



# The Service Line

Volume XVI Issue 2

September 23, 2010

Michigan State University

## Letter from Cathy—2010 Big Ten Preview

Sideout Club,

When we look at the season, we divide into 3 segments. The first 6 weeks were about our growth and development. Now as we reflect, we realize that we come a long way, but still have room for improvement. Although we have had some setbacks due to injury, we have made great strides in developing the all around game for many of our front row attackers. Honestly—it gave us the opportunity to play around with many different options and looks for our 2010 squad. The next segment leads us into the first round of conference action. As we approach an exciting weekend at Breslin we are optimistic about our team's progress. We know that conference is, again, full of top-ranked opponents, and are sure this year will be no different. This weekend we welcome Minnesota, currently ranked #14 nationally, and Iowa. We are lucky to be able to host the opening weekend in such a beautiful venue and hope you will come out to get us started off on the right track! We are encouraged that the SideOut Club is continuing to grow with record numbers and thank you for your ongoing support!!



*Cathy George*

### Home Schedule

Sept 24—Minnesota (Breslin)	Nov 5—Ohio State
Sept 25—Iowa (Breslin)	Nov 6—Penn State
Oct 8—Illinois	Nov 19—Indiana
Oct 9—Wisconsin	Nov 20—Purdue
Oct 13—@ Michigan—Come to Ann Arbor	Nov 24—Michigan (Breslin)
Oct 16—Northwestern	

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VOLLEYBALL

...\*Questions/Comments about the newsletter can be sent to Mike Gawlik @ [gawlikmi@ath.msu.edu](mailto:gawlikmi@ath.msu.edu). If you want something covered in the newsletter, let me know...

## Breslin Welcomes Volleyball

The Breslin Center graciously welcomes MSU Volleyball into their home for the first two Big Ten match-ups on Friday, September 24<sup>th</sup> and Saturday, September 25<sup>th</sup>. Come cheer on your favorite team as we take on Minnesota and Iowa! Fill the stands and join in on the many activities Spartan Volleyball provides for you. Go Green!

### Parking for Volleyball Games

Attention all Volleyball fans you may NOT park on the grass, along curbs, in fire lanes, in loading areas or obstruct traffic in any way. On Saturday and Sundays you may park for free in lots 67 (Jenison), 62 West, 79 and along Dem Hall Road as long as you are parked in designated parking spaces (as long as there isn't a football, basketball or hockey game). During the week lot 67 is reserved Monday- Friday from 7 am to 6pm.

### Media Guides are now available...

Don't forget to pick up your 2010 MSU Volleyball media guide filled with volleyball history and player bios. Don't miss this opportunity to get to know more about the staff, players and coaches! Want to know who holds the highest hitting percentage? Find it in the Media Guide! It's time for the fans to get educated on what MSU volleyball is all about. Also, don't forget to pick up your official lapel pin. Show your support, pick up a media guide and pin at the SideOut Club before every game.

### Family Fitness Day—Saturday, September 25th vs. Iowa

Friday is Family Fitness Day! Get in FREE to the Iowa game by participating in three out of the six fitness stations in the Breslin Center on Friday, September 24<sup>th</sup> before the match begins. Take a stand and promote a healthy lifestyle by getting your blood pressure taken or learn some new stretches at the stretching center. Bring your family, bring your friends and most importantly ask questions! Stations are open from 6pm to halftime it's never too late to be healthy.

### SideOut Club Tailgate—October 9th

Come out to join fellow MSU fans for the 11<sup>th</sup> Annual Spartan Volleyball Tailgate on Saturday, October 9<sup>th</sup> before the match against Wisconsin. We will start around 3:30 at the usual location in front of the main entrance to Jenison and continue until game time at 6:30. Bring a dish or item you wish to grill and share! We would appreciate if you would bring grills, charcoal and folding tables. If you are able to bring any of those items please contact Cathy Caswell at 332-4353 or [caswell@msu.edu](mailto:caswell@msu.edu). Don't hesitate to call for questions.

## Announcements continued...

### SideOut Club Record Numbers

Our numbers are up 20 %!! Thanks to everyone who is currently a SideOut Club Member keep up the good work! It is our goal for the year to increase the fan base of MSU volleyball. Invite your family and friends to attend games the more support we have the better.

Congratulations to the SideOut Club Courtside Seat Winners:

- Susan Epple **September 24<sup>th</sup>**
- Pete Morris **Oct 8<sup>th</sup>**
- Joan Travis **Oct 9<sup>th</sup>**

### Chili's Giveaway

Chili's is giving away mini volleyballs to the first 500 fans to enter Breslin on Saturday September 25<sup>th</sup>. Pick up your free volleyball courtesy of Chili's. Don't forget to bring your ticket stub to Chili's on game day or the day after to get a free appetizer. Sweet Serve! If you order any dessert at Chili's you will get two FREE tickets to the next MSU volleyball game. Let Chili's take care of you on game day.

Make sure to take your 50/50 Raffle Ticket into Dagwood's Tavern on any MSU volleyball game day, order a Dagwood's famous burger and get fresh cut fries for **FREE!**



In this section we hope to answer some of the more common questions asked by our SideOut Club of the staff. If you have a question that you'd like answered in an upcoming newsletter, let me know and I'll do my best! Email me at: [gawlikmi@ath.msu.edu](mailto:gawlikmi@ath.msu.edu)



**Question:** *What's a 6-2 offense? What are the Pros and Cons?*

**Answer:** I thought I'd take the time in this newsletter to address the 2 main types of offenses used in volleyball. First, we'll start with the 6-2 offense. Why is it called a 6-2 you might ask... Good question. The 6 represents the number of hitters on the floor while the 2 represents the number of setters. OK math majors, how many players does that put in the game? 8? Well, no. In a 6-2 offense, the coach may choose to sub out a setter when they enter in the front row to replace them with an attacker that is more offensive. When choosing to do that, the coach must make sure that another setter, or player capable of doing both skills, is entering the right back position. The 6-2 offense can be run with 8, 7, or 6 players (not counting the libero or defensive substitutions.) In the case of Michigan State Volleyball, we run the 6-2 offense with 7 players because Natalie Emro acts as both a setter (when in back row) AND a hitter (when in front row). We currently have a player come off the bench to play right side for our second setter (Nicole or Kristen) when Natalie rotates to the back row.

Pros of the 6-2:

- This offense allows teams to put a lot of pressure on the opposing blockers. By having 3 front row players at all times throughout the match, the blockers must communicate and move well to cover all 9 meters of net! A team that chooses to run a 6-2 does their best to spread the blockers apart and get 1-on-1 opportunities.
- This offense may allow smaller setters to have success because their blocking/attacking is no longer a liability to the team when they're in the front row.

Cons of the 6-2

- Multiple substitutions every 3 rotations add up quickly and the rules only allow you 12 subs per game... if the game moves too quickly, you may be in a position where you have to keep a smaller player in for a full rotation.
- 2 setters can mean 2 different setting styles for the same hitters. It's important that teams choosing to run a 6-2 have setters that can be consistent with each others timing.
- Setters coming off the bench can find their rhythm disrupted with various movement in and out of the game.

## Question & Answer

### Question #2: *What's a 5-1 offense? What are the Pros and Cons*



**Answer:** OK, now that the 6-2 is understood, I'm sure the 5-1 won't be hard to follow. The 5 stands for the number of attackers in the game, while the 1 stands for the number of setters. Very simply put, the setter will be the setter regardless of their rotation on the floor. They set from the front row as well as the back row. Internationally, this is almost exclusively the offense that is run—not for the purpose of it being better or worse (keep in mind that NCAA teams have won national championships with both styles of offense), but rather because their substitutions within the game are more strictly limited to 6, with no player allowed to enter or exit the game twice.

#### Pros of the 5-1

- If run with a physical setter—the setter can jump and attack/tip/dump the 2nd contact, catching the defense off guard and by surprise.
- Middle attackers can freely move behind the setters for slides and back quick attacks. Keep in mind that this is possible with a 6-2, but requires more communication and coordination between players.
- There is 1 leader, 1 setting style, and a continuous rhythm to the offense.
- Substitutions are less of a factor and a coach and have the freedom to move players in and out of the game (perhaps for serving or blocking) with less fear of running out of subs.

#### Cons of the 5-1

- A smaller setter may get abused as a blocker—remember, they must play all 6 rotations.
- If the setter is not an attacking threat (by way of dump/tip), the opposing blockers can choose to block your other 2 players with 3 blockers—leaving the setter all alone.

Other offenses—more commonly use in middle schools or Rec leagues include:

4-2 Setter is always in right FRONT—therefore only 4 attackers are in the front row. This is easier for setters who don't move well, as they are almost standing in the setting target zone.

6-6 Everyone sets out of the FRONT MIDDLE as they rotate around. 6 Attackers, 6 setters



Michigan State University



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## SIDEOUT CLUB NEWS

### Important Dates

#### SOC Tailgate at Jenison Field House

- October 9th—prior to match vs. Wisconsin.

#### Chalk Talk

- September 25th—6:20-6:40 (Breslin—enter through ticket office by Magic Johnson statue and turn right into Women’s Basketball)
- November 20th—5:30pm

#### Coaches Luncheons at Hall of Fame Café

Open to all—Join the MSU Volleyball Family and hear from Coach George—Admission is free and a full lunch menu will be available for purchase.

- October 14th
- November 4th

#### Volleyball Banquet at University Club

- Sunday, January 9th, 2011.



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### *The Service Line*

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