

Having fun with techniques and tactics

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OVERVIEW

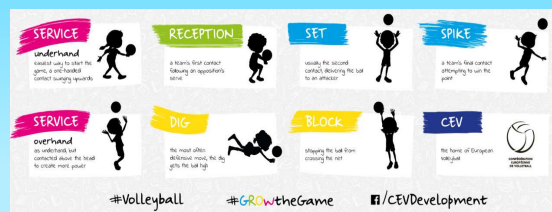


- A training session: 3 parts
- Having fun with techniques
- Having fun with tactics

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A TRAINING SESSION: 3 PARTS

- General part: General movements
- **Second part: Technical and tactical part**
- Third part: Games



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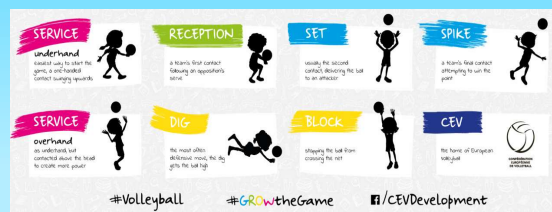
Technics: Introduction



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HAVING FUN WITH TECHNIQUES

- Service
- Underhand pass (reception)
- Overhead pass (setting)
- Spike
- Dig
- Block



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Technics: (Underhand) serve (1)



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Technics: (Overhead) serve (2)

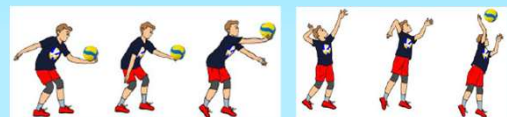


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Technics: Service (3)

• Some keypoints

- Stand with feet in stride position.
- Toss the ball in front of your serving shoulder.
- Keep your elbow high and back.
- Contact the middle of the ball with the middle of your hand.
- Follow through on your armswing.



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Technics: Service (4)



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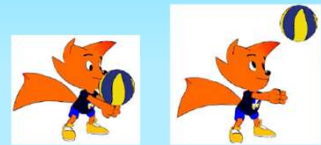
Technics: Underhand pass (1)



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Technics: Underhand pass (2)

- Some keypoints
 - Stand with feet slightly wider than shoulder width.
 - Weight is on the balls of the feet.
 - Arms are relaxed and extended in front of the body.
 - Hands are together in a position that ensures a flat surface with the forearms.
 - As the ball approaches, bump it up in the air using your forearms.



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Technics: Underhand pass (3)



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Technics: Overhead pass (1)



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Technics: Overhead pass (2)

- Some keypoints
 - Angle of 90°
 - Hands in a cupped position --> Big hands!
 - Contact with the ball
 - Looking through the 'window'.



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Technics: Overhead pass (3)



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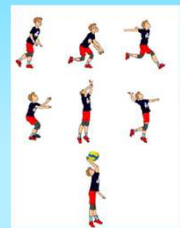
Technics: Spike (1)



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Technics: Spike (2)

- Some keypoints
 - Two step, three step, or four-step movement.
 - Armswing
 - Arms should come forward in rythm with your jump.
 - Contact with the ball: your hand should be firm and hard.



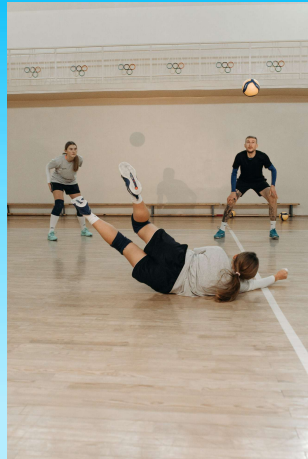
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Technics: Spike (3)



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Technics: Dig (1)



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Technics: Dig (2)

- **Quote**
 - “Volleyball rules are simple. If it is on the floor, pick it up and get it into the air. If it is in the air, keep it off the floor.”
 - John Kessel
- **Some keypoints**
 - Up on your toes and on the balls of your feet, not on your heels.
 - Arms are bent and in front of you ready to react to dig a ball with your forearms.
 - Ready to get in a stable position to dig a hard driven ball.

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Technics: Dig (3)



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Technics: Dig (4)



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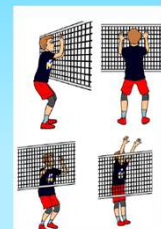
Technics: Block (1)



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Technics: Block (2)

- Some keypoints
 - 2 feet next to each other in balance
 - Hands in front of or above shoulders
 - Frontality
 - Jump straight up
 - Fingers spread out
 - Keep head straight
 - Bring hands over the net
 - Land on 2 feet in balance



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Technics: Block (3)



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Technics: Block (4)



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HAVING FUN WITH TACTICS

- Individual tactics
 - When - Then
 - Before - During - After



Tactics: When - Then (1)

- Different situations with different possibilities.
- Start simple and make it more complicated.

Tactics: When - Then (2)



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Tactics: Before - During - After (1)

- What do you do **BEFORE** the contact with the ball?
- **DURING:** The contact with the ball.
- What do you do **AFTER** you have touched the ball?

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Tactics: Before - During - After (2)



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Champions keep playing
until they get it right!



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