

# AVCA-North Country Region RECRUITING TIP OF THE WEEK

Characteristics of a College Outside Hitter





# Characteristics of a College Outside Hitter



Metrics are Medians: 50% above, 50% below

# Physical

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Height: 5'11"

Reach: 7'7"

Power (Standing Vertical Jump): 20"

Arm Swing Speed: 32 mph

Approach Touch: 9'7"

Block Touch: 9'2"

Agility (15'+30'+15' pro-agility): 5.1 seconds

Acceleration (15'): 1.1 seconds

# Statistics of Elite College Outside Hitters

Attack Percentage: .225

Kills per Set: 3.5

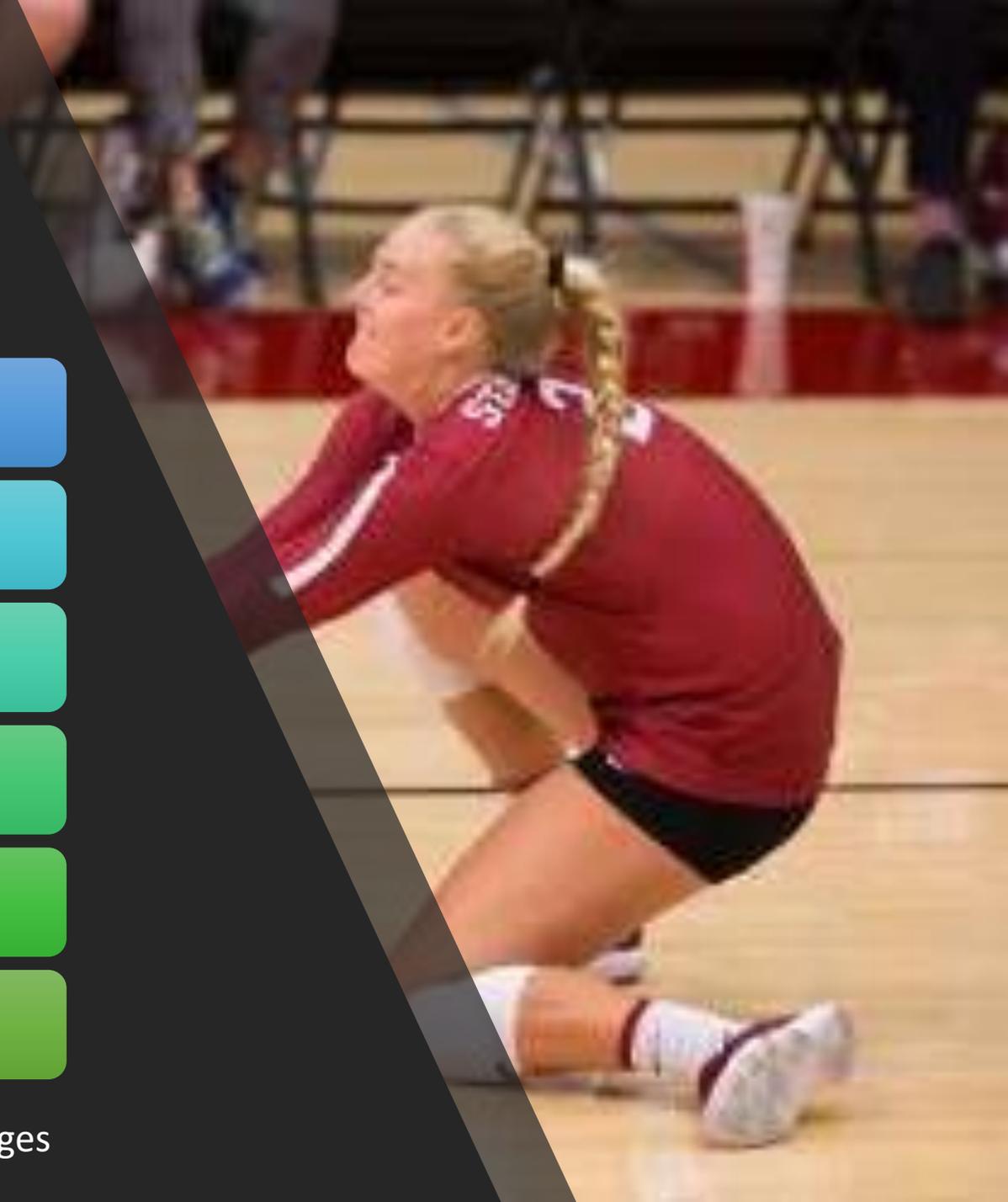
Services Aces per Set: .285

Blocks per Set: .404

Digs per Set: 2.8

Total Points per Set: 4.03

Metrics are Averages



# Technique

Arm swing allowing both pace & range

Get their feet to the ball

Have a fast closing step

Good platform control on serve receive

Ball control when digging

Consistent, tough serve



# Tactical

Have a range of shots – line, cross, deep corner

Knowledge of holes in opponent's defense

Ability to stress the defense in out-of-system swings

Can recognized & exploit an undisciplined block setup

Deceptive & strategic with tip and roll shots





## Mental - Emotional

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Recovers quickly from mistakes

Wants the ball on every play

Persistent & 'never give up' attitude

Killer instinct

# Data Sources

- Physical: avcaVPI™ data: <https://www.avca.org/avcavpi.html>
- Statistical: AVCA 6-rotation DI, DII, DIII All-America nominees
- Technique: College coaches
- Technical: College coaches
- Mental/Emotional: College coaches



Thanks for your  
membership in  
the North Country  
Region

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Your partner in Volleyball

