

# AVCA-Badger Region RECRUITING TIP OF THE WEEK

Characteristics of a College Opposite





# Characteristics of a College Opposite

# Physical

- Height: 6'1"
- Reach: 7'10"
- Power (Standing Vertical Jump): 21
- Arm Swing Speed: 32 mph
- Approach Touch: 9'9"
- Block Touch: 9'4"
- Agility (15'+30'+15' Pro-agility): 5.1 seconds
- Acceleration (15'): 1.1 seconds



Metrics are Medians: 50% above, 50% below

# Statistics of Elite College Opposites



- Hitting Percentage: .250
- Kills per Set: 3.14
- Blocks per Set: .59
- Digs per Set: 2.02
- Aces per Set: .23
- Total Points per Set: 3.69

Metrics are Averages

# Technique

- Swing mechanics that allow attacking with range
- Accelerate on last step of approach
- Get their feet to the ball
- Jump through the set
- Disciplined hands on blocking
- Good digging platform
- Consistent, tough serve







# Tactical

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- See gaps in the block and defense
- Can attack both line and deep cross from front and back row
- Makes themselves available in transition, especially in two hitter rotations
- Knows opponent's outside hitter tendencies for blocking
- Reads and assists middle on gap sets
- Can serve as secondary setter, when needed



## Mental - Emotional

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Want to OWN the opponent's left side

Believes they deserve a lot of swings

Short memory on mistakes

# Data Sources

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





Thanks for your  
membership in  
the Badger Region

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Your partner in Volleyball

