# AVCA-Badger Region RECRUITING TIP OF THE WEEK

Characteristics of a College Opposite





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# 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

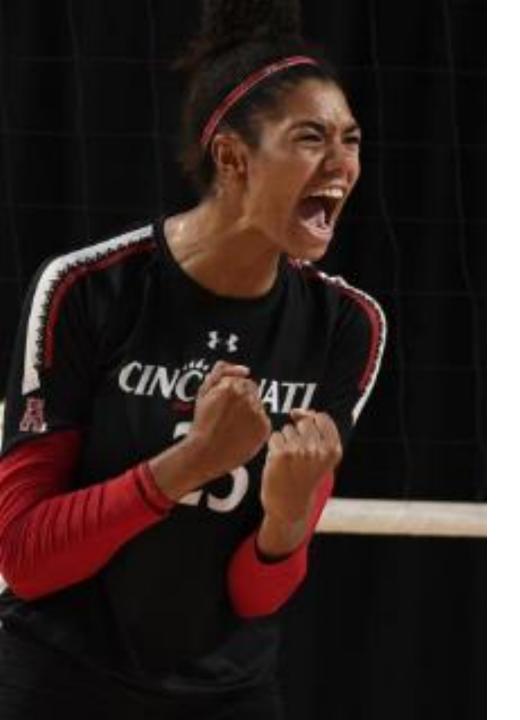
- Swing mechanics that allow attacking with range
- Accelerate on last step of approach
- Get their feet to the ball
- Jump through the set
- Disciplined hands on blocking
- Good digging platform
- Consistent, tough serve





### **Tactical**

- 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

Want to OWN the opponent's left side

Believes they deserve a lot of swings

Short memory on mistakes

#### Data Sources

- Physical: avcaVPI™ data
  <a href="https://www.avca.org/avcavpi.html">https://www.avca.org/avcavpi.html</a>
- 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

Your partner in Volleyball

