

2015 Trainer Event

Best selection exercises

By Marc-André Morin (Switzerland), Marc-André Laliberté (Canada) and Élise St-Aubin Fournier (Canada)

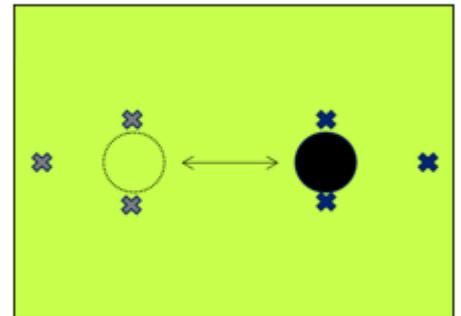
The first part of the document will present some exercises ideas that can be used in a national team selection camp. The exercises are divided by the skill you want to evaluate: offense, defense and mental strength. We understand that every country doesn't have the same reality, that's why we offer some skills that you can evaluate in game situation (regular season league, playoffs, or other).

OFFENSIVE SKILLS EVALUATION

Hitting routine with restrictions

Hitting routine during X minutes. The objective is to evaluate the hitting skills of the players. Here are some of the hits you want to see:

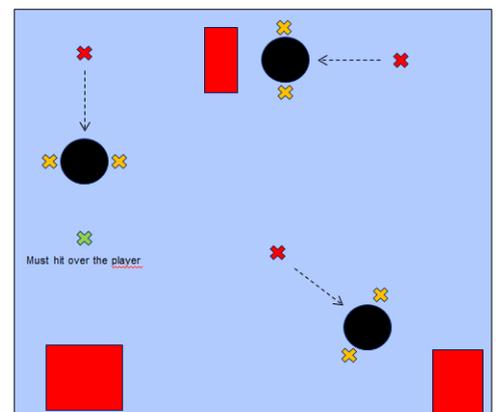
- 2 arms hit, "strong side";
- 2 arms hit, "weak side";
- 1 arm hit, right arm;
- 1 arm hit, left arm;
- "lob" hit (over a player 3m from the ball);
- "chip" hit (with cones to show the "throw too short" zone).



Hitting circuit with zones and time

Three (3) hits circuit (chip, lob and drop hit) with a zone to hit in and a time restriction. The objective is to put the player in a stressful situation and evaluate the precision.

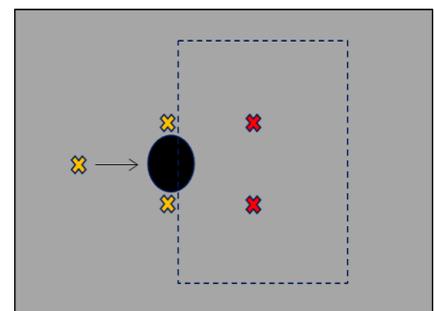
- Every player does the circuit 2 or 3 times without time restriction, use a stopwatch to calculate the elapsed time to complete the circuit;
- Redo the circuit 2 or 3 times with an "easy" time restriction (3 to 5 seconds. faster than the average time);
- Redo the circuit 2 or 3 times with a "difficult" time restriction (7 to 10 seconds. faster than the average time);
- Note every player's time and the number of zones hit.



Hitting against a 2-players defense

« Hitting routine » style exercise against a 2-players defense, the objective is to evaluate the scoring skill of the players and the decision making skill regarding the hit choice.

- Evaluate the hit choice;
- Evaluate the choice to fake hit or not;
- Note how many times the hitter scores.



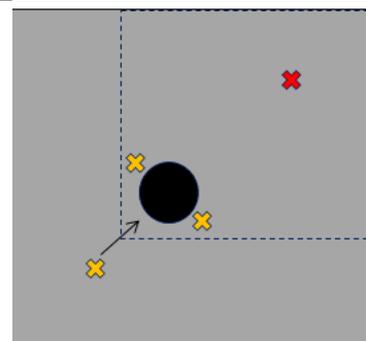
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DEFENSIVE SKILLS EVALUATION

1-on-1 hit

« Hitting routine » style exercise but 1-on-1, the objective is to evaluate if the defense player is able to analyse and catch the hit.

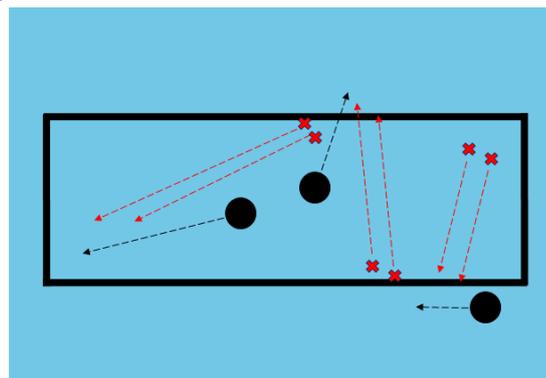
- Evaluate the anticipation of the player;
- Evaluate quickness;
- Evaluate 1-player control of the ball;
- Note down the number of catches.



Sliding

Two (2) players at the time have to slide to catch 3 balls in 3 different situations. The players have to communicate between each other to know who will slide and who will stay in support.

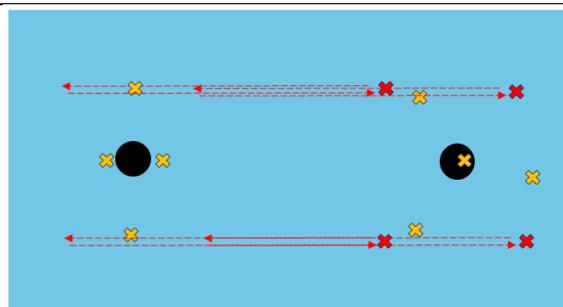
- Evaluate sliding skills;
- Evaluate quick decision making;
- Evaluate quickness;
- Evaluate communication skills;
- Evaluate ball control;
- Note down the number of catches.



Team defense skills

Team defense exercise. Two 4-players teams at opposite sides of the court take turns making a play against the defensive squad.

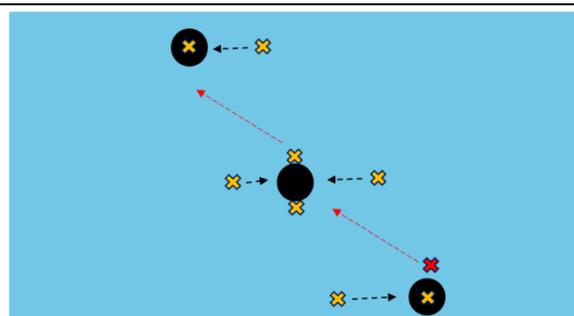
- Evaluate the decision making skill;
- Evaluate the communication between players;
- Evaluate adapting skill;
- Note how many good decisions and catches.



Blocking skills

Blocking defense exercise. 3 offense cells in 3 different parts of the court to simulate 3 game situations. The blocker blocks 1 ball then goes to the other.

- Evaluate blocking skills;
- Evaluate all 3 situations separately;
- Evaluate adapting skills;
- Note how many catches are made.



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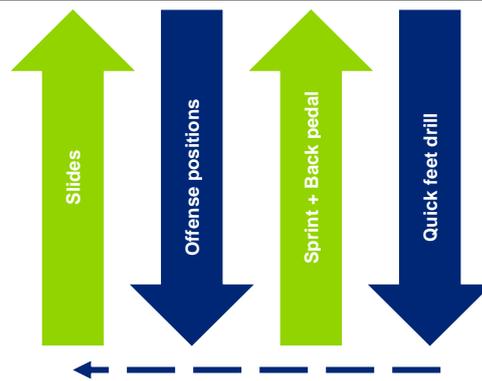
MENTAL SKILLS EXERCISES

Physical circuit

Do a physical circuit for X minutes; the objective is to do the circuit as many times as possible in a time given.

In a selection camp, the circuit is useful for:

- Testing the physical condition of the player and his ability to surpass himself;
- Testing mental capacities of the player in difficult moments, doing the circuit multiple times at different times during the camp;
- Evaluating the performance under pressure by doing it with an objective (1 lap more than the other time).

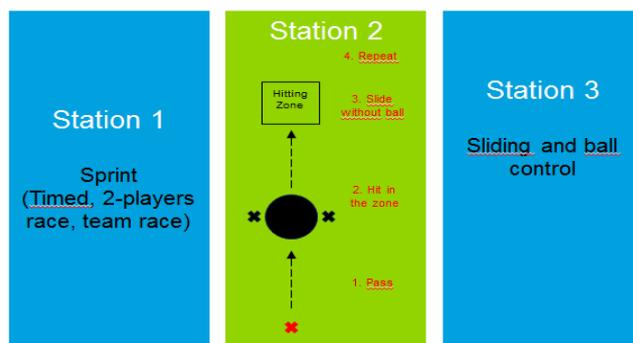


Technical circuit

Technical circuit where the players alternate between the different stations to be evaluated on many skills.

All stations are physically challenging and the players are competing against each other. It's a challenging exercise under pressure and with the players being tired.

- Timed sprints;
- Offensive circuit;
- Timed controlled slides in teams (25 slides).



- Put the players in situations out of their comfort zone during the exercises and in gameplay situations
- 1 on 1 under stressful situation. (2 teams. 1 on 1. 3 hits per player. Most scores win a point. Most point wins. Losing teams do a physical exercise (push ups, set ups...)

EVALUATING DURING THE SEASON

- Offensive skills: Offense efficiency %, Scoring in high pressure situations, Decision making in high pressure situation;
- Defensive skills: Defense efficiency %, Reading the play, Adapting to the team, Efficiency % in high pressure moments;
- Mental skills: Managing pressure, consistency, general attitude.

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High level exercises

By Marc-André Morin (Switzerland), Marc-André Laliberté (Canada) and Élise St-Aubin Fournier (Canada)

The second part of the document will present some exercises ideas and guidelines for advance players. Those exercises are divided into two groups: warm up and training exercises. The warm ups can be done at the beginning of the training session to activate the body. All exercises involve a ball and target a specific skill. Training exercises target many skills at the same time and can be used in larger groups.

WARM UP EXERCISES

- Relay race between X number of teams, the objective is to take a ball across the gym with slides, pick up an object and go back to the starting point. This warm up also works communication and ball control skills;
- Ball control and sliding skills: 4 players with a ball at the center, the players alternate sliding. They have to keep the ball at the center;
- Jogging around the gym: 1 whistle = X slides, 2 whistles = X offensive positions, etc.;
- Hitting routine with countdown: 5 seconds to hit straight between the players in front (can be faster 4 or 3 seconds);
- The objective is to activate the body and work on the precision skill.

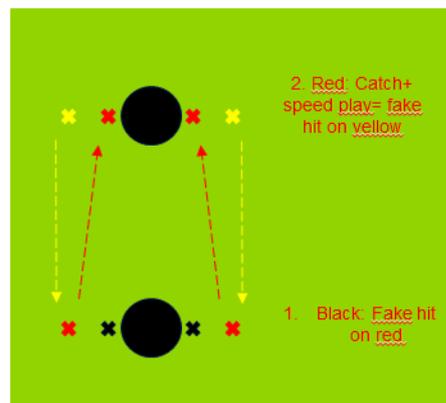
TRAINING EXERCISES

Fake hit against defense

This exercise works the fake hit skill and catching a ball with a partner (with a slide)

1. Black : Fake hit on red players
2. Red: Catches the ball, fake hit on yellow players back to starting point.
3. Yellow: Catches the ball, fake hit on black players.
4. etc.

Possible alternatives: Move the ball before the fake hit. Defense players starts in offense position, etc.

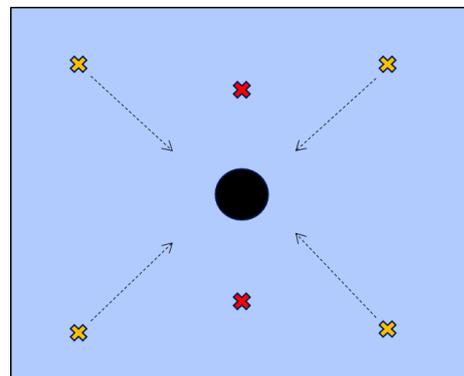


4 corners

This exercise simulates game-like situation (fast or slow). This will also work the communication and sliding skills.

- The offense (yellow) start 1 player in each corner of the gym. They catch a ball thrown by the coach. They have to make a quick hit (speed play);
- The defense (red) 2 players facing each other. They have to catch the ball thrown by the yellow players.

Possible alternatives: Tactical play by offense, speed play with time countdown, etc.



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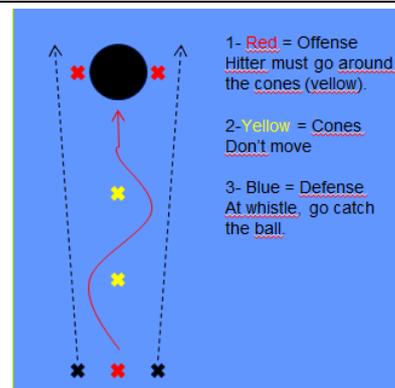
Speed play and alternatives

This exercise simulates speed play situations. It also works the ability to catch the ball with a partner, and offense vision of the play.

Rotation of the players goes like this :

- Player that catches the ball stay there to form an offense cell;
- Players that were holding the ball go stand up to simulate cones;
- The « cones » and the hitter go back to starting point;
- We change the hitter.

Alternatives : Double (2 balls), Triple (3 balls)

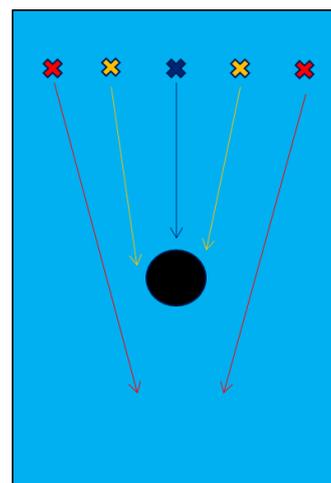


5 lines

This exercise works on the offense vision. It also works on transiting from offense to defense and vice versa.

- Yellow players catch a ball thrown by the coach;
- At 1st touch, red and blue players go towards the ball;
- Blue player hits the ball. His attacking zone is the 180 degrees in front of him;
- Red players catch the ball thrown by the blue player;
- Every player goes back to their original lines;
- The coach rotates the players after X minutes.

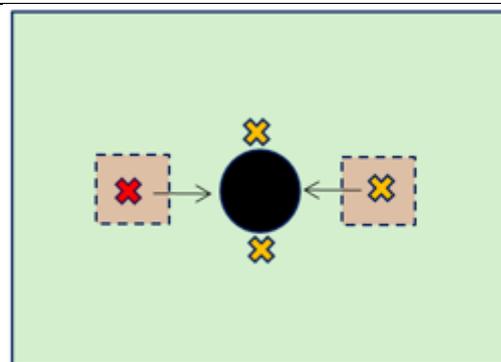
Possible alternative: « Infinite hits »: After the hit, if the ball is caught, yellow players become the defense and blue player hits again. We continue until a drop ball or a fault.



Ball control in specific zone

This exercise helps with the ball control and quickness to counter attack skills.

- The players must hit and catch the ball in a specific zone;
- After the catch, the player throws the ball to the offense cell and hits the ball;
- You can change the zones length and placement to make it harder;
- You can pair this exercise with another to work on many skills at the same time.



Alternated slides in a specific zone

This exercise works on ball control and catching the ball near lines skills.

- The players must take turns to slide and catch the ball in a specific zone;
- After the catch, the player throws the ball back at a random place;
- You can change the size of the zone to make it more difficult.

