

Touch

Maximizing volleyball contacts is the best way to develop “touch”. Having “touch” allows a player to adapt and perform freely. When a player performs freely, there is a fundamental shift in a player’s thought process. Players see & react to the game on a much higher level. They are able to identify strengths and weaknesses and use them to his or her advantage. Instead of operating within their own merit, they adapt to the game while its being played. Players who adapt stand out because they find a way to win rallies based off of their own “touch”.

How do you maximize your opportunities and gain touch? Play volleyball, whenever and wherever you can.

Comparing indoor and beach volleyball, there are some fundamental differences that forces a player to think differently when transitioning from one to the other. This article will highlight the number of opportunities to develop “touch”.

Beach volleyball: 2 players against 2 players. Games to 21 points

Indoor volleyball: 6 players against 6 players. Games to 25 points

Whether it is beach or indoor, lets simulate a close match...

Beach volleyball score: Set 1 = 19-21 Set 2 = 19-21. Total amount of points = 80

Indoor Volleyball score: Set 1 = 25-23 Set 2 = 25-23. Total amount of points = 96

For arguments sake, we will say that each type of volleyball (indoor and beach) has 4 ball rallies. That is, the ball crosses the net 3 times before the point is scored. How many opportunities does a player have to develop “touch” playing outdoor vs indoor?

A 3 ball rally has 10 contacts on each side before a point is scored.

Team A: Serve *1 Contact*

Team B: Pass, Set, Swing *3 Contacts*

Team A: Dig, Set, Swing *3 Contacts*

Team B: Dig, Set, Kill *3 Contacts*

Total: 10 contacts per point

Beach: 80 points x 10 contacts per rally = 800 Contact opportunities in a match

Indoor: 96 points x 10 contacts per rally = 960 Contact opportunities in a match.

Beach: 4 players (2 on each side) **playing every other contact.**

800 contacts ÷ 4 players = 200 contacts per player

Indoor: 12 players (6 on each side) **sharing contacts.**

960 contacts ÷ 12 players = 80 contacts per player

*Average! Does not account for amount of setter contacts

Using the average rally amount stated above (Ball crosses the net 4 times with 10 total contacts shared among BOTH teams), here is the breakdown of contacts per player.

Indoor Breakdown.

920 Total Contacts (Serving, Passing, Setting, Attacking)

- 1/3 of those contacts go to the SETTERS on both teams. Setting only!
 $920 \text{ Contacts} \div 3 = 306 \text{ per MATCH}$
 $306 \div 2 \text{ setters} = 153 \text{ Contacts per MATCH}$
 $153 \text{ contacts} \div 2 \text{ sets} = \underline{76-77 \text{ Contacts}} \text{ per SETTER per SET}$
- 2/3 of those contacts go to other players on the floor
 $920 \text{ Contacts} - 306 \text{ (setters contacts)} = 614 \text{ Contacts shared among 10 Players}$
 $614 \div 10 \text{ total players} = 61-62 \text{ contacts per PLAYER per MATCH}$
 $61-62 \text{ contacts} \div 2 = \underline{31 \text{ Average Contacts}} \text{ per PLAYER per SET}$
 *How many Middle Blockers Pass? Serve?
 *How many Liberos Swing?

Beach Breakdown.

800 Total Contacts (Serving, Passing, Setting, Attacking)

$800 \div 4 \text{ total players} = \underline{200 \text{ contacts per MATCH}} \text{ for EACH PLAYER}$

$200 \text{ Contacts} \div 2 \text{ sets} = \underline{100 \text{ Contacts per SET}}$

*Players perform all contacts. Serving, Passing, Setting, Attacking

Which type of volleyball gives increased opportunities to develop “touch”? Numbers don’t lie!

<u>Indoor</u>	<u>Contacts per MATCH</u>	<u>Contacts per SET</u>
BOTH TEAMS (12 Players)	920	460
TEAM (6 Players)	460	230
Setter (1 player)	153	77
Rest of Team (5 Players)	61-62	31
<u>Beach</u>	<u>Contacts per MATCH</u>	<u>Contacts per SET</u>
BOTH TEAMS (4 Players)	800	400
TEAM (2 Players)	400	200
Player 1	200	100
Player 2	200	100