

DIG VOLLEYBALL PRE-SEASON TEST STUDY GUIDE

It was a FANTASTIC seven weeks of preseason training so far. There has been a lot of learning that has taken place about serving, defense, offense and serve-receive! The purpose of the test is to make sure you have a solid understanding of what we have learned so far. Please use the below tips to help you review and prepare for the test.

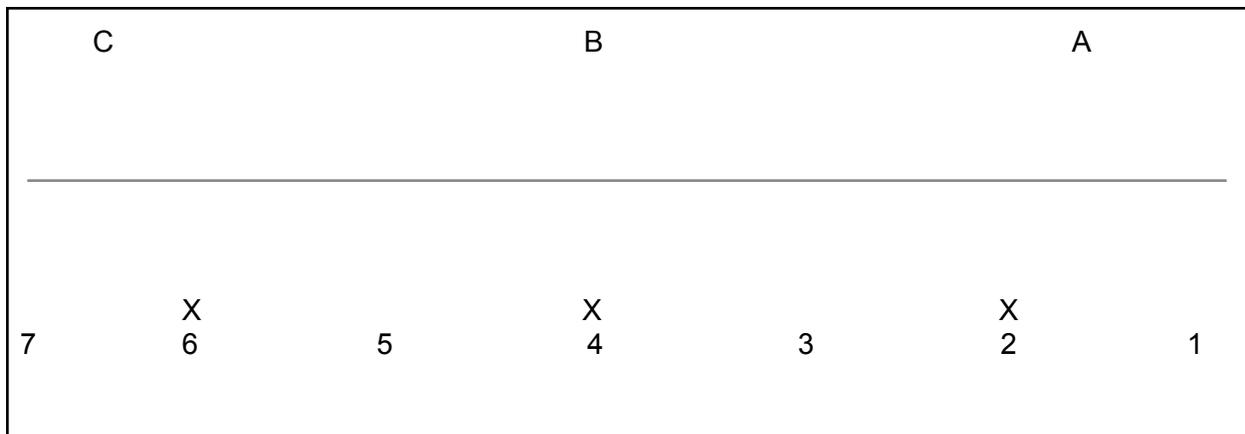
OFFENSE-

It's important that you can identify all of the set calls, both front row and back row. If there was a fill-in-the-blank diagram, make sure you can fill in the set calls.

5	31	1 or 2	A	B	C/D
Shoot	32	SETTER			SLIDE
BLUE		WHITE		RED	

SERVING-

Much like the set calls, you need to make sure you can identify all of the serving zones. Remember, the odd numbers are seams between the three passers (1,3,5,7). Even numbers are at the passers (2,4,6). A,B,C are short serves.

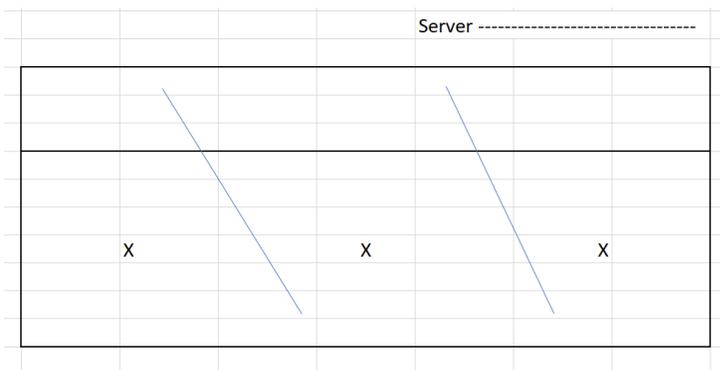
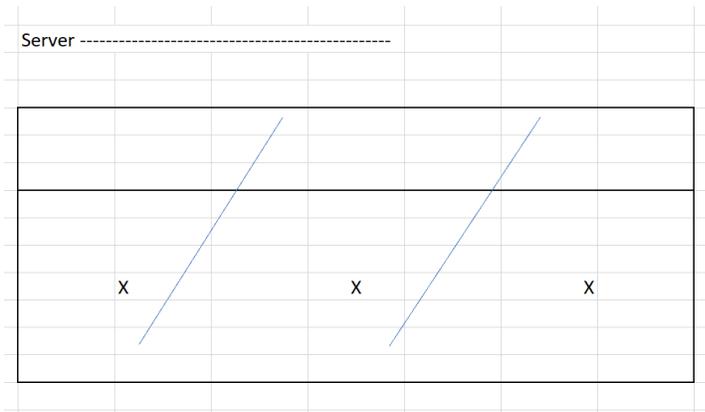


(Left back)

(Right back)

SERVE/RECEIVE-

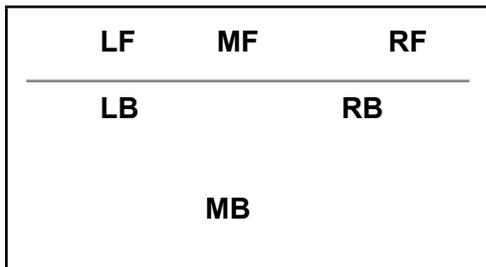
- Stats- Do you know how to calculate serve-receive stats? It's important to know because it helps you to gauge where you are at with your passing rating.
-Add up the passes (0,2,2,3,1,2,3) then divide by the total - $13/7 = 1.85$
- Make sure you know your passing lanes based on where the server is standing (see below)



DEFENSE-

- Make sure you know the base position for all players in defense (rotational and perimeter)

Base defense for Rotational/Perimeter



- Be able to identify at least one strength and one weakness of each defense (use your handouts to review)
- Be able to fill in where the defense would transition to in different situations (against the OH, MB, and RH).

Know the DIG Core Values!

FIRED UP

F- FUN

I- INTEGRITY

R- RESPECT

E- EFFORT

D- DESIRE

U

P (UNPARALLELED PERFORMANCE AND UNLIMITED POSSIBILITIES)