



**Sofia, Bulgaria**  
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play volleyball  
grow with it



# Practice Organization



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Play volleyball  
grow with it

# I Train the way I Wish to Play

1

**Training shall reproduce the sort of game that I would like to play:**

2

**However, how do I envision my team's game and therefore their training?**



# How Do I Imagine the Game?

## Side-Out

- ⚡ Reception
- ⚡ Setting
- ⚡ Attack
- ⚡ Backing-up

## Break point

- ⚡ Service
- ⚡ Block
- ⚡ Defense
- ⚡ Setting
- ⚡ Counterattack

Transitions: Anytime the rally is not finished, we experience what I would call the transitional phase.



# How Do I Imagine the Game?

## Side-Out

- ⚡ Reception
- ⚡ Setting
- ⚡ Attack
- ...

## Break point

- ⚡ Service
- ⚡ Block
- ⚡ Defense
- ⚡ Setting
- ⚡ Counterattack
- ...

There are continuous actions which fall either under the side-out or break point category.



# How does the Action Continue?

🌀 **Example:** Situations unfolding after the first attack...



- 1) Direct attack.
- 2) The opponent manages to defend and counterattacks.
- 3) The opponent manages to defend but the ball returns straight to my side of the net.
- 4) The opponent attacks by setting the ball.
- 5) The opponent sends the ball back by providing an easy opportunity to my team.
- 6) The opponent attacks with the ball set away from the net.
- 7) The opponent blocks and therefore we have to cover the attacker.

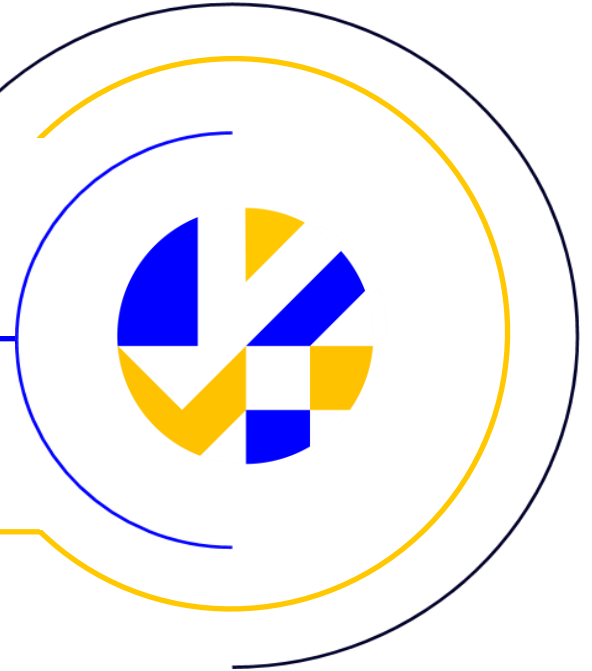
# Shall we train **the game** or **the exercise**?

## IER:

**Interpretation:** Identify and assess a specific game situation.

**Elaboration:** Select & identify a relevant and correct response/solution within just a few milliseconds.

**Reaction:** Execute the right technique (removing any small/unforeseen differences between what you have in mind, your intention, and the actual execution of that movement).



# Structure of a Training Session

## Physical Warm-up

- Short (maximum 15 minutes)
- Dynamic (active, without any breaks)

## It shall include

- Mobility exercises
- Physical work (squats, lunges, abs, lats, push-ups, and hip exercises)
- Prevention (back, shoulders, hips, knees)
- Specific movements (reception, block, defense)
- 'Dry' block
- Dives





# Structure of a Training Session

1. **Technical Warm-up with ball** → Its duration is defined according to the level of the players and the skills that I wish to train.
  - **Analytical exercises:** Forearm pass/bump – Setting – Attack against the wall
  - **Setting:** 'Traditional' setting or using the forearm
  - **Serve and reception** according to a rotation where all players work on every skill (with easy service or landing at 6m)
  - **Attack and defense** working in pairs or triads



## 2. Service and reception

This features in all training sessions



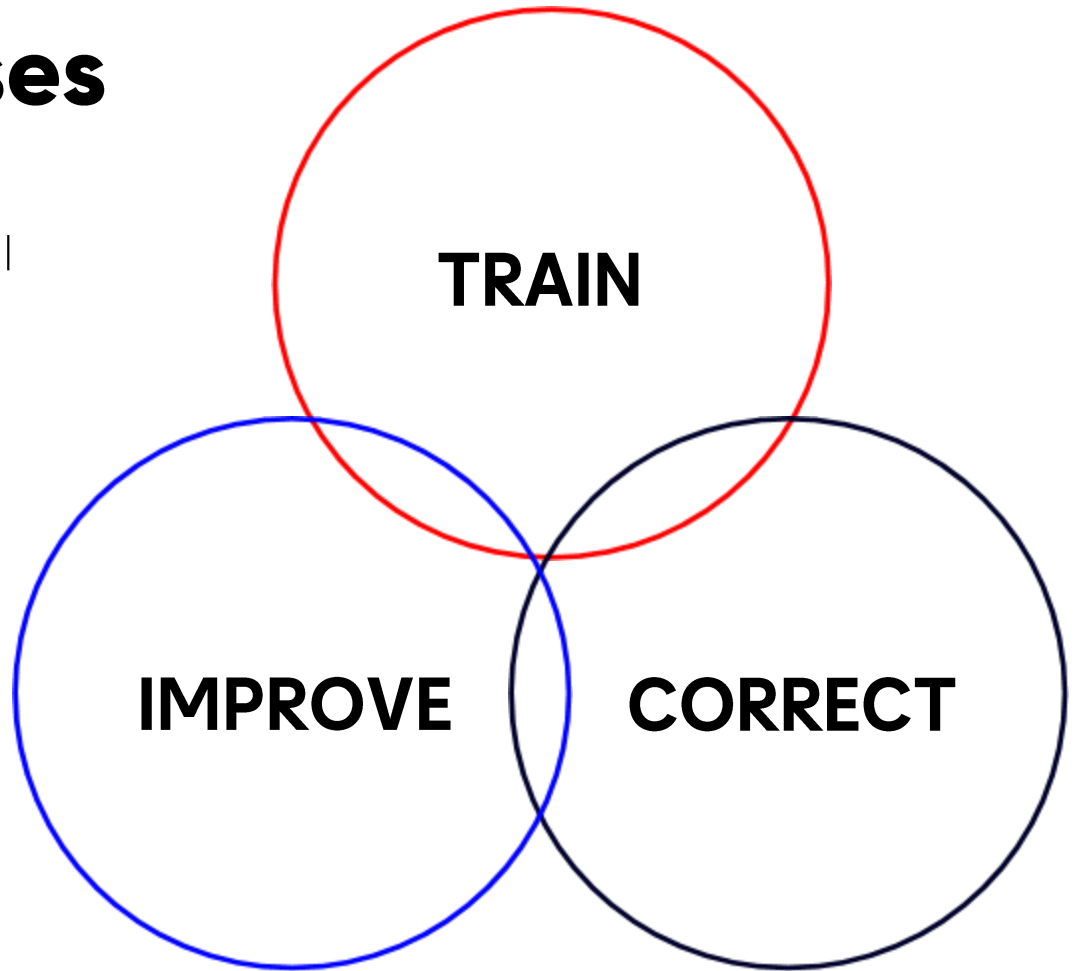
## 3. Service/reception + attack

# Global Exercises

These drills are meant to refine the individual's as well as the team's technique – they are not designed for game situations.

You **train, correct, and improve** your technique in a situation similar to the actual game time.

There are no points scored.



# Global Exercises

## Features:

**You train a specific technique within a context/situation similar to game time.**

**You train a specific situation by reproducing, and repeatedly doing so, a phase of the game.**

**There are no points scored and players do not rotate.**

**It is fundamental to focus on the technique you wish to train by linking it rapidly to the game situation.**

**You shall guarantee and make space and time for enough repetitions (second ball).**

**The technique is different for each player depending on where they stand on the court.**



# Fixing a Technical Mistake

We repeat the same situation to allow the player to fix:

- ❖ **First attempt:** Using own feedback
- ❖ **Second attempt:** Using external feedback
- ❖ **Third attempt:** Short and concise correction, using keywords / concepts



# Why do I train as I do?

- Can I remember what I have learned?

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- Can I apply (execute) what I have learned during game time?



**RETENTION:** The level of performance or acquisition of some skills that you can keep after some time has passed or when you execute this skill in a different context.

# Why do I train as I do?

- Can I remember what I have learned?

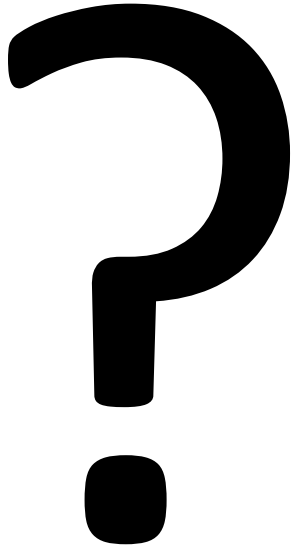
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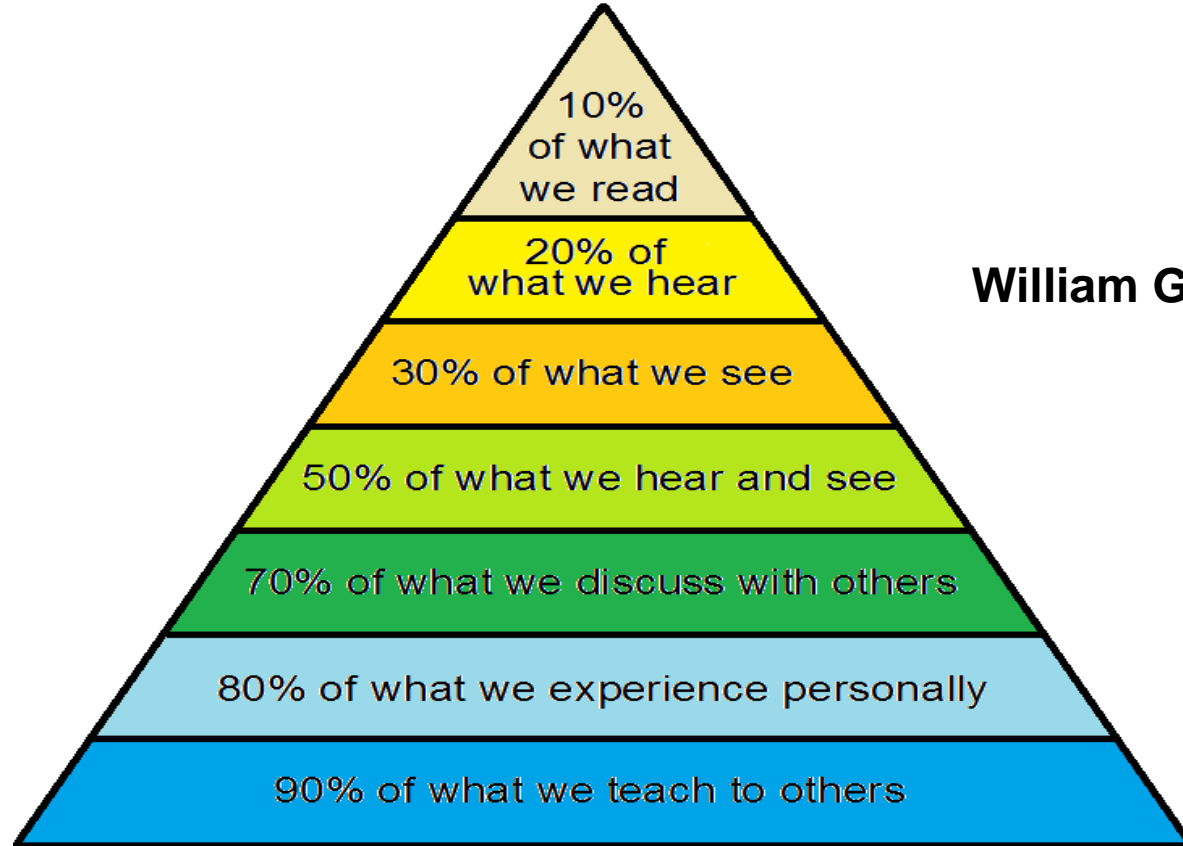
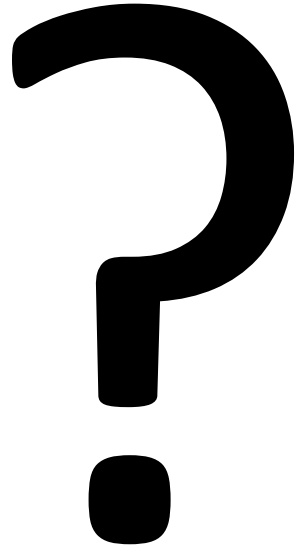
**RETENTION:** The level of performance or acquisition of some skills that you can keep after some time has passed or when you execute this skill in a different context.

# Why use a Fixed Practice



- 1) Because the idea of training a technique follows an old paradigm (we train what you see) and this sounds illogical and against common sense.
- 2) Because as players we have learned ourselves in a different way.
- 3) Because coaches wish to control everything, and we want to be the main actors in the learning process.
- 4) Because we wish for the training to run smoothly, without any mistakes. We wish for all the drills to be executed properly.
- 5) Because we enjoy playing the role of 'those who understand' and that the players execute what we ask / tell them to do.
- 6) Because we do not understand the global approach and mix game and technique with analytical or synthetic drills.

# Why to use a Variable Practice



**William Glasser**



# Thanks for your attention



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