



# From 3-18 to Final Four: Blueprint for Success

*Bob Vilsoet*

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The Harper College women's volleyball team had a terrific record last year. In general, the same players were on the team this year as the year before. However, the prior year, with a different coaching staff and philosophies, the team record was only 3 wins and 18 losses. This year, the team ended up rated the 4th best team in the nation. In volleyball, as with any sport, there are certain philosophies that work better than others. Sometimes, better talent with poorer philosophies can overcome worse talent with a good system. But this was a situation where we generally followed the philosophies and marched toward the success at the end of the tunnel. This book is about those philosophies, and illustrates the points by showing where Harper College's players performed against those philosophies. Players and coaches alike will become a better volleyball player or coach by reading this book.

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