



Volleyball Canyons to Bridge

By John Kessel, USA Volleyball Director of Membership Development and Disabled Programs

What percent of the game of volleyball is mental?

How much do you train mentally in practice?

What percent of a player's success in serve reception is happening before the ball clears the net?

What percent do you practice – warm up to cool down – with the ball being passed from the same side of the net?

What percent of the time does your average player spike against no blockers in a match?

What percent of the time do your hitters swing away with no blocker in practice?

What percent of time in practice do your hitters spike then dash under the net to get the ball?

What percent of time in a match do your hitters spike then run under the net?

What percent of time practicing a serve, does each player serve then sprint to their base position?

What percent of time in a game do you want your servers to stand and watch the ball they just served?

How many times in practice do you or your players throw a ball to the setter?

How many times does any player get to throw the ball to the setter in a match?

How many times do you throw a ball up for a spiker to hit in practice?

How many times does a spiker get to read, time and hit a throw in a match?

What percent do you want your defensive players to move from base to home and back in a game?

What percent of time in pepper, or queen of the court do you have your players making this crucial base to home and back movement?

How many of your opponents slap a ball in a match?

How many times do you or your players slap a ball in practice?