



## Key Words with Whole to Part Training

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**Key words** for skills help players learn, focus, and improve quickly. Here is how it works. Research has demonstrated that players will retain skill improvements better when they learn in a "**whole to part**" process. This means that players should complete whole skills while focusing on one part of the skill at a time. (The opposite is "Part to whole" training. Coaches break the skill apart, and then piece it together in a choppy mess. This broken up system has a much lower learning curve and retention for the future.).

So, while doing "**whole to part**" training, **key words** help direct focus while performing a whole skill. An example would be having a player train serving while having them focus on "*pop a high five to target*" to have them work on accuracy with a float serve.

This is how we teach and train at the [Peak Volleyball Camps](http://www.PeakVolleyballCamps.com)!

**Here is how you can use it every day to improve.** Start by printing the Key Words for Volleyball. Each day, pick one key word phrase from one skill you want to improve. Focus on that improvement every time you do that skill. By the end of your training session, you should be improved in that one specific area of the skill.

Each day select a different key word phrase. I like to refer to this as the "**positive cumulative effect**". If you become 1% better each day, then in 100 days you will be 100% better! It adds up fast!

**Become your personal best each day.**

## Key Words for Peak Volleyball

### Keys for Success

- **“My Ball” commitment and pursuit**
- **Ball up.** Your body must always be between the floor and ball.
- **Angles** and **momentum** to **target** with ball contacts. Balls on our side of the net should aim **high and off net.**
- **IN to WIN:** Get ball over the net and in one more time than your opponents to win.

### Serving

Float (end line and from deep)

- **Start left foot forward, and step with left foot pointing to target** (right foot for left handed players)
- **Open hips** and shoulders (80°)
- **Elbow and hand back and high**
- Low (toss) **lift** in front
- Finish **pop high five to target**

Jump float serve

- **Start right foot forward** if right handed (left foot if lefty)
- **Start elbow and hand back and high**
- **Start with left tossing hand holding ball near shoulder height** (elbow slightly bent)
- **Three step approach LRL, RLR if LH**
- **Open hips** and shoulders (80°)
- Low (toss) **lift to hitting hand** out in front **when taking right step** (2<sup>nd</sup> step)
- Finish **pop high five to target**

Jump serve (top spin)

- Lead jump with high toss in front
- Swing through to target
- Snap, top spin down

### Passing

- **“My ball”** commitment and pursuit
- **Wide base**
- **Short stop**
- **Hips to target** with shuffle steps
- Feet to ball early, Platform out early
- Wrists down (elbows locked)
- Press platform
- **Freeze platform to target**

Overhead passing

- Hands/shape up early (behind ball)
- Extend and freeze shape to target

### Setting

- **Compact posture** (hands at mid-body)
- Get to center line early
- Feet to ball early
- **Right foot forward**
- **Square** to front target
- Hands in **shape** of ball early (hairline)
- Full **extension** (“Superman”)
- **Freeze** extension (hands high at finish)
- Location (height, depth, zone)

Back sets

- Same contact point, extension to back target

Jump sets

- Jump slightly forward (6”), then set (at peak)

Quick sets

- See hitter, set flat to and peak at hitter’s hand

Deception

- Reverse ball
- Show body mis-cues, deceptively lean

forward or back counter to set

Read blockers

- Look at blocker locations when releasing
- Peripheral vision between pass/set

Setter Attack

- Show **jump set**
- **Hold** hands in **shape**
- **Extend** left hand, reach high
- **Tip to target,** trajectory flat/down

Hitting

- **Compact posture**
- **Approach slow to fast** (3 step for right handed attacker)
  - Loaded right foot forward
  - Left **directional** small/slow step
  - Right acceleration to **open step,** foot at 80° angle to net
  - Left **close/arms back** and explode
- Throw arms high, **elbow back and high**
- High wrist snap
- **Follow through to target**
- **Land on two feet**

Quick attacks

- Transition two-step approach (left forward)
  - Timing, track passed ball/tempo, be ahead of ball
  - Right acceleration to open step, foot at 80 degree angle to net, left close
  - Spacing, distance off net and setter
  - Open up to setter
  - Hands up fast/elbow back
  - Quick/high snap down
- Slides
- Load in line with setter
  - Slow to fast approach. Last step 6 feet off net and attack point
  - Explode up off axis leg, drive right knee up with right arm
  - Rotate, then swing

Blocking

- Point/call out hitters and tendencies
  - **Compact** posture
  - **Hands high and wide** (before/after block)
  - **Read,** Setter extension
  - **Communicate** (“4, out, ready, block”; identify hitter routes, identify set location, timing of block)
  - **Front hitter,** watch hitter angle of approach
  - **Close block,** MB look and go to shoulder
  - Footwork, **throw feet** to stop
  - **Penetrate** hands over net quickly, wide hands and surround ball, ball to floor
  - Hands in **shape** of ball, **drop in** to angle
  - **FINISH** with **hands high**
- Middle Blockers (Read and close priority)
- Front 1 balanced, OR take one step towards opponent MB movement 31/slide, then be stopped and balanced BEFORE set
  - **Read setter extension** (100% accuracy), call “out”/“back”.
  - **Sprint and close to blocker,** touch hand
  - Cut off angle

Outside/Rightside blockers (set block priority)

- LF inside to assist block 1, release to slide sets; RF block 31 straight, release to 4 sets
- Set block by **read hitter approach** (not ball) and **front hitter.** Call “inside” or “outside”.
- No float towards outside of court
- Communicate timing, “Ready...Block”

Floor Defense

- **“My ball”** commitment and pursuit
  - **Wide base**
  - **Low** posture (can touch floor with hands)
  - **Hips to target,** shuffle steps
  - **Be stopped** at hitter contact
  - **Platform ALWAYS to target**
  - Stay on feet (when possible)
- For overhead digging
- Shape up early and in front of face (platform)
  - Firm hands and wrists behind ball
  - Extend & freeze shape
- Sprawls, Dives and Rolls
- Shoulders low to the ground
  - Forward momentum
  - Dig first

Team Philosophies

- On court effective communication system
- Acknowledge other players after rallies and games
- Eye and pride contact
- Bring team together
- Talk in positives, “We will do...”
- Collective responsibility in team solutions with challenges (on and off court)

Communication System

- Communication during rally: 1. “mine”/“yours”, 2. call “I set”/“4”, 3. “cover”, 4. call hitting shot “line”, 5. “base”
- Setter-hitter two-way communication to designate play and acknowledge play
- Pre-serve receive passers (“I have the short middle serve”/“I have the deep cross court top spin jump serve”)
- Pre-serve blockers identify opponent hitters, options, and tendencies (“#1-#2-#3, setters up, #2 is going slide-line”)
- Defense responsibility acknowledgements (“I have setter attack”, “I have the middle’s cutback”...)
- Hitter approach identification (“4/2/1...”)
- Set identification (“out”/“back”/“ten”)
- Block adjustment identification of hitter approach (“inside”/“outside”)
- Floor defense identification by all players (“mine”, “yours/name”)
- Hitter call set/setter audible adjustments
- All call “cover” (prompt for all to cover hitter)
- Hitter option identification (“line, cross, tip”)
- All call “base” (back to base defense fast)
- Post rally and game player acknowledgements to teammates

Playing Philosophies

- Always pre-set posture and angles
- Look across the net at people/contact points
- “My ball” pursuit first
- Communication loud and early

Training Philosophies

- High energy, positive and supportive atmosphere
- Teaching within whole to part with the Peak Volleyball Skill Key Words
- Combination work (multi-skills integrated)
- Team scenario play
- Over speed team play