

AVCA-Carolina Region RECRUITING TIP OF THE WEEK

What College Coaches
Look for in Opposites





Technique of College Opposites

- Swing mechanics that allow attacking with range
- Accelerate on last step of approach
- Get their feet to the ball
- Jump through the set
- Disciplined hands on blocking
- Good digging platform
- Consistent, tough serve



Tactical Skills of College Opposites

- See gaps in the block and defense
- Can attack both line and deep cross from front and back row
- Makes themselves available in transition, especially in two hitter rotations
- Knows opponent's outside hitter tendencies for blocking
- Reads and assists middle on gap sets
- Can serve as secondary setter, when needed



Mental – Emotional Qualities of College Opposites

Want to OWN the opponent's left side

Believes they deserve a lot of swings

Short memory on mistakes

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**

