

Hello!

Welcome to www.coachouser.com!

Below is the libero document that you came for!

May I first tell you about the camps and books that we offer. ☺

~~~~~

## STAR Volleyball Site Camps!

- \* They are 1/3 the price of a university site camp;
- \* They have a better coach:camper ratio than any national or university camp;
- \* They are directed by people who coach, give lessons, and direct camps 12 months a year!

→ Hosting one is easy! Please visit us [here](#) for more info!

**SAVE \$100 if you send me a deposit for a 2018 summer site camp prior to November 1, 2017!!**

→ Attending is easier. To see our entire list for this summer, please touch [here](#).

~~~~~

The “I Can’t Wait” Ebooks and Drill Collection!

The two ebooks are 350 pages of strategy, x’s and o’s, and dealing with problems.

They sell for \$20 each for \$30 for both. You can download some free articles or buy the ebooks [here](#).

The Drill Collection is over 120 drills that I created myself. They will immediately make your team better! It sells for \$25.

You can download some free drills or buy the Drill Collection [here](#).

And if you buy the Drill Collection by October 1, 2017, you’ll get it for 50% off. Use the coupon code ICANTWAIT2018

The complete package can be purchased for \$50!! Purchase can do done [here](#)!

If a coach hosts a STAR Volleyball Site Camp, the complete package is free!!

I hope that it’s a great day! If you will be at BigSouth, Capitol Hill, K-2Elite or Shamrock, please visit me! I’ll be coaching an NRV team.

Coach Houser

~~~~~

Updated: February 1, 2017

A libero is a player who is designated by the coach to play back row only. In USAV volleyball for 2016, a coach can designate one, two or no liberos per set. If the coach designates two, then those 2 girls must be the 2 liberos for the entire match. But, if the coach designates only 1 or none, then coach may redesignate after a set is completed.

This designation will be placed on the lineup sheet (more about that later). She will wear a jersey that that is obviously contrasting to the rest of the team. VERY contrasting. In 2015 USAV required either the libero or the “normal” players to wear a solid jersey; but, half way through the 2016 season USAV changed to the rule to “distinctively contrasting”. This

jersey doesn't have match the style or manufacturer of the rest of the team! Her jersey can even have different length sleeves, etc. She can even wear different color/style shorts. Some schools will have a set of alternate jerseys made at the local Tshirt store. I can also imagine that some schools will want to save \$ and buy only one or two alternate jerseys. But be careful with this idea! B/c as soon as the referees check the jersey #'s before a match, that's it! You can't change your mind later and have Joan put on Sally's OH jersey and Sally put on Joan's libero jersey. A player **CAN** change from their team uni to her libero uni (same #) during a match, but no way can they change #'s.

Now, I've only commented on the USAV rules. NCAA, National Federation, FIVB, etc. may have small differences. For example, I think USAV is the only organization that allows 2 liberos; but, I'm not 100% sure. Please investigate.

Back to jerseys: Regardless of how you decide to dress your players, please check your rule book before ordering ANY jerseys. This will keep you from hearing one night from an R1, "Your libero can't wear that. That's illegal."

If a team chooses not to use a libero, the box in the upper right is usually x'd out. No problem. If you designate one or no one to be libero, that cannot change during a set; but, it can change between sets. However, that would require the libero to put on the "team" jersey (same # as she was wearing before) and the new libero to put on the contrasting jersey (same # as she was wearing before). Coach, before the 2<sup>nd</sup> set, when you fill out your lineup sheet, you will put the new libero # in the box.

### **Here are some libero rules!**

- \* A libero can only play back row.
- \* A libero, therefore, can never be involved in a block. If for some reason she even attempts to come to the front row and block, that is a violation.
- \* A libero is now allowed to serve in NF, USAV, and the NCAA. If you're using 2 liberos, either may serve; but, the libero serve may ONLY occur in one spot in the lineup. Yes, in the same set, libero1 may serve, then later libero2 may serve. BUT, they may only serve for one spot.
- \* A libero may only attack balls that are not completely above the net. In other words, it is illegal when the ball is completely above the height of the net when contacted by the libero AND the ball either goes over or is blocked. So yes, your libero can floor spike, attack using her 2 hands, etc. She may even be able to jump. It's common for a smaller libero to even be able to complete her spike approach
- \* A libero **must** enter the court between the spiking line and the end line. If a team continues to mess this up, they will be called for an unnecessary delay. I saw a yellow given to a team because of this very violation at the Shamrock Festival in Roanoke in March 2014.
- \* A libero enters the action without having to notify the umpires. She and her replacement will just switch.
- \* Using a libero is optional. I'd say about 10% of teams don't because the coach is either uncomfortable with it or the team doesn't have the personnel.
- \* After leaving the game the libero must stay out one rally before re-entering. Here's the usual scenario: The team rotates which would move the libero into the front. At that point she'll say, "Hey Cindy, you're in!", she and Cindy switch, Cindy goes into the 4. The other MB is serving. Let's say that MB serves and the opponents win the rally. Immediately after the whistle that MB comes out and the libero goes in.
- \*\*\* There is one exception to the "sit out 1 rally," and that's if the libero is asked to serve. So: the team rotates which would move the libero into the front. At that point she'll say, "Hey Cindy, you're in!" and Cindy goes into the 4, while the libero walks straight to the endline and prepares to serve. The person who just rotated to the back row and would have served, is now out of the game.
- \* The libero doesn't have to play all the time. On my 2014 team, I had an old-fashioned DS go in to play back row for one of my MB and the libero to go in for the other. Why? Because my libero was 4'11" and would not be playing the front row unless we got down to 6 players. However, the DS was 5'6" and could have played OH in an emergency, so I kept her wearing the team uniform.
- \* Your libero doesn't have to go in when "her time" occurs. The MB after serving can come out for the libero or can stay in. It's the coach's call as to when your libero plays.

\* The libero doesn't have to go in for a MB. In 2014, my libero played for my OH's for 7 tournaments, played for the MB's for 3 tournaments. Liberos do usually play for MBs b/c MBs usually get very little back row time at practice. Reason: liberos CAN'T play front row at practice, so the only way we can play 6's is for MB's to play front row continually while liberos play back row continually. Sorry MBs.

\* Liberos go in for different people during a set. So let's suppose the libero is in for Rachel, then for some reason the coach puts Rachel back into the back row. After a rally, it is legal for the coach to put the libero in for a different back row player. Yes, it's legal. There's one exception to this: Your libero cannot be your setter!

\* The libero entry doesn't count as a substitute! (It's actually called a "replacement") So your libero can come in and out as much as she wishes!! There's no limit.

OK, I've saved the most complex and trivial rule to last! You may only see a ref call this once every few years. The following rule is to prevent coaches from using their libero as a setter. Here goes! ☺

If a libero hand sets a ball to a hitter (a) when a foot is on or in front of the spiking line **and** (b) it is directed over the net by a player **when** (c) the ball is completely above the height of the net, then THAT'S an illegal libero set. It's OK if you have to read that a few more times.....I had to! Note: all three must occur before the set is illegal. Again, the intent of the rule is to keep a coach like me from using the libero as the setter.

Finally: If you're coaching USAV and you're using two liberos, you will someday say, "Oh, no! Can I do that??" Well, here's something that an R1 told me that helped me: "Imagine your two liberos are one girl." So, one can serve, then 6 rotations later, the other can. One can play a rally, then the other can go in for her immediately! Yes, liberos can go in for each other. (No, they can't be in at the same time.....they're one girl!)

~~~~~

If this was useful, wait until you see us during private lessons, directing camps, etc.

For more exciting information, please visit us anytime at www.coachhouser.com, or email me at coachhouser@yahoo.com

I hope it's a great season!

Coach Houser