

Tactics

		FUNdamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
<b>Serving</b>	<b>Introduce</b>	•	• Speed & trajectory	<ul style="list-style-type: none"> <li>Utilization of different serving techniques</li> <li>Targeting a weak passer</li> <li>Targeting a court location</li> <li>Attacking a serve receive formation</li> </ul>	•	•	•
	<b>Develop</b>	•	•	<ul style="list-style-type: none"> <li>Speed &amp; trajectory</li> <li>Attacking a serve receive formation</li> <li>Targeting a court location</li> </ul>	<ul style="list-style-type: none"> <li>Utilization of different serving techniques</li> <li>Targeting a weak passer</li> </ul>	•	•
	<b>Stabilize</b>	•	•	•	<ul style="list-style-type: none"> <li>Speed &amp; trajectory</li> <li>Utilization of different serving techniques</li> <li>Attacking a serve receive formation</li> <li>Targeting a court location</li> </ul>	• Targeting a weak passer	•
	<b>Maintain Refine</b>	•	•	•	• Targeting a court location	<ul style="list-style-type: none"> <li>Speed &amp; trajectory</li> <li>Utilization of different serving techniques</li> <li>Attacking a serve receive formation</li> </ul>	• Targeting a weak passer

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		FUNdamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Overhead Pass	Introduce	•	• Changing trajectory	• Overhead vs forearm serve reception • Front set/back set selection • Use of height/tempo variations	• Use of 3m set	•	•
	Develop	•	•	• Changing trajectory	• overhead vs forearm serve reception • Front set/back set selection for setters • Use of height/tempo variations	• Use of 3m set	•
	Stabilize	•	•	• Changing trajectory	• overhead vs forearm serve reception	• Front set/back set selection for setters • Use of height/tempo variations • Use of 3m set	•
	Maintain Refine	•	•	•	• Changing trajectory	• overhead vs forearm serve reception	• Front set/back set selection for setters • Use of height/tempo variations • Use of 3m set
Forearm Pass	Introduce	•	• Pass trajectory changes	• Adjustments to reception starting positions	•	•	•
	Develop	•	•	• Pass trajectory changes	• Adjustments to reception starting positions	•	•
	Stabilize	•	•	•	• Pass trajectory changes	• Adjustments to reception starting positions	•
	Maintain Refine	•	•	•	•	• Pass trajectory changes	• Adjustments to reception starting positions

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		FUNDamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Attack	Introduce	•	• Use of off speed attacks	• Changing attack directions • Attacking imperfect sets	• Using the wipe off shot • Second contact attacks	•	•
	Develop	•	•	• Use of off speed attacks	• Changing attack directions • Attacking imperfect sets	• Using the wipe off shot • Second contact attacks	•
	Stabilize	•	•	•	• Use of off speed attacks	• Changing attack directions • Using the wipe off shot • Attacking imperfect sets • Second contact attacks	•
	Maintain Refine	•	•	•	•	• Use of off speed attacks	• Changing attack directions • Using the wipe off shot • Attacking imperfect sets • Second contact attacks
Blocking	Introduce	•	•	• Single block tactics • Double block tactics • Blocking a location	• Blocking the hitter • Commit vs read blocking for middle blockers • Blocker communication	• Triple block tactics	•
	Develop	•	•	• Single block tactics • Double block tactics • Blocking a location	• Blocking the hitter • Commit vs read blocking for middle blockers • Blocker communication	• Triple block tactics	•
	Stabilize	•	•	• Single block tactics	• Single block tactics • Blocking a location • Blocker communication	• Blocking the hitter • Commit vs read blocking for middle blockers	• Triple block tactics
	Maintain Refine	•	•	•	• Single block tactics • Blocking a location	• Blocker communication	• Blocking the hitter • Commit vs read blocking for middle blockers • Triple block tactics

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		FUNdamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Defence	Introduce	•	•	• Individual positioning	<ul style="list-style-type: none"> <li>• Adjusting to opponent tendencies</li> <li>• Reading of relevant cues</li> </ul>	•	•
	Develop	•	•	•	<ul style="list-style-type: none"> <li>• Individual positioning</li> <li>• Adjusting to opponent tendencies</li> </ul>	• Reading of relevant cues	•
	Stabilize	•	•	•	•	<ul style="list-style-type: none"> <li>• Individual positioning</li> <li>• Adjusting to opponent tendencies</li> </ul>	• Reading of relevant cues
	Maintain Refine	•	•	•	•	•	<ul style="list-style-type: none"> <li>• Individual positioning</li> <li>• Adjusting to opponent tendencies</li> <li>• Reading of relevant cues</li> </ul>