



# RAOA VOLLEYBALL TRAINING

- Ball Handling
- Back Row and Libero Awareness
- R2 Transitions and Position at the net



# Ball Handling

- One end of the spectrum or the other



- Need to be consistent as a cadre
- Types of ball handling faults
  - Lift
  - Double Contact



Rochester Area     
  **Officials Association**

LIFT



# Lift

- Definition of the rule: (9-4-5) “Legal contact is a touch of the ball by any part of a player’s body which does not allow the ball to visibly come to rest or involve prolonged contact with a player’s body.”
  - Think of the following as –
    - Visibly come to rest – Catch
    - Prolonged contact – Throw
- If the ball was not caught or thrown, play must continue.



# Lift

- Think of the body in sections
  - Outside left shoulder
  - Shoulder to shoulder
  - Outside right shoulder
  
- If you cross 1 or 2 sections, not a lift.
- If you cross all 3 sections, it's a lift.



# Example

- Most commonly called lift, that's not a lift.
  - Player from team A, middle front, is playing the teams third ball, she goes up to the net with an open hand, palm facing up and pushes it across the net. There was no prolonged contact and did not come to rest.
  - Note – An open hand does not equal a lift. The ball must either come to rest (catch) or have prolonged contact (throw).



# Examples

- ▣ Ball being played out of the net
  - What's a lift, what's not



# Example

- ▣ Setter dump or hitter push
  - What's a lift, what's not



Rochester Area     
  Officials Association

# DOUBLE CONTACT



# Double Contact

- ▣ Definition of the rule (9-5-7-8): “Multiple contacts are more than one contact by a player during one attempt to play the ball.”
  - Excluding first ball over the net
  - Excluding a block
  - Excluding simultaneous contact with another player on either first, second, or third team contact.
- ▣ Judge the contacts of the players hand positioning, not the spin.
  - Must be able to distinguish which two body parts (most commonly hands) contacted the ball at different intervals



# Double Contact

- See the ball in and out of hands.
  - Look at the direction the ball is going, did it make it to it's intended target in a smooth fashion.
  - Think smooth cut (legal)
  - Jagged cut/wavy ball (illegal)



# BACK ROW ATTACK AND BACK ROW BLOCK



# Back Row and Libero Awareness



- ▣ Back Row Attack
  - A back row player (on or in front of the attack line), cannot contact the ball completely above the height of the net and complete an attack.
    - ▣ Attack – Any action other than a block or a serve that directs the ball toward the opponents court. A completed attack occurs the instant the ball completely crosses the vertical plane of the net, or is touched by the blocker in their legal playing space.
  
- ▣ Note – Most back row attack/block situations actually occur because of the setter.
  - Only on occasion does it actually involve an attack from a back row hitter.
  - Always, always, always know where your setter is!



# Back Row and Libero Awareness



- Back Row Block – The action of a back row player(s) close to the net that deflects the ball over the net coming from the opponents side.
  - ... A backrow player may not participate in a collective block
  - Body part above the height of the net when the ball contacts the player



# Back Row and Libero Awareness



- ▣ The difference is quite easy...
  - Setter / Attacker to the Blocker = Back Row Attack
    - ▣ My side to the opponent side
  - Blocker to the Setter/Attacker = Back Row Block
    - ▣ Opponent side to my side



# Back Row Attack and Block Examples

- ▣ The ball travels from team A to team B. Team B's, B5 (left back) overpasses the ball. The setter for team B who's middle back and in front of the 10 foot line tries to save the ball, while the ball is completely above the height of the net, she contacts it with one hand and it goes into the hands of the blocker.
  - What would you call?
  - Back Row Attack



# Back Row Attack and Block Examples



- The ball travels from team A to team B. Team B's, B5 (left back) overpasses the ball. The setter for team B who middle back and in front of the 10 foot line saves the ball cleanly and back sets it to the left side of the court. The right back, jumps from the back row with a part of her foot in contact with the 10 foot line, jumps and is higher than the top of the net. The blocker from the opponents side of the net then legally touches the ball.
  - What would you call?
  - Back Row Attack



# Back Row Attack and Block Examples



- ▣ The ball travels from team A to team B. Team B's left back overpasses the ball. The setter for team B who middle back and in front of the 10 foot line tries to save the ball, while the ball is partially above the height of the net, she contacts it with one hand and it goes into the hands of the blocker.
  - What would you call?
  
  - Nothing, play continues



# Back Row Attack and Block Examples

- The ball travels from team A to team B. Team B's left back overpasses the ball. The setter for team B who middle back and in front of the 10 foot line tries to save the ball, in doing so the ball enters the plane of the net and is contacted legally by the blocker and then contacts the setter who has her hand partially above the height of the net.
  - What would you call?
  - Back Row Block



# Back Row Attack and Block Examples

- True or false – If the libero hits the ball at any time it is a back row attack?
  - False – The action by the libero contacting the ball is only a fault if she contacts the ball higher than the height of the net to where it is legally touched by the blocker OR is completely on the opponents side of the net.



Rochester Area     
  Officials Association

# LIBERO SETTING



# Libero Setting

- ▣ Definition of the rule: (9-5-6-B) “ A libero shall not – Set the ball using overhand finger action while on or in front of the attack line (10 foot line), resulting in a completed attack above the height of the net.



# Examples

- ▣ Team A's libero gets into position to set the second ball, with one foot partially in contact with the 10 foot line, sets the ball using overhand finger action, which is then attacked by the right front while the ball is completely above the height of the net.

What would you call?

- Illegal Attack



# Examples

- ▣ Team A's libero gets into position to set the second ball, with one foot partially in contact with the 10 foot line, sets the ball using overhand finger action, which is then attacked by the right front while the ball is completely above the height of the net.

What would you call?

- Illegal Attack



# Examples

- ❑ Team A's libero gets into position to set the second ball, with one foot behind the 10 foot line and another over, but not touching the 10 foot line, sets the ball using overhand finger action, which is then attacked by the right front while the ball is completely above the height of the net.

What would you call?

- Nothing, play continues



# Examples

- ▣ Team A's libero gets into position to set the second ball, with one foot partially in contact with the 10 foot line, sets the ball using overhand finger action, which is then attacked by the right front while the ball is partially above the height of the net.

What would you call?

- Nothing, play continues



# Examples

- ▣ Team A's libero gets into position to set the second ball, with both feet in front of the 10 foot line, sets the ball using overhand finger action, which is then attacked by the right front while the ball is completely above the height of the net.

What would you call?

- Illegal Attack



# Examples

- ▣ Team A's libero gets into position to set the second ball, with both feet behind the 10 foot line, sets the ball using overhand finger action, which is then attacked by the right front while the ball is completely above the height of the net.

What would you call?

- Nothing, play continues



# R2 TRANSITIONS AND POSITION AT THE NET



# R2 Transitions and Position at the net



- Always on the blocker's side of the net
- 3 steps back from the net; 1 step either way
  - Allows for a clear view of both sides
- Shoulders and hips square to the net in base position as well as transition



# R2 Transitions and position at the net



- Transition immediately on service contact
  - See the pass, set, and attack... Leave the attack just before contact to find the blockers hands
  - Try not to see the first team's contact unless a trouble ball (i.e. pancake situation)
    - Instead, see the blocker all the way to the floor
  - Transition as the blocker transitions off the net



# R2 Transitions and position at the net



- See the play develop
  - Avoid tunnel vision
- You do not need to see first contact after the serve
- Goal – Be on the blocker’s side of the net at or just before the setter sets the ball
- Reminder – Leave the attack early to see the blockers hands
  - This helps to see touches and blocking faults at time of the attack



# R2 Transitions and position at the net



- ▣ Net fault sequence as R2
  - Whistle
  - Signal net from base position (do not touch the net or step forward. If needed, step out to be visible)
  - Indicate the number to the R1
  - Award point with your R1 to the team getting the point
- ▣ Net fault sequence as R1
  - Let your R2 have a chance at calling the net
  - After they give you the number, mimic that straight up
  - Award point to correct side



Rochester Area     
  Officials Association

QUESTIONS??