



# PALLAVOLO

## GIOCO IN DUE FASI



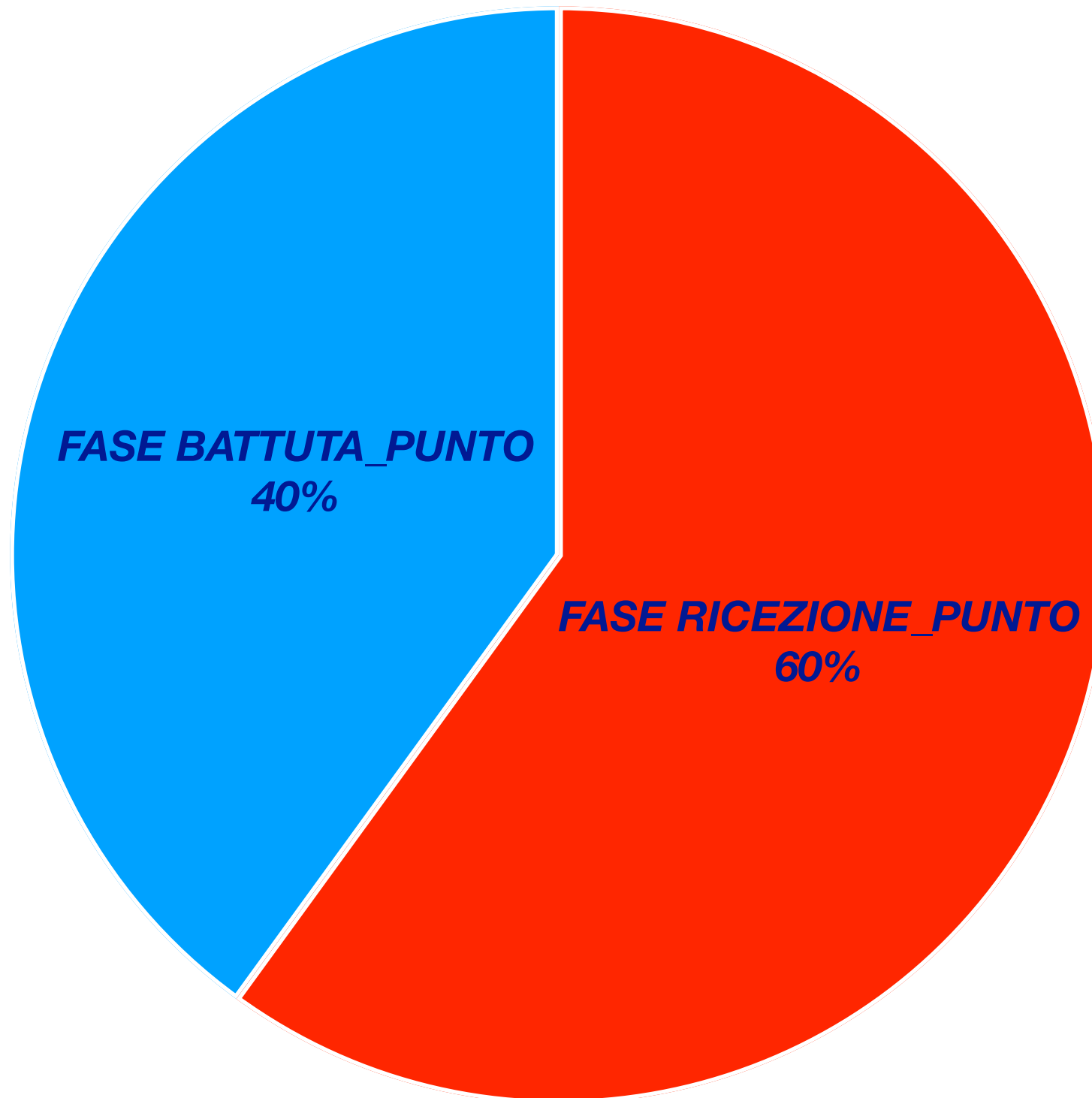
**FASE  
RICEZIONE\_PUNTO**

**FASE  
BATTUTA\_PUNTO**





# COME SI SEGNA IL PUNTO NELLE DUE FASI DI GIOCO



- FASE RICEZIONE\_PUNTO
- FASE BATTUTA\_PUNTO



Total Worksheet - POINT ANALISYS SUMMARY\_1 new

Selected match: (8) 9526, 9541, 9569, 9569, 9541, 9526, 9567, 9567

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## WON POINTS- LOST POINTS TOTAL SUMMARY

| WON POINTS      |    | TOTAL |     | BREAKPOIN |     | SIDEOUT |     |  | LOST POINTS             |  | TOTAL |     | BREAKPOIN |     | SIDEOUT |     |
|-----------------|----|-------|-----|-----------|-----|---------|-----|--|-------------------------|--|-------|-----|-----------|-----|---------|-----|
| SERVE           |    | 33    | 5%  | 33        | 13% | 0       | 0%  |  | OPPONENT ATTACK         |  | 336   | 55% | 248       | 68% | 88      | 36% |
| BLOCK           |    | 72    | 12% | 51        | 20% | 21      | 6%  |  | OUR ATTACKS BLOCKED     |  | 85    | 14% | 23        | 6%  | 62      | 26% |
| ATTACK          |    | 368   | 59% | 116       | 46% | 252     | 68% |  | OUR ATTACKS MISTAKED    |  | 64    | 11% | 14        | 4%  | 50      | 21% |
| OPPONENT ERRORS |    | 148   | 24% | 53        | 21% | 95      | 26% |  | OUR RECEPTIONS MISTAKED |  | 32    | 5%  | 0         | 0%  | 32      | 13% |
| SERVE           | 68 |       |     | 0         |     |         | 68  |  | OUR SERVES MISTAKED     |  | 77    | 13% | 77        | 21% | 0       | 0%  |
| ATTACK          | 66 |       |     | 43        |     |         | 23  |  | OTHER OUR ERRORS        |  | 15    | 2%  | 5         | 1%  | 10      | 4%  |
| OTHER ERRORS    | 14 |       |     | 10        |     |         | 4   |  |                         |  |       |     |           |     |         |     |
| TOTAL           |    | 621   |     | 253       | 41% | 368     | 59% |  | TOTAL                   |  | 609   |     | 367       | 60% | 242     | 40% |



## BREAKPOINT PHASE

| TOTAL RALLIES PLAYED IN THIS GAME             |  |     |     |     |  | 620                                           |  |     |     |     |
|-----------------------------------------------|--|-----|-----|-----|--|-----------------------------------------------|--|-----|-----|-----|
| WON POINTS                                    |  | 41% | 253 |     |  | LOST POINTS                                   |  | 59% | 367 |     |
| First rally                                   |  |     | 65  | 26% |  | First rally                                   |  |     | 264 | 72% |
| Serve                                         |  |     | 33  | 13% |  | Serve errors                                  |  |     | 77  | 21% |
| Block on attack after reception               |  |     | 32  | 13% |  | Opponent attack after reception               |  |     | 187 | 51% |
| Transition game                               |  |     | 188 | 74% |  | Transition game                               |  |     | 103 | 28% |
| % on the total rallies of the transition game |  | 65% |     |     |  | % on the total rallies of the transition game |  | 35% |     |     |
| > counterattack                               |  |     | 116 | 46% |  | > opponent counterattack                      |  |     | 61  | 17% |
| > block                                       |  |     | 19  | 8%  |  | > our counterattacks blocked                  |  |     | 23  | 6%  |
| > opponent in counterattack                   |  |     | 11  | 4%  |  | > our counterattacks mistaken                 |  |     | 14  | 4%  |
| errors other                                  |  |     | 42  | 17% |  | > other our errors                            |  |     | 5   | 1%  |

## SIDEOUT PHASE

| TOTAL RALLIES PLAYED IN THIS GAME             |  |     |     |     | 610                                           |  |     |     |     |
|-----------------------------------------------|--|-----|-----|-----|-----------------------------------------------|--|-----|-----|-----|
| WON POINTS                                    |  | 60% | 368 |     | LOST POINTS                                   |  | 40% | 242 |     |
| First rally                                   |  |     | 251 | 68% | First rally                                   |  |     | 121 | 50% |
| Opponent serve errors                         |  |     | 68  | 18% | Opponent winning serve                        |  |     | 32  | 13% |
| Winning attack after reception                |  |     | 183 | 50% | Negative Attack after Reception               |  |     | 89  | 37% |
| % on total RA#                                |  | 38% |     |     | % on total of RA                              |  | 18% |     |     |
|                                               |  |     |     |     | > attack blocked                              |  | 49  |     |     |
|                                               |  |     |     |     | > attack mistaked                             |  | 40  |     |     |
| Transition game                               |  |     | 117 | 32% | Transition game                               |  |     | 121 | 50% |
| % on the total rallies of the transition game |  | 49% |     |     | % on the total rallies of the transition game |  | 51% |     |     |
| > counterattack                               |  |     | 69  | 19% | > opponent counterattack                      |  |     | 88  | 36% |
| > block                                       |  |     | 21  | 6%  | > our counterattack blocked                   |  |     | 13  | 5%  |
| > opponent in counterattack                   |  |     | 23  | 6%  | > our counterattack mistaked                  |  |     | 10  | 4%  |
| errors other                                  |  |     | 4   | 1%  | > other our errors                            |  |     | 10  | 4%  |



| BREAKPOINT PHASE                              |  |     |     |     |                                               |  |     |     |     |
|-----------------------------------------------|--|-----|-----|-----|-----------------------------------------------|--|-----|-----|-----|
| TOTAL RALLIES PLAYED IN THIS GAME             |  |     |     |     |                                               |  |     | 620 |     |
| WON POINTS                                    |  | 41% | 253 |     | LOST POINTS                                   |  | 59% | 367 |     |
| First rally                                   |  |     | 65  | 26% | First rally                                   |  |     | 264 | 72% |
| Serve                                         |  |     | 33  | 13% | Serve errors                                  |  |     | 77  | 21% |
| Block on attack after reception               |  |     | 32  | 13% | Opponent attack after reception               |  |     | 187 | 51% |
| Transition game                               |  |     | 188 | 74% | Transition game                               |  |     | 103 | 28% |
| % on the total rallies of the transition game |  | 65% |     |     | % on the total rallies of the transition game |  | 35% |     |     |
| > counterattack                               |  |     | 116 | 46% | > opponent counterattack                      |  |     | 61  | 17% |
| > block                                       |  |     | 19  | 8%  | > our counterattacks blocked                  |  |     | 23  | 6%  |
| > opponent in counterattack                   |  |     | 11  | 4%  | > our counterattacks mistaked                 |  |     | 14  | 4%  |
| errors other                                  |  |     | 42  | 17% | > other our errors                            |  |     | 5   | 1%  |



| SIDEOUT PHASE                                 |  |  |  |     |     |     |  |                                               |  |
|-----------------------------------------------|--|--|--|-----|-----|-----|--|-----------------------------------------------|--|
| TOTAL RALLIES PLAYED IN THIS GAME             |  |  |  |     |     |     |  | 610                                           |  |
| WON POINTS                                    |  |  |  | 60% | 368 |     |  | LOST POINTS                                   |  |
| First rally                                   |  |  |  |     | 251 | 68% |  | First rally                                   |  |
| Opponent serve errors                         |  |  |  |     | 68  | 18% |  | Opponent winning serve                        |  |
| Winning attack after reception                |  |  |  |     | 183 | 50% |  | Negative Attack after Reception               |  |
| % on total RA#                                |  |  |  | 38% |     |     |  | % on total of RA                              |  |
|                                               |  |  |  |     |     |     |  | > attack blocked                              |  |
|                                               |  |  |  |     |     |     |  | > attack mistaked                             |  |
| Transition game                               |  |  |  |     | 117 | 32% |  | Transition game                               |  |
| % on the total rallies of the transition game |  |  |  | 49% |     |     |  | % on the total rallies of the transition game |  |
| > counterattack                               |  |  |  |     | 69  | 19% |  | > opponent counterattack                      |  |
| > block                                       |  |  |  |     | 21  | 6%  |  | > our counterattack blocked                   |  |
| > opponent in counterattack                   |  |  |  |     | 23  | 6%  |  | > our counterattack mistaked                  |  |
| errors other                                  |  |  |  |     | 4   | 1%  |  | > other our errors                            |  |





Selected match: (8) 9526, 9541, 9569, 9569, 9541, 9526, 9567, 9567

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**WON POINTS - LOST POINTS TOTAL SUMMARY**

| WON POINTS      |    | TOTAL |     | BREAKPOIN |     | SIDEOUT |     | LOST POINTS             |  | TOTAL |     | BREAKPOIN |     | SIDEOUT |     |
|-----------------|----|-------|-----|-----------|-----|---------|-----|-------------------------|--|-------|-----|-----------|-----|---------|-----|
| SERVE           |    | 33    | 5%  | 33        | 13% | 0       | 0%  | OPPONENT ATTACK         |  | 336   | 55% | 248       | 68% | 88      | 36% |
| BLOCK           |    | 72    | 12% | 51        | 20% | 21      | 6%  | OUR ATTACKS BLOCKED     |  | 85    | 14% | 23        | 6%  | 62      | 26% |
| ATTACK          |    | 368   | 59% | 116       | 46% | 252     | 68% | OUR ATTACKS MISTAKED    |  | 64    | 11% | 14        | 4%  | 50      | 21% |
| OPPONENT ERRORS |    | 148   | 24% | 53        | 21% | 95      | 26% | OUR RECEPTIONS MISTAKED |  | 32    | 5%  | 0         | 0%  | 32      | 13% |
| SERVE           | 68 |       |     | 0         |     | 68      |     | OUR SERVES MISTAKED     |  | 77    | 13% | 77        | 21% | 0       | 0%  |
| ATTACK          | 66 |       |     | 43        |     | 23      |     | OTHER OUR ERRORS        |  | 15    | 2%  | 5         | 1%  | 10      | 4%  |
| OTHER ERRORS    | 14 |       |     | 10        |     | 4       |     |                         |  |       |     |           |     |         |     |
| TOTAL           |    | 621   |     | 253       | 41% | 368     | 59% | TOTAL                   |  | 609   |     | 367       | 60% | 242     | 40% |

**WON POINTS BY ROTATION SUMMARY**

| BREAKPOINT       |     | ROT | ROT | ROT | ROT | ROT | ROT | SIDEOUT          |     | ROT | ROT | ROT | ROT | ROT | ROT |
|------------------|-----|-----|-----|-----|-----|-----|-----|------------------|-----|-----|-----|-----|-----|-----|-----|
|                  |     | S1  | S6  | S5  | S4  | S3  | S2  |                  |     | S1  | S6  | S5  | S4  | S3  | S2  |
| Serves           | 620 | 125 | 112 | 120 | 82  | 89  | 92  | Serves           | 610 | 116 | 107 | 117 | 74  | 88  | 101 |
| Won Points       | 253 | 59  | 47  | 52  | 28  | 34  | 33  | Won Points       | 368 | 66  | 69  | 66  | 50  | 60  | 57  |
| Percentage       | 41% | 47% | 42% | 43% | 34% | 38% | 36% | Percentage       | 60% | 57% | 64% | 56% | 68% | 68% | 56% |
| Effective Serves | 543 | 116 | 97  | 103 | 71  | 72  | 84  | Effective Serves | 542 | 100 | 98  | 107 | 61  | 88  | 88  |
| Won Points       | 253 | 59  | 47  | 52  | 28  | 34  | 33  | Won Points       | 300 | 50  | 60  | 56  | 37  | 50  | 47  |
| Percentage       | 47% | 51% | 48% | 50% | 39% | 47% | 39% | Percentage       | 55% | 50% | 61% | 52% | 61% | 57% | 53% |



Selected match: (8) 9526, 9541, 9569, 9569, 9541, 9526, 9567, 9567

Chemik Police

**WON POINTS - LOST POINTS TOTAL SUMMARY**

| WON POINTS      |    | TOTAL |     | BREAKPOIN |     | SIDEOUT |     | LOST POINTS             |  | TOTAL |     | BREAKPOIN |     | SIDEOUT |     |
|-----------------|----|-------|-----|-----------|-----|---------|-----|-------------------------|--|-------|-----|-----------|-----|---------|-----|
| SERVE           |    | 33    | 5%  | 33        | 13% | 0       | 0%  | OPPONENT ATTACK         |  | 336   | 55% | 248       | 68% | 88      | 36% |
| BLOCK           |    | 72    | 12% | 51        | 20% | 21      | 6%  | OUR ATTACKS BLOCKED     |  | 85    | 14% | 23        | 6%  | 62      | 26% |
| ATTACK          |    | 368   | 59% | 116       | 46% | 252     | 68% | OUR ATTACKS MISTAKED    |  | 64    | 11% | 14        | 4%  | 50      | 21% |
| OPPONENT ERRORS |    | 148   | 24% | 53        | 21% | 95      | 26% | OUR RECEPTIONS MISTAKED |  | 32    | 5%  | 0         | 0%  | 32      | 13% |
| SERVE           | 68 |       |     | 0         |     |         | 68  | OUR SERVES MISTAKED     |  | 77    | 13% | 77        | 21% | 0       | 0%  |
| ATTACK          | 66 |       |     | 43        |     |         | 23  | OTHER OUR ERRORS        |  | 15    | 2%  | 5         | 1%  | 10      | 4%  |
| OTHER ERRORS    | 14 |       |     | 10        |     |         | 4   |                         |  |       |     |           |     |         |     |
| TOTAL           |    | 621   |     | 253       | 41% | 368     | 59% | TOTAL                   |  | 609   |     | 367       | 60% | 242     | 40% |

**WON POINTS BY SET SUMMARY**

| BREAKPOINT       |     | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | SIDEOUT          |     | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 |
|------------------|-----|-------|-------|-------|-------|-------|------------------|-----|-------|-------|-------|-------|-------|
| Serves           | 620 | 184   | 178   | 182   | 62    | 14    | Serves           | 610 | 177   | 158   | 192   | 70    | 13    |
| Won Points       | 253 | 76    | 77    | 68    | 26    | 6     | Won Points       | 368 | 110   | 100   | 114   | 35    | 9     |
| Percentage       | 41% | 41%   | 43%   | 37%   | 42%   | 43%   | Percentage       | 60% | 62%   | 63%   | 59%   | 50%   | 69%   |
| Effective Serves | 543 | 165   | 151   | 155   | 58    | 14    | Effective Serves | 542 | 159   | 134   | 171   | 65    | 13    |
| Won Points       | 253 | 76    | 77    | 68    | 26    | 6     | Won Points       | 300 | 92    | 76    | 93    | 30    | 9     |
| Percentage       | 47% | 46%   | 51%   | 44%   | 45%   | 43%   | Percentage       | 55% | 58%   | 54%   | 54%   | 46%   | 69%   |





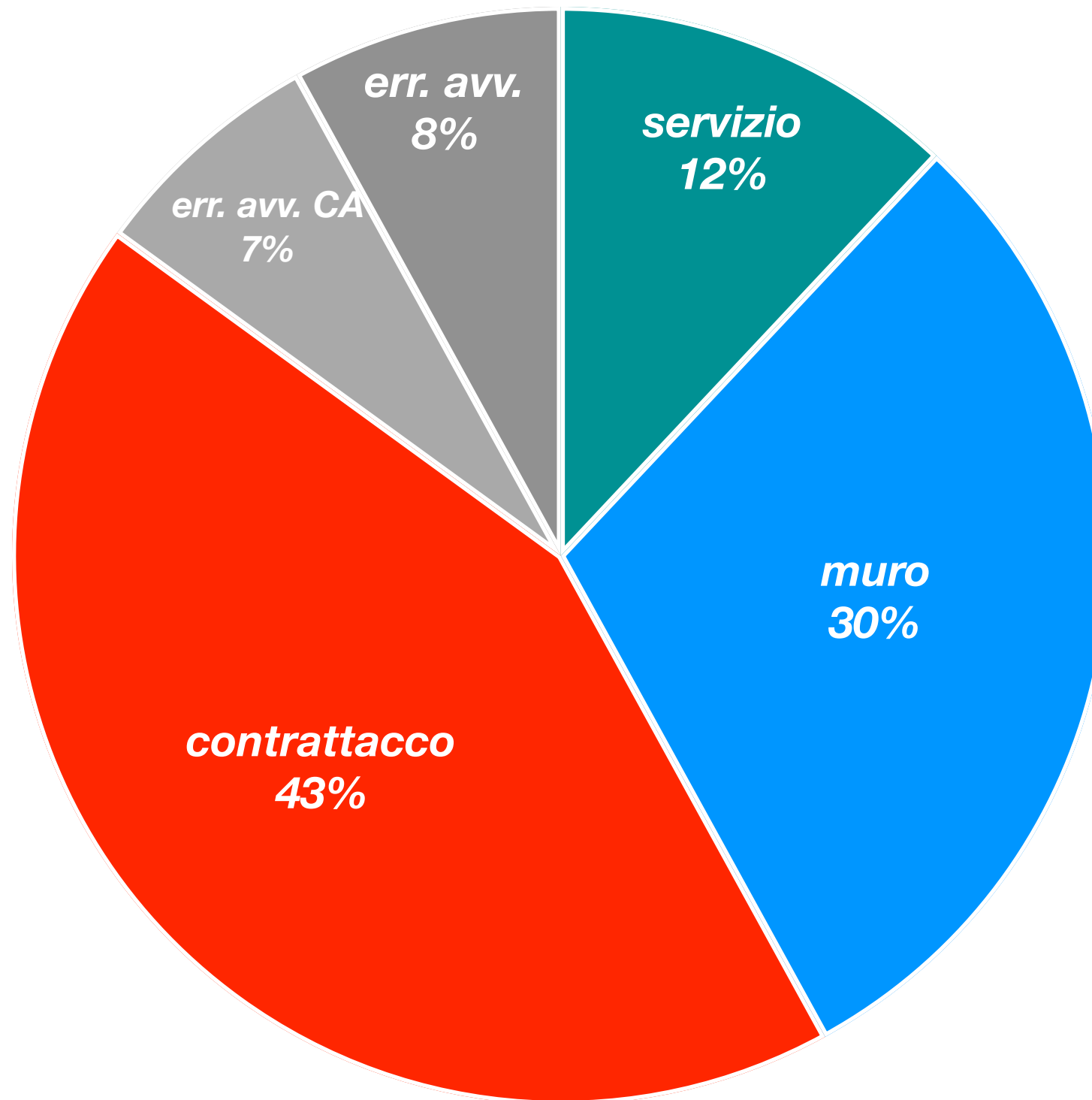
# FASE BATTUTA\_PUNTO







# COME SI SEGNA IL PUNTO NELLA FASE BATTUTA\_PUNTO



- servizio
- muro
- contrattacco
- err. avv. CA
- err. avv.



**GESTIONE DEL SERVIZIO**

**ORGANIZZAZIONE DEL SISTEMA DI CORRELAZIONE TRA MURO E  
DIFESA**

**ORGANIZZAZIONE DEL CONTRATTACCO**

**ORGANIZZAZIONE DEL GIOCO DI TRANSIZIONE**





WORLD GRAND PRIX



Mikasa

Gerflor  
theflooringgroup

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A background image of a volleyball match in progress. The court is orange, and the net is white. Several players in red and white uniforms are visible. A referee in a white shirt and black pants stands on the left. The text is overlaid in the center of the image.

# ***L'ORGANIZZAZIONE DEL SISTEMA DI CORRELAZIONE TRA MURO E DIFESA***





WORLD GRAND PRIX

***situazioni in cui l'alzatrice ha a disposizione  
solo opzioni d'attacco scontato***







WORLD GRAND PRIX

***situazioni in cui l'alzatrice ha a disposizione  
tutte le opzioni d'attacco***

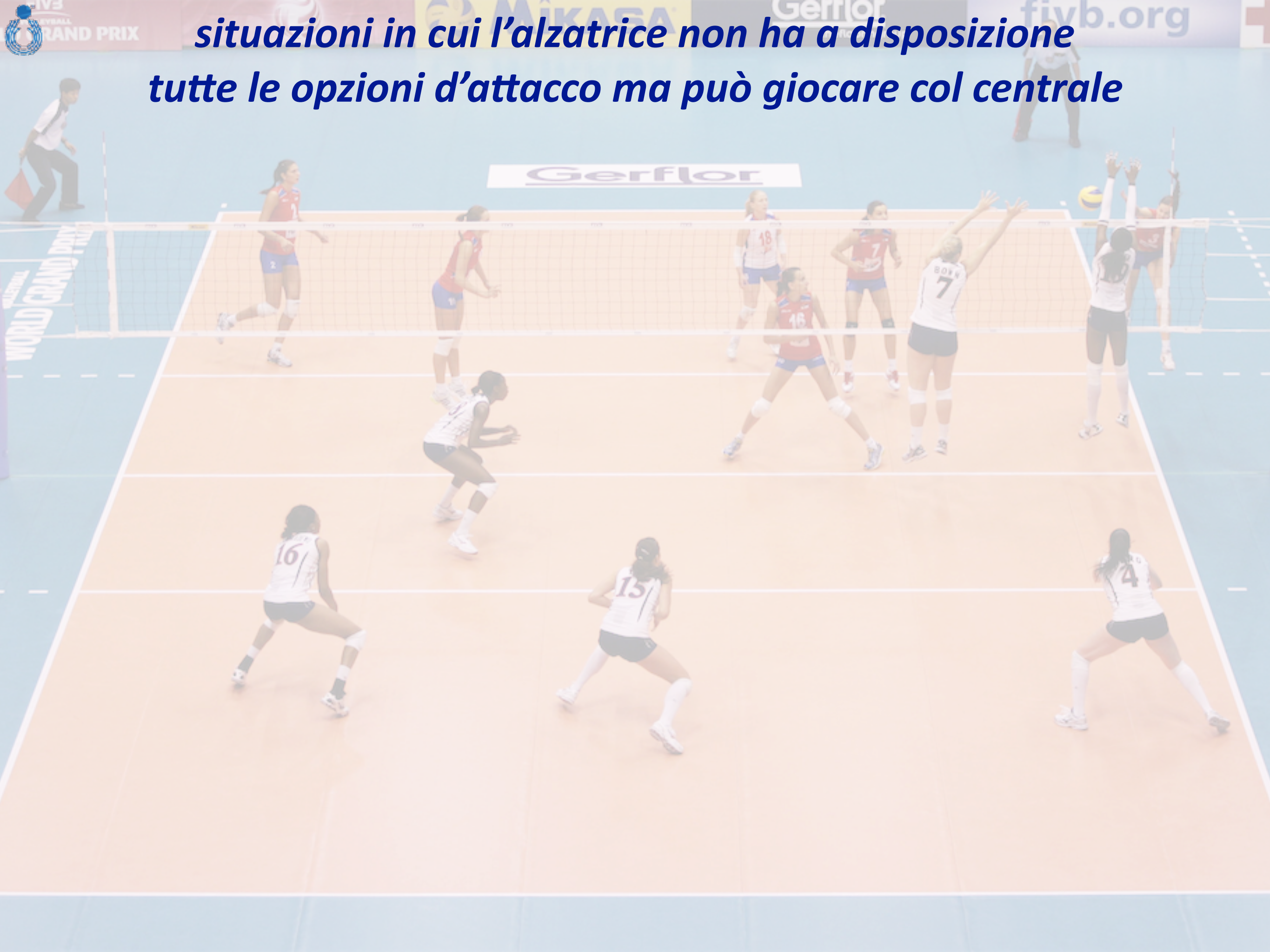






WORLD GRAND PRIX

***situazioni in cui l'alzatrice non ha a disposizione  
tutte le opzioni d'attacco ma può giocare col centrale***







*quando l'alzatrice deve alzare una palla che sta andando dall'altra parte della rete e non ha disponibili tutte le opzioni di alzata (trasforma una R/ in una R+)*



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# ***CORRELAZIONE MURO\_DIFESA DA IMPOSTARE E GESTIRE COME UN SISTEMA***







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# ***COMUNICAZIONE***

***> avere una corretta catena di comunicazione***

***> PRIORITA' MURO***

***> il centrale comanda il muro***

***> il libero comanda la difesa***





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# *basarsi sulle* **CARATTERISTICHE DELLE GIOCATRICI**

*dal punto di vista:*

- *tecnico-tattico*
- *fisico*
- *mentale*

**ROTAZIONI**





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# ***FLESSIBILITA'***

***prevedere aggiustamenti e adattamenti***

- ***sulla base delle caratteristiche del gioco d'attacco avversario***
- ***sulla base di come si sviluppa il gioco***
- ***sulla base di eventuali sostituzioni***





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# *basarsi sulla* **ANALISI STATISTICA**

- > nell'impostazione del sistema di base*
- > nella preparazione di ogni singola partita*
- > nel prevedere il piano di gara come qualcosa di "dinamico" e non di "statico"*





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*definire*

# ***SITUAZIONI STANDARD***

- >alzata fuori asta***
- >alzata a filo***
- >alzata corta***
- >alzata staccata***
- > situazione NO MURO***





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## ***CORRELAZIONE MURO\_DIFESA***

***posizione iniziale >>> spostamento >>> posizione finale***







# *problematiche relative alla POSIZIONE INIZIALE*







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# *problematiche relative alla POSIZIONE INIZIALE*







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*problematiche relative allo  
**SPOSTAMENTO***

*nell'esecuzione del MURO*



*nell'esecuzione della DIFESA*





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theflooringgroup

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# *problematiche relative alla POSIZIONE FINALE attacco da zona 4*







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*problematiche relative alla*  
**POSIZIONE FINALE**  
*attacco da zona 2*







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Volleyball  
GRAND PRIX



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# *problematiche relative alla POSIZIONE FINALE attacco da zona 6*

