



GAME STRATEGIES – HITTERS

Outside Hitters

- The majority of sets should go to outside hitters because they are usually the best, most consistent and most experienced hitters. They have more room to put the ball into the court and it is more difficult for the blockers to put up a good two-person block on the sideline, especially if it is a quick set (greater distance to travel).

Middle Hitters

- Middle hitters almost always will have at least one blocker up in the middle so you should never hit straight on but always at angles. Hit mostly to the number 1 position on the court. Half the time the setter is there and will be forced to take it and the other half they are in the front row and it is a difficult pass for a setter to handle.
- The most effective tips are the ones hit on good sets (the ones players want to kill). Tip toward the line, right or left, from wherever the blocker came. It is a difficult hit to pass without going over or under the net or out of bounds. Whenever the defense expects a hit, give them a tip, and vice versa.
- Set up the defense for tips by first spiking one side deep then coming back with a tip.
- You can run screens, tandems, quicks, or slides to create problems for the blockers and create either a one-on-one blocking situation or a hole in the block for yourself or your teammates.
- You should come in and call for quicks every single play, even if you aren't going to hit. It can distract and cause even a slight hesitation in the blocker making her late and, hopefully, provide a hole in the block to hit through.

Opposite Hitters

- Defense is not usually good for opposite (right side) hits because the defense doesn't get much practice as with outside hits.
- Middle blockers don't go left as well as they go right so they tend to leave more gaps in the block or fail to seal the net adequately.
- An angle or power hit is directed to the opponent's setter half the time preventing the setter from setting the ball.
- Because this set is right behind the setter, it is a shorter timed set so the middle blocker doesn't have as much time to get there.
- If right handed, make sure to line up with the ball and not angled off the court like a normal outside hit.