

AVCA-North Country Region **RECRUITING TIP OF THE WEEK**

What College Coaches
Look for in Liberos



Technique of College Liberos

Good platform

Quiet Arms

Controls angles

Efficient shuffle

Tracks the line of the serve

Holds follow through



Tactical Strengths of College Liberos

Captain of Serve Receive

Sees the court – good ‘reader’

Knows opponent tendencies

Sees the blockers hands on hitter coverage

Reliable secondary setter

Excellent server



Mental-Emotional Qualities of a College Libero

Tough as nails – will challenge any hitter!

Builds trust in teammates with touch and eye contact

Relentless on ball pursuit

Gets better with pressure

Reliable on hitter coverage



Data Sources

Technique: USA Women's National Team coaches

Technical: College coaches

Mental/Emotional: College coaches



**Thanks for
your
membership
in the
North Country
Region**

**Your partner
in volleyball**

