



GAME STRATEGIES - OFFENSE

- Generally, you should attack, attack, attack. Even a free ball should be placed smartly and to your team's advantage. All hitters should approach as hard as they can every time.
- Celebrate your great successes. Celebrating does several things; it pumps your team up with adrenaline, unites them in victory, and encourages them to take risks again. Also, the other team may be watching and getting depressed.
- Never play it safe, play it sure. Many times when one team is ahead, they stall out and the other team starts catching up. This is usually because the team has ceased to play to win and is just playing not to lose. This is a passive approach and the more aggressive team will come back. A team needs to always play to win, and attack.
- All front-row hitters must call for the ball. It lets your setter know who is available, it gets the hitters ready, and it helps confuse the defense which, many times, will split the blockers.
- During an intense, quick rally where your team is out of position and getting ragged, it is a good idea to put the ball deep into the opponent's court. This serves two purposes. First, most defenses tend to creep up in the court, not going home every time in a long rally. Second, if the ball goes deep, it will give your team more time to recover and return to their defensive positions.
- Try to only tip sets your opponent's expect you to hit.
- Anytime they expect a tip (a tight set for instance), try to hit it sharp angle or push it to deep corners. Setter on tight passes should try to punch it up on their side of the net for a hit. If the middle is awake, this is a good set to hit a quick on because they are hard to power set outside or back.
- Don't tip anything off of the net, hit it. Tips are slower and if it's off the net the defense has more time to respond.
- When the ball is on your side you should track it all the time. Many players will take their eyes off the ball when they transition or come in for hitter coverage. They get caught with shanks, miss-hits or having it bounce off of ceiling beams.
- Players must talk, talk, talk. You should be go-calling each ball hit by a teammate, calling the balls they intend to hit, and talking to each other. If setters communicate effectively with their hitters, they can increase the hitters' kill ratio (for example, by calling the numbers of blockers or the places to hit to or by reminding the hitter of a technique to improve on to be successful,



such as swinging fast or jumping behind the ball). The rest of the team can be calling where the opponent's attack is originating; the blockers can call other blockers over to help, or to let back-row players know that tips, down balls, or free balls are coming. Players can audibly remind each other where the setter is and how many are hitting front row.

- When you opponents are serving notice how quickly the server goes to their defensive position. If they move slowly, attack with quicks or setter dumps there.
- Make sure hitters get a set at which they can swing. On quick transitions, setters should put the ball higher to give hitters more time to approach and swing.
- Anytime you can attack on the first or second hit, do it. Anything not expected is to your advantage. A team gets into a routine of pass, set, hit. If you counterattack with something out of the routine (such as spiking on the second hit), it will take the defense by surprise.
- As a general rule, hit most free and down balls deep to the number 1 position on the court. Sometimes when the setter transitions to the front row to set, the middle back does not move over to cover the court. It is also harder to set a ball coming from behind, and a quick attack is much less likely.
- Use fakes to draw a block away or make them hesitate and be late.