

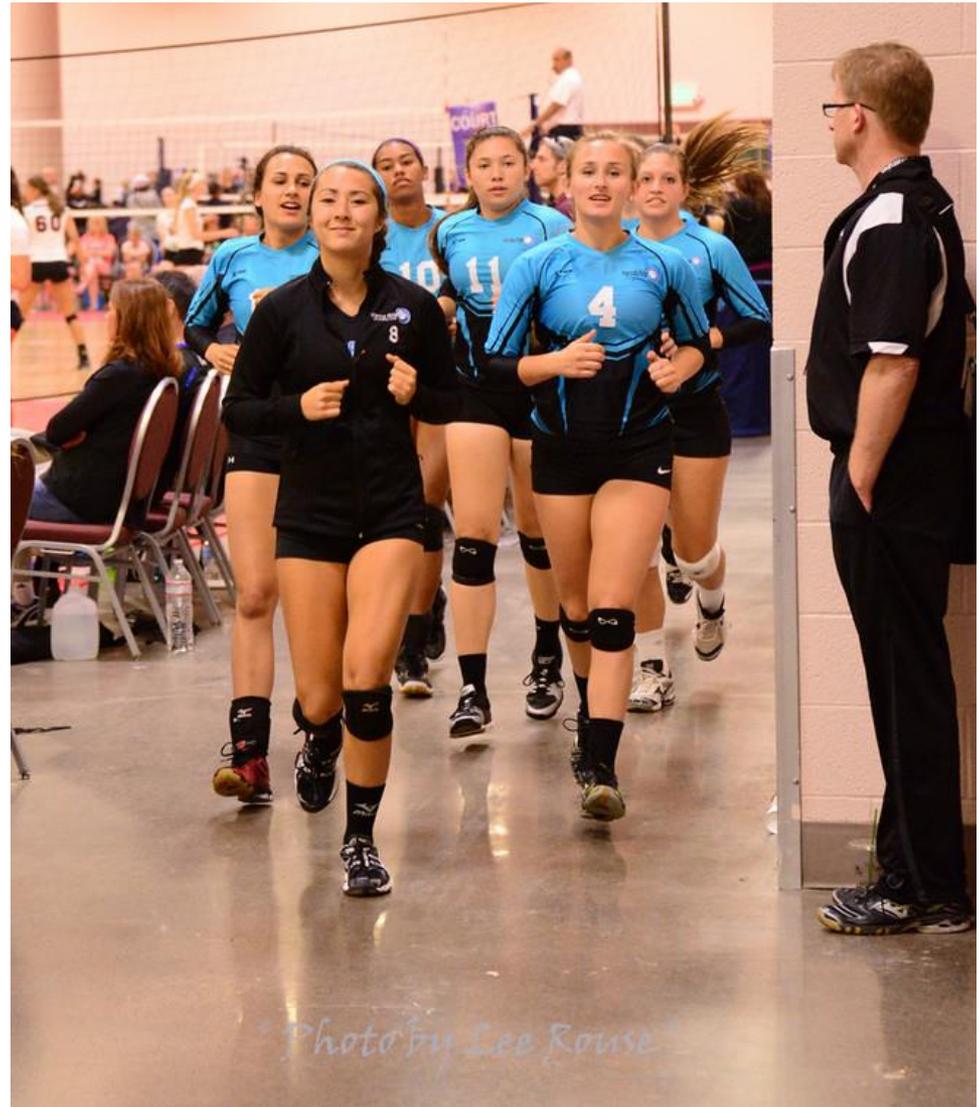
McLean Youth Volleyball Coaches Clinic

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Outline

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Coaching Axioms

- Coach the players in the gym
- Use concise, consistent terms
- Instruct parts; not whole
- Players have to figure it out for themselves.
- Promote on court communications; however, players shouldn't correct each other.
- If the coach gets upset in a match; the players will go down also.
- Players play; coaches coach; parents drive
- Impose 24 hour rule
- Boys battle to bond; girls bond to battle



Practice Planning



- Take the time to think about areas where your players need to improve and work them into your plan.
- Consider how many players and coaches you will have.
- Understand what gym you have (e.g., don't serve a lot if your gym is too short.)
- Make sure to always include variety (some passing, serving, hitting and scrimmaging). Don't do one thing for too long.
- Have a theme or emphasis for each practice or introduce a new skill.
- Don't ask a player to do something in a match that you haven't already tried in practice.
- **Take the time to write out a practice plan with 5 minute intervals.**

Practice

- Stay focused in running your practice – no cell phone.
- Music is a great way to keep the pace up and encourage a fun environment.
- Strive to keep all of your players involved and moving as much as possible.
- Don't spend too much time talking.
- If you want to give a specific player feedback, pull them out of the drill and let the other coach continue the drill.
- Have coaches initiate in scrimmages; player serving is too slow.
- Don't serve for more than 10 minutes in a row (arm fatigue).
- Consider using video as a training aid for players – Coach's Eye (app).
- Use your assistant coaches effectively -- they run the drills, you instruct.
- Consider splitting part of your practice – you work with half the team on hitting and your assistant works with the others on defense.



Match Preparations



- Get a commitment from your players as to who will show up at specific matches and tell them when to be there. Text me if things change.
- Think about which players play best together and incorporate that into your lineup.
- Chart out your different rotations and make sure none are real weak.
- Decide which players can set and what offense you will run (6-6, 6-3, 6-2, 5-1). What sets and tempo you will use.
- Decide what defense you will use – will you block, use a libero? Serve receive – W formation? Be ready to change your defense in a match if the competition calls for it. Move a poor passer out of the way.
- Develop a match warm up routine, so you look organized and intimidating to the competition.
- Set team goals and get players to focus on them – e.g., serve %, zero balls hit the floor, 3 contacts, score at least 15 points. (Have consequences at the next practice if goals are missed!)

Match Coaching

- Make sure that your players are warmed up, hydrated, and have gone to the bathroom.
- Stay in your player's ear with **positive** feedback.
- Look for weaknesses in your opponent – target a poor passer, notice open areas of the court,,,
- Keep your bench players involved – cheering and calling deep balls. Don't let them sit down.
- Call timeouts to communicate with your players, calm them down, ice a hot opposing server, tell a joke, instruct, or discuss strategy. Always allow your assistants to say something.
- Don't look at servers – it makes them nervous.
- Never get upset with the referees or other coaches. Always shake hands at the end of matches.
- Come up with roles for different coaches – lineups, subs, timeouts, feedback, opponent weaknesses, stats
- There is value in keeping player stats – serving %, kill % (kills – errors / attempts). Consider having a parent collect the data.



Drills

- Select drills appropriate for the level and number of players/coaches that you have.
- Drills should include scoring, consequences, and correction.
- Mix up drills – look at Art of Coaching website for ideas.
- Don't run a drill for too long.
- Scoring drills – additional points for skill that you want to encourage, e.g., 2 points for a block or a kill.
- Come up with 5 or 6 drills (with some variations) and give them names (one ball, 21, hitting lines, serve warm-up, 10, butterfly, down ball, cover, figure 8, Queens,,)
- Drills can be competitive (scored with winners and losers) or cooperative (keep the ball in play as long as possible).



Skills



- Serving – consistent toss, high contact point, minimize unnecessary movement, hit with the base of your hand
- Passing – aim hips at the server, see the ball early, move your feet, stay low, weight even on both feet, don't swing your arms, still platform angled to target
- Setting – get to the spot, get your feet set, ball shaped hands, power from your legs, face the target
- Hitting – transition off the net, wait, good strong 3 step approach, swing your arms, left foot forward, reach high, snap your wrist
- Defense – get to your base position, get into ready position, see the ball early, call the ball and commit

The hard part is seeing/knowing what to correct.

Volleyball Skills Progression

- Ready position and movement
- Forearm passing (centerline)
- Serving underhand
- Setting
- Down balls
- “W” Serve Receive/Defense
- 3 step approach
- Overhead serving
- Transitioning
- Open hand passing
- Back Setting
- Blocking (single)
- 2nd and 3rd tempo offense
- Run through passing
- Jump setting
- Standing float serving
- Tipping
- Lunge passing
- Diving/sprawls
- Hitting line
- Double blocking
- Block coverage
- Perimeter defense
- Jump float serving
- Tooling the block
- Hitting cut shots
- Back row attack
- Setter tips/attacks
- 1st tempo attack (A’s, shoots)
- Slides
- Swipes and corner pushes
- Xs and tandems
- Swing blocking
- Jump top spin serving



Player Safety

- Give players time for a water break.
- Players should wear knee pads and reasonable shoes.
- Jewelry isn't allowed in matches and should be discouraged in practices.
- Train players to stay on their side of the net – rolled ankles are an issue.
- No reason to touch a player or use foul language.
- Concussions are a concern – front row players should see their server; train back row defenders to dive one in front of the other.
- Safe Sport training is useful.



Goals, Team Rules and Coaching Philosophy

- Establish team goals that will make you a better team:
 - Good communications on the court
 - Always encourage your teammate, include cheering
 - Serve percent above 90
 - Call every ball and no balls hit the floor.
- Team should agree to a set of team rules.
- You should establish YOUR coaching philosophy – teach the game, have fun, be fair, encourage players to progress in the sport, not be their last coach,,,



Advanced Coaching Topics

- How to motivate girls to compete
- Learning volleyball rules
- Identify and support team leaders; team captains.
- Offensive strategies – 5-1 vs. 6-2
- Quick tempo – A's, slides, shoots, etc.
- Zone serving to exploit weak passers
- Balancing tradeoffs – skill development, playing multiple positions, playing time vs. winning
- Planning for injuries/absences; contingency lineups
- Be aware of destructive cliques – break them up
- Fixing bad form or technique



Glossary



- Campfire – center of the court which sometimes isn't covered.
- Consequences – physical penalty (pushups, suicides,,,) for losing or missing goals.
- Correction – after a player makes a mistake, the coach goes on the court, recreates the situation where the error happened and gets the player to execute the play correctly.
- Down ball – the ball is hit aggressively by a player whose feet are on the ground.
- Free ball – when the ball comes lazily over the net and can be easily passed. Usually, the setter releases and moves to set the ball.
- Out of system – this is when the first contact isn't passed well and players scramble to keep the ball in play.
- Seams – this is the unseen line that divides the area that two different players cover on the court.
- Zones – six areas on the court, Z1 – back right, Z2 – front right, Z3 – front middle, Z4 – front left, Z5 – back left, Z6 – back middle

Sample Team Rules

- Have fun, learn and respect the game of volleyball. Strive to develop a strong trust within the team.
- All players must greet players and coaches as they arrive to practices and matches.
- Players are expected to attend all practices and matches unless they communicate ahead of time that they can't attend. Players are expected to be on the court ready to go at the time that practice starts.
- There will be no improper language, fighting, signs of anger, drugs, or alcohol.
- If a player has a problem with another player or coach, it is expected that the player will attempt to resolve the issue with that person and escalate to a coach or parent if it isn't resolved. 24 hour rule will apply after matches.
- Players are not to coach other players on the court -- Coaches coach; players play. Players should discuss seam coverages, setting preferences, and other assignments, but no player criticism.
- Players are expected to follow the directions of coaches during practices and matches. Players are also expected to follow the direction of the chaperons while traveling and during tournaments.
- Playing time will be a result of skill, attitude and attendance at practices. All players should expect to get some playing time. No player is to ask a coach to go into a match.
- During matches, all players are expecting to cheer at the beginning and end of matches, services aces, and successful plays. Players will select cheers.
- Cell phone usage should be limited during tournaments to only times when the team isn't playing, preparing for, or working a match. All communication between team members should be positive – no criticism or negative comments of others.
- Players are expected to manage their own hydration, nutrition, and rest during tournaments.
- All players are expected to be positive teammates, good communicators, and hustle to earn every point.

Sample Practice Plan

- **MYV All-stars Practice Plan for 6/7/18** – 8 players Amelia, Isabel, Jenny, Sarah, Nora, Ella, Charlotte, and Shylah. Not sure if SB will attend. Coach Carolyn and AnnMarie will be there. We're on a single court at Cooper MS from 7 to 8:30. This is our second and last practice. Playoffs are this Saturday.
- National Team warm up and One ball with the roll 10
- Passing drills (Pass/slide/pass and Go/stop/Pass with 3 coaches hitting) 10
- Water
- Down ball drill 5
- Serve warm up 5
- Pass, set, hit (two passers, one setter, 3 hitters) 15
- Cover drill (explain defensive positions, coaches toss) 10
- Water
- Best of 10 serving 10
- Team scrimmage (try different setters, hitters, blocker combinations) 25

Practice emphasis – Goal is to have base lineup identified. Work with new hitters to understand their capabilities and identify areas of improvement.

References

- Drills:
 - MYV website, under For Coaches, Coaches Documents, Awesome Practice Drills
 - Art of Coaching, theartofcoachingvolleyball.com
 - YouTube; Google
- Training:
 - Safe Sport, USAV, online class
 - IMPACT, USAV, online class
 - CAP, USAV, 2 day class
 - Gold Medal Squared, 3 day class