Recruiting Tip of the Week

Characteristics of Women's College Volleyball Athletes





Technique of College Middle Blockers

Disciplined eyes

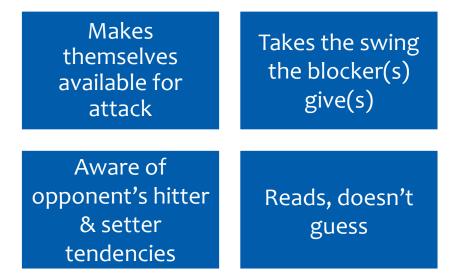
Efficient blocking & transition footwork

Compact, fast arm swing

Accelerates into slide attack

Big, wide, pressing hands on blocking

College Middle Tactical Skills







Mental-Emotional Qualities of College Middles

Relentless effort on blocking & transition Can tolerate low feedback to high work ratio

Gets emotional high from stuff block

Ability to stay focused when on the sideline

Technique of College Liberos

Good platform	Quiet arms
Controls angles	Efficient shuffle
Tracks the line of the serve	Holds follow through





Tactical Strengths of College Liberos

Captain of serve	Sees the court –	Knows opponent
receive	'good reader'	tendencies
Sees the blockers hands on hitter coverage	Reliable secondary setter	Excellent server

Mental-Emotional Qualities of a College Libero

Tough as nails – will challenge any hitter Builds trust in teammates with touch and eye contact

Relentless on ball pursuit

Gets better with pressure coverage





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

Tactical Skills of a College Outside Hitter

Have a range of shots – line, cross, deep corner	Knowledge of holes in opponent's defense
Ability to stress	Can recognize &
the defense in	exploit an
out-of-system	undisciplined
swings	block setup

Deceptive & strategic with tip and roll shots





Mental-Emotional Traits of College Outsides

Recovers quickly from mistakes

Wants the ball on every play

Persistent & 'never give up' attitude

Killer instinct

Technique of a College Setter

Consistent location of sets from various places on the court

Predictable tempo – sets a 'hittable ball'

Neutral body position prior to release Consistent footwork on serve receive & transition

Reliable server, defender, & blocker





Tactical Skills of a College Setter

Awareness of attack options in each rotation Knowledge of position of opponent's blockers

Appreciation of hitter's strengths, weaknesses, & preferences

Ability to make good decisions under pressure

Mental-Emotional Traits of a College Setter

Relentless communicator with attackers

Ability to receive critical feedback

Steady & calm under pressure Instills confidence in others





Technique of a College Opposite

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 Strengths of a College Opposite

Can attack both line & deep cross from front and back row

Makes themselves available in transition, especially in two hitter rotations

Sees gaps in the

block & defense

Knows opponent's outside hitter tendencies for blocking

Reads and assists middle on gap sets

Can serve as secondary setter, when needed



Mental-Emotional Traits of a College Opposite

Wants 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: Elite College Coaches who attend annual Phenom Talent Showcase
- Mental/Emotional: Elite College Coaches who attend annual Phenom Talent Showcase
- Learn more about avcaVPI[™] and the AVCA Phenom program: <u>https://avcaphenom.com/</u>





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