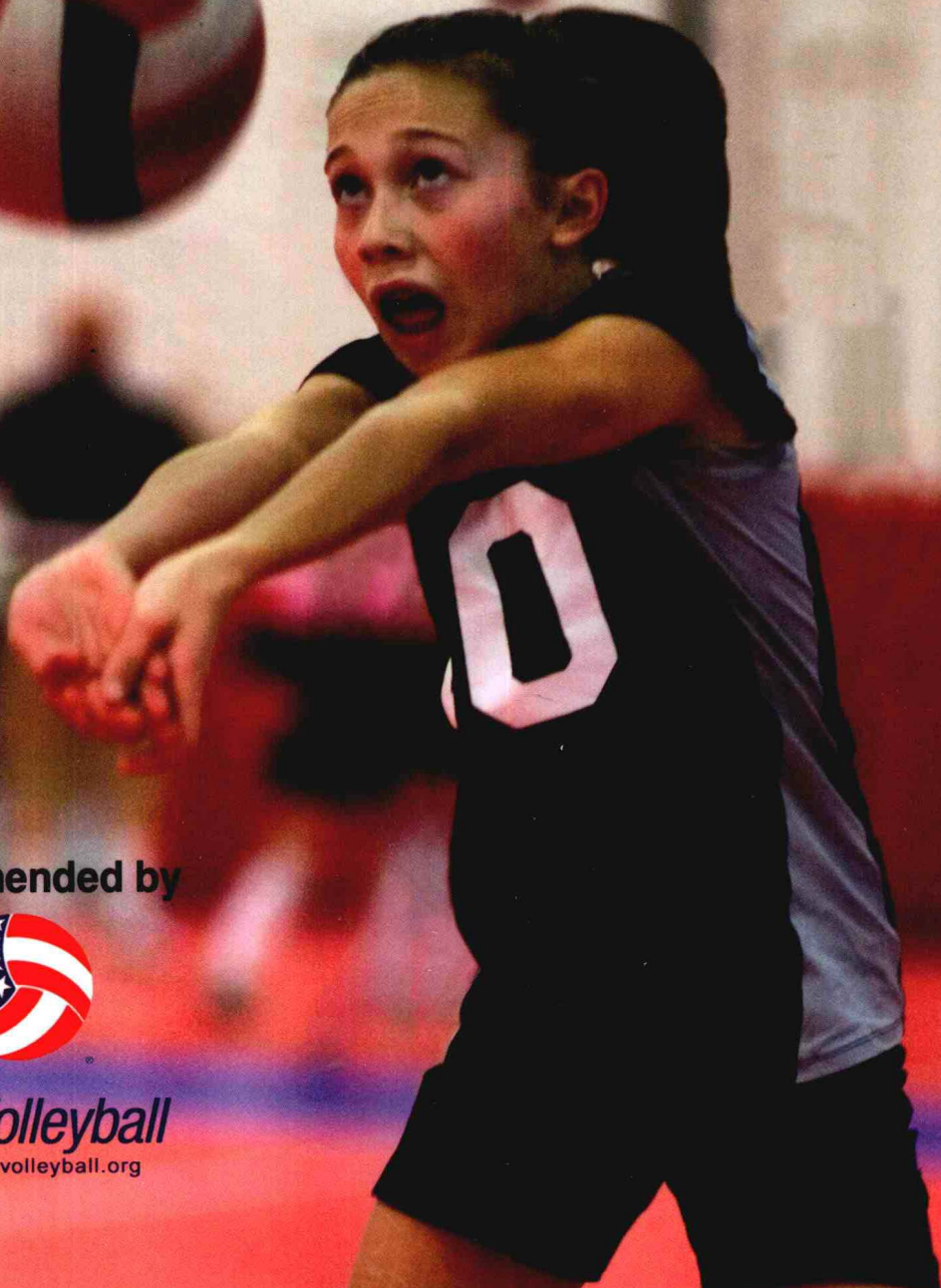
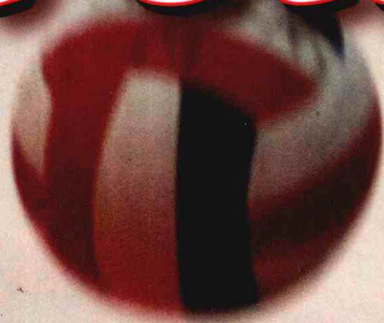


Fourth Edition

COACHING YOUTH *Volleyball*



Recommended by



USA Volleyball

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AMERICAN SPORT EDUCATION PROGRAM

Coaching Youth Volleyball

FOURTH EDITION

- American Sport Education Program

Recommended by USA Volleyball



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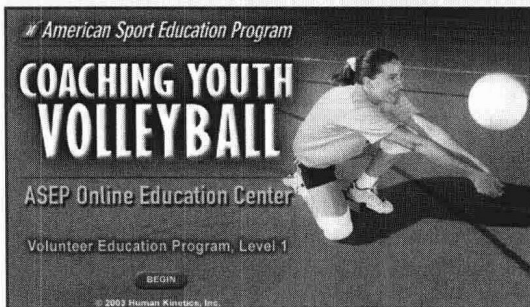
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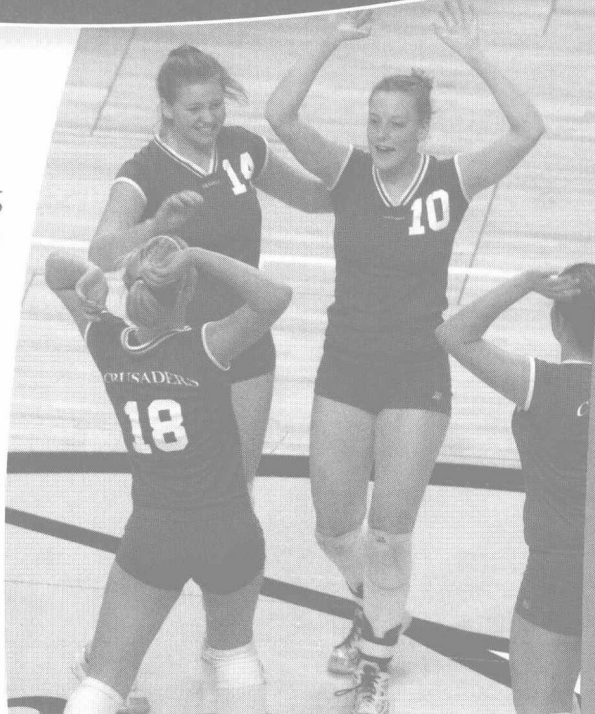
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14 and under. Numerous national sport organizations, youth sport organizations, and park and recreation agencies have partnered with ASEP to educate their coaches, and we can do the same for your organization. Contact ASEP today!



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IMPACT - This 4 Hour introductory coaching course, open to ANY coach, includes a Manual and Certificate of completion. IMPACT certifies attendees to coach in the USAV Junior Club Program, and also counts as the Foundations of Coaching Class requirement toward the USAV Coaching Accreditation Program (CAP) Level I certification.

CAP Level I - This 1.5 day course, open to ALL coaches, includes 10 hours of core CAP instruction plus three elective Modules, textbooks and materials (*Coaching Volleyball: Building a Winning Team*, and supplemental handouts), and follow-up certification test. Certification is valid for 4 years.

CAP Level II - This 2 day course, open to Level I certified coaches, includes 10 hours of core CAP instruction plus four elective Modules, textbooks and materials (*Volleyball Coach's Survival Guide* and Supplemental Handouts), and follow-up certification test. Certification is valid for 4 years.

CAP Level III - This 3-4 day course, open to Level II certified coaches, includes approximately 24 hours of classroom and on-court instruction plus all Modules necessary for certification, textbooks and materials (*Course Notebook, Gender and Communication, USOC Sport Psychology Training Manual, Critical Thinking on Setter Development, Periodization Training for Sports*), follow-up certification test and Outreach Project Evaluation. Certification is valid for 4 years.

VCAP - The 4 hour Volleyball Conditioning Clinics are open to all coaches interested in learning how to condition their athletes without a weight room. VCAP clinics may be used as modules toward re-certification requirements for CAP I, II or III.



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is
YOUR
Success!*

For more information visit www.usavolleyball.org or contact USA Volleyball at 719-228-6800 or CAP@usav.org

Welcome to Coaching

Coaching young people is an exciting way to be involved in sport. But it isn't easy. Some coaches are overwhelmed by the responsibilities involved in helping athletes through their early sport experiences. And that's not surprising, because coaching youngsters requires more than bringing the balls to the court and letting them play. It involves preparing them physically and mentally to compete effectively, fairly, and safely in their sport and providing them with a positive role model.

This book will help you meet the challenges and experience the many rewards of coaching young athletes. In this book you'll learn how to meet your responsibilities as a coach, communicate well, provide for safety, and teach skills in a fun way. You'll also learn strategies for coaching on game day. To help you with your practices, 18 drills are included throughout the text and in appendix C. We also provide sample practice plans and season plans to guide you through your season.

USA Volleyball's Coaching Accreditation Program (CAP) accepts ASEP's Coaching Youth Volleyball online course, for which this book serves as the text, as a CAP module toward certification. If you would like more information about USA Volleyball's Coaching Accreditation Program (CAP), contact USAV at cap@usav.org or 719-228-6800. For more information on other American Sport Education Program courses and resources, please contact us at the following address:

ASEP
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Champaign, IL 61825-5076
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www.ASEP.com

Welcome From USA Volleyball

On behalf of USA Volleyball, welcome to *Coaching Youth Volleyball*. It is one of many resources available to you through the American Sport Education Program (ASEP) and USA Volleyball. Whether you're learning how to teach proper fundamental skills, how to create efficient drills and practices, or how to communicate better, this book can guide you through your experience.

You will find this book easy to follow and an excellent introduction to youth coaching with fresh ideas on how to coach children in the sport of volleyball. These methods may be very different from the way you were coached, but they are best for developing and mentoring passionate players who can, in turn, pass their knowledge on to younger kids and help expose them to the game. This book contains information on how to coach a successful team starting with the first day of practice to the final game of the season, while along the way teaching young players valuable skills. Also included are fun activities and plenty of resources to aid you in your coaching journey. These coaching methods are based on our experiences in teaching the many youth and junior USA Volleyball coaches across the country, from the IMPACT Level up through the Coaching Accreditation Program (CAP) Level I, II, and III courses.

USA Volleyball's educational mission is to encourage and educate coaches about their tremendous opportunities and responsibilities for influencing today's youth. In working with the American Sport Education Program (ASEP), our goal is to provide youth coaches with effective resources to help expand their knowledge of the sport and ensure that every coach and every player has a positive experience. For you, the benefits of coaching last a lifetime; your coaching will have a profound effect on the many players you influence—not just for today, but for many years to come. Thank you for coaching youth volleyball!

Sincerely,

Diana L. Cole
USA Volleyball
Director of Coaching Education
Programs and USAV-CAP Cadre
member

John Kessel
USA Volleyball
Director of Membership Develop-
ment and Disabled Programs and
USAV-CAP Cadre Member, FIVB
International Instructor, and Master
IMPACT Instructor

Drill Finder

Skill	Drill name	Page
Passing	Forearm Passing Drill	Page 86
	Overhead Passing Drill	Page 88
	Digging Drill	Page 90
	Three for the Money	Page 180
	Setting Pretty	Page 184
	Pass to Paradise	Page 185
	Nail It	Page 186
	Pinball Passes	Page 187
	Target Passing	Page 188
	I Can Pass	Page 189
Dig 'Em High	Page 191	
Serving	Serving Drill	Page 99
	In the Zone	Page 190
Hitting	Hitting Drill	Page 106
	Three for the Money	Page 180
	Hammer Time	Page 181
	Skeet Shooting	Page 182
	Setting Pretty	Page 184
	Pass to Paradise	Page 185
Blocking	Blocking Drill	Page 110
	Block-Out	Page 192

Key to Diagrams

- ⓑ Blocker
- ⒸⒷ Center-back player
- ⒸⒻ Center-front player
- ⓗ Hitter
- ⓁⒷ Left-back player
- ⓁⒻ Left-front player
- Ⓟ Passer
- ⓇⒷ Right-back player
- ⓇⒻ Right-front player
- ⓈⓋ Server
- Ⓢ Setter
- ⓉⓈ Tossler
- Player, when position is not applicable

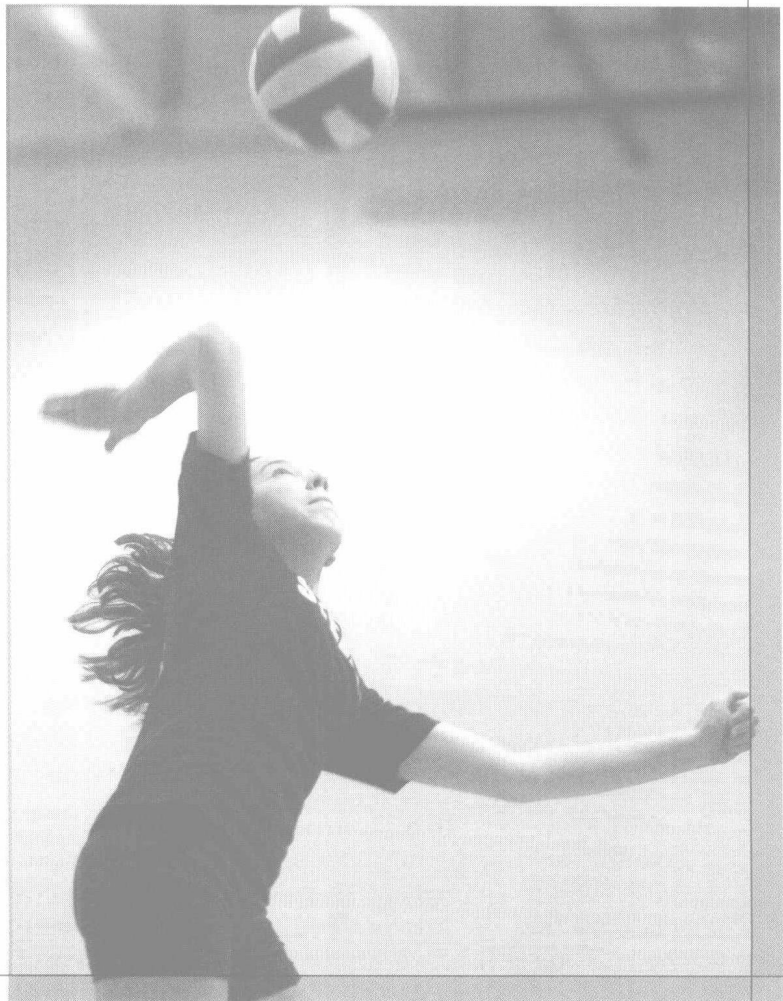
—————→ Path of player

- - - - - → Path of ball

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Stepping Into Coaching



If you are like most youth league coaches today, you have probably been recruited from the ranks of concerned parents, sport enthusiasts, or community volunteers. Like many rookie and veteran coaches, you probably have had little formal instruction on how to coach. But when the call went out for coaches to assist with the local youth volleyball program, you answered because you like children and enjoy volleyball, and perhaps because you wanted to be involved in a worthwhile community activity.

Your initial coaching assignment may be difficult. Like many volunteers, you may not know everything there is to know about volleyball or about how to work with children. *Coaching Youth Volleyball* presents the basics of coaching volleyball effectively. To start, we look at your responsibilities and what's involved in being a coach. We also talk about what to do when your own child is on the team you coach, and we examine five tools for being an effective coach.

Your Responsibilities as a Coach

Coaching at any level involves much more than creating a service order or teaching your players how to execute a pass, set, attack sequence. Coaching involves accepting the tremendous responsibility you face when parents put their children into your care. As a volleyball coach, you'll be called on to do the following:

1. *Provide a safe physical environment.*

Playing volleyball involves some inherent risks, which will be discussed more in chapter 4, but as a coach you're responsible for regularly inspecting the courts and equipment used for practice and competition (see "Facilities and Equipment Checklist" in appendix A on page 166). You should reassure players and parents that you will be teaching the safest techniques in order to help players avoid injury and that you have an emergency action plan in place (see chapter 4 for more information).

2. *Communicate in a positive way.*

As you can already see, you have a lot to communicate. You'll communicate not only with your players and their parents, but also with the coaching staff, officials, administrators, and others. Communicate in a way that is positive and that demonstrates that you have the best interests of the players at heart (see chapter 2 for more information).

3. *Teach the fundamental skills of volleyball.*

When teaching the fundamental skills of volleyball, keep in mind that volleyball is a game, and therefore, you want to be sure that your players have fun. We ask that you help all players be the best they can be by creating a fun, yet productive, practice environment. To help you do this, we'll show you an innovative games approach to teaching and

practicing the skills young players need to know—an approach that kids thoroughly enjoy (see chapter 5 for more information). Additionally, to help your players improve their skills, you need to have a sound understanding of offensive and defensive skills. We'll provide information to assist you in gaining that understanding (see chapters 7 and 8 for more information).

4. *Teach the rules of volleyball.*

You need to introduce the rules of volleyball and incorporate them into individual instruction (see chapter 3 for more information). Many rules can be taught during practice, including rules related to contacting the ball, determining whether a ball is in bounds or out of bounds, net violations, and service and service rotation (overlap) rules. You should plan to review the rules any time an opportunity naturally arises in practices.

5. *Direct players in competition.*

Your responsibilities include determining starting lineups and a substitution plan, relating appropriately to officials and to opposing coaches and players, and making sound tactical decisions during games (see chapter 9 for more information on coaching during games). Remember that the focus is not on winning at all costs, but on coaching your kids to compete well, do their best, improve their volleyball skills, strive to win within the rules—and most of all, have fun!

6. *Help your players become fit and value fitness for a lifetime.*

We want you to help your players be fit so they can play volleyball safely and successfully. We also want your players to learn to become fit on their own, understand the value of fitness, and enjoy training. Thus, we ask you not to make them do push-ups or run laps for punishment. Make it fun to get fit for volleyball, and make it fun to play volleyball so that they'll stay fit for a lifetime.

7. *Help young people develop character.*

Character development includes learning, caring, being honest and respectful, and taking responsibility. These intangible qualities are no less important to teach than the skill of hitting the volleyball. We ask you to teach these values to players by demonstrating and encouraging behaviors that express these values at all times. For example, in teaching good team defense, stress to young players the importance of playing within the rules, showing respect for their opponents, and learning to back each other up, even when they aren't directly involved in passing the ball or attacking a set.

These are your responsibilities as a coach. Remember that every player is an individual. You must provide a wholesome environment in which every player has the opportunity to learn how to play the game without fear while having fun and enjoying the overall volleyball experience.

Coaching Your Own Child

Coaching can become even more complicated when your child plays on the team you coach. Many coaches are parents, but the two roles should not be confused. As a parent, you are responsible only for yourself and your child, but as a coach you are also responsible for the organization, all the players on the team, and their parents. Because of this additional responsibility, your behavior on the volleyball court will be different from your behavior at home, and your child may not understand why.

For example, imagine the confusion of a young girl who is the center of her parents' attention at home but is barely noticed by her father (who is the coach) in the sport setting. Or consider the mixed signals received by a young player whose skill is constantly evaluated by a coach (who is also her mother) who otherwise rarely comments on her daughter's activities. You need to explain to your child your new responsibilities and how they will affect your relationship when coaching. Take the following steps to avoid problems in coaching your own child:

- Ask your child if she wants you to coach the team.
 - Explain why you want to be involved with the team.
 - Discuss with your child how your interactions will change when you take on the role of coach at practices or games.
 - Limit your coaching behavior to when you are in the coaching role.
-
- Avoid parenting during practice or game situations to keep your role clear in your child's mind.
 - Reaffirm your love for your child, irrespective of her performance on the volleyball court.

Coaching Tip

Be sure to discuss your interest in coaching the volleyball team with your child before making a decision. If your child has strong reservations about you taking the job of head coach, you should consider becoming involved in a smaller role instead. For example, you can be an assistant coach, serve as the scorekeeper or announcer for the team, or organize a group of parents who provide drinks and snacks at practices and games.

Five Tools of an Effective Coach

Have you purchased the traditional coaching tools—things such as whistles, coaching clothes, sport shoes, and a clipboard? They'll help you in the act of coaching, but to be successful, you'll need five other tools that cannot be bought. These tools are available only through self-examination and hard work; they're easy to remember with the acronym COACH:

- C Comprehension
- O Outlook
- A Affection
- C Character
- H Humor

Comprehension

Comprehension of the rules and skills of volleyball is required. You must understand the basic elements of the sport. To improve your comprehension of volleyball, take the following steps:

- Read about the rules of volleyball in chapter 3 of this book.
- Read about the fundamental skills of volleyball in chapters 7 and 8.
- Read additional volleyball coaching books, including those available from the American Sport Education Program (ASEP).
- Contact youth volleyball organizations, such as USA Volleyball (USAV) or the United States Youth Volleyball League (USYVL).
- Attend volleyball coaching clinics, such as those offered by USA Volleyball's Coaching Accreditation Program (CAP).
- Talk with more experienced coaches.
- Observe local college, high school, youth, and USAV Junior Club volleyball games.
- Watch volleyball games on television.
- Watch instructional DVDs and videotapes on volleyball, such as those offered by USA Volleyball's Coaching Accreditation Program or the American Volleyball Coaches Association.

In addition to having volleyball knowledge, you must implement proper training and safety methods so that your players can participate with little risk of injury. Even then, injuries may occur. And more often than not, you'll be the first person responding to your players' injuries, so be sure you understand the basic emergency care procedures described in chapter 4. Also, read in that chapter how to handle more serious sport injury situations.

Coaching Tip

Attending local college, high school, or USAV Junior Club games is a low-cost way not only for you to improve your knowledge of the game, but also for players of all ages to observe the technical and tactical skills of volleyball. Consider working with your players' parents to organize a team outing to a local game in place of an after-school or weekend practice.

Outlook

This coaching tool refers to your perspective and goals—what you seek as a coach. The most common coaching objectives are to (a) have fun; (b) help players develop their physical, mental, and social skills; and (c) strive to win. Thus, your outlook involves your priorities, your planning, and your vision for the future. See “Assessing Your Priorities” to learn more about the priorities you set for yourself as a coach.

ASEP has a motto that will help you keep your outlook in line with the best interests of the kids on your team. It summarizes in four words all you need to remember when establishing your coaching priorities:

Athletes First, Winning Second

This motto recognizes that striving to win is an important, even vital, part of sports. But it emphatically states that no efforts in striving to win should be made at the expense of the athletes’ well-being, development, and enjoyment. Take the following actions to better define your outlook:

- With the members of your coaching staff, determine your priorities for the season.
- Prepare for situations that may challenge your priorities.
- Set goals for yourself and your players that are consistent with your priorities.
- Plan how you and your players can best attain your goals.
- Review your goals frequently to be sure that you are staying on track.

Affection

Another vital tool you will want to have in your coaching kit is a genuine concern for the young people you coach. This requires having an enthusiasm for working with kids, a desire to share with them your enjoyment and knowledge of volleyball, and the patience and understanding that allow all your players to grow from their involvement in sport. You can demonstrate your affection and patience in many ways, including the following:

- Make an effort to get to know each player on your team, as well as what motivates each player to be there.
- Treat each player as an individual.
- Empathize with players trying to learn new and difficult skills.
- Treat players as you would like to be treated under similar circumstances.
- Control your emotions.
- Show your enthusiasm for being involved with your team.
- Keep an upbeat tempo and positive tone in all of your communications.