

“What Great Looks Like!” (™) - The Volleyball1on1 Playing Standard

Starts with Science:

Men’s Volleyball Study: Worst thing you can do in men’s volleyball!

1. Miss serve,
2. Lollipop serve,
3. Semi lollipop serve,
4. Spike Out

Women’s Volleyball Study: Best thing in women’s volleyball:

1. 3 Point Pass,
2. Set 3-5 Feet Off Net,
3. 4 Point Pass,
4. 2 Point Pass,
5. 4 Point / Perfect Dig,
6. Set 5-8 Feet Off the Net.

Result: “What Great Looks Like” (™) On The Court Volleyball1on1 Playing Standard!

1. We serve in and tough! (#1, #2, and #3 in men’s volleyball)
2. No hitting errors! (#4 in men’s volleyball) - Average girls team kills the ball at 15-35%. This means 65-85% of the time they give it back or make a mistake! We play the odds!
3. We pass the ball high, off the net and in the middle the tougher the serve! (#1, #3, and #4 in women’s volleyball)
4. We all set “Hittable Balls!” (#2 and #6 in women’s volleyball)
5. All players learn how to “Take Out the Trash!” (#1 – Know the Defense, #2 – Take Out the Setter, #3 – Hit the Corners, #4 – Take Out the Middle, #5 – Take Out the Outside, #6 – Set Up Our Defense!)
6. “Relentless Pursuit Defense!” (#5 in Women’s Volleyball)
7. “Game Plan Offense!” – See Volleyball1on1 Coaching Manual / Camps / Clinics.
8. “Game Plan Defense!” – See Volleyball1on1 Coaching Manual / Camps / Clinics.

*** Our culture is explained and defined through language! This is our language!**