

# 2019 HIGH PERFORMANCE National Tryout Plan

- 1:30** Coach arrival between 90 and 60 minutes prior to start time, no later than 30 minutes prior
- 1:30** Begin tryout setup
- 0:30** Court Coach Meeting
- 0:30** Evaluator Meeting
- 0:00** Registration – begin height and jump touch measurements
- 1:00** Welcome – Introductions to athletes and Expectations of the tryout
- 1:10 - 1:15** Tryout Begins / Position Breakdown by Court
  - Age groups go to courts
  - Evaluators take attendance and send athletes to position courts
- 1:15 - 2:15** **COMBINED POSITIONAL BREAKOUTS**
  - Evaluators and Court Coaches monitor time to move through drills and rotate SETs and LIBs when needed
- 2:15 – 2:30** **DEEP COURT – 15mins**
- 2:30 – 3:15** **PLAY**
- 3:15 – 4:00** **PLAY**
- 4:00** **Bring all Players in, Closure, Thank You, Clean Up.**
  - **\*Coaches Meeting after Players Leave\***

Provide athletes with water between play phases or as needed.

Minutes per Drill

**Court Coach Breakdown**

SPIN = Down Ball  
OOS = Out of System

TOSS or SPIN a ball to achieve 75% drill success  
Ensure SETs, OHs, and OPPs are playing both front and back row positions during 6v6

**Evaluator Notes and Skills to Watch**

**OPPs only applicable for BOYS TRYOUTS**

**TRYOUT KEY**

**Player Transition Movement**

**Attack Movement**

**Ball Movement**

**Coach Position/Ball Cart**

**OH** = Outside Hitter  
**OPP** = Opposite (Boys' Tryouts ONLY)  
**MB** = Middle Blocker  
**SET** = Setter  
**LIB** = Libero  
**G.1** = "Group 1"

## COMBINED POSITIONAL BREAKOUTS

### OH/OPP SKILL ASSESSMENT – *Serve Receive*

15 Minutes

Divide OHs into 2 even groups.

**Group 1: OHs** Serve Receive passing

**Group 2: OHs** Serving

**SETs** will be provided for this drill. SETs can set to either PIN as there is no attacker. Begin with SETs running from Zone 1 to simulate Ro. 1. After 5 mins, move SETs to a new location on the court, preferable Zone 3; Ro. 5.

**Group 1 OHs** will be Serve Receive Passing for the first 7 mins of the drill. Passers will be 3 across in all back-row positions with OHs waiting in a single line on the end line to fill in. After a pass is made, the OH who passed the ball will shag it from either pin and return to the back of the passing line. A new OH from the end-line steps in to fill. If a ball lands between two passers, both will come off the court.

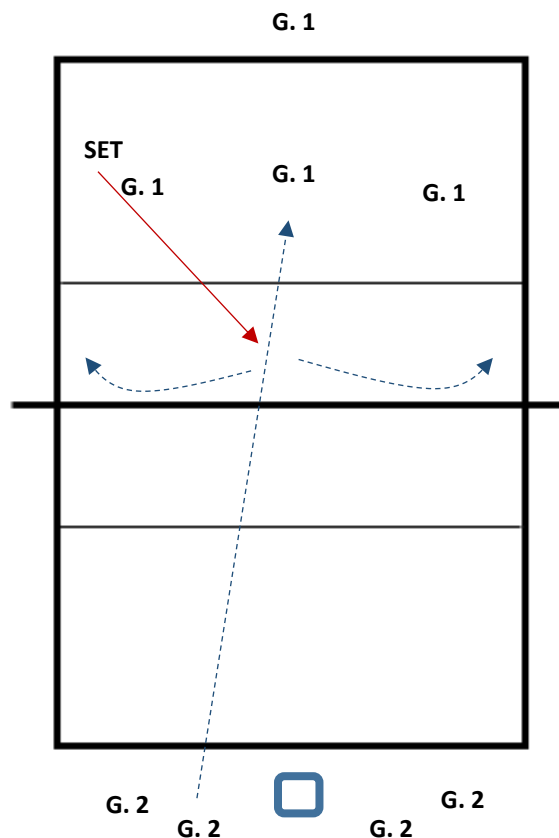
**Group 2 OHs** will be Serving for the first 7 mins of the drill. Ensure that serves are quick, one after another, but not so fast that the drill suffers. Coach will initiate a serve from the end-line after each missed serve.

Reminder that **OPPs** are not being evaluated on SERVE RECEIVE, but are SERVING to initiate the drill.

**OH – SERVE RECEIVE PASSING** – primary focus, **SERVING** – secondary as they will be serving again in 6v6

**OPP – SERVING**

**SET – FOOTWORK, DYNAMIC/POTENTIAL/VB IQ, SETTING**



## COMBINED POSITIONAL BREAKOUTS

### OH/OPP SKILL ASSESSMENT – Attacking from both PINS

15 Minutes

Divide OH/OPPs into 4 groups.

**Group 1:** Attacking first step tempo to the Left-Side pin. Fill in the same line after attacking.

**Group 2:** Blocking on the Right-Side pin against Group 1 attacking. Solo block one ball and rotate from blocker to the end of the blocking line.

**Group 3:** Shagging around the court and along the net.

**Group 4:** Passing from middle back. Coach will toss a ball from over the net and OH/OPP will pass one ball to setter at target and rotate to the back of the line.

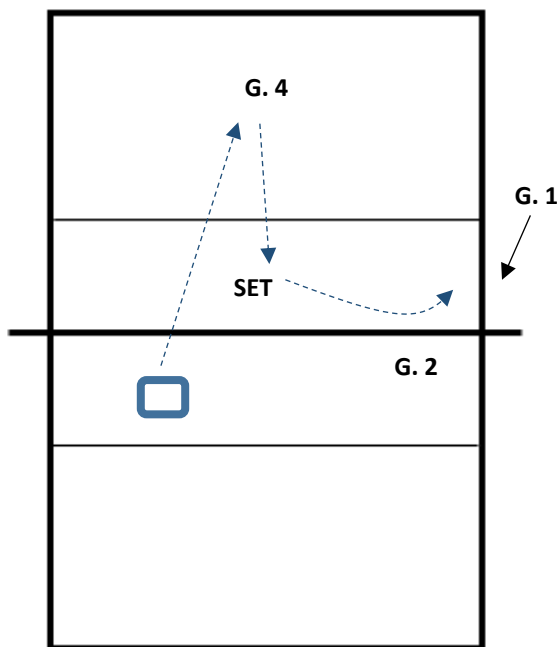
Ideal groups of 5-7 athletes. Rotate groups from attacking to blocking to shagging to passer. After the attacking group has had 4-6 reps each.

SETs will be provided for this drill and Court Coach will toss to initiate. Rotate them every few sets so that they do not set the same attackers.

After all OH/OPPs have hit on the Left-Side pin, repeat the sequence from the Right-Side pin.

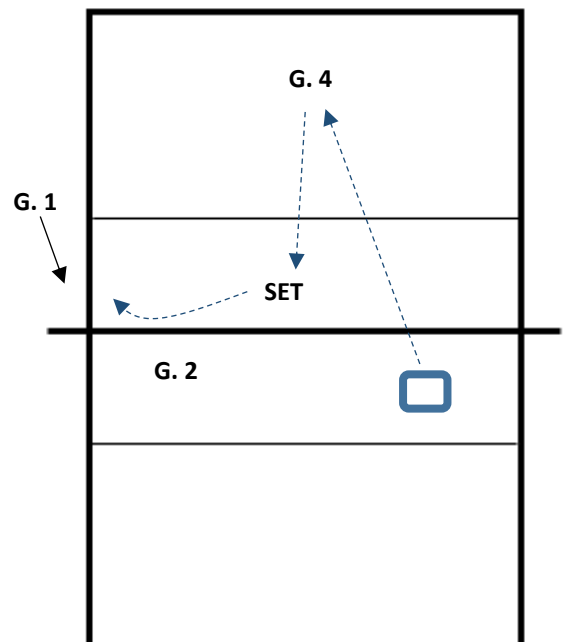
OH – ARMSWING/ATTACKING, BLOCKING  
 OPP – ARMSWING/ATTACKING, BLOCKING  
 SET – SETTING

Attacking from the LEFT



G. 3

Attacking from the RIGHT



G. 3

## COMBINED POSITIONAL BREAKOUTS

### OH/OPP SKILL ASSESSMENT – *Defend to Attack from both PINS*

30 Minutes

Divide OH/OPPs into 4 groups. Coach will initiate an “attack” from Right or Left Front dependent on Phase. Ideal groups of 5-7 athletes. Rotate groups from back row defender to front row attacking to blocking to shagging. Alternate between attacking to the back-row defender and the front row attacker; trying not to hit the same athlete twice in a row. Once all athletes have rotated through all positions, move on to the next Phase.

**Group 1:** Middle Back Defender

**Group 2:** Front Row Defend to Attack (Phase 1 = Left-Side, Phase 2 = Right-Side)

**Group 3:** Blocking one on one against the Attack

**Group 4:** Shagging around the court and along the net.

SETs will be provided for this drill and will be ready at TARGET.

**PHASE 1 Attacking from the Left-Side: Approx. 15mins**

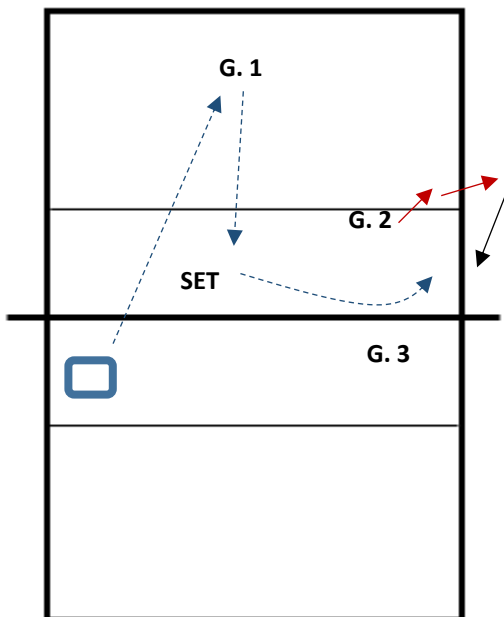
Coach will initiate an “attack” spin ball from Left-front on opposite side of net. OH/OPPs in Middle-Back and Left-Front will dig and the Left-Front will attack a first-step tempo ball to the Left-Side pin.

**PHASE 2 Attacking from the Right-Side: Approx. 15mins**

Coach will initiate an “attack” spin ball from Right-front on opposite side of net. OH/OPPs in Middle-Back and Right-Front will dig and the Right-Front will attack a first-step tempo ball to the Right-Side pin.

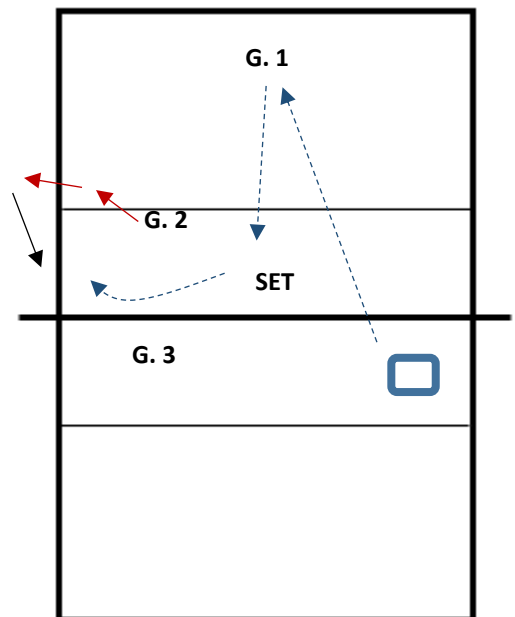
OH – DEFENSE, BLOCKING, ARM SWING/ATTACKING  
 OPP – DEFENSE, BLOCKING, ARM SWING/ATTACKING  
 SET – DEFENSE, SETTING, BLOCKING

Attacking from the LEFT



G. 4

Attacking from the RIGHT



G. 4

## COMBINED POSITIONAL BREAKOUTS

### MB SKILL ASSESSMENT – *Attack and Progress to Block with Transition*

30 Minutes

Divide MBs into 3 groups.

**Group 1:** Attacking

**Group 2:** Blocking

**Group 3:** Shagging

Rotate MBs from Attacking to Blocking to Shagging.

**SETs** will be provided for this drill and will begin at target. As the drill progresses, based on skill level, SETs can begin in Right-Back Defense and transition to Target.

**LIBs** will be provided for this drill and will be in Middle and Left-Back to pass and initiate the drill from a coach toss from over the net. LIBs will rotate between Middle and Left after each pass.

#### Phase 1 Attacking the 1: Approx. 10mins

Group 1 MBs will begin in a neutral position on the 3-meter line as if already transitioned. SETs will be at TARGET. Coach will toss/spin a ball from over the net to LIBs. Group 1 MBs will each attack 2 consecutive balls with the same SET. Once all Group 1 MBs have attacked, rotate SETs. Group 2 MBs will solo block against the attack and rotate within their line after each ball. Once all Group 1 MBs have attacked with each SET, Rotate Groups.

#### Phase 2 Attacking the GAP: Approx. 10mins

Repeat same sequence but now attacking the GAP.

#### Phase 3 Attacking with Block Transition: Approx. 10mins

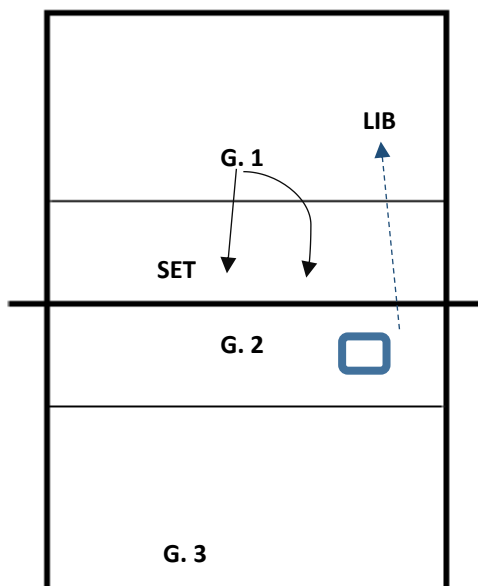
MBs will now begin at the net and SETs in Right-Back defense. Coach will choose to enter ball from the left or right pin on opposite side of net. MB will make a full blocking move and jump to defend the coach attack. MB transition to hit an audible ball of their choice, in front of or behind the SET. (1, GAP, A, 6, SLIDE) MBs will each attack 2 consecutive balls with the same SET.

**MB** – BLOCKING, ARM SWING/ATTACKING, VB IQ

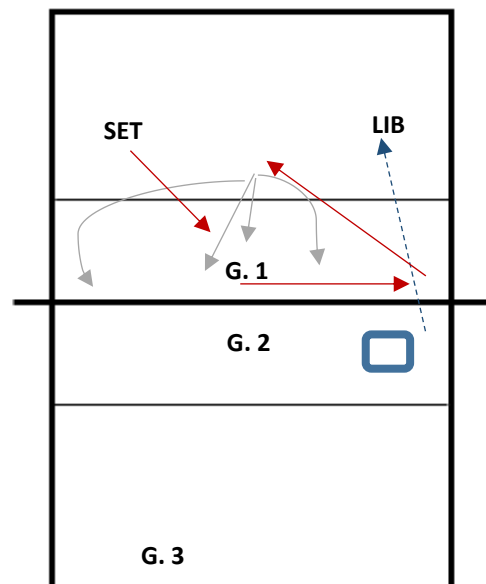
**SET** – SETTING, VB IQ

**LIB** – BALL CONTROL

Attacking PHASE 1 & 2



Attacking PHASE 3



## COMBINED POSITIONAL BREAKOUTS

### MB SKILL ASSESSMENT – *Serving*

30 Minutes

**MBs** will serve throughout this drill. **LIBs** will be rotating on and off to provide new passers. Ensure that serves are quick, one after another, but not so fast that the drill suffers. Coach will initiate a serve from the end-line after each missed serve.

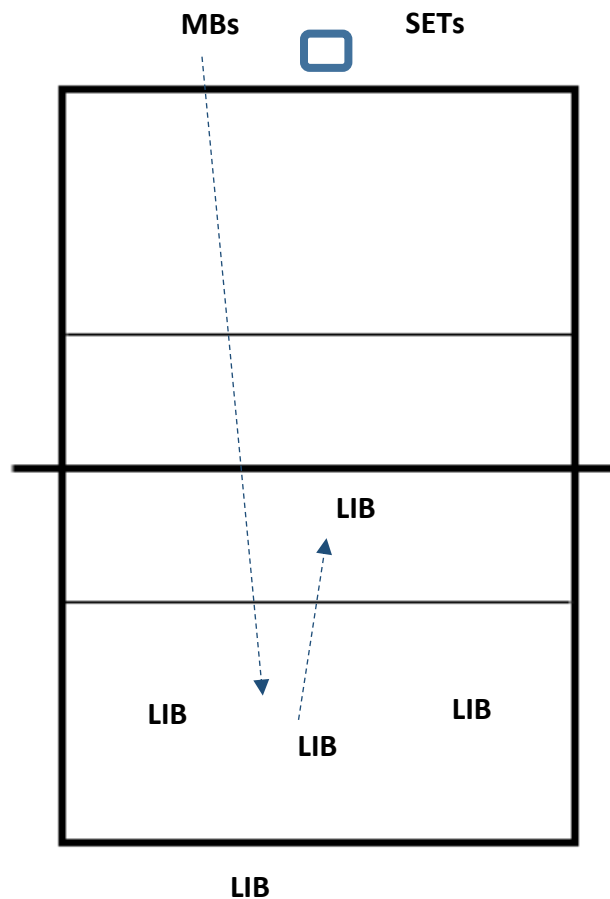
**LIBs** will be provided for this drill and will pass 3 across in all back-row positions and stand as **TARGET**. **LIBs** will pass and move to **TARGET** to shag the pass and then off the court to the back of the passing line. A new passer from the end-line will fill in for the passer. If a ball lands between two passers, both will come off the court and one will replace the **TARGET**.

**SETs** will be provided for this drill and will serve with the **MBs**.

**MB** – SERVING

**SET** – SERVING

**LIB** – SERVE RECEIVE/STAT



## SET SKILL ASSESSMENT

SETs will be divided into 2 initial groups.

**Group 1:** Setting on OH Designated Courts

**Group 2:** Setting on MB Designated Courts

Groups will be further divided based on number of athletes, coaches, and courts available. Specific group number breakdowns will be provided on site by Lead Tryout Coach and USAV staff member.

Evaluators will work with Court Coaches to ensure there are an even number of SETs on each court. It is the Lead SET Evaluator's responsibility to rotate SETs from position courts every 8-10 mins.

**\*\*All SET Required Drills are noted for OH and MB\*\***

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## LIB SKILL ASSESSMENT

LIBs will be divided into 2 initial groups.

**Group 1:** Defense/OOS Setting (LIB Designated Courts)

**Group 2:** Passing on MB Courts (MB Designated Courts)

Groups will be further divided based on number of athletes, coaches, and courts available. Specific group number breakdowns will be provided on site by Lead Tryout Coach and USAV staff member.

The 2 Groups of LIBs will rotate from LIB courts of Defense to MB courts approx. every 10mins. After the first 30mins of the hour, ALL LIBs will move into Serve Receive. Groups on LIB designated courts will serve and receive to one another, while LIBs on MB designated courts will receive serves from MBs. The LIBs will rotate courts so that every LIB sees MB serves.

**\*\*Drills explained on next page\*\***

## COMBINED POSITIONAL BREAKOUTS

### LIB SKILL ASSESSMENT – *Defense and OOS Setting*

30 Minutes

Divide LIBs into 3 groups.

**Groups 1:** Middle-Back Defense

**Group 2:** Left-Back Defense

**Group 3:** Passing on MB Court

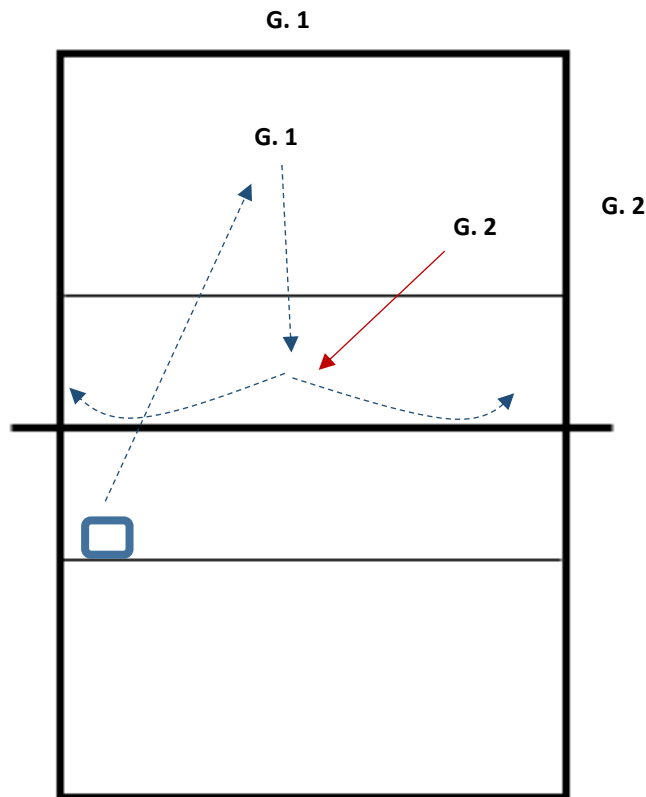
Rotate LIBs from Left-Back to Middle-Back to Shagging. Ideal groups of 5-7 athletes.

Coach will initiate a Spin Ball from Left-Front on the opposite side of the net to either defender. The LIB that does not dig will set and OOS ball to either PIN. Both Left and Middle back defender will rotate off after each ball and fill into their specific line. Rotate Groups after approximately 15 balls.

Repeat sequence until all LIBs have gone through each Group position and then flip to Coach initiated ball from the Right-Front.

**\*\*Reminder that approx. every 10 mins the LIBs will be rotating to MB courts. Continue to run this drill with new or repeating groups of LIBs for the entire 30 mins. \*\***

**LIB – DEFENSE, OOS SETTING**





## COMBINED POSITIONAL BREAKOUTS

### LIB SKILL ASSESSMENT – *Serve Receive w/ Stat*

30 Minutes

Divide LIBs into 3 groups.

**Group 1:** Serving on LIB Court

**Group 2:** Serve Receive on LIB Court

**Group 3:** Serve Receive on MB Court

Rotate LIBs from Servers on LIB Court to Serve Receive on Lib Court to Serve Receive on MB Court. Ideal groups of 5-7 athletes.

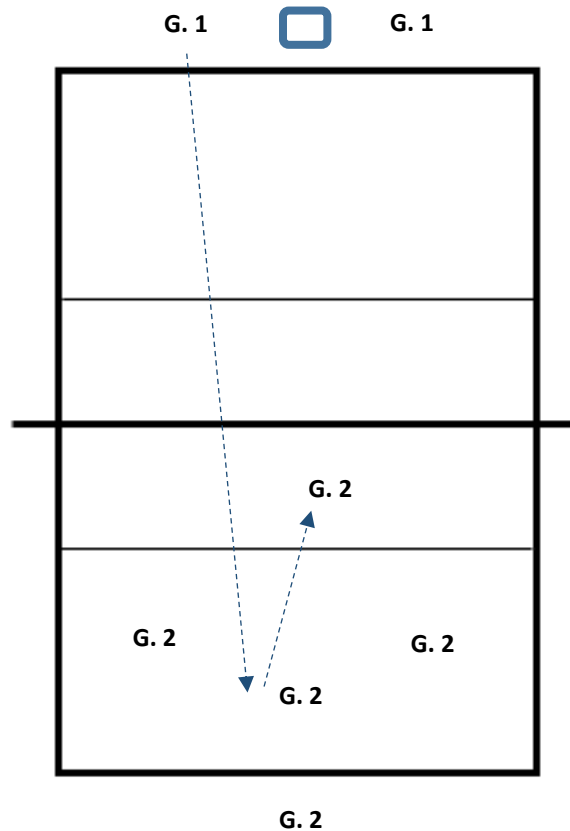
Reminder that LIBs are not being evaluated on SERVING, but are doing so to initiate the drill.

**LIBs** will pass 3 across in all back-row positions and stand as **TARGET**. LIBs will pass and move to **TARGET** to shag the pass and then off the court to the back of the passing line. A new passer from the end-line will fill in for the passer. If a ball lands between two passers, both will come off the court and one will replace the **TARGET**.

LIBs on the LIB Court will stay in their serving or serve receive groups for approx. 5 mins and then switch as a group within their court. LIBs on the MB Court will stay until the designated court rotation.

**\*\*Reminder that approx. every 10 mins the LIBs will be rotating to MB courts. Continue to run this drill with new or repeating groups of LIBs for the entire 30mins.**

LIB – SERVE RECEIVE/STAT



G. 2

## DEEP COURT

15 Minutes

Coach will initiate the drill with a SPIN ball to designated “winning” side. Groups of 3 across in back row with 1 setter in front row; all 4 athletes rotate together with a WIN.

**\*\*SETs can block and hit overpasses, but not dump\*\***

Enforce that players must hit the floor and limit hitting errors by keeping ball in play

After 5-10 minutes either start keeping score (individual wins) and/or start with serve. Winners are the receiving side.

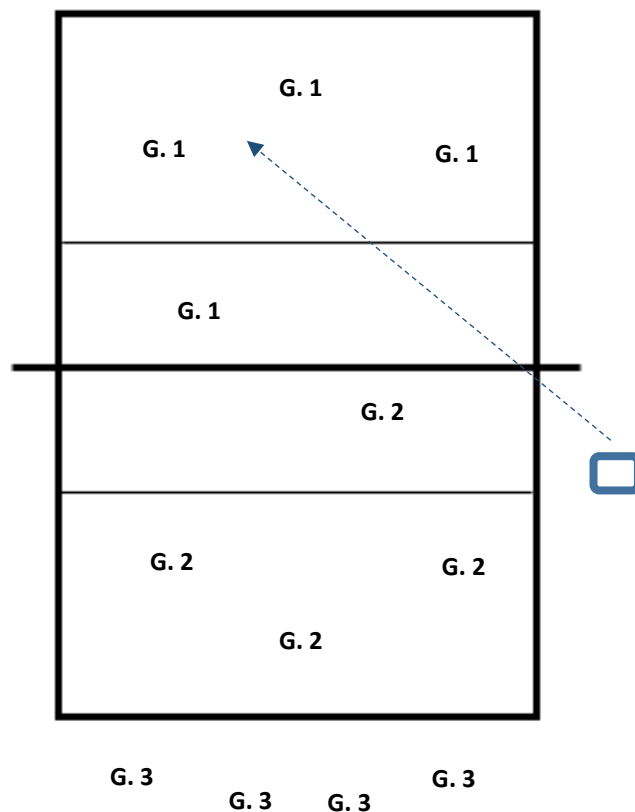
**SET:** Dynamic/Potential, Footwork

**LIB:** Defense/Coverage, OOS Setting

**MB:** Arm Swing/Attacking, Dynamic/Potential

**OPP:** Arm Swing/Attacking, Dynamic/Potential

**OH:** Arm Swing/Attacking, Defense, Dynamic/Potential



## PLAY 1: WAVES WITH TOSS – 15 mins/phase

45 Minutes

Coach toss/spin a total of 6 balls. Wave both sides after ALL 6 balls have been played out.

**Phase 1:** Coach enters a ball to **SIDE B**. SET must set the OH or BIC the 1st ball of the rally; play it out. After 3 balls to **Side B**, repeat with 3 balls to **Side A** following the same SET criteria.

**Phase 2:** Coach enters a ball to **SIDE B**. SET must set the MB the 1st ball of the rally; play it out. After 3 balls to **Side B**, repeat with 3 balls to **Side A** following the same SET criteria.

**Phase 3:** Coach enters a ball to **SIDE B**. SET must set to the Right Sides, either front row or back row the 1st ball of the rally; play it out. After 3 balls to **Side B**, repeat with 3 balls to **Side A** following the same SET criteria.

Court Coaches ensure that SETs are playing both Front and Back Row positions throughout.

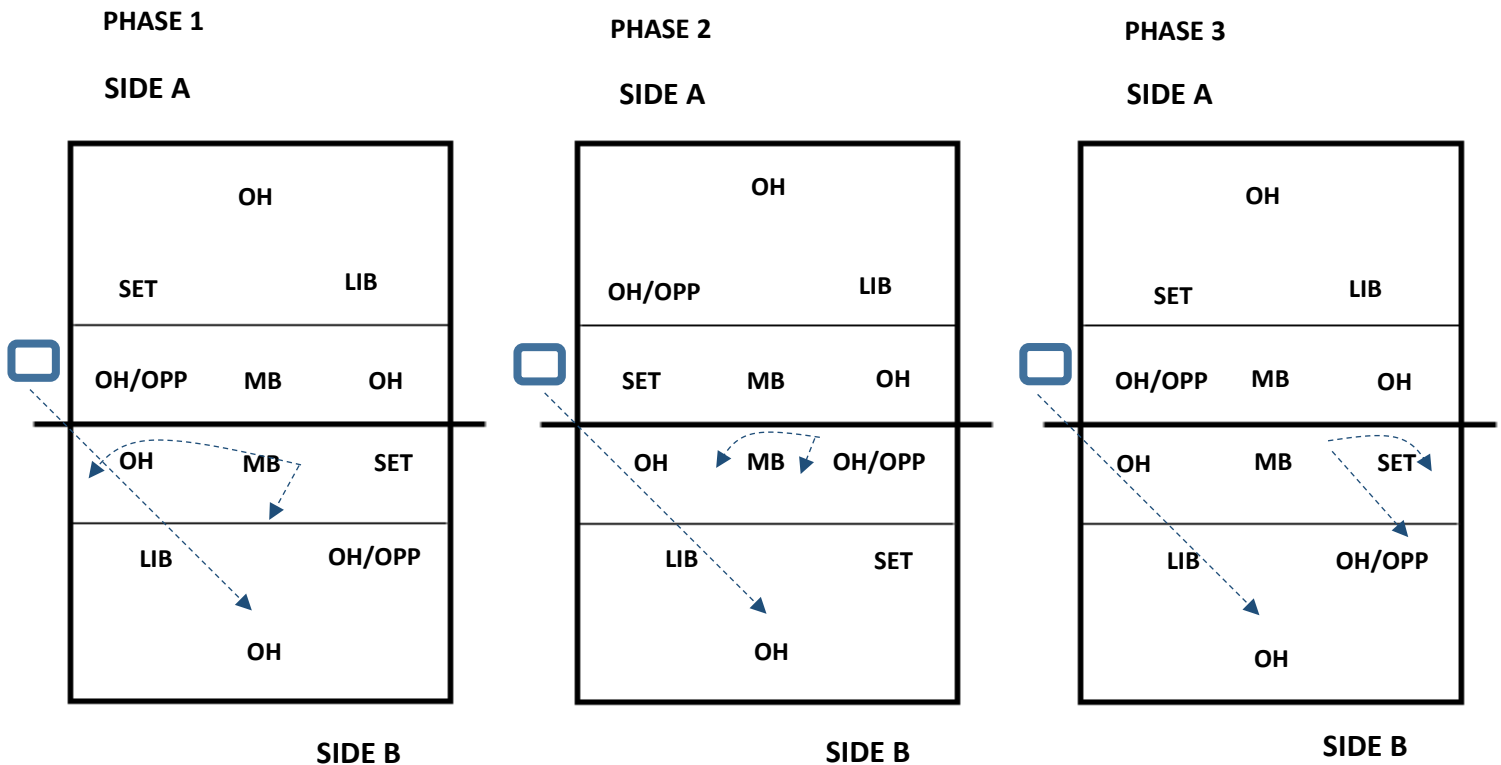
**SET:** Setting, Positional/VB IQ - Defense

**LIB:** Defense/Coverage, Positional/ VB IQ

**MB:** Blocking, Arm Swing/Attacking

**OH:** Arm Swing/Attacking, Defense, Blocking

**OPP:** Arm Swing/Attacking, Blocking



## PLAY 2: WAVES WITH SERVE – 15 mins/phase

45 Minutes

Same setting scenarios as “PLAY 1” but with designated positions serving 3 balls from **SIDE A**. Coach enters a ball on missed serve. The total of 3 balls is equal to 1 Round. Wave **SIDE A** each Round. Wave **SIDE B** after 3 Rounds (9 Balls).

**Phase 1:** MBs serve 3 balls from **SIDE A**. MB will step into Left-Back after serve and play Defense. SET must set the OH or BIC the 1<sup>st</sup> ball of the rally; play it out.

**Phase 2:** OHs serve 3 balls from **SIDE A**. SET must set the MB the 1<sup>st</sup> ball of the rally; play it out.

**Phase 3:** SET and OPPs serve 3 balls from **SIDE A**. Setter must set the Right Side, either front row or back row the 1<sup>st</sup> ball of the rally; play it out.

Court Coaches ensure that SETs are playing both Front and Back Row positions throughout.

**SET:** Setting, Positional/VB IQ, Defense

**LIB:** Serve Receive Passing, Dynamic/Potential

**MB:** Blocking, Serving

**OH:** Serve Receive, Dynamic/Potential

**OPP:** Arm Swing/Attacking, Blocking, Defense

\*\*You are free to move players up or down as needed. Try to coordinate with other evaluators on what courts you are moving positions too.

\*\*Try to avoid only 1 designated top court. Bottom half and top half can be separated but should still not result in only 1 top court with others to follow.

