Learning From Each Other: Differences between the Men’s and Women’s Game and How Both can Grow through Collaborative Strategies

**Traditional styles:** Coaches of men’s programs traditionally coach the team to make the players better, whereas coaches of women’s programs traditionally coach the individual to make the team better.

**Debunking Assumption:** If you think a men’s coach doesn’t know how to coach women’s volleyball and a women’s coach doesn’t know anything about men’s volleyball, you are not only wrong, but doing yourself a great disservice. Have you heard a few of these myths?

*Men’s Coaches don’t know how to recruit like women’s coaches.*

*Women’s coaches over-coach, make moves to just do something.*

*Men’s volleyball coaches only care about spiking.*

*Women’s volleyball coaches only care about ball control.*

*Men’s coaches don’t deal with the emotional rollercoaster women’s coaches do.*

*Women’s coaches have unlimited resources.*

**Training Similarities:** When you as a coach provide game-like repetitions in controlled and uncontrolled environments, your players will improve at skills associated with being successful in that activity. The games are different and in percentage of factions of the game vary.

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<thead>
<tr>
<th>Men’s Collegiate</th>
<th>Women’s Collegiate</th>
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<tbody>
<tr>
<td>50%</td>
<td>35-40%</td>
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<tr>
<td>First Swing Sideout Offense</td>
<td>10%</td>
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<tr>
<td>10%</td>
<td>Serving &amp; Blocking</td>
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<tr>
<td>20%</td>
<td>Transition</td>
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<tr>
<td>20%</td>
<td>Other</td>
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Base your training on what % of time your team is in Perfect pass, 2-pass, transition, and defense

Train passers, hitters the same. The ball doesn’t know the difference when it rebounds off a platform. Individual blocker movements and attacker approach angle training is very similar.

**Training Differences:** Serve type and serve receive set-up. More jump-spin compared to jump-float. FSSO options for hitters and transition what is your offensive rotation 1 look like?

Specialization: Sub rules- all around players v one-two skills
Psychology of competition:
Anson Dorrence theory on the head to head competition in the U.S. “100 yd sprint

Feedback to players: Coach in a timeout “You’re not playing very hard right now”
What players hear (Female) “Oh god he’s talking about me, Im letting everyone down, he thinks I am a complete failure and can’t do anything”
What players hear (Male) “I wish my teammates would step it up, cause there is no way he means me”

Tactical similarities:
Nature of the game is Pass-Set-Hit
Most teams have 2-3 true point-scorers
Serving and Kill % Dictates who wins games/matches

Tactical differences:
Offensive Patterns change sometimes serve to serve in women’s game.
Bic is integral part of men’s volleyball
Terminal contacts are greater in men’s volleyball
One foot takeoff and more diverse middles in women’s game (Wider attack area on the net)

Points of suggested overlap:
Bic hitting
Swing and shuffle blocking
Individual Skill feedback and “chunking information” for the team
Training skill specific situations in game-like settings.

Recruiting differences:
Call-Invite-Offer
Ages of prospects and how they make decisions, do they “like the team”, major of study, how much is on tv and how big are the crowds.
Club staff’s scouting at club tournaments v recruiting coordinator positions.