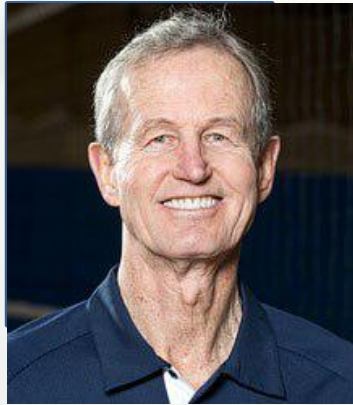


# **The Good Execution from Start to Finish**

Fred Sturm

Copenhagen, June 2018

## Carl McGown



- Volleyball colleague
- Top expert and top coach
- Clinician, researcher and author
  
- USA Volleyball
- BYU
  
- Danish on mother's side .  
Ancestors are from Vordingborg  
and Randers

Project

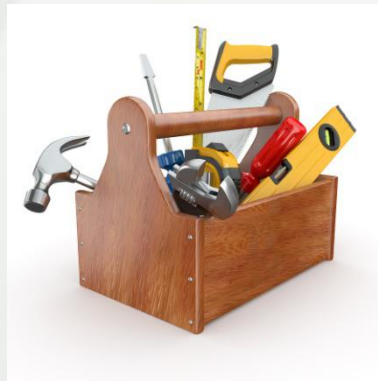
## **The Good Execution from Start to Finish**

- A search for knowledge about how we as coaches could do a better coaching job

Questions

- What knowledge is necessary to make good decisions
- What skills are necessary to execute good decisions

Toolbox



# Primary skills for playing position groups

- Hitting for the Wing Spiker and Opposite
- Setting for the Setter
- Receiving the serve for the Primary Passer
- Blocking for the Middle Blocker
- Defending the Opponent Attacker

# Where to get information?

- interviews with expert volleyball players

# Hitting for the Wing Spiker and Opposite

Expert players:



Ivan Miljkovic



Clayton Stanley



Karch Kiraly



Taylor Sander



Reid Priddy



Riley Salmon



Michal Kubiak



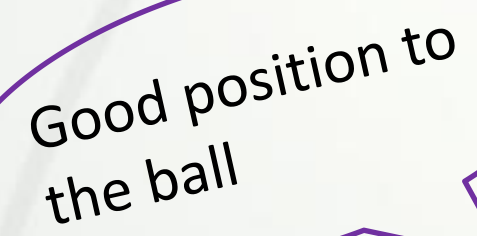
Mads Ditlevsen

Photos: various sources. Full credit to the copy-right owners

## **Main Questions:**

- What are the most important technical keys?
- What 's important to make a good decision?
- When do you make up your mind?
- What are the most limiting hitting situations?
- What are good habits to possess?
- What have you changed most since your early days ?

# What are the most important technical keys ?

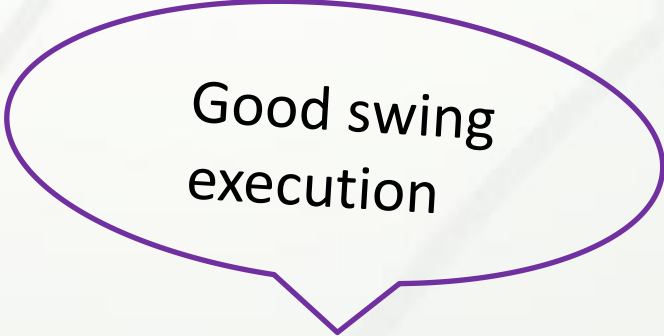


Good position to the ball

- With feet: good approach to the ball
- With body and where it faces
- With same high hitting contact point: above and in front of the body
- For hitting range
- For hitting power: hip rotation and shoulder to shoulder rotation
- For seeing the hitting situation in front of you



# What are the most important technical keys ?



Good swing  
execution

- the execution of your decision

# What 's important to make a good decision?



Know the situation

- Ability to pay attention to the **right key at the right time**
- Ability to use split attention vision:
  - primary attention to the set ball on its way, and
  - secondary attention to the hitting situation keys
- Ability to understand the hitting situation



**When do you make up your mind?**

At the right moment

# What are good habits to possess?

Pay full attention:  
no two situations have  
ever been exactly alike

Manage hitting  
performance: know  
who you are

There is a good  
solution for every  
hitting situation

Hitting is a team skill: take  
the decision and the swing  
the team needs you to take

# What are the most limiting hitting situations?

The wide set

Unexpected deep set  
from the setter in a very  
fast hitting situation

- Weak swing
- Blind swing

# What have you changed most since your early days ?

Less often full physical power;  
more often brain power

Do not hit the low  
angles between or  
around the blockers

The more difficult hitting  
situation, the more careful  
not to end the point with an  
error

# Developing the expert mind

Volleyball is an activity through which intuitions and anticipatory responses can become reliable and trustworthy because:

- Volleyball is played in an environment that is sufficiently regular
- There is an opportunity to learn these regularities
- There is an opportunity to learn how to respond to them through prolonged practice

# What is in the hitting toolbox of the expert mind of a wing spiker and opposite ?

- 1 Knowledge of a large volume of familiar hitting situations
- 2 Knowledge of an early familiar key in unfolding situation
- 3 Knowledge to predict the most likely outcome
- 4 Knowledge of a good solution for your decision execution



# When can we trust a hitting intuition?

- 1 When a familiar key can be found early enough in an unfolding situation
- 2 When a prediction of the most likely outcome can be made
- 3 When a good solution for execution can be found

# How to develop hitting skill toolbox in training ?

Principles of “superiority of whole-skill training in volleyball”

By Steve Bain and Carl McGown

- Give the brain the mental work it needs for the good decision toolbox
  - To pay attention to the right key at the right time
  - To search for the first familiar key
  - To predict the most likely outcome of an unfolding situation
  - To find a good solution for the execution
- Give the body the physical, technical skill work it needs for the good execution toolbox

# One list of hitting skills for the hitting toolbox

- hitting to the deep crosscourt corner
- hitting along the crosscourt sideline
- hitting the line shot
- hitting a tip shot in a perfect hitting situation
- hitting a tactical shot to specific defender
- hitting the soft part of the block
  - the block ball comes back slowly and high into hitters court

# Hitting drill examples

Hitting to the deep cross-court corner by LSH

- Good execution work
- Good brain work

Drill 1:

- Target hitting practice
- Target hitting competition

Drill 2:

- Target hitting practice v 3 blockers and 3 defenders
- Variations



Questions ?

... and **THANK YOU**