Team Systems: Organizing Your Team to Fit Your Players
Should We Just Run Our System

• Benefits
  – Consistency
  – Less affected by injuries etc.
  – Understood roles
  – Less practice time spent on systems?
...or should we taylor our systems to our players?

- “Here's our offense. We run the See Coast Offense. If we see something, OK, and we think it fits, we're going to run it. The Philadelphia Eagles run the See Coast Offense.”
  --Chip Kelly

- I will always look to put our players in a position that allows them to succeed by evaluating their individual skill sets
- The simplest rule: don’t try and fit round pegs in square holes
- The tweener kid principle- the jack of all trades
- Value in being different?
- If your recruiting philosophy is the “best available” or if you are a high school or club team with limited talent pools...
Evaluate Your Own Team

• If you have the ability to take quality statistics do it. Use the ones you need
• Watch some video
• Try to avoid blind assumptions about who can do what.
• Don’t be afraid to experiment in practice.
Basic Principles: Rotational Organizations

• Stop writing in OH1/OH2/MB1/MB2/S/Opp
  Start using your players numbers
• Expose your best receivers
• Get your best attackers in position to take their best swings
• Maximize your libero...or don’t
• Create match ups that benefit your team
• Changes per rotations?
Rotation 2, August
Rotation 2, October
Offensive Ideas

• #1 goal is to create 1v1 opportunities
• Setter Dependent vs. Attacker dependent
• Complex patterns and or overloads vs. simple spread
• Are we taking advantage of the strengths of your attackers?
• Does your team need to score the ball at a high rate or just error manage? i.e. First do no harm
Defensive Ideas

• Goal is to keep the ball off the floor, not to be able to transition. Dig first attack second
• Can you block? If so what are your blocking goals? Take space or stuff blocks?
• Put your best defenders in the best position to dig the most balls- Hofmeyer/Maroon Principal
• Lines of sight are important
Left front across
Kim Maroon

• https://youtu.be/vbiAUgKqFUE
Questions?

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https://www.youtube.com/watch?v=F5EndislQx0