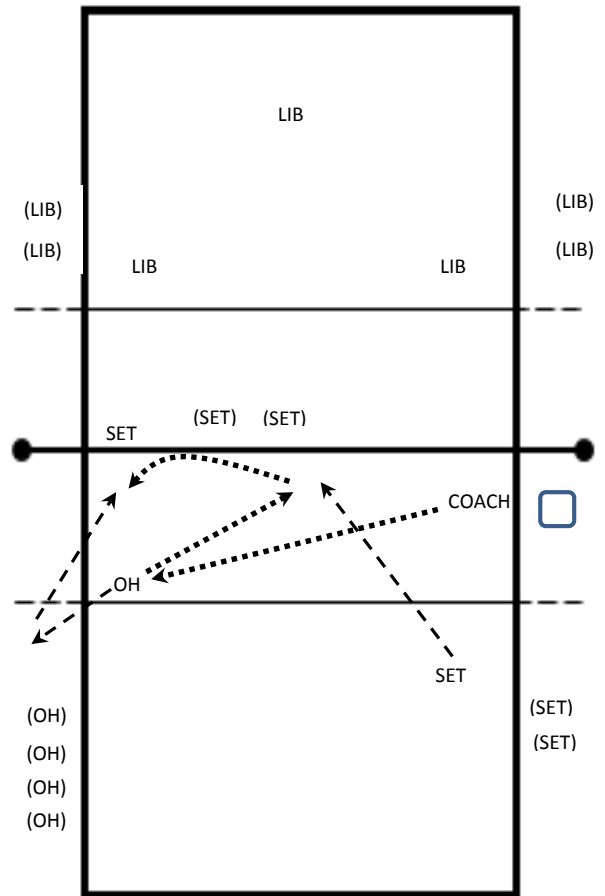
20 Minutes

**Court Coach**

- Split setters into two groups.
- Initiate with a coach attack from right front to the left front OH.
- OH dig from left front and transition to attack the Go (first step tempo outside set).
- Setter Group 1 will begin in position 1 and transition to set a Go. Setter Group 2 will solo block the OH attack.
- Liberos dig to self. Stay for 3 and then rotate.
- Switch groups every two minutes.

**Evaluator**

- **Group all positions in groups of 3 - 6 in the order on the evaluation sheet.**
- **Outside Hitter**
  - Evaluate Defense
  - Evaluate Attacking
- **Setter**
  - Evaluate Setting
  - Evaluate Volleyball IQ / Leadership
- **Libero**
  - Evaluate Defense
  - Evaluate Athleticism, Potential, & VB IQ





Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Combined Positional Breakout (cont) OUTSIDE HITTERS, SETTERS, and LIBEROS

### Drill # 2– Pass to Attack v. Triple Block

[HP VIDEO DRILL # 14](#)

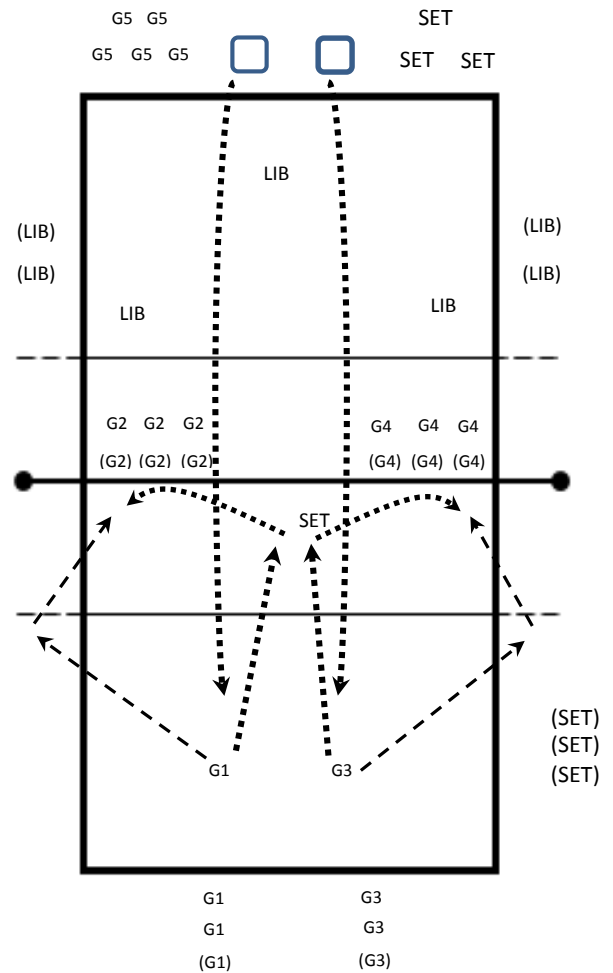
20 Minutes

**Court Coach**

- Group 5 alternates with a group of setters and serves to left or right back player (G1 and G3).
- Passing player transitions to attack vs. a triple block (G2).
- Liberos dig to self and hand balls back to serving G5. Dig and rotate every time.
- After 3 minutes, groups rotate.
- **Sets MUST be 5' off net.**
- **\*\*DO NOT ATTEMPT TO ATTACK TIGHT SETS. HITTERS SHOULD BE TOLD TO WALK AWAY FROM TIGHT SETS\*\***

**Evaluator**

- **Group all positions into groups of 3 - 6 in the order on your evaluation sheet**
- **Outside Hitter**
  - Evaluate Attacking
  - Evaluate Serving
- **Setter**
  - Evaluate Serving
  - Evaluate Setting
- **Libero**
  - Evaluate Defense
  - Evaluate Athleticism, Potential, & VB IQ





Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Future Select Hour 2

### DRILL # 5 – Block, Transition to Attack “2”

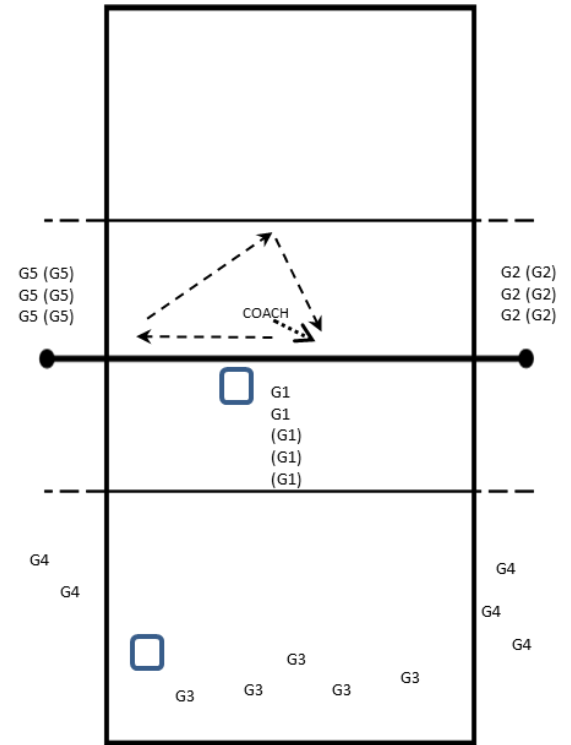
**15 Minutes**

**Court Coach**

- Start at the middle of the net.
- Use footwork to "block" left side hitter.
- Transition and attack "2" (high middle set) from coach toss.
- Each MB attacks 5 balls, then rotate.
- After all groups have gone, switch to "block" right side hitter, then transition and attack "2."
- Reps and speed may need to be adjusted based on # of players.
- If group can handle it, toss "1's" the second time through.

**Evaluator**

- **Group athletes into groups of 3 - 6 in the order on your evaluation sheet.**
- Evaluate Attacking



[HP VIDEO DRILL # 9](#)

### DRILL # 6 - Serve Receive w/3

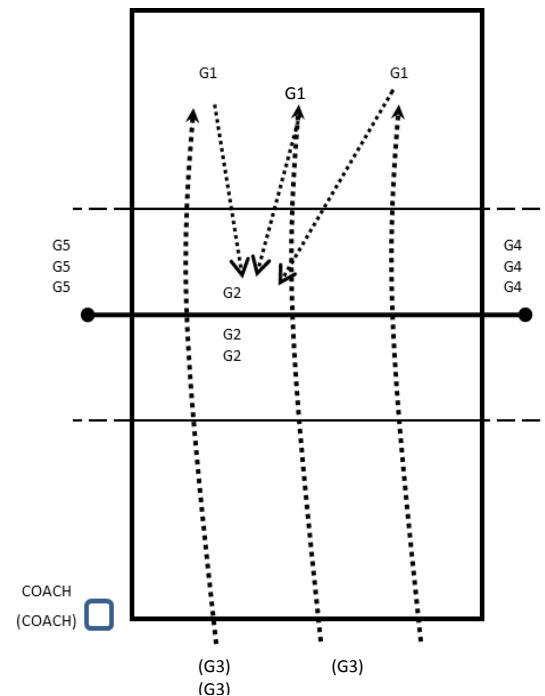
**20 Minutes**

**Court Coach**

- Group 1 three across back row serve receive position. Servers in Group 3 alternate serving giving only enough time for passers to get back to serve receive. Groups rotate after 2 minutes. Rotate within the group from left to right after every serve.

**Evaluator**

- **Group athletes into groups of 3 - 6 in the order on your evaluation sheet.**
- Evaluate Serving
- Evaluate Passing



[HP VIDEO DRILL # 3](#)



Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan

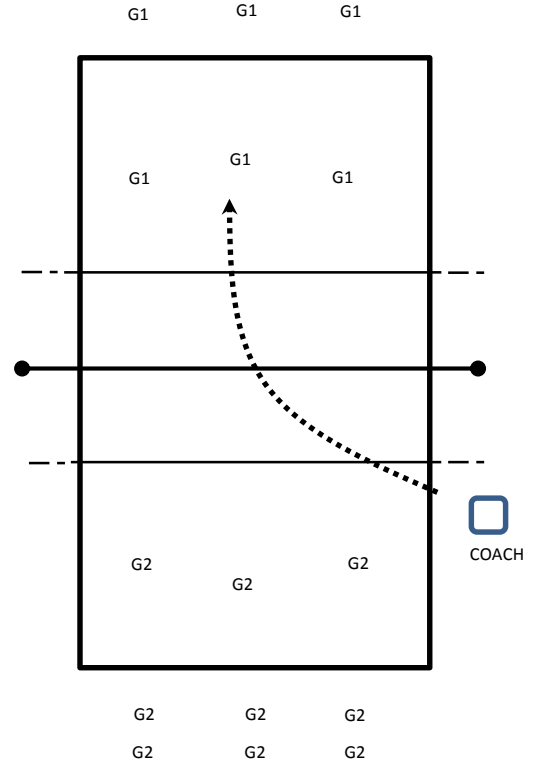


## USA Volleyball

### Future Select Hour 2 (cont)

#### DRILL # 7 – 3’s Speed Ball (Coach Initiated)

15 Minutes	<b>Court Coach</b>	<ul style="list-style-type: none"> <li>• Lines of 3 on each side with 3 on at each back row position. Coaches enter a free ball to one side, then play to completion using only back row attacks. When "point" is awarded to one team, a new team of 3 takes the losing team's place. Win and stay on, lose and rotate off. Coach enters new free ball to winning side <b>immediately</b> after previous ball is dead.</li> </ul>
	<b>Evaluator</b>	<ul style="list-style-type: none"> <li>• <b>Two equal groups who always stay on opposite sides of the net.</b></li> <li>• Evaluate Passing</li> <li>• Evaluate Setting</li> <li>• Evaluate Attacking</li> </ul>



[HP VIDEO DRILL # 17](#)



Where Olympic Journeys Begin

# 2016 USA Volleyball High Performance National Teams Tryout Plan



## Controlled 6 on 6 Situational ALL POSITIONS and FUTURE SELECT, if enough

### Final Drill – Controlled 6 on 6 Situational

HP VIDEO DRILL # 16

45 Minutes

**Court Coach**

- Controlled 6 v. 6 with coaches entering downballs from opposite sidelines.
- Play starts with Side A serving. Then coaches alternate entering 2 balls to each side and then Side A will wave - switching by position.
- **Side B rotates OH's every 5 balls (LF to RF/B to MB) and waves every 3 minutes.**
- Session 1: Setter from front row must force middle on FIRST ball of new rally.
- Session 2: Setter from back row must back set on FIRST ball of each new rally (MB may be off during this if MB numbers are low).
- Session 3: Setter from front row must force back row set on FIRST ball of each new rally.
- \*For younger age groups or groups having a hard time with serve receive, coaches should spin balls into Side B to initiate game.

**Evaluator**

- Use this time to watch the athletes on Side B, in particular, and make adjustments to your initial evaluations. You should place a higher priority on the live play of the athletes, so evaluations often change during this time.
- If you need to evaluate a particular player, ask the court coaches to move that player to Side B for observation. If you have a complete evaluation on a player, you may also ask them to remain on Side A.

