

Carly Wopat and Tori Dixon

Tip and Focus

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The following slides were taken at the 2013 USAV High Performance Coaches Clinic. Top college players were brought in to help with the demonstration.

There are two sequences of five slides. They are laid out four per page, with slides one through four on the first page and two through five on the second page.

Carly Wopat was one of four players from the Pac-12 Conference to be selected a First Team All-American by Volleyball Magazine. She also earned first-team honors from the publication in 2011. She is also a two-time AVCA All-American, earning honorable mention in 2011 and first team status in 2012. Wopat, a middle blocker, finished the 2012 PAC-12 season in the top-10 in the conference in hitting percentage (.399) and blocks per set (1.45).

Tori Dixon was the leading scorer on the U.S. Girls Youth National Team that captured Gold at the NORCECA Championships in Puerto Rico in 2008.

Photographs by Gary Horvath.

Carly Wopat Tip and Focus

Part of Wopat's strength as a middle hitter is her ability to tip.

Prior to hitting, her opponents are in her peripheral vision, which allows her to see openings on the court.

Notice her eyes and her focus on the ball after she tips it. She didn't stop watching the ball until after it hits the ground and the point has ended.

Carly Wopat Tip and Focus



Carly Wopat Tip and Focus



Tori Dixon Tip and Focus

Part of Dixon's strength as a middle hitter is also her ability to tip.

She has effectively disguised her tip, which will make it more effective.

After tipping the ball she remains focused on it until it hits the ground and the point has ended.

Tori Dixon Tip and Focus



Tori Dixon Tip and Focus

