WICHITA Legacy

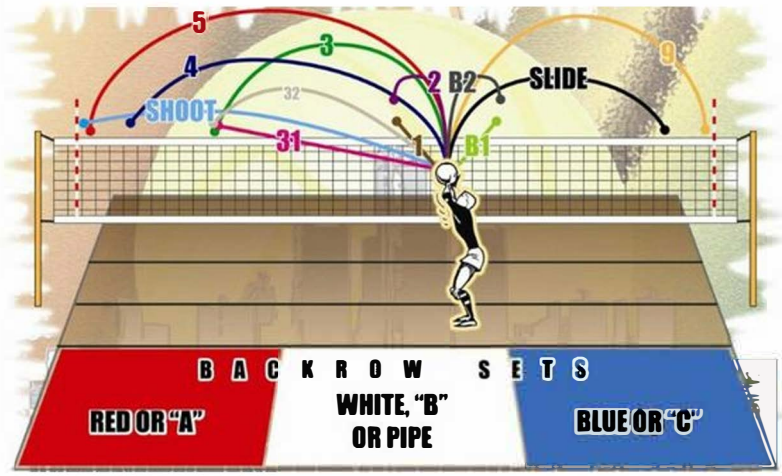
GREAT TEAMS WILL:

Have an innate desire to win. Players do not give up on the ball, often inspiring their teammates to work harder by their example.

Work together as a team, encouraging and supporting each other.

Take responsibility for their own mistakes. Even if a player is not directly involved in the play, they understand that they individually could have done something to help out.

Listen to the coach. Successful teams show their coach respect by listening and attempting to follow their directions, whether it be in skill progressions/changes or game strategy. Successful players understand they always have something to learn and improve on.



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SETTING OPTIONS:

Advanced players have a variety of sets available to them. The graphic below depicts the common names for sets, although most teams will call their sets something different, so their opponents do not understand the calls. If adults played a pickup game with new teammates, though, these would be the generally understood calls.

BASIC STATS:

Kill: a point earned on any attack (hard-driven ball, tip or dump.)
Hitting percentage: calculated by total kills, minus hitting errors, then divided by the total number of attempts. A hitting percentage is just like a batting average in baseball. Anything over .300 is great. A negative hitting percentage means the player had more errors than points earned.
Dig: a player is awarded a dig if they got to ball up off of an attack. As long as it can be played, the player tallies a dig.
Serve receive percentage: calculated each time a player passes in serve receive (when opponent is serving). Each pass is rated as a 3 (perfect pass, the setter could set all three front row options), a 2 (OK pass, setter could set 2 options, usually not middle), a 1 (the pass is up and playable; the setter had one option, or another player continued the play) or a 0 (the ball could not be played, and the other team got a point). A 3.0 is a perfect score. Anything around 2.3 is great.
Block: a block is awarded if the team scores a point on a block. Balls that remain in play but were touched do not count toward any stat.
Assist: an assist is awarded to the setter, for example, if a hitter gets a kill off of their set. Non-setters can get assists, but it is less common.
Ball handling error: a BHE is similar to an error in baseball. It is an unforced error that results in a point for the other team.
Ace: an ace is earned if a player gets a point on their serve. More advanced teams want at least a 1-1 **ace-to-error ratio**, meaning servers should be challenging themselves to get aces, but can also have errors, as long as they do not have more errors than aces.

THE LIBERO:

The libero is a defensive specialist that does not count as a substitute. In club, there can be two liberos on one team, but they cannot be on the court at the same time.

A libero can:

Serve for one of the 6 rotations. If there are two liberos, one or both of them can serve, but they must serve in the same spot (serving in player #3's serving spot, for example). If the libero is not serving, they must come out of the game, and wait one service before returning to the game.

Jump to attack the ball from the back row only, as long as their hand does not break the plane of the net (reach higher than the net is tall).

Be the team/floor captain.

Go in for any of the players who are in the back row. The libero could come out of the game, wait one serve, then go back in for a different back row player.

A libero cannot:

Set the ball with their hands and have a player jump and attack it IF they are in front of the 10-foot line. As in, the libero cannot be acting like the setter. The libero can set up the ball for a hitter using her platform/forearms.

Ever rotate to front row.

Enter or exit the court in front of the 10-foot line. In front of the 10-foot line is the substitution zone. A libero does not count as a sub, so they must enter and exit the court behind the line. The libero must also go in and come out for the same person.

RULES:

Subs: Players may only sub in for the same player. It is not like basketball, in which any player can go in for any player. Additionally, three players may take turns within one spot, as long as they don't go in for anyone else. A team gets 12 subs in club ball.
Back row attacks: Players from the back row cannot jump and attack the ball from in front of the 10-foot line. Back row setters cannot break the plane of the net (reach higher than the net is tall) if taking the ball over. If a libero sets the ball and any player jumps and attacks it, it is also called a back row attack.
Net violation: Players cannot touch the net during the action of the play. Players CAN touch the net if it is an inadvertent contact (think pony tail) or when the ball is not close to them (think they tripped and fell into net). Players can touch the net outside the antennas.
Center line violation: Players cannot have their entire foot over the center line, if the play is near (i.e. it may hurt someone). Players CAN be under the net if no one is close on the other side, and players can have part of their foot over the line.
Over the net/reaching: Players cannot reach over the net to block a ball that the setter is setting on their own side. But, if the setter breaks the plane of the net, it is fair game. Reaching over to block an attack in typical circumstances is allowed.
In/Out: A ball that hits the line is IN. A ball that "hovers" over the line, but does not touch it is OUT.