

St Susanna

# Girls' Volleyball - Coaches Handbook 2011/2012

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### Objective

This handbook is intended to supplement the St Susanna Handbook as described in the section titled “Individual Sports policies. For any conflicts between the two documents, the St Susanna Boosters Handbook shall take precedence.

### Goal

The goal of the program is to bring to life the St Susanna Handbook in the context of volleyball. Along the way grow every athlete’s love for the sport of volleyball while providing the coaches with a tool to assist them in these goals.

### Strategy

The program will focus on the equal development of faith, character and skills as laid out in the St Susanna Boosters Handbook. Unique to volleyball skill development will be done by:

- Learning the rules, strategy and terminology of volleyball
- Learning the fundamentals of passing, setting, hitting and serving
- Learning the concept of volleyball teamwork
- Control of a volleyball and sound fundamentals will be taught from the very beginning. (i.e. third grade)
- Assist coaches to encourage, enhance and coach to the above fundamentals in conjunction with the St Susanna mentor program.

### Context

The program will use the following as venues to bring this strategy to life.

- Practicing two hours per week from December until season ends
- Playing 10 regular season CYO matches
- Playing in up to 2 external volleyball tournaments. Required: Youth minimum of 1 per season for all teams. Varsity required 2 tournaments whereby 1 is a pre-season tournament.
- Playing in the end of season CYO tournament

### League

Grades 3 thru 8 play in the CYO league.

Please see the CYO Volleyball Handbook for details on the league at [www.cyosports.org](http://www.cyosports.org) .

#### Size of teams

Nine is the target number of players per team. If registered number of players does not divide evenly by nine then an attempt is made to have as many teams as with nine as possible and then:

- Some teams of eight (second preference)
- Some teams of 10 (third preference)
- Some teams of eleven (fourth preference)
- Note: Teams of seven are not allowed by the CYO league and are too small.

#### Practice

Practice starts the first week of December. The goal for each team is for 2 hours per week. This may be one 2-hour session or two 1-hour sessions. The program makes no commitment to schedule around players other activities.

#### Team Makeup

In grades 3-5 when there are enough players to field more than one team, players will be divided into fair and balanced teams. In grades 6-8 when there are enough players to field more than one team, players will be divided into peer teams. This process is documented and followed as stated. It has two parts:

- The assessment process
- The team creation process (see website for document)

#### Playing Time

In grades 3-6 CYO rules require 1 full game without substitution. As a program, we strive to keep the numbers on each team low so as to allow kids to get more playing time. Note: There are 3 games in all regular season CYO matches.

#### 6,7,8 player rotation...

Due to the nature of volleyball actual playing time “minutes” of a match generally increase in correlation to how evenly matched the two competitors are. Therefore the program allows head coaches to use their own judgment on using players in three games. The following are guidelines for three possible scenarios.

- The St Susanna team is over matches. Head Coach could use a stronger player for three games to extend playing time for all.
- The St Susanna team is under matched. Head Coach could use a less strong player for three games to extend playing time for all.
- The St Susanna team is introducing a three-hit style of play, while the other team is one-hitting the ball. Head Coach could use a stronger player for three games to run the more advanced offence, and therefore extend playing time for all, and increase playing quality for all.

Tournament playing time. One full game equivalent for every player

While not required by CYO, it is the Booster's philosophy that volleyball coaches make every effort to give each player as much playing time as possible.

#### Equipment

Each player will be provided with the following equipment at the start of the season:

- Jersey

Each player will be responsible to personally have the following equipment

- Knee pads
- Black game shorts (any will do)
- Gym shoes (any will do)

Each coach will be provided the following equipment at the start of the season:

- Volleyballs (these will be numbered to document who has what items)
- Scorebook
- Floor tape
- First aid kit

Each coach should make a copy of the CYO rules off the [cyosports.org](http://cyosports.org) website.

#### Responsibilities:

##### *Volleyball Coordinator Responsibilities:*

- Act as a positive role model for all involved in the Booster's Ministry
- Submit monthly report to Girls Athletic Director prior to each board meeting
- Work with the VP to ensure sign-ups are scheduled and announced (August/September)
- Determine the number of teams for each grade level
- Manage waiting list (if necessary)
- Conduct pre-season assessment of all athletes
- Determine appropriate CYO league match for each team.
- Settle any coaching disputes
- Recruit Head Coaches
- Match each head coach with appropriate team
- Recommend head coaches for each team to the board for approval
- Submit and manage the annual budget (final budget due each May)
- Conduct pre-season coaches meeting
- Secure gym space
- Determine practice schedules
- Submit master practice and game schedules to the parish scheduler
- Monitor weather and cancel home matches as necessary
- Submit all paperwork required to CYO
  - St Susanna gym availability chart for matches (September/October)

- Team registration forms signed by parish office (early November)
- Registration fee for each team (early November)
- Final team rosters (early December)
- Completed release forms to CYO (early December)
- Attend yearly CYO Volleyball Meeting
- Provide concession coordinator with the master home game schedule
- Work with Treasurer to provide coaches with checks covering regular season referee fees.
- Ensure all equipment and gym needs are met.
  - Balls, mesh bags, floor tape, carts, nets, scorebooks, first aid kits
- Manage any issues raised by parents or coaches. Escalate to the Girl's AD and Booster's Board as necessary
- Conduct end of season evaluations
- Share completed evaluations with head coaches, Girl's AD and Board
- Order new equipment as needed
- Coordinate an orderly and complete return of all volleyball equipment at the end of the season with the goal of 100% equipment return or seeking payment from the player's parents for the replacement costs of any missing equipment.
- Coordinate pictures
- Provide players (via coaches) with end of season Varsity letters and Volleyball pins as needed.

*Coach Responsibilities:*

- Act as a positive role model for all involved in the Booster's Ministry
- Complete all requirements defined by the parish
  - Fingerprinting
  - Child protection seminar
  - Parish member
- Attend the pre-season coaches clinic provided by St Susanna
- Hold a pre-season parent meeting and set clear direction and expectations
- Attend the pre-season coaches meeting
- Conduct yourself in a manner consistent with the Boosters philosophy
- Begin and end practices on time
- Pray before/after each practice and game. For Home matches, invite the visiting team to join you at the center court for prayer.
- Identify a schedule for line judges, admissions and concessions for all games.
- Ensure all equipment is returned to the coordinator

*Parent Responsibilities:*

- Act as a positive role model for all involved in the Booster's Ministry
- Attend the coach's pre-season parent meeting
- Have your child at practice and games ready to play at the determined time
- Conduct yourself in the manner consistent with the Boosters philosophy
- Commit and work your shift in the concessions, including tournament games that St

- Susanna may host at the end of the season
- Return equipment at the end of the season
- Complement players and coaches when they do things well
- Raise any issues to the coaches so they may be addressed immediately.

### Sportsmanship

All coaches, players, parents' spectators and volunteers are expected to act in a manner of good sportsmanship. Provide respect to all referees, opposing coaches, fans and volunteers. The goal is to keep everything in perspective and act as a good role model for our children and a good steward of St Susanna parish.

Important Items to remember:

#### *Communications:*

- Communicate often and repeat items
- Use email, phone and web information
- Coaches should check email often...
- Websites to note:
  - <http://www.stsusannatitans.com/>
  - <http://www.cyosports.org/>

### *Philosophy*

- Youth Sports as a ministry
- Policy manual (mission statement)
  - The St. Susanna's Athletic Boosters Ministry exists to provide opportunities for spiritual growth, character development, and athletic skills training for our Parish. It is the Boosters' goal that we assist our youth in acquiring these and other personal attributes:
    - Courage - Confidence - Self Discipline - Respect
    - Humility - Teamwork - Commitment - Determination
    - Faith Sharing - Unselfishness - Honesty - Service
  - **At the heart of all we do is Jesus Christ. Success is not defined by wins and losses, but by the growth, character and integrity of our teams (players, parents, and coaches).**
- Playing time
  - CYO Guidelines: A special rule covers playing time for 3<sup>rd</sup> thru 6<sup>th</sup> grade. Each girl on these teams must play one full game from start to finish. The only exception is if the other team has fewer players than your team – you only have to play as many players as the other team. This rule is in effect for the regular season as well as post-season tournament.
  - St Susanna Guidelines

- Nearly equal playing time through 6<sup>th</sup> grade
- Everyone plays in at least 1 game 7<sup>th</sup> and 8<sup>th</sup>
- Instead of trying to avoid playing weaker players, try to make stronger
- OK to give less playing time if:
  - Misses practice
  - Late for match
  - Tell parents at beginning of season

### ***Calendar***

- Sign up for the tournaments early.
- Parents Meeting – Review with your parents the following information
  - Playing time rules
  - Your rules
  - Shorts
  - Socks
  - What your goals are
  - Set expectations
  - How to address and communication problems, concerns, issues
- Practices – starting first week of December
- Coaches shirts – only receive one every 2 years
- CYO release forms, medical forms, sign roster
- Uniform distribution (at practice)
- Distribution of schedules, ref fees and concession schedules
- League Matches – begin first week of January
- Pictures – mid January
- End of season CYO Tournament – March - 1<sup>st</sup> and 2<sup>nd</sup> weekend.
- Return uniforms and balls
- Service Projects – each team needs to complete prior to the season ending.

### ***Practice Preparedness***

- Plan ahead
- Minimize standing around
- Multiple stations – get parents to help
- Drills for players problem areas – use parents
- Teach them the correct way

### ***Game Preparedness***

- Volleyball Rulebook
- CYO Rules
  - Always 3 games
  - 3-6<sup>th</sup> grades, play all 3 games to 15 (no rally scoring).

- 7<sup>th</sup> and 8<sup>th</sup> grade, rally scoring to 25, 25 and 15 in game 3. Serves can hit the net.
- Serving line (15 ft. in for 3<sup>rd</sup> and 4<sup>th</sup>, 10 ft. in for 5<sup>th</sup> and 6<sup>th</sup>)
- 8 – player rotation allowed only thru 6<sup>th</sup> grade
- Rotation after 4 serves (3<sup>rd</sup> and 4<sup>th</sup> grade)
- Referees
- Line judge, scorekeeper, score book
- Have lineups made out before – hectic
- Report scores if you win the match at the cyosports.org website

### ***Matches at St Susanna***

- Food and drinks – nothing but water
- Setup
  - Coach of team playing: arrive AT LEAST 45 minutes before start time
  - Concession workers: arrive AT LEAST 45 minutes before start time
  - Call assigned parents the night before
  - Make kids help!!!
  - Make sure you're ready to collect admissions
  - Use checklist and net setup instructions
  - Make sure to put the basketball nets up.
- Teardown
  - Last team to play (ALL FAMILIES) and concession workers work together
  - Nobody leaves until everything is done
  - Use checklist and net teardown instructions
  - Make kids help
  - If Sunday – be sure to put the basketball nets back down, benches away, etc.
- Concessions (see concession opening and closing instructions)
  - Remind parents
  - Assign parents to concessions, line judges, scorekeeper, scorebook
  - Do not assign yourself or assistant family as you are already volunteering.
- Lock boxes (do not provide the combinations to any of the kids).

### ***Cancellations of Games***

- Forfeits – Never...
- Inclement Weather
  - While the safety of those participating in CYO scheduled contests is the first concern only extreme inclement weather is a reason for cancelling a game. In case of inclement weather, the site supervisor where the contest is to be played is responsible for making the decision concerning the weather conditions.
  - The site supervisor determines the weather is too severe they will:
    - The decision must be made at least 1.5 hours before the start of the

contest and you must call the CYO office and the official's assignor to inform them of your decision.

- The home coaches will contact their opponents to inform them of the decision. If the contest is to be played on a neutral court for example Sports Express, the site is still responsible for making the decision but the teams will need to check the CYO website to see if games have been cancelled as they will not receive a call.
- Teams must show and be ready to play unless otherwise notified
- All contest cancellations will be posted on the CYO website.
- Teams cannot unilaterally decide not to play.
- Games will be rescheduled only by the CYO office

### ***Tournaments***

- Boosters pay for 2 (max)
- For more than 2 tournaments, need to get all parents to sign sheet agreeing to more tournaments (and they must pay for them) – turn into coordinator
- Sign up for tournaments early

### ***Practice Schedules***

- Normal schedule will be provided by the coordinators
- Holiday schedule – St Sue time will be provided – sign up procedures provided. In some circumstances, Sports Express can be called if St Sue is not available.
  - No scheduled practices 12/22 thru 1/2 .
  - Gym may be available 12/27 thru 12/31 with special scheduling
  - Sports Express will have some time available as well – email me for these time slots or contact John Paul directly.
- Practices Cancellations
  - Communicate to all coaches that you will be cancelling practice, if no one takes the time from you, please notify Dave and I. If it is at Sports Express, please notify John Paul 72 hours in advance.

Prayers to remember:

### ***Prayer of the Missing Ball***

Dear Lord,

Forgive me I pray.

Another ball just went away.

And in its place I think I stole

The ball belonging to another soul.

If you give me another turn  
I promise my lesson I have learned  
To mind my balls and my bag  
And not let another lag  
#17 I cannot find  
At Sports Express it got left behind  
It's a white ball from 2010  
I promise not to lose it again  
I also "found" ball number 5  
It's helping keep my practice alive  
It's a colored one - red, white and blue  
And this year it was purchased new.  
Please, Lord, send an angel my way  
To return my ball to me I pray  
And let me know whose ball I stole  
Giving it back will be my goal.  
**By Maureen Sorce (St Susanna Coach)**

### **Athlete's Prayer**

*God, Let me play well but fairly  
Let Competition make me strong, But never hostile  
Forbid me to rejoice in the adversity of others.  
See me not when I am cheered, But when I bend down to help my opponent up.  
If I know victory, Allow me to be happy.  
If I am denied, Keep me from envy.  
Remind me that sports are just games  
Help me to learn something that matters one the game is over.  
And if through athletics I get to be an example, Let it be a good one.*

**By Gregg Easterbrook**

Concessions and Admissions Guidelines

Regarding Concessions and Admissions, please forward these guidelines to all your coaches and concession coordinators.

*Concession Opening Procedures:*

- Have the St. Susanna Coach unlock the lock box in the concession stand. Inside the lock box are keys to the Coke cooler and concession closet. **PLEASE leave the lock box open with the keys and the Coke lock** (this will just slide off) **in the lock box.**
- Open concession windows on both ends.

- Give Admissions box to the Admissions' workers. Make sure Admission price sheets are taped to the Admission's table. This table is located in the gym closet with one chair. Remove cash drawer from Concessions box and place in the drawer facing the front concession window (the drawer is marked).
- Set out all candy on the countertop, out of the way of the window.
  - 25¢ items can be in the front of the window so that kids can pick the flavors
  - Any item above 25¢ should not be accessible from outside of the concession window.
- Place popcorn box, nacho chips, cheese, plates and nacho containers next to the microwave. Fill the hot water container with water for the hot chocolate. Saturday morning games please make coffee and place all coffee condiments on the red cart and place it in the hallway.
- If the popcorn machine is in the room, turn all three switches to the on position on the popcorn machine. Wait about 5 minutes then cut the top off of the oil and popcorn and pour it into the Popcorn Machine. When the popcorn stops popping, dump the bucket or it will burn. You can set the timer for about 3 minutes so it reminds you. If the power button is blinking after a while, turn it off and then back on - it has an automatic power shut off.
- Make sure a trash can is out in Parish Center foyer.
- In case of an emergency, there will be baggies in the closet you can fill them with ice from the ice machine.

PLEASE REMEMBER TO USE GLOVES WHEN HANDLING FOOD

*Concession Closing Procedures:*

- Return all candy, snacks, cheese, popcorn, hand sanitizer, napkins, etc. to the concession closet. Be sure to have all the lids on the bins as you stack
- If the popcorn machine is in the room. Please Use the degreasers spray and paper towels to clean the popcorn machine. Dump the pull out tray on the bottom in the trash. After the degreaser please use the glass cleaner on the glass. Clean the popcorn scoop and place the scoop and bags into the closet.
- If the Cheese machine is in the room leave it **on** and just wipe off the bottom piece if any cheese was spilt. (The cheese can last for 5 days in the machine with it **on**.) The concessions coordinator will take care of it.
- Wipe down all counters and microwave. Wipes are located in the concession closet.
- Admissions and Concession workers need to count the cash boxes and fill out a deposit

form located in the cash box. **Do not include any loose change in your totals.** Please keep the total for Admissions and Concessions **separate**. Once this is completed each Admissions and Concessions volunteer need to sign the Cash Deposit Slip and put their money TOGETHER in a Ziploc bag with the deposit Slip.

The Ziploc bag with the cash deposit slip and BOTH Admissions and Concessions cash for that day need to be put inside the safe. Pull the top slot and drop into the safe. The cash box is to be left in the concession closet.

- Lock the drink cooler this will slide on then turn the key. (Lock and key are in lock box on wall next to concession closet). **Do not restock.**
- Close and lock both concession windows.
- Lock the storage closet and return the closet and Coke cooler key to the lock box. Close lock box and turn dials.

Turn off lights and close door to concession stand.

St Susanna Methodology:

The above is a pictorial graph to depict how the Coordinators and Mentors have put together to ensure that the program is consistent in its teachings by grade by team. We do understand that new players can come into the program at any grade and that each player's talent varies and in certain circumstances the talent on a team can have huge variations that may limit the team's overall ability. However, it is the hope that by having this methodology, it will help coaches plan their practices and development schedule, drills and game strategies that enables all the players on every team grow in skill, spirit and love of the game.

Coach's Volleyball Education Assistance: (Sports Express Clinic information)

*Skills needed to Play*

The six basic skills used to play volleyball are:

- Serve
- Pass
- Set
- Attack/Hit
- Block
- Dig

*Athletic Skills Coaches Look for*

- Power – applied force or how hard a skill is executed
- Control – how much a player can place a ball in a certain area
- Agility – ability to change direction while maintaining balanced, speed and body control
- Mobility – changing body position during movement

- Footwork – ability to perform quick foot movement patterns related to movement skills
- Balance – functional strength and technique to maintain a particular body position
- Flexibility – movement around a joint or limb
- Acceleration – rate of change in speed
- Recovery – ability to return to a ready state
- Strength – ability to apply or resist force

*Character Skills Coaches Look for*

- Coachable – listening to coaches, trying out ideas coaches suggest, not complaining about difficulty, can versus can't, will versus won't, eager to learn
- Self-confident – belief that you can do different skills
- Positive – does not berate teammates or coaches. Helps others become better
- Enthusiastic – likes to participate in practices and games
- Committed – willing to put in the extra time needed to get better
- Self-disciplined – doing what is right when no one is watching
- Unselfish – concerned more about the welfare of the entire team than of self (team oriented)

*Character Skills Coaches Look for*

- Serve Receive – the offensive team formation used to receive the serve
- Rotation – the clockwise movement of players around the court and through the serving position following a side out
- Approach – a fast stride towards the net by an attacker before she jumps in the air to attack or block.
- Offense System – the way a team is organized to play a ball after it crosses the net to their side of the court. Generally one of these three:
  - Four-two – 4 hitters, 2 setters (setters are positioned opposite from each other in the rotation and set to the 2 remaining players when in the front row)
  - Six-two – 6 hitters, 2 setters (setters are positioned opposite from each other in the rotation and set to the three front row hitters when they are in the back row).
  - Five-one – 5 hitters, 1 setter (when setter is in the front row, she sets the 2 remaining players. When setter is in the back row, she sets the 3 front row players).
- Base Defense – the team configuration used when players go to their starting positions after transitioning from offense.
- Defensive System – the way a team is organized to play before it crosses the net to enter their side of the court. Generally one of these three:
  - Rotation – three blockers. Three back row defensive players who rotate around based on the side of the court the attack comes from. Off blocker plays normal defense, while one of back row players covers tips
  - Perimeter – three blockers, three back row defensive players who move to positions based on where the attack comes from. Off blocker cover tips while all three back row players play normal defense
  - Rover – three blockers, two back row defensive players stay back while one covers the middle of the court for tips and short hits

- Transition – the movement of players going from their offensive system to their defensive system and vice versa.

### *Volleyball Terms kids Should Know*

- Serve – the skill used to start a rally. It is the only skill controlled exclusively by one player. The most common used are underhand, floater, topspin, and jump serve.
- Set – executed with 2 hands above the head to direct the ball at the specific, desired target, which is usually a hitting teammate.
- Platform – the triangle arm surface used to pass a ball, formed by the 2 shoulders and the connected hands
- Prehop – a balancing technique used before passing a ball, where both feet slightly leave the floor and hit together, wide and balanced
- Platform Pass – touching the ball with forearms on the midline of the body with the platform and directing it to a target, usually the setter.
- Overhead Pass – touching the ball with your hands over your head and directing it to a target, usually a setter. Similar to the set but without the same accuracy or touch
- Defensive Emergency Skills – technique needed to play a ball that is not hit directly to a player. These include:
  - Passing to the side – using the platform on the side of the body when ball is not on or near the midline of the body
  - Dig – using the platform to play the opponent’s strong hit when the ball is on or near the midline of the body and between the knees and chest
  - Collapse – using the platform to play the opponent’s strong hit when the ball is out in front of the body about 2 feet away. Player pushes platform to the floor, completely underneath ball.
  - Knee drop – using the platform to play the opponent’s hit when the ball is close to you but below the knees. Player drops on one knee to play the ball with platform.
  - Extension step – using the platform to play the opponents’ hit when the ball is away from you. A long step is used to lower the body closer to the floor to get the platform underneath the ball.
  - Roll – the technique a player uses to control her momentum when using the extension step to pass a ball. Could be either a shoulder roll (roll over shoulder) or a barrel roll (roll over back and stomach).
  - Run-throughs – the technique a player uses to get to a ball that is higher and many steps away, and where one of the floor skills is not appropriate.
- Coverage – the team alignment used to finish the offensive play, designed to keep a blocked ball from hitting the floor on our side.
- Attack (hit or spike) – the technique used to send the ball into the opponent’s court with speed, power and in a downward motion.
- Tip – technique used to control the ball with the finders to send the ball into the opponent’s court
- Push shot – using 2 hands to attack a ball, either with force or for placement. Used a

lot with bad sets

- Down ball – a ball that is attacked from a player who does not jump.
- Block – the technique used by front row players to try to keep the opposing attacker from hitting the ball onto your court.

### *Skill Ability and Progression*

#### Serving

- Serve the ball with proper overhead or underhand technique
- Serve the ball with proper overhand /underhand technique and have a basic routine
- Serve the ball with proper overhand technique. No more underhand serving
- Consistently serve the ball over the net. Begin placing the ball in the serving zone called out by coach
- Have at least 2 serves (deep, short, topspin, floater) they can use and serve one of those serves into each zone.
- Serve a float serve, topspin and short serve. Players should become mentally strong in their serve and placement
- Have a consistent jump serve and float serve
- Be consistent with all their serves and able to mix it up between a float serve, top spin and jump serve.

#### Passing

- Learn platform passing technique. Begin working on Prehop
- Be able to platform passing with Prehop to the target.
- Begin side passing, knee drops, overhead passing and extension steps. Normal platform passes should be consistently to target.
- Consistently pass to target in serve receive and free balls with either platform or overhead passing. Continue working on consistency with side passing, digging, and extension steps. Begin rolls after extension steps, digging and run-throughs.
- Perfect side passing, digging, run through and extension step with roll techniques. Learn collapse technique.
- Pass consistently any ball that is served or attacked.

#### Setting

- Begin working on hand position and setting technique and footwork.
- Work on same technique. Be able to complete a platform pass and overhand set to an attacker.
- Get more consistent with pass or hand set. Begin working on backset
- Be consistent in getting to the ball; know where the easy set is. Perfect backset. Begin working on quicker tempo sets.
- Consistently get to the ball without asking for help and make a hittable set.
- Start reading opponents defense. Begin jump setting technique. Start tipping and dumping.
- Read opponent defense; communicate with hitters in advance of the pass. Run and offense
- Run different tempos, block and transition into setting, run all types of setting options.

#### Attacking

- Begin proper footwork and arm swing technique. Be able to hit a down ball
- User proper footwork and arm swing to hit balls. Be able to place a down ball. Begin work on timing with the setter
- Complete attacks with proper footwork, arm swing, and reaching high. Get timing down
- Understand difference between power and control. Know which sets are ones can take a full swing at and ones that must be control hits. Learn push shots and tips. Learn to hit bad set with no approach but with power jump.
- Back row attacks, tip or push to locations. Begin quick attacks and slides.
- Begin seeing and hitting around the block. Learn roll shots. Hit a back row attack
- Make a strong attack on a bad set, complete a slide attack, and communicate effectively with the setter. Begin to react to ball if blocked. Be able to hit a variety of sets with control and/or power. Be able to see the block

Blocking (start later in career – 5<sup>th</sup> – 7<sup>th</sup> grade)

- Use proper single blocking technique
- Understand block timing
- Know blocking footwork for both outside hitters and middle hitters. Outside hitters should be able to set the block.
- Middle hitters able to close block
- Know whom the hitters are on each play and be able to tell your teammates
- Can read opponent setters and realize their tendencies
- Understand and learn different blocking techniques such as swing blocking, stack blocking, switch blocking, channel blocking, read blocking.

### Coaching Tips:

- Don't be a player, be a coach
- There is a reason why things happen. Explain those reasons to the athletes
- Don't look at product, look at process.
- Let older grade players become coaches in drills.
- Two important concepts – better the ball, keep the ball alive.
- Know and use three distinct parts of the game: offense, defense, transition
- Understand how volleyball games are won – not because you are so good but because you are not so bad. More points are won because of mistakes, not because of good plays. Minimize your errors.
- Work on negative / pressure situations in practice as these occur regularly in games (how to set bad passes, how to hit bad sets, serve game point. etc.)
- Vary drills and make them game-like. Make practice interesting
- Do multiple skills in drills if possible.
- Spend little time scrimmaging in practice. Work on basics.
- Do not call timeout at 14 or 24... It is too late.
- Be a positive role model.
- If you do not know what you are doing, ask for help. Plenty of

knowledgeable coaches are around who will give you that help.

- Condition during drills, not separately, because of your limited gym time.
- Make a drill book or recipe card file of drills.
- If you are a male coach, learn how to coach girls. They are different. However, do not think of them as girls, treat them as athletes. I also recommend having a female assistant or helper – who can be more of a friend.

#### Practice Management:

Practices for elementary aged volleyball players should be fun but educational. A coach should go in with a practice plan written out on a piece of paper. There is no need to have every drill written out but there should be a list of concepts that the coach wants to teach or review during the practice. Because the time is such a concern to CYO teams, a time span might also be included in the plan.

#### Example assuming a one-hour practice.

4:50 – 5:00 Stretch (notice this is 10 minutes before you enter the gym. Have the girls come early so you do not use gym time. You can stretch in the hallway. Stretching is not going to be a concern for 3<sup>rd</sup> and 4<sup>th</sup> graders but will be a bit more important as you get into the older grades).

5:00 – 5:10 Warm up with balls – either passing to self, with a partner, against the wall, serving. Have a list of options they can do or assign each player a skill to work on.

5:10-5:30 Serving (has different drills in mind – or just work individually with girls on technique)

5:30-5:50 Passing (have different drills in mind - or just work individually with girls on technique)

5:50-6:00 Team offense or defense – in the early stages of the year, work on walking through, just tossing and catching balls (instead of passing) so the girls know where to move in different situations.

Here are some important items to be concerned with on practice management.

- You are the coach and in control of the practice. Make them listen to you. Don't worry about their individual feelings. Be blunt if you have to.
- Don't lie to them about how they are doing. If they are not doing a good job, don't tell them they are.
- Give them specific feedback, not general feedback. Instead of "you need to make your serve" try "stiffer wrist" or "your toss is too far out in front of you". Instead of "get your pass to the target" try "quit swinging your arms" or "you are not balanced".
- Give them goals. Instead of saying "serve 10 balls" say "serve until you make 5".
- Give negative consequences for not doing the expected behavior or not meeting a goal. Running, pushups, even sitting on the bench are things girls don't like to do. Use consequences like "serve 10 balls – for each one you miss, sprint around the court."
- Get someone who does the skill right to demo for you. High school players are a great use as the girls love to see the older girls playing.
- Use your assistant to run the same drill on both sides of the court – a coach running

- each side of the court – allowing the players to get many more repetitions of the skill.
- Be a coach, not a player. They need the practice, not you.
- Don't take a lot of water breaks. They are not working that hard. If they "need" water, send one out at a time instead of the entire team. Remember, you only have one hour.
- Create a recipe file of your drills sorted by skill

#### Drills and Skills Checklists:

##### Serving Checklist:

##### Stance

- \_\_\_ left foot in front facing target
- \_\_\_ knees slightly bent – not locked
- \_\_\_ watch target before serve
- \_\_\_ feet shoulders width apart
- \_\_\_ one or no bounces
- \_\_\_ balanced (most important)
- \_\_\_ hold ball in front of hitting arm – not at center of body

##### Toss / Step

- \_\_\_ one step with left foot to transfer weight from right foot
- \_\_\_ shoulders begin and end parallel to target
- \_\_\_ medium height toss (lift) one/two feet above top of extended hitting arm
- \_\_\_ toss /step at same time
- \_\_\_ toss straight up in front of hitting shoulder
- \_\_\_ toss motion begins chest high (do not drop arm on toss) – release occurs above head
- \_\_\_ do not use any wrist motion with toss – use total arm
- \_\_\_ hold onto ball as long as possible to lift into place
- \_\_\_ drag right toe on follow-through
- \_\_\_ begin with arm drawn back – hand facing target

##### Contact (tennis balls, make a swing rake, hit b/w 12 and 1 o'clock)

- \_\_\_ stiff wrist, wide fingers
- \_\_\_ arm should be straight when contact is made
- \_\_\_ contact made on back (nose) of ball (hit thru ball)
- \_\_\_ baseball throw follow-thru
- \_\_\_ contact ball on palm of open hand
- \_\_\_ straight follow-thru of arm/wrist to pocket
- \_\_\_ make contact at 1:00 (in front of hips)

##### Miscellaneous

- \_\_\_ elbow stays above shoulder, never below
- \_\_\_ forward and upward motion only
- \_\_\_ begin/end balanced
- \_\_\_ same routine every time

- \_\_\_ concentration from beginning to end
- \_\_\_ hand must make contact flat on the ball

### **Floater**

- \_\_\_ no follow-thru
- \_\_\_ ball should not rotate
- \_\_\_ fingers pulled back away from palm

### **COMMON Mistakes**

- Arm crosses body
- Toss behind head and too high
- Twist shoulders on follow-thru
- Lead with hand instead of elbow
- Serve with shoulder instead of both arm and shoulder
- Don't contact ball on nose

REMEMBER – Only 2 reasons why ball goes into net on a serve

- Not enough power
- Contact is made on upper part of ball

### **Never miss these serves**

- First serve of a game
- After a time out of substitution
- After we win a long rally
- 23, 24, 25
- If we missed our last serve
- After a run of 3 or more points by an opponent

Underhand Serve:

The underhand serve allows beginning players to put the ball in play. It is easier to control than the overhand serve because it doesn't involve a toss.

#### **Body Position:**

Feet shoulder width apart and balanced

Left foot should be about 6: in front of right foot

Shoulders should be slightly rolled forward

#### **Hand Position**

The hand should be closed in a flattened fist, with the thumb to the side of the fist, rather than on top of the fingers.

The fingers and lower palm will be the contact area for the ball, not the side of the fist.

#### **Ball Placement**

The ball should be held in the left hand, in front of the right leg  
The hand should be on the bottom of the ball, with the tips of the fingers facing to the right of the player.

### **Movement**

Think of a bowling motion

Weight will shift from the right foot to the left foot as the server takes a straight step with the left foot.

The right arm will start on the back of the ball, be raised back about half way to parallel to the floor and like a pendulum, come forward and swing through the ball.

Once contact is made, the hitting arm continues forward toward the target, finishing parallel to the floor.

The ball will remain in the left hand (no toss) until the ball is contacted with the right fist.

The motion should be smooth, the same speed all the way through the ball and not jerky.

### **Ball Contact**

The palm-fist area should contact the ball, slightly below the center point. If the ball was a face, contact point should be on the mouth of the ball – not on the nose.

The eyes should be focused on the ball until after contact is made.

Do not watch the target until after contact has been made.

Passing Checklist:

#### **Stance (Chair Position drill)**

- \_\_\_ feet little more than double shoulder width apart
- \_\_\_ balanced
- \_\_\_ arms slightly out in front but to the side
- \_\_\_ move in an upright position – pass in the chair position
- \_\_\_ ice skate before the serve is contacted

#### **Movement (fast feet / slow arms)**

- \_\_\_ hopscotch or shuffle footwork
- \_\_\_ head same height when moving
- \_\_\_ square to target (take picture of target with hips)
- \_\_\_ don't bring feet together when moving
- \_\_\_ keep arms apart until feet are set
- \_\_\_ slight hop right before ball arrives
- \_\_\_ never move just one foot, must move both together
- \_\_\_ run to ball

#### **Contact**

- \_\_\_ arms locked at elbows
- \_\_\_ hands hyper-extended – thumbs pointed down
- \_\_\_ thumbs parallel – pads of thumbs together

- \_\_\_ very little armswing
- \_\_\_ no jerky motion – freeze arms on contact with ball
- \_\_\_ pass ball when arms are between waist and knees
- \_\_\_ ball should contact 2-6” above wrist on forearms
- \_\_\_ shoulders in front of knees – knees in front of ankles (chair position)
- \_\_\_ try to get elbows close together (shrug shoulders if not)
- \_\_\_ don’t drop arms after you start bringing them together – it’s up and forward
- \_\_\_ weight slightly on inside of feet
- \_\_\_ pass with arms, not with body – move to position with feet
- \_\_\_ make sure you have correct angle of elevation and angle of reflection
- \_\_\_ get arms inside feet whenever possible – not feet inside arms (have ball inside feet when passing)
- \_\_\_ let ball come down to your arms, do not lift arms up to ball

### Follow-Through

- \_\_\_ hold arms in place for 1 second after contact (freeze)
- \_\_\_ watch ball to target
- \_\_\_ don’t lift shoulders, raise on tiptoes, move head or jump – slightly swing arms
- \_\_\_ only platform moves but the entire platform moves
- \_\_\_ platform and shoulders go to target
- \_\_\_ finish with thumbs pointing to target

### Side Passing

- \_\_\_ drop inside shoulder
- \_\_\_ rotate arms for flat surface
- \_\_\_ platform facing target
- \_\_\_ no follow-through
- \_\_\_ open by pivoting on inside foot – dropping back with outside foot

### Knee Drop

- \_\_\_ use knee drop for balls close to floor – no run through
- \_\_\_ keep legs far apart

### COMMON Mistakes

- Move hips forward when playing ball
- Jerk at ball with arms
- Pass ball up by chest
- Pass with entire body
- Take a long stance, instead of a wide stance
- Thumbs crossed
- Do not have correct angles to get ball to target
- Not balanced
- Slow feet / fast hands instead of fast feet / slow hands

## Setting Checklist:

### Stance

- \_\_\_ right foot always in front
- \_\_\_ knees slightly bent
- \_\_\_ feet shoulder width apart
- \_\_\_ start with hips open toward court – end with hips and shoulders to target
- \_\_\_ hips always behind ball, in a coiled position

### Footwork

- \_\_\_ right – left - right
- \_\_\_ if movement away, use left foot towards ball – right towards target or 1 legged spin off right

### Hand Position

- \_\_\_ easy way to get hand position – put hands on hips then overhead
- \_\_\_ form C with thumb and index finger (no L's)
- \_\_\_ equal distance between thumbs and index fingers
- \_\_\_ ball hits index finger and thumb at same time
- \_\_\_ no contact in palm at all – do not flip thumbs under ball
- \_\_\_ hands 2"-4" above hairline before ball arrives ball
- \_\_\_ don't reach for ball – allow ball to come to you
- \_\_\_ arms in running position until feet are set

### Follow-Through

- \_\_\_ extend arms and elbow at set (superwoman) unless close to target
- \_\_\_ hold arms, hands after set (freeze)
- \_\_\_ stay balanced throughout
- \_\_\_ on pivot set – pivot then set – not set then pivot
- \_\_\_ set through middle of ball – not on top or bottom
- \_\_\_ the further away from target have more "coil" – more knee bend, back angle and arm use

### Miscellaneous

- \_\_\_ don't meet the ball – beat the ball
- \_\_\_ pass set from side of ball – run around ball not directly to ball
- \_\_\_ playing balls out of net – do not reach for ball, let ball come out of net first – arms parallel to net, stay as low as possible, be aware of angle ball's angle and location into net
- \_\_\_ "step on ants" footwork, not one big bug

### Backsets

- \_\_\_ same footwork, same stance
- \_\_\_ follow through with arms up and slightly back to target

- \_\_\_ extend hips/belly forward
- \_\_\_ keep head forward – do not watch the set

### **COMMON Mistakes**

- Reach to ball instead of letting ball come into hands
- Wrong hand position
- Ball contacted behind hips
- Stab at ball instead of equal speed
- Don't prepare body to set

Note: **Not everyone** will be a setter but everyone needs to be able to overhead pass without the referee calling an illegal contact. When choosing a setter, look for a good athlete. A non-setter should set legally, set balls higher, not make a mistake that costs a point. (All they have to do is set a hittable ball).

Hitting Checklist:

### **Approach (Left / Right / Land)**

- \_\_\_ basic timing is to leave after setter makes contact unless shoot set
- \_\_\_ 45 degrees angle off net/outside of court (unless right side attack)
- \_\_\_ right/left step at end
- \_\_\_ first step is adjustment step
- \_\_\_ left foot hits 10' line – then right/left
- \_\_\_ explode on right step – it is a jump, not a step
- \_\_\_ approach with arms to side in running position until right foot extends
- \_\_\_ backwards arm swing as right foot goes forward
- \_\_\_ land on right heel
- \_\_\_ faster and longer steps as you get closer to ball
- \_\_\_ land at same angle you approached – use a straight approach
- \_\_\_ if hitting on right side – use straight approach – point feet slightly toward pole on final step.

### **Arm swing**

- \_\_\_ elbow as far back as possible without twisting shoulder
- \_\_\_ elbow completely above shoulder on swing
- \_\_\_ strong, quick arm swing
- \_\_\_ arms should be in hitting position when toes leave the floor
- \_\_\_ no stopping and waiting for ball
- \_\_\_ don't twist body
- \_\_\_ use both arms – left arm points to ball, right arm goes immediately to hitting position

### **Hitting Ball**

- \_\_\_ hit ball on palm – fingers wide
- \_\_\_ must lead hit with elbow, not hand
- \_\_\_ think hitting ball with right shoulder – not right arm

- \_\_\_ hit ball when body is in vertical position
- \_\_\_ grunt/groan when contact is made
- \_\_\_ reach for ball at highest point – don't let ball come down to you
- \_\_\_ wrist snap on top of ball at end of hit
- \_\_\_ on line shot, rotate hip along with shoulder
- \_\_\_ contact on nose or mouth of ball (shorter people) or on forehead of ball (taller people)
- \_\_\_ real short people need sets away from net – need to hit slightly on mouth of ball
- \_\_\_ contact ball in front of hitting shoulder – 1:00
- \_\_\_ ball contacted over hitting shoulder

### Follow-Through

- \_\_\_ hitting arm goes to stomach
- \_\_\_ land 1' – 2' from takeoff – parallel to net
- \_\_\_ land on both feet
- \_\_\_ swim follow-through

### One-legged (Slide)

- \_\_\_ footwork of a basketball lay-up
- \_\_\_ left foot plants – then rotate body
- \_\_\_ shoulders end square to net
- \_\_\_ do not run past ball
- \_\_\_ run parallel to net – catch up to ball

### COMMON Mistakes

- Wrong footwork
- Arms go forward before right/left ending footwork
- Do not reach for ball
- Elbow of hitting arm down by side
- Does not use both arms
- Arm not back and ready when ball is ready to be hit
- Wrong contact point
- Too early
- Too late

Note: **Important** – know the difference between power versus control hitting.

Youth Mentor Program:

The Youth Mentor program was created by the Youth Volleyball Coordinator to assist in meeting the goals of the Volleyball methodology. The mentor program is focuses on the Youth grades of 3<sup>rd</sup> through 5<sup>th</sup> grade to ensure that the development program is teaching the same skills toward a unified goal by grade. Below are the notes from these mentor programs.

Third Grade St. Susanna Volleyball Program

### Goals:

- The month of December your goal should be to make sure the girls have an understanding of rules (number of girls on the court, rotating, serving, number of hits, bumping, setting, hitting, basic position knowledge) and the beginning foundation of bumping, serving and moving on the court
- The Month of January the girls should be able to keep the ball in play. Initially with one touch over the net, move to two touches and the introduction of three hits. A main goal for this month is a controlled bump. They should be able to serve the ball over (at least most of them) and the stronger girls should be introduced to (or possibly switched to) an over hand serve.
- By the end of the month of February, the girls should have a complete understanding of volleyball. They should have mastered their serve and be able to hit the ball over with one, two and three hits. The majority will be one hit, but they should be able to use two hits and hopefully strive to at least attempt three hits once or twice in every game by end of season. The majority of your players should be able to serve four balls over the net on a consistent basis

### Basic Rules and things you need to know:

- You will have a copy of all the rules for volleyball for your grade in a handbook. Here are some of the ones that will be more prevalent week to week
- Each girl on your team must play one full game within every CYO match (which consists of 3 games)
- You will play all three games whether you win or lose the first two. Your season is based on 30 games (10 matches, with 3 games in each match). The winner of the league will be based on the most wins (i.e. 25 out of 30 max) in each league
- Two weekends you will play 2 games. The other 8 weekends you will play a single game
- When you play a home game, you will be responsible for setting up the court (if you are first) or tearing down the court (if you are last). You will always be responsible for scoring, admissions and concessions (A parent volunteer can help set this up –just ask)
- Boosters pay for two additional tournaments (not including end of season tournament). You can always find tournaments for your grade listed on the CYO Website. If you chose to do more than two tournaments, your parent will all need to chip in to pay for the third
- IF there is inclement weather, the coordinator will cancel matches. You will not make this call. You will be asked to contact the opponent's coach to notify them of this decision and the coordinator will let CYO know, as they need to cancel the refs.
- For your practices, it is your discretion whether to cancel or not. A general rule is if school is closed, practice should be cancelled. There are times that the weather is bad in the morning, and by the afternoon roads are fine. Where ever you practice you may want to call that facility and make sure the doors will be open on a day with bad weather.

### Drills:

#### Bumping Drills:

- Have the girls line up in a straight line and get in a position to bump the ball. Show how they need to hold their hands, bend their knees and keep their platform (Arms) straight. Explain how their shoulders act as a steering wheel, so whichever way they face, this is where the ball will go. Throw the girls a ball, emphasizing the skills they need to bump, calling the ball, bending their knees, keeping their arms straight, and not over swinging by letting your arms go higher than your shoulder
- After they master (or at least understand) the mechanics of bumping, you should introduce drills which makes them move while bumping the ball. You can do this by having you and your assistant coach standing in two spots and have the girls slide in front of you while receiving a ball. This will teach them to move to the ball, stop, plant their feet and hopefully hit a controlled bump back to you.
- Have the girls sit on the edge of the bleachers with the arms in front of them in ready position. Toss them a ball and have them lean to reach with their arms and hit the ball. This will teach them good format. It will be uncomfortable, but when they reach and bump, they will have a better understanding of the platform you want them to achieve.
- Have the girls all line up in a single file line, with the first girl facing you, one directly behind her, the next directly behind her...etc. Roll a ball (soft at first...then a bit harder). The girls will need to all move and let the ball roll between their legs. This will teach them to get in place before they hit the ball. You can also do this drill with one girl at time.
- Place the girls in all 6 spots and have them work on a controlled bump back to spot number 3 (middle front). This will help them learn not to swing their arms, but to control their bumps. As they get better at this drill, you can place yourself or an assistant in spot 3 to hit a second hit to each of the girls and they can work on their third hits. Once they gain a good understanding of moving and controlling their bumps, you can have one of the players replace you in spot 3, which will start to get your girls use to two and three hits each time the ball comes over the net
- Have one player bump back and forth with one other player counting how many bumps they can do without letting the ball hit the ground. This will help them with control and will be a fun drill because it can be a contest. Make sure they switch partners each time you do the drill so the more “skilled” players are not always together
- Coaches and girls are split into two groups (1 coach and 4 girls, 1 asst. coach and four girls). The coach throws the ball to one of the girls she calls mine and hits a controlled pass to someone else in the group. The goal is to move their feet, call mine and always control the bumped ball. The group who gets the highest number of consistent hits before the ball touches the ground, gets to choose the “punishment” for the other group (i.e.: sit ups, pushups, run a lap...etc.)
- “W” drill – The coach stays in spot 3 and tosses the ball from this spot the entire drill. The player starts in spot one and receives a toss from the coach. They are practicing a controlled bump back to the coach. They take a ball in spot 1, move to spot 2, back pedal to spot 6, move forward to spot 4 then back pedal to spot 5. After completing the drill, they will have made a “W” on the court while receiving 5 balls. This helps with movement and control.

- Queen of the Court – you set up 3 girls on one side. The other side has three girls as well. One of the sides serves to the other. The side receiving the serve tries to hit it back. If the serving side wins, they come under the net and become the “queens of the court”. They get to stay the Queens until the other side beats them. As your players get better, you can require them to hit at least 2 balls before they can win their side.

### Serving Drills

- Walk thru basics of serving underhand (if they are right handed, they start balanced with ball in their left palm. They take a step with their left foot while hitting the ball out of their palm with their right hand. They should strike the ball with a closed hand hitting the ball with inside of their hand where their thumb is around their fingers (not the curled up fingers portion of the fist). After teaching them the basic technique, have them serve against the wall. (Left handed servers are the complete opposite....balanced stance with ball in the right palm, step with right foot while striking the ball with the left hand).
- After they seem to get the concept, have them line up in a single file line and one at a time, have them serve over the net. Start up close and move them back as they become successful.
- Any girl who already know how to serve overhand (because you have seen them try with success) OR is strong and athletic and seems ready to learn, please introduce overhand serving to them. A good rule of thumb is if they can CONSISTENTLY get 4 underhand serves over in a row, then they can work on overhand serving. Once they are successful with overhand serving, do not look back. Let them switch and serve overhand from that point forward
- Serve Contest – have half of your girl’s line up on one side of the net, the other half on the other side. (Try to divide them equally). On your whistle, have them serve one at a time from the serve box while shouting out the number when the serve goes over the net and is in the court. The first team to reach 15 is the winner. This always the girls to feel pressure and to learn NOT TO RUSH when serving in a game
- When you feel their serves are getting much stronger. Have the girls each get a chair and place it on the court. Then lining up in a single file line, they serve and try to hit a chair (either with or without a bounce). Sometimes I place candy on the chairs and if they hit a chair, they can go and get a piece of candy. After receiving two pieces, they have to cheer for their teammates to win the candy.
- Divide the Court into four equal parts and place a girl in each quad. Have one of the players serve to the girls in the quad. This will show them that they have to cover a LARGE portion of the court. (moving their feet). The server gets to stay in and each time they serve it over, gets one point. The only way you can be server is to not let a ball touch your part of the court, then you can eventually make it to the serving side. The girl with the most points from serving wins the contest (This is a serving and bumping drill)
- Rodeo (also a serving and bumping drill). Divide the girls into 2’s. One girl serves, her partner has to move on court until the ball goes between her legs (can be more than

one bounce). Then they switch server and mover. The twosome with the most points (successful attempts) is the winner at the end of 5 minutes.

- **Serving Overhand.** Very similar to serving underhand. Right hand servers place the ball in their left hand, with a balanced stance (opposite for left handed servers) I usually have them toss the ball up about 10 times and let it drop. The perfect toss should hit their right foot (or left, if they are left handed). Once their toss is good, I have them toss, step, and catch the ball in the air. This helps with timing and height of toss. Once they have practiced that for a while, I have them go ahead and strike the ball. With overhand serves, you want your hand opened and to strike the ball at the bottom of your palm near your wrist. Timing is EVERYTHING in overhand serving, so if you have some girls trying it, ask them to practice at home.

### Setting Drills

- Introduce setting to the girls. The best way to describe it would be like drinking out of a big 2 liter of coke. Your hands are close together, but not touching. When you are finished hitting the ball, you never break your wrist. Your hands are extended to the sky with open fingers.
- Have the girls sit on the ground with crossed legs. Stand over them and toss them a soft ball and let them try to set it back to you
- Stand on one side of the net, have them line up single file. Toss them a ball, and have them set it over the net. This will help when they are in the front row and receive a high ball.
- Have the girls try to set and bump to a partner, keeping the ball off the ground
- Towards the end of the season, you can have them set into a basketball hoop for accuracy

### Tipping and hitting drills

- Show the girls how to tip the ball if it is high on the net and they are close to the net (open hand – tip with your finger prints)
- Have the girls line up on one side of the net and feed them a ball VERY close to the net and let them tip it back over
- As your girls skills progress, teach them to hit the ball as well. Therefore, they can choose to tip or hit the ball if it is close to the net
- Joust – coach has two girls line up on opposite sides of the net, both girls standing close to the net. Coach tosses a ball so it hits the net. They both try to keep playing the ball until one side wins. That girl becomes queen of the jousting court and remains until someone beats her.

### Communication with Parents:

- After your first practice, it is important to have a parent meeting to discuss your expectations of the girls and parents for the season. Be very clear! If you want to have setters and there are two or three girls you feel can help accomplish three hits, you may have to play them more so all the girls can be more successful, this is something you need to specify to the parents. The more you communicate, the better everyone on the team will feel.

- After games communicate as well. A follow up note stating you asked the girls to try controlled passes with two or three hits. You can share your successes. We had 5 two hits and one attempt to three hit. The parents will be happy to see the progress and understand your goals
- Post Play and Tournament notes. Make sure you continue your communication through post play. The end of the Season Tournament is one and done. Sometimes you may play certain girls more. If this is the strategy you chose, please communicate to the parents before the game so they are not surprised and angry while in the stands.

#### Volleyball Etiquette

- At the beginning of each game, both teams are to meet in the middle of the court and hold hands. In the past, we had the visiting team on one side, St. Sue on the other making a small circle. The girls from opposite teams literally hold hand under the net. At this point, we say a prayer together. This is supposed to happen at all CYO games this year, but plan on leading it at St. Sue.
- You will need captains and line judges for each match (home and away). Some teams let the girls vote on who will be captain based on effort at practice. Others assign it randomly or alphabetically. Either way, you need to be prepared with captains (usually 2) and a line judge for each game. When your captain for the week comes over at the beginning of the game, they will be asked to introduce themselves and shake hands with their opponents. It might be a good idea to teach them to do that so they do not have to wait for a cue, but can initiate the introductions.
- After the girls finish their first game, the refs will ask them all to return to the back line. When she/he makes a signal, the girls than cross over to the other side. They may not return to their bench (to get water or anything else) until the ref has made the signal that it is time to switch sides
- Between the 2<sup>nd</sup> and 3<sup>rd</sup> game the captains will be asked to return to the refs. They will re-flip the coin for serve and side
- At the end of the game, each team makes a single file line from the serving spot and walks down along their side of the net. At this time they shake hands with their opponents. It is a good idea to remind your girls to always look their opponents in the eyes and say good game and truly mean it
- After your team has shaken the hand of their opponents, we would like them to go over the refs, shake their hands and say thank you. This will help teach the girls respect for the game and officials.

#### Fourth Grade St. Susanna Volleyball Program

##### Goals:

- Passing:- Teach 100% controlled passing. Always to a target!!
- Serving:- Teach all girls the overhand serve. Approximately 85% should be able to do in game as their normal serve by end of season.
- Hand Set - Teach all girls the set. Approximately 50% should be able to do in game

good enough not to be called for a lift. Okay to set with a pass (bump) until hand setting is mastered.

- Hit - Teach all girls to spike, without jumping. Timing of a jump is very tough for a fourth grader. Expect 100% of the girls to hit in a game off a good set.
- Rules – Learn substitution, overlap and switching
- Terms - Learn zones
- Defense – Learn W and 3 back (see diagram)
- Offense Style - Every offensive play starts with the goal of 3 hits. Instruct the girls to “make the easiest pass.” Most of the time the first pass should be to the setter who is facing them in position 3. Primary 3<sup>rd</sup> hit should be from middle (as this is the easiest set for the setter)
- Offense - Start with a basic 6-6 offense in practice (everyone sets, everyone can hit). Find 3 or more players who can be successful setting, then introduce a 6-3 offense (or a variation, but do not use 6-2 or 5-1 as this is too young to reduce to so few setters).

#### Measurement

- Coaches or team parent should track 3 hits. Results should be shared with players and parents throughout the season.

#### Basic Rules and things you need to know:

- You will have a copy of all the rules for volleyball for your grade in a handbook. Here are some of the ones that will be more prevalent week to week
- Each girl on your team must play one full game within every CYO match (which consists of 3 games)
- You will play all three games whether you win or lose the first two. Your season is based on 30 games (10 matches, with 3 games in each match).
- When you play a home game, you will be responsible for setting up the court (if you are first) or tearing down the court (if you are last). You will always be responsible for scoring, admissions and concessions (A parent volunteer can help set this up –just ask)
- Boosters pay for two additional tournaments (not including end of season tournament). You can always find tournaments for your grade listed on the CYO Website. If you chose to do more than two tournaments, your parent will all need to chip in to pay for the third
- IF there is inclement weather, the coordinator will cancel matches. You will not make this call. You will be asked to contact the opponent’s coach to notify them of this decision and the coordinator will let CYO know, as they need to cancel the refs.
- For your practices, it is your discretion whether to cancel or not. There are times that the weather is bad in the morning, and by the afternoon roads are fine. Wherever you practice you may want to call that facility and make sure the doors will be open on a day with bad weather.

#### Drills:

##### Bumping Drills:

- Demo -Have the girls sit on the edge of the bleachers with the arms in front of them in

ready position. Toss them a ball and have them lean to reach with their arms and hit the ball. This will teach them good format. It will be uncomfortable, but when they reach and bump, they will have a better understanding of the platform you want them to achieve. They should pass in-front of their knees.

- **Bowling** - Have the girls all line up in a single file line, with the first girl facing you, one directly behind her, the next directly behind her...etc. Roll a ball (soft at first...then a bit harder). The girls will need to all move and let the ball roll between their legs. This will teach them to get in place before they hit the ball. You can also do this drill with one girl at time.
- **Hits-in-a-Row** -Coaches and girls are split into two groups (1 coach and 4 girls, 1 asst. coach and four girls). The coach throws the ball to one of the girls she calls mine and hits a controlled pass to someone else in the group. The goal is to move their feet, call mine and always control the bumped ball. The group who gets the highest number of consistent hits before the ball touches the ground, gets to choose the “punishment” for the other group (i.e.: sit ups, pushups, run a lap...etc.)
- **“W” drill** – The coach stays in spot 3 and tosses the ball from this spot the entire drill. The player starts in spot one and receives a toss from the coach. They are practicing a controlled bump back to the coach. They take a ball in spot 1, move to spot 2, back pedal to spot 6, move forward to spot 4 then back pedal to spot 5. After completing the drill, they will have made a “W” on the court while receiving 5 balls. This helps with movement and control.
- **Queen of the Court** – you set up 3 girls on one side. The other side has three girls as well. One of the sides serves to the other. The side receiving the serve tries to hit it back. If the serving side wins, they come under the net and become the “queens of the court”. They get to stay the Queens until the other side beats them. As your players get better, you can require them to hit at least 2 balls before they can win their side. Best to start with a coach or teen helper at first so that there is some success.

### Serving Drills

- **Demo** -Serving overhand is very similar to serving underhand. Right hand servers place the ball in their left hand, with a balanced stance (opposite for left handed servers) I usually have them toss the ball up about 10 times and let it drop. The perfect toss should hit their right foot (or left, if they are left handed). Once their toss is good, I have them toss, step, and catch the ball in the air. This helps with timing and height of toss. Once they have practiced that for a while, I have them go ahead and strike the ball. With overhand serves, you want your hand opened and to strike the ball at the bottom of your palm near your wrist. Timing is EVERYTHING in overhand serving, so if you have some girls trying it, ask them to practice at home.
- **Queen of the Serve** -Divide each Court into 3 parts and place a girl in each part (back halves and the ten foot area). Play normal volleyball. If ball hits players marked off floor they are out. Goal is to snake your way through all the zones until you can serve. Winner is the player with most serves. (This is a serving and bumping drill)
- **Rodeo Serve** (also a serving and bumping drill). Divide the girls into 2's. One girl

serves, her partner has to move on court until the ball goes between her legs (can be more than one bounce at first then as the season goes on make it be one bounce). Then they switch server and mover. The twosome with the most points (ball through legs) is the winner at the end of 5 minutes.

### Setting Drills

- **Demo**- The best way to describe it would be like drinking out of a big 2 liter of coke. Your hands are close together, but not touching. When you are finished hitting the ball, you never break your wrist. Your hands are extended to the sky with open fingers.
- **Over Net** -Stand on one side of the net, have them line up single file. Toss them a ball, and have them set it over the net. This will help when they are in the front row and receive a high ball.

### Net Play Drill

- **Joust** – coach has two girls line up on opposite sides of the net, both girls standing close to the net. Coach tosses a ball so it hits the net. They both try to keep playing the ball until one side wins. That girl becomes queen of the jousting court and remains until someone beats her.

### Hitting Drill

- **Demo** – Footwork is key. 3 steps. Usually described as “short” “long” “land”. Strike ball out in front of forehead (not behind head).
- **Ro-Go** - Reach or get out.

### Practices

- Recommend players setting at the 3<sup>rd</sup> position (primarily since the girls are not strong enough to set from second to fourth).
- Keep players moving during practice. I recommend getting a high school player or former player to help. You want to keep the girls active. More touches mean more practice. No one should be sitting and waiting. Success is maximizing # of balls in air per minute of per practice.
- Passing should be significant part of all practices. First pass is most important if attempting to get 3 passes. Repetition is key.
  - Technique no swinging of arms
  - Technique face target
  - Repetition , repetition, repetition
  - No standing makes sure all passing drills involve an element of movement.
  - Expectation of effort. (Rather see a ball hit off wall rather than drop to the ground.)
  - Include elements of team – communication and playing your position. We win and lose as a team.
- Setting
  - Work on technique
  - Get body under ball.

- Serving
  - Majority will want to learn overhand serve.
  - Earn right to serve overhand in game (e.g. “serve test” where x-of-4 over in practice dictates in-game opportunities)
  - Work on technique. For girls with less strength start closer to net and teach technique and then slowly move back.
  - Stronger players should learn placement.
- Come with a plan for practice. With limited practice time you want to get as much out of the time you have. Plan to shag balls as part of the flow.
- Make it fun and competitive. Any drill that becomes a competition becomes fun. Set up teams so that they begin to root for each other.
- Celebrate the victories. When everyone has gotten an overhand hit, let them know. When you reach your goal for 3 hits celebrate.
- Be consistent – talk about the same items whether you win or lose a game or match. If you constantly talk about the measurements after the game, the girls will focus on this and you will be more successful. You will lose games so it is important to focus on the true goals (development of good volleyball skills).

#### Parents

Have a parent meeting at beginning to lay out expectations. The following should be recommended communications:

- Success will be measured in 3 hits and other team attributes not in wins and losses. (I found it helpful to send out summaries of the games so the parents will be reminded during the season)
- The team will lose games they could or should have won. Need to keep focus on developing good volleyball control and habits as this will make the players better at the end.
- Need to consistently be positive.
- Discuss how you will incorporate prayer into the practice and games.
- Ask for help. You will need to assign line judges, running the clock, setup/takedown crews and concession stand workers. Get a parent to lead take this on and manage
- Get a parent to help with scorebook and keeping stats.

#### Volleyball Etiquette

- At the beginning of each game, both teams are to meet in the middle of the court and hold hands. In the past, we had the visiting team on one side, St. Sue on the other making a small circle. The girls from opposite teams literally hold hand under the net. At this point, we say a prayer together. This is supposed to happen at all CYO games this year, but plan on leading it at St. Sue.
- You will need captains and line judges for each match (home and away). Some teams let the girls vote on who will be captain based on effort at practice. Others assign it randomly or alphabetically. Either way, you need to be prepared with captains (usually 2) and a line judge for each game. When your captain for the week comes over at the

beginning of the game, they will be asked to introduce themselves and shake hands with their opponents. It might be a good idea to teach them to do that so they do not have to wait for a cue, but can initiate the introductions.

- After the girls finish their first game, the refs will ask them all to return to the back line. When she/he makes a signal, the girls then cross over to the other side. They may not return to their bench (to get water or anything else) until the ref has made the signal that it is time to switch sides
- Between the 2<sup>nd</sup> and 3<sup>rd</sup> game the captains will be asked to return to the refs. They will re-flip the coin for serve and side
- At the end of the game, each team makes a single file line from the serving spot and walks down along their side of the net. At this time they shake hands with their opponents. It is a good idea to remind your girls to always look their opponents in the eyes and say good game and truly mean it
- After your team has shaken the hand of their opponents, we would like them to go over the refs, shake their hands and say thank you. This will help teach the girls respect for the game and officials.

Have Fun. Enjoy the moment. Do not wish for some future day when “things will be different”.

## Sample Line Up and Explanations

### Fifth Grade Volleyball

#### Goals

- Consistent 3 hits (Controlled passing) with overhand hit or spike for third shot
- All players learn appropriate setting technique. Should have 2-3 permanent setters for the team.
- All players hitting overhand (spikes). Includes learning appropriate technique for net approach. 100 % of players with hit in games. Jumping and spiking introduced.
- All players learn to serve overhand. With volley-lite ball, 90% of girls should serve overhand in game by end of season.
- Ball should not hit the floor without players attempting to play. Players need to learn to communicate and be expected to play balls in their area of the court. Players should not overplay their positions.

#### Measurement

Coaches or team parent should track 3 hits and spikes throughout the season. Results should be shared with players and parents throughout the season.

#### Parents

Have a parent meeting at beginning to lay out expectations. The following should be recommended communications:

- Success will be measured in 3 hits and other team attributes not in wins and losses. (I found it helpful to send out summaries of the games so the parents will be reminded during the season)
- The team will lose games they could or should have won. Need to keep focus on developing good volleyball control and habits as this will make the players better at the end.
- Need to consistently be positive.
- Discuss how you will incorporate prayer into the practice and games.
- Ask for help. You will need to assign line judges, running the clock, setup/takedown crews and concession stand workers. Get a parent to lead take this on and manage
- Get a parent to help with scorebook and keeping stats.

#### Practices

- Recommend players setting at the 3<sup>rd</sup> position (primarily since the girls are not strong enough to set from second to fourth).
- Keep players moving during practice. I recommend getting a high school player or former player to help. You want to keep the girls active. More touches mean more practice. No one should be sitting and waiting.
- Passing should be significant part of all practices. First pass is most important if attempting to get 3 passes. Repetition is key.
  - Technique no swinging of arms
  - Technique face target
  - Repetition , repetition, repetition
  - No standing makes sure all passing drills involve an element of movement.
  - Expectation of effort. (Rather see a ball hit off wall rather than drop to the ground.)
  - Include elements of team – communication and playing your position. We win and lose as a team.
- Setting
  - Work on technique
  - Get body under ball.
  - Permanent setters should spend time at each practice working on this.
- Serving
  - Expect overhand serve.
  - Earn right to serve overhand in game
  - Work on technique. For girls with less strength start closer to net and teach technique and then slowly move back.
  - Stronger players should learn placement.
- Come with a plan for practice. With limited practice time you want to get as much out of the time you have.
- Make it fun and competitive. Any drill that becomes a competition becomes fun. Set

up teams so that they begin to root for each other.

- Celebrate the victories. When everyone has gotten an overhand hit, let them know. When you reach your goal for 3 hits celebrate.
- Be consistent – talk about the same items whether you win or lose a game or match. If you constantly talk about the measurements after the game, the girls will focus on this and you will be more successful. You will lose games so it is important to focus on the true goals (development of good volleyball skills).

#### Positions

4	3 setter	2
5	6	1 server

Drills:

Bumping Drills:

- Have the girls line up in a straight line and get in a position to bump the ball. Show how they need to hold their hands, bend their knees and keep their platform (Arms) straight. Explain how their shoulders act as a steering wheel, so whichever way they face, this is where the ball will go. Throw the girls a ball, emphasizing the skills they need to bump, calling the ball, bending their knees, keeping their arms straight, and not over swinging by letting your arms go higher than your shoulder
- After they master (or at least understand) the mechanics of bumping, you should introduce drills which makes them move while bumping the ball. You can do this by having you and your assistant coach standing in two spots and have the girls slide in front of you while receiving a ball. This will teach them to move to the ball, stop, plant their feet and hopefully hit a controlled bump back to you.
- Have the girls sit on the edge of the bleachers with the arms in front of them in ready position. Toss them a ball and have them lean to reach with their arms and hit the ball. This will teach them good format. It will be uncomfortable, but when they reach and bump, they will have a better understanding of the platform you want them to achieve.
- Have the girls all line up in a single file line, with the first girl facing you, one directly behind her, the next directly behind her...etc. Roll a ball (soft at first...then a bit harder). The girls will need to all move and let the ball roll between their legs. This will teach them to get in place before they hit the ball. You can also do this drill with one girl at time.
- Place the girls in all 6 spots and have them work on a controlled bump back to spot number 3 (middle front). This will help them learn not to swing their arms, but to control their bumps. As they get better at this drill, you can place yourself or an assistant in spot 3 to hit a second hit to each of the girls and they can work on their third hits. Once they gain a good understanding of moving and controlling their bumps, you can have one of the players replace you in spot 3, which will start to get your girls use to two and three hits each time the ball comes over the net
- Have one player bump back and forth with one other player counting how many bumps they can do without letting the ball hit the ground. This will help them with control and

will be a fun drill because it can be a contest. Make sure they switch partners each time you do the drill so the more “skilled” players are not always together

- Coaches and girls are split into two groups (1 coach and 4 girls, 1 asst. coach and four girls). The coach throws the ball to one of the girls she calls mine and hits a controlled pass to someone else in the group. The goal is to move their feet, call mine and always control the bumped ball. The group who gets the highest number of consistent hits before the ball touches the ground, gets to choose the “punishment” for the other group (i.e.: sit ups, pushups, run a lap...etc.)
- “W” drill – The coach stays in spot 3 and tosses the ball from this spot the entire drill. The player starts in spot one and receives a toss from the coach. They are practicing a controlled bump back to the coach. They take a ball in spot 1, move to spot 2, back pedal to spot 6, move forward to spot 4 then back pedal to spot 5. After completing the drill, they will have made a “W” on the court while receiving 5 balls. This helps with movement and control.
- Queen of the Court – you set up 3 girls on one side. The other side has three girls as well. One of the sides serves to the other. The side receiving the serve tries to hit it back. If the serving side wins, they come under the net and become the “queens of the court”. They get to stay the Queens until the other side beats them. As your players get better, you can require them to hit at least 2 balls before they can win their side.

### Serving Drills

- Walk thru basics of serving underhand (if they are right handed, they start balanced with ball in their left palm. They take a step with their left foot while hitting the ball out of their palm with their right hand. They should strike the ball with a closed hand hitting the ball with inside of their hand where their thumb is around their fingers (not the curled up fingers portion of the fist). After teaching them the basic technique, have them serve against the wall. (Left handed servers are the complete opposite...balanced stance with ball in the right palm, step with right foot while striking the ball with the left hand).
- After they seem to get the concept, have them line up in a single file line and one at a time, have them serve over the net. Start up close and move them back as they become successful.
- Any girl who already know how to serve overhand (because you have seen them try with success) OR is strong and athletic and seems ready to learn, please introduce overhand serving to them. A good rule of thumb is if they can CONSISTENTLY get 4 underhand serves over in a row, then they can work on overhand serving. Once they are successful with overhand serving, do not look back. Let them switch and serve overhand from that point forward
- Serve Contest – have half of your girl’s line up on one side of the net, the other half on the other side. (Try to divide them equally). On your whistle, have them serve one at a time from the serve box while shouting out the number when the serve goes over the net and is in the court. The first team to reach 15 is the winner. This always the girls to feel pressure and to learn NOT TO RUSH when serving in a game

- When you feel their serves are getting much stronger. Have the girls each get a chair and place it on the court. Then lining up in a single file line, they serve and try to hit a chair (either with or without a bounce). Sometimes I place candy on the chairs and if they hit a chair, they can go and get a piece of candy. After receiving two pieces, they have to cheer for their teammates to win the candy.
- Divide the Court into four equal parts and place a girl in each quad. Have one of the players serve to the girls in the quad. This will show them that they have to cover a LARGE portion of the court. (moving their feet). The server gets to stay in and each time they serve it over, gets one point. The only way you can be server is to not let a ball touch your part of the court, then you can eventually make it to the serving side. The girl with the most points from serving wins the contest (This is a serving and bumping drill)
- Rodeo (also a serving and bumping drill). Divide the girls into 2's. One girl serves, her partner has to move on court until the ball goes between her legs (can be more than one bounce). Then they switch server and mover. The twosome with the most points (successful attempts) is the winner at the end of 5 minutes.
- Serving Overhand. Very similar to serving underhand. Right hand servers place the ball in their left hand, with a balanced stance (opposite for left handed servers) I usually have them toss the ball up about 10 times and let it drop. The perfect toss should hit their right foot (or left, if they are left handed). Once their toss is good, I have them toss, step, and catch the ball in the air. This helps with timing and height of toss. Once they have practiced that for a while, I have them go ahead and strike the ball. With overhand serves, you want your hand opened and to strike the ball at the bottom of your palm near your wrist. Timing is EVERYTHING in overhand serving, so if you have some girls trying it, ask them to practice at home.

#### Setting Drills

- Introduce setting to the girls. The best way to describe it would be like drinking out of a big 2 liter of coke. Your hands are close together, but not touching. When you are finished hitting the ball, you never break your wrist. Your hands are extended to the sky with open fingers.
- Have the girls sit on the ground with crossed legs. Stand over them and toss them a soft ball and let them try to set it back to you
- Stand on one side of the net, have them line up single file. Toss them a ball, and have them set it over the net. This will help when they are in the front row and receive a high ball.
- Have the girls try to set and bump to a partner, keeping the ball off the ground
- Towards the end of the season, you can have them set into a basketball hoop for accuracy

#### Tipping and hitting drills

- Show the girls how to tip the ball if it is high on the net and they are close to the net (open hand – tip with your finger prints)
- Have the girls line up on one side of the net and feed them a ball VERY close to the net

and let them tip it back over

- As your girls skills progress, teach them to hit the ball as well. Therefore, they can choose to tip or hit the ball if it is close to the net
- Joust – coach has two girls line up on opposite sides of the net, both girls standing close to the net. Coach tosses a ball so it hits the net. They both try to keep playing the ball until one side wins. That girl becomes queen of the jousting court and remains until someone beats her.

Terminology:

**ACE** - A serve that is not passable and results immediately in a point.

**ANTENNA** - The vertical rods (normally white and red) mounted near the edges of the net. The antennas are mounted directly above the sidelines and are not-in-play. Antennas are not usually used on outdoor nets.

**APPROACH** - Fast stride toward the net by a spiker before he jumps in the air.

**ASSIST** - Passing or setting the ball to a teammate who attacks the ball for a kill. This stat is normally only logged for high school, college, and National/Olympic team play.

**ATTACK** - The offensive action of hitting the ball. The attempt by one team to terminate the play by hitting the ball to the floor on the opponent's side.

**ATTACK BLOCK** - Receiving players' aggressive attempt to block a spiked ball before it crosses the net.

**ATTACK ERROR** - An unsuccessful attack which does one of the following: 1) the ball lands out of bounds, 2) the ball goes into the net and terminates play or goes into the net on the third hit, 3) the ball is blocked by the opposition for a point or side out, 4) the attacker is called for a center line violation, or 5) the attacker is called for illegal contact (lift, double hit...) on the attack.

**ATTACKER** - Also "hitter" or "spiker." A player who attempts to hit a ball offensively with the purpose of terminating play in his or her team's favor.

**ATTACK LINE** - A line 3m from the net that separates the front row players from the back row players. Commonly referred to as the "10-foot line."

**BACKCOURT** - The area from the endline to the attack line.

**BACK SET** - A set delivered behind the setter's back, which is subsequently hit by an attacker.

**BACK ROW ATTACK** – When a back row player attacks the ball by jumping from behind

the 3m line before hitting the ball. If the back row player steps on or past the 3m line during take-off, the attack is illegal.

**BEACH DIG** - An open hand receive of the ball, also called a "Deep Dish"

**BLOCK** - A defensive play by one or more players meant to deflect a spiked ball back to the hitter's court. It may be a combination of one, two or three players jumping in front of the opposing spiker and contacting the spiked ball with the hands.

**BUMP** – a common term for forearm passing.

**BALL HANDLING ERROR** - Any time the official calls a double hit, a thrown ball or a lift (except on a serve reception or attack). For our purposes, this category also includes any blocking errors (when an official calls a blocker for a violation such as going into the net, centerline violation, reaching over the net, etc.).

**BUMP PASS** - The use of joined forearms to pass or set a ball in an underhand manner.

**CAMPFIRE** - A ball that falls to the floor in an area that's surrounded by two, three, four or more players. At the instant after the ball hits the floor, it appears as if the players are encircling and staring at a campfire.

**CENTER LINE** - The boundary that runs directly under the net and divides the court into two equal halves.

**CLOSING THE BLOCK** - The responsibility of the assisting blocker(s) to join the primary blocker and create an impenetrable block in which a ball cannot fit between the two individual blockers.

**CROSS COURT SHOT** - An individual attack directed at an angle from one end of the offensive team's side of the net to the opposite sideline of the defensive team's court.

**CUT SHOT** - A spike from the hitter's strong side that travels at a sharp angle across the net.

**DECOY** - An offensive play meant to disguise the spiker who will receive the set.

**DEEP SET** - Set to be hit away from the net to confuse or disrupt the timing of the blockers.

**DIG** - Passing a spiked or rapidly hit ball. Slang for the art of passing an attacked ball close to the floor.

**DINK** - A legal push of the ball around or over blockers.

**DOUBLE BLOCK** - Two players working in unison to deflect an attacked ball at the net back to the hitter's side.

**DOUBLE HIT** - Successive hits or contacts by the same player. (Illegal)

**DOUBLE QUICK** - Two hitters approaching the setter for a quick inside hit.

**DOUBLES** - A game with two players on each side, most commonly played on a sand court.

**DOWN BALL** - A ball the blockers elect not to attempt to block because it has been set too far from the net or the hitter is not under control. A "Down Ball" is hit overhand and driven over the net with topspin while the player remains standing. "Down Ball," is usually called aloud by the defense when it becomes apparent the attacker has no chance of hitting a powerful spike.

**FIVE-ONE** – A 6-player offensive system that uses five hitters and one setter.

**FIVE SET** – A back set to the right front hitter.

**FLARE** – Inside-out path of an outside spiker who hid behind a quick hitter.

**FLOATER** - A serve which does not spin or rotate and therefore moves in an erratic path. This is similar to a "knuckle ball" pitch in baseball.

**FOREARM PASS** - Join your arms from the elbows to the wrists and strike the ball with the fleshy part of your forearms in an underhand motion.

**FOUL** - A violation of the rules.

**FOUR SET** - A set 1' from the sideline, and 1' to 2' above the net.

**FOUR-TWO** - A 6-player offensive system using four hitters and two setters.

**FREE BALL** - A ball that will be returned by a pass rather than a spike. This is usually called aloud by the defense instructing players to move into serve receive positions.

**HELD BALL** - A ball that comes to rest during contact resulting in a foul.

**HIT** - To jump and strike the ball with an overhand, forceful shot.

**HITTER** - Also "spiker" or "attacker"

**HITTING PERCENTAGE** - kills vs. attempts

**INSIDE SHOOT** - A playset or a 33.

**ISOLATION PLAY** - Designed to isolate the attacker on a specific defender, normally to exploit a weakness or give a hitter a chance to hit against a single block.

**JUNGLE BALL** - Any volleyball game with people who don't really know how to play volleyball. A common euphemism for this type of game is "Picnic Volleyball."

**JUMP SERVE** - A serve that is started by the server tossing the ball into the air and jumping into and hitting the ball in its downward motion.

**JOUST** – When 2 opposing players are simultaneously attempting to play a ball above the net.

**KEY** - To predict a team's next play by observation of patterns or habits.

**KILL** - An attack that results in an immediate point or side out.

**LINE** - The marks that serve as boundaries of a court.

**LINE SHOT** - A ball spiked down an opponent's sideline, closest to the hitter and outside the block.

**LET SERVE** - A serve that contacts the net. If the ball dribbles over, it's playable just like any other ball that contacts the net on the way over. If the ball fails to clear the net, it will become dead when it either hits the serving team's court, or is contacted by a player on the serving team.

**MIDDLE-BACK** - A defensive system that uses the middle back player to cover deep spikes.

**MIDDLE-UP** - A defensive system that uses the middle back player to cover dinks or short shots.

**MINTONETTE** - The original name of the game of volleyball, created by William Morgan.

**MULTIPLE OFFENSE** - A system of play using different types of sets other than just normal outside sets.

**OFFSIDE BLOCK** - Player at the net, which is on the side away from the opponent's attack.

**OFF-SPEED HIT** - Any ball spiked with less than maximum force but with spin.

**OUTSIDE HITTER** – a left-front or right-front attacker normally taking an approach which starts from outside the court

**OVERHAND PASS** - A pass executed with both hands open, controlled by the fingers and thumbs, played just above the forehead.

**OVERHAND SERVE** - Serving the ball and striking it with the hand above the shoulder.

**OVERLAP** – refers to the positions of the players in the rotation prior to the contact of the ball when serving.

**PANCAKE** - A one-handed defensive technique where the hand is extended and the palm is slid along the floor as the player dives or extension rolls, and timed so that the ball bounces off the back of the hand.

**PASS** – see "Forearm Pass"

**PENETRATION** – The act of reaching across and breaking the plane of the net during blocking.

**POINT OF SERVICE** - A serve that results in a point (an ace by NCAA standards) as the serve is not returnable due to a bad pass by the receiver, this number includes aces.

**POWER ALLEY** - A cross-court hit traveling away from the spiker to the farthest point of the court.

**POWER TIP** – A ball that is pushed or directed with force by an attacking team.

**POWER VOLLEYBALL** - A competitive style of volleyball started by the Japanese.

**QUICK** – a player approaching the setter for a quick inside hit

**QUICK SET** – a set (usually 2' above the net) in which the hitter is approaching the setter, and may even be in the air, before the setter delivers the ball. This type of set requires precise timing between the setter and hitter.

**READY POSITION** - The flexed, yet comfortable, posture a player assumes before moving to contact the ball.

**RECEPTION ERROR** - A serve that a player should have been able to return, but results in an ace (and only in the case of an ace). If it is a "husband/wife" play (where the ball splits the two receivers), the receiving team is given the reception error instead of an individual.

**RED CARD** – a severe penalty in which an official displays a red card. The result of a red card may be a player is disqualified, the team loses the serve, or the team loses a point. A red card may be given with or without a prior yellow card as a warning; it is up to the official's discretion.

**ROLL** - a certain way to pass a ball in which the digger, or passer lays out an arm, passes the ball, and rolls over the shoulder (over the shoulder roll) or back (barrel roll) after passing the ball. This is a quick way to return to action after the play.

**ROOF** - A ball that when spiked is blocked by a defensive player such that the ball deflects straight to the floor on the attacker's side.

**ROTATION** - The clockwise movement of players around the court and through the serving position following a side out.

**SERVE** - One of the six basic skills; used to put the ball into play. It is the only skill controlled exclusively by one player.

**SERVER** - The player who puts the ball into play.

**SERVICE ERROR** - An unsuccessful serve in which one or more of the following occurs: 1) the ball hits the net or fails to clear the net, 2) the ball lands out of bounds, or 3) the server commits a foot fault.

**SERVICE WINNER** - A point the serving team scores when this player has served the ball. The point can be an immediate (in the case of an ace) or delayed (a kill or opponent attack error after a long rally). Therefore, the sum of the team's service winners equals their score.

**SET** - The tactical skill in which a ball is directed to a point where a player can spike it into the opponent's court.

**SETTER** – the player who has the 2nd of 3 contacts of the ball who "sets" the ball with an "Overhand Pass" for a teammate to hit. The setter normally runs the offense.

**SIDE OUT** - Occurs when the receiving team successfully puts the ball away against the serving team, or when the serving team commits an unforced error, and the receiving team thus gains the right to serve.

**SIX PACK** – Occurs when a blocker gets hit in the head or face by a spiked ball.

**SIX-TWO** – A 6-player offense using 2 setters opposite one another in the rotation. Setter 1 becomes a hitter upon rotating into the front row as setter 2 rotates into the back row and becomes the setter.

**SPIKE** - Also hit or attack. A ball contacted with force by a player on the offensive team who intends to terminate the ball on the opponent's floor or off the opponent's blocker.

**STRONG SIDE** - When a right-handed hitter is hitting from the left-front position or when a left-handed hitter is hitting from the right-front position.

**STUFF** - A ball that is deflected back to the attacking team's floor by the opponent's blockers. A slang term for "block."

**TURNING IN** – the act of an outside blocker turning his/her body into the court so as to ensure the blocked ball is deflected into the court and lands in-bounds.

**UNDERHAND SERVE** – a serve in which the ball is given a slight under-hand toss from about waist high and then struck with the opposite closed fist in an "underhand pitching" motion.

**WEAK SIDE** – When a right-handed player is hitting from right-front position or when a left-handed player is hitting from the left-front position.

**WIPE** – when a hitter pushes the ball off of the opposing block so it lands out of bounds

**YELLOW CARD** – a warning from an official indicated by the display of a yellow card. Any player or coach who receives two yellow cards in a match is disqualified. A single yellow card does not result in loss of point or serve.

## Drills, Offenses and Defenses

### Drill Websites:

[http://volleyball.about.com/od/drills/volleyball\\_drills.htm](http://volleyball.about.com/od/drills/volleyball_drills.htm)  
[www.volleyballseek.com/drills.cfm](http://www.volleyballseek.com/drills.cfm)  
[www.emporia.edu/vball/drills](http://www.emporia.edu/vball/drills)  
[www.eteamz.com/volleyball/instruction/tips](http://www.eteamz.com/volleyball/instruction/tips)  
[www.jes-volleyball.com/plays.html](http://www.jes-volleyball.com/plays.html)  
[www.y-coach.com/CD/Volleyball\\_drills.htm](http://www.y-coach.com/CD/Volleyball_drills.htm)  
[www.usca.edu/Volleyball/page3.html](http://www.usca.edu/Volleyball/page3.html)  
[www.championshipproductions.com](http://www.championshipproductions.com)  
[home.earthlink.net/~tfakehany/index2.html](http://home.earthlink.net/~tfakehany/index2.html)  
[www.mycoachonline.com/volleyball](http://www.mycoachonline.com/volleyball)  
<http://www.jes-soft.com/volleyball/>

### Drills