

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

Makes
themselves
available for
attack

Takes the swing
the blocker(s)
give(s)

Aware of
opponent's hitter
& setter
tendencies

Reads, doesn't
guess





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 receive

Sees the court –
'good reader'

Knows opponent 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

Reliable on hitter
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 the defense in out-of-system swings

Can recognize & exploit an undisciplined 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

Sees gaps in the block & defense

Can attack both line & 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 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: <https://avcaphenom.com/>





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your membership
in the Carolina
Region**

Your Partner in Volleyball