

# TRANSITION HITTING IN VOLLEYBALL

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<http://www.fivb.org/en/technical/olympics/2012/women/>

<http://www.fivb.org/en/technical/olympics/2012/men/>

## FOOTWORK:

Talk about various types of footwork to get away from the net and to make an effort to be available to hit as often as possible

Demonstrate on court:

Block position and defensive position as an outside player getting off the net approach and hit for outside hitters

Outside hitters hitting 3-4 balls one after the other making sure making sure that they open to where the ball is and to get behind the 3m line each time so as to be able to create good fields of vision and jump through the ball adding body weight to the hit

Movement passing on 2 moving and hitting overloading the hitters starting easy and progressing

Middle' doing different hits i.e. A, B & C or slide (start with fed ball then add setter then passer to setter, simple to complex) the middle hitter is a real threat and a perceived threat so needs to keep going and be available as often as they can

Combine movement to block or defend then move to hit, how to create space, angles and timing (start with fed ball then add setter then passer to setter, simple to complex)

Simple 5 hit drill with passer setter and 3 front court hitters/feed free ball for set and attack 2 balls must go to the middle and all hitters must hit at least 1 ball, no errors to get out (demo of timing of drill and controlling tempo, hitters create rhythm and angles)

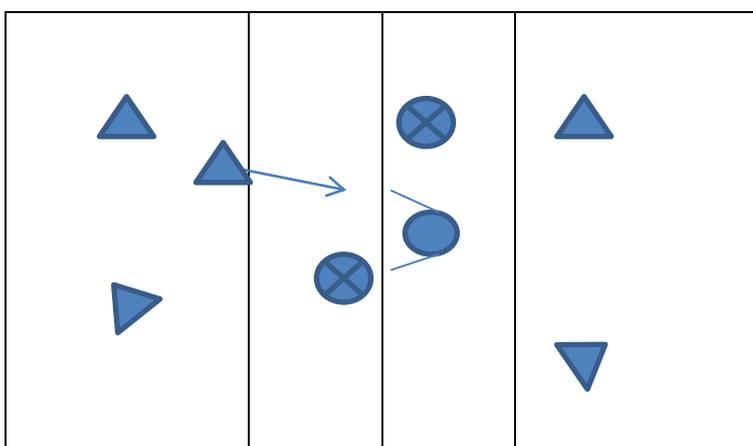
Talk about out of system attacking and the use of the box drill or scramble drill

## THE BOX DRILL:

2 outside hitters 2 back court players, if the ball is hit from 4 they can hit the ball x court or to the line and the ball should be defended on to the middle of the 3m line for the back court player that did not dig the ball to come in on and set for the front court player etc. until the rally ends then feed the next ball to wherever you decide the scoring system needs to be fed.

<https://www.youtube.com/watch?v=TdR0jHr49kY>

## MIDDLE HITTER GAME



Different scoring systems 1<sup>st</sup> to? Points, 5 balls each side, start at 0 1<sup>st</sup> to 3 if score go up one if lose go down one or opponent goes up one etc.

Team against hits from platforms in various positions

Team against hits from hitters

Wash type drills

6 v 6 with designated hitters i.e. 4 v 4 (talk about options and decision making)

Who sets the ball if the setter takes the 1<sup>st</sup> ball?

## CONCLUSION:

Make yourself available to hit as often as possible and work through scenarios in controlled situations then make them random and get the players to think about how to solve the problems that the opposition are creating