

READING: A PART OF EVERY SKILL

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NOTES

I. Seeing things does not always mean we are reading.

1. Most of us walk into a room, walk out and don't remember anything that we saw.
2. Some of us might think about what to look for before we walk into the room.
3. Using our vision and reading situations are amazing skills we all can use to excel.
4. Like all other skills we need to train these skills before we can expect performance.

II. Digging is a very vision/read based part of the game.

1. 1 digger read situation drills.
 - a. Three Read Drill
 - b. Five Read Drill
 - c. Seven Read Drill
2. 2 Digger Read Drill
3. Position Read Drill

III. Passer vision & reading

1. Who the server is and what the serving call is
2. Where the server faces
3. Where the serve tosses
4. How hard is the server is swinging, what velocity and trajectory?
5. What is the angle to take to get the pass to target?
6. See the line of the serve, get your platform to that line.
7. See the people around you, be aware of how you affect them.
8. 1 passer drills
9. 2 passer drills
10. team passing drills

IV. Setter vision/reading

1. Vision training
 - a. Close eyes
 - b. Look away
 - c. Look at your thumb
 - d. Look at the ceiling
 - e. See blockers
 - f. See hitters
2. Reading passers and diggers
3. Reading before the play starts

V. Attacker vision/reading

1. See the block
2. See diggers
3. See movement

VI. Blocker vision/reads

1. Before the play
2. Watch your hitter see the other hitters
3. Look at the setter when they are setting and see the hitters
4. Moving to block, seeing your blocking partner and the hitter