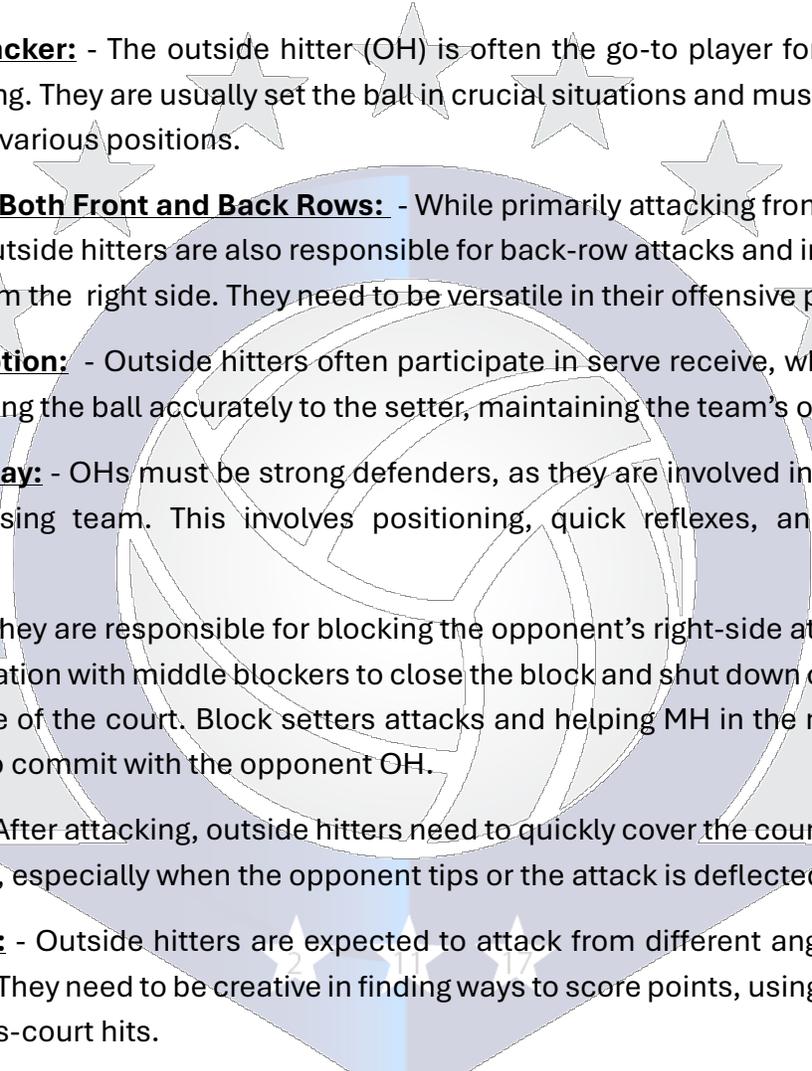


Responsibilities of a Volleyball Outside Hitter:

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1. **Primary Attacker:** - The outside hitter (OH) is often the go-to player for scoring points through attacking. They are usually set the ball in crucial situations and must be prepared to make kills from various positions.
 2. **Hitting from Both Front and Back Rows:** - While primarily attacking from the left side in the front row, outside hitters are also responsible for back-row attacks and in some cases in one rotation from the right side. They need to be versatile in their offensive play.
 3. **Serve Reception:** - Outside hitters often participate in serve receive, where they play a key role in passing the ball accurately to the setter, maintaining the team's offensive flow.
 4. **Defensive Play:** - OHs must be strong defenders, as they are involved in digging attacks from the opposing team. This involves positioning, quick reflexes, and solid digging techniques.
 5. **Blocking:** - They are responsible for blocking the opponent's right-side attacks and must work in coordination with middle blockers to close the block and shut down opposing hitters on the right side of the court. Block setters attacks and helping MH in the middle, to allow the RS/Opp/S to commit with the opponent OH.
 6. **Coverage:** - After attacking, outside hitters need to quickly cover the court to be ready for defensive plays, especially when the opponent tips or the attack is deflected by a block.
 7. **Adaptability:** - Outside hitters are expected to attack from different angles and handle imperfect sets. They need to be creative in finding ways to score points, using tips, roll shots, and line or cross-court hits.
 8. **Leadership:** - Often considered leaders on the court, outside hitters must maintain strong communication with setters, middles, and other teammates to ensure effective playmaking.

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Physical Demands of a Volleyball Outside Hitter:

1. **Vertical Jump:** - A high vertical leap is crucial for outside hitters to attack above the block and hit the ball at a steep angle. They must be able to jump repeatedly throughout the game. Needs to be able to contact the ball over the level of the net on offense, and able to at least to put elbows over the net on blocking.
2. **Explosiveness:** - Outside hitters need to have explosive power for both jumping and hitting. Their attacks must be quick and powerful to outplay the opponent's blockers and defense.
3. **Strength:** - Strong upper and lower body strength is necessary for powerful spikes, sustained jumping, and blocking. Core strength is important for maintaining balance while hitting in mid-air.
4. **Endurance and Stamina:** - Due to the high volume of attacking, serve reception, defense, and blocking, outside hitters must have excellent endurance to sustain their energy throughout long matches.
5. **Agility and Quickness:** - Quick lateral movement and agility are essential for getting into position to receive serves, defend attacks, or transition into offensive plays.
6. **Coordination and Timing:** - Outside hitters need precise coordination and timing to strike the ball cleanly and execute powerful attacks, often while adjusting to sets that may not be perfect.
7. **Versatility:** - They must be comfortable playing from both the front and back row, and left and right side of the court, requiring the ability to shift from a defensive to offensive mindset seamlessly.
8. **Mental Toughness:** - With the high pressure of being a primary scorer, outside hitters need to maintain mental resilience, especially when the team relies on them during critical points of the game. And overcome blocks and hitting errors, all natural and part of the game.

These demands highlight the outside hitter's importance as a versatile and dynamic player in volleyball.

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