



Iradge Ahrabi Fard

Former Head Women's Coach, University of Northern Iowa

Wednesday, Dec. 12
Classroom Session
2 - 2:50 p.m.

Rally Scoring Research made possible by Digital Scout

In a research effort, a random sample of the conferences in NCAA Division I women's volleyball population is currently being surveyed in order to find the sentiment of coaches, players, referees, media, and spectators regarding several aspects of rally scoring. Questions have been designed to collect data from each segment of population that is of an interest among that particular group. Some question items may be common among few or all segments of population. There are also questions about the international rally scoring and the changes made for NCAA and opinions about the differences and suggestions to stay with current version, improve on several aspects of the system, or accept the international system. The questionnaire is given at the beginning and near the end of season so that the change of positions could also be calculated. The results of this survey will be presented by Dr. Larry Hensley, Dr. Lynn Fielitz and Dr. Iradge Ahrabi-Fard during this session.

Thursday, Dec. 13
On-Court Session
1 - 1:50 p.m.

Middle Blocker Transition Offense

Reception offense is one phase of the game that a coach can have a detailed plan of a passing formation and offensive options thus creating a somewhat predictable performance. During transition offense a variety of an unpredictable situation makes the planning a challenge. In this presentation the crucial role of the middle player as the initiator of the transition offense is discussed. The presentation includes the timing element of middle player while attacking from six options. Middle players initiation of a certain option will determine an automatic set of plan for the rest of the offensive players. There will also be some guidelines for a middle player to be active during the out of system situations as well.

Friday, Dec. 14
2 - 2:50 p.m.
Classroom Session

Science: A Source for Creating New Directions in Volleyball

This session will take a look at angles and court availability in a tempo 1 attack as well as the effect of air density on ball trajectory during passing and serving. Dr. Ahrabi-Fard, along with Dr Michel Roth, a physicist, will conduct the session.

The position of the ball at various areas of the net with different block seals creates different court availability that you will see through various computer images. The ball position to the block changes with the height of the set and the depth of the set. Visually you will be able to see how these variables create different court availability that is shown along the net with mobile ball positions. This understanding is good for tempo 1 attackers with a certain reach in order to determine the best court availability during their attack including what part of the ball has to be contacted in order to reach that area.

The second half of this presentation will take an in-depth look at the effect of air density in different altitudes while serving or passing. There is software that can calculate the altitude difference and the exact change in flight trajectory. Also discussed will be recommendations for adjusting the serving distance from the net as a remedial training concern when training in one altitude and competing in other.

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1

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