

AVCA-Carolina Region RECRUITING TIP OF THE WEEK

What College Coaches
Look for in Outside Hitters



Technique of College Outside Hitters

Arm swing
allowing both
pace & range

Get their feet
to the ball

Have a fast
closing step

Good platform
control on
serve receive

Ball control
when digging

Consistent,
tough serve



College Outside Hitter Tactical Skills

Have a range of shots – line, cross, deep corner

Knowledge of holes in opponent's defense

Ability to stress the defense in out-of-system swings

Can recognized & exploit an undisciplined block setup

Deceptive & strategic with tip and roll shots





Mental – Emotional Qualities of a College Outside Hitter

Recovers quickly from mistakes

Wants the ball on every play

Persistent & 'never give up' attitude

Killer instinct

Data Sources

Technique: USA Women's National Team coaches

Technical: College coaches

Mental/Emotional: College coaches



**Thanks for
your
membership
in the
Carolina
Region**

**Your partner
in volleyball**

