

AVCA-North Country Region RECRUITING TIP OF THE WEEK

Characteristics of a College Libero





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Metrics are medians – 50% above, 50% below

Physical

Agility (15'-30'-15' Pro-Agility Test): 5.13 seconds

Acceleration (15'): 1.15 seconds

Power (Standing Vertical Jump): 18.1"

Arm Speed on Jump Serve: 26.43 MPH



Statistics of Elite College Liberos

Digs per set: 5.02

Reception Attempts per set:
4.69

Reception Errors per set: .25

Reception % (total attempts-
errors/total attempts): .948

Metrics are Averages



Technique

Good platform

Quiet Arms

Controls angles

Efficient shuffle

Tracks the line of the serve

Holds follow through



Tactical

Captain of Serve Receive

Sees the court – good ‘reader’

Knows opponent tendencies

Sees the blockers hands on hitter coverage

Reliable secondary setter

Excellent server



Mental-Emotional

Tough as nails – will challenge any hitter!

Builds trust in teammates with touch and eye contact

Relentless on ball pursuit

Gets better with pressure

Reliable on hitter coverage



Data Sources

- Physical: avcaVPI™ data:
<https://www.avca.org/avcavpi.html>
- Statistical: AVCA DI, DII, DIII All-America nominees
- Technique: USA Women's National Team coaches
- Technical: College coaches
- Mental/Emotional: College Coaches



Thanks for your
membership in
the North Country
Region

Your partner in Volleyball

