



## *The Cardinal Rules*

These are some of the fundamental rules as they apply to each skill and game situation. As everything in life, there are some situations where these rules will not apply. By understanding and practicing these guidelines, one will improve their playing opportunities immensely.

### Serve Receive

- Avoid being aced. Try to at least touch the served ball
- Make the pass playable. Get it in the air somewhere
- Target the pass to the setter
- "Open up" if you are not going to pass the ball so you can see what's happening

### Serving

- Aggressive:**
- When seriously behind in score
  - When points are never made in a particular serving rotation
  - When the score is stuck in the middle of the game
  - When team's ability to side out is high
- Safe:**
- First ball after winning the coin toss
  - After a time out
  - After serving several points in a row
  - After winning a long rally
  - After the player in the preceding rotation has missed the serve
  - Strong front line rotation is at the net
  - After you have missed your last serve
  - After the other team has missed

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## Floor Defense

- Position yourself between the flight of the ball and the court
- Dig ball to zone 2/3 atleast 20 feet high so the setter has all options available
- COME OFF THE NET ON A FREEBALL!!**
- Nothing hits the floor - relentless pursuit
- "Every ball is coming to me" - put yourself in position to play every ball
- Do not hit the floor if you do not need to - *never be on the floor before your arms contact the ball*
- Recognize that you are responsible for a defensive area
- Always attempt to play the ball with two arms
- Controlled aggression

## Attacking

- Attacker should always give direction to the set ball; never let the set dictate what you have to do with the ball
- Always prepare to hit the whole court
- Attackers must move their feet to the ball prior to attacking
- The attacker must verbalize more than once, the request for the type of set and the speed of the set
- A hit off the blockers into the ceiling or stands is just as good as a hit off a digger or one that hits the floor

## Blocking

- Follow the hitter
- Vision Sequence: Ball → Setter → Ball → Hitter
- Know difference between guessing and anticipating
- Block with your hands!!
- Penetrate the plane of the net, almost beating the attacker to the ball
- It's OK to be late...but at least JUMP!!
- The idea is not to block every attack. The idea is to make your opponent believe that you *might* block every attack

## Overhead Pass

- Get behind the ball quickly
- Distance first
- Communicate with your attackers
- WAIT FOR THE BALL...DO NOT REACH!

## The Bottom Line

- LOOK ATHLETIC!!**
- It's a volleyball...NOT A GRENADE! Don't be afraid to get behind the ball!**