

QUESTION & ANSWER

EVERYTHING YOU NEVER WANTED TO KNOW

Q) Whatever happened to the Goldiggers? I miss seeing Laurie "She never met a set she didn't like" Corbelli and "Two-thirds of the earth's surface is covered by water, the other third by Julie Maginot" and all the rest. What are they doing now and will we ever see pro volleyball around here again?

A) Well, some of the Goldiggers have retired, some are coaching, some are still playing out on the beach or on the grass doubles circuit, and you can see a few of them playing Womens' AA during the USVBA season. As for pro volleyball, there's talk going on, but nothing of any significance for the near future.

Q) I'm a new captain and want to make sure I do things right. How can I get along with my league supervisor better?

A) Here are some of the things NOT to say or ask, according to some of our supervisors: (After taking the roster home) "Gee, I didn't know I was supposed to turn it in" or after the supervisor has announced which courts are which in a three court gym, "Which one is court 2?" or "You mean we're supposed to bring our own whistle?" or "You mean I was supposed to look at the practice schedule to see when to show up next week?" or after schedules have been handed out and the team shows up an

hour and a half early the next week or 20 minutes late, "You mean we were supposed to pick up the schedules and look at them?"

Q) How can I improve my game? I'm currently playing in a regular B2 league and would like to move up.

A) Take a class. It's always a nice idea to brush up or learn some new techniques, or at least reinforce what you are doing correctly. It seems good to play in a structured manner once a week (preferably a class of some kind) and then play in a league once a week and then for fun once a week (drop-in, or pickup doubles, etc.) If you only touch a ball once a week, you're just going to spin your wheels. Play doubles—you're forced to touch the ball every other time and that's going to help. Grab a partner and play pepper, or find a wall, make a mark on it, and bump or set at that target until you have better ball control. Another good way to improve is to play with and against better players (if they'll have you).

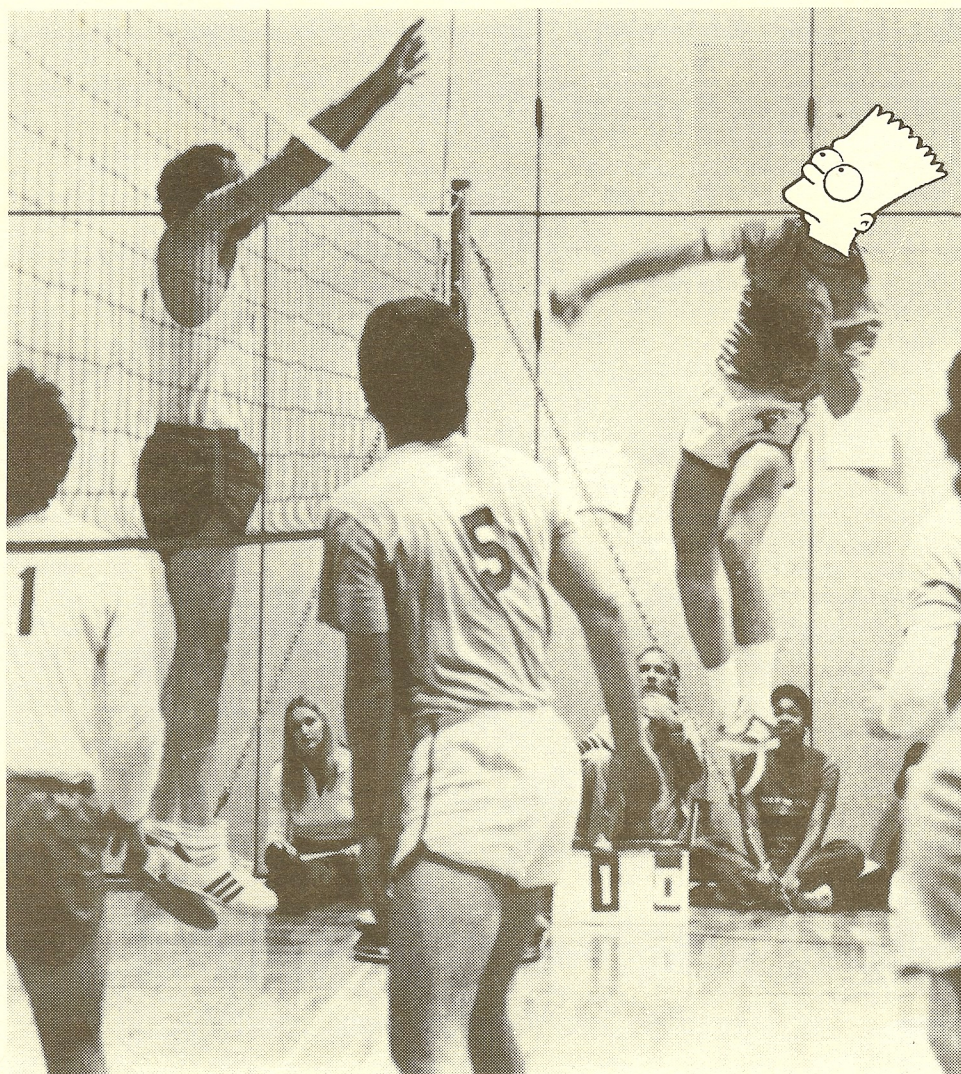
Q) I play in a power B1 league and I went out and watched some of the BB1 players at Buchser on Wednesday night. I don't think they're that much better than I am. I can hit as hard as a lot of those guys. How can I get onto one of those teams?

A) For one thing, never rate someone solely on how hard they can hit the ball. There are a

number of players who find as you move up in levels, that the block gets a lot bigger and better. You can't just hit the ball into the block because it'll come back in your face. Everything in BB1 is tougher: the serving is night and day better than the lower leagues, the hitters are smarter, the block is strong, people dig the ball with authority, and the setting is much stricter. If someone plays in that league without knowing the little things like where to play on the court on defense, they're going to get eaten alive. See the article on ball control and ask yourself if most of the points that your team scores come from a good play by your side or a mistake by the other. In the upper levels, you have to earn your points.

Q) Our team wants to run a 6-0 offense, but I don't think we pass well enough. Is there something we can do besides the old-fashioned 4-2?

A) If you have some players on your team that at the start of the match, the other team calls timeout so they can come over and paint bullseyes on their t-shirts for serving targets, you're right—you don't pass the ball well enough. Volleyball is a function of the weakest player on the court more often than it is the strongest. Try the international 4-2. The setter sets from the right front position each time, and the serve receive has a left front and middle hitter each time (hitters stack to the left). The right back comes up to fill in the missing spot in serve receive. The setter never has to backset, doesn't have to try and block middle, and this enables the other setter to pass in the backrow (quite often, the setters are good passers and this allows whichever setter is in the backrow to pass serves, etc.). The setter can still set the middle set, can dump (2nd hit the ball) anytime the ball is close to the net, and if you want, you can have the big hitter in the backrow switch to right back and hit the 10 foot set. To run the 6-0 offense effectively, you need to have two good setters who can hit effectively and also set each other, with a constant threat of a middle attack—regardless of the rotation, otherwise why run the 6-0? (The term 6-0, for our purposes, is interchangeable with 6-2.) There are a number of teams losing games who would fare better if they ran an international 4-2. Unfortunately, the international 4-2 is just not as "cool" as the 6-0; there are some people out there who think just because you choose a 6-0 offense it makes you a good team.



*"Hey man,
don't have
a cow just
because I
hit it out."*