

Carmel Dad's Club Volleyball Coaches Info

Let the kids know the following:

1. Volleyball is supposed to be Fun!
2. It's OK to make mistakes! Everyone does. That's how you learn. Keep trying!
3. Be Respectful to your Coach and Teammates.
4. Do your Best. Hustle. Try something new.
5. Strive to learn and you will get better!

Coaches Backpack suggestions: Tape Measure, Painters Tape for wall serving, extra Hair Ties, Air pump with needles, Band-Aids, extra knee pads, whistle, dry erase board.

Nets at your school and at the CHS Fieldhouse:

Teach kids to help set up the nets. All schools nets are each a little different. Work together.

Field House Net settings are: **3/4** – 2 holes showing on pole **5/6** – 5 holes **7/12** – 6 holes (official height 7'4")

Basic Volleyball Techniques: Click on YouTube links for video.

1. Passing Platform – <http://youtu.be/O9mQNIUMpIY>
2. Serving: <http://youtu.be/Qv1mA1s8p9Y>
3. Setting/Overhead Pass: <http://youtu.be/d6FYi2TVm1I>
4. Serve Receive - <http://www.youtube.com/watch?v=X05hbdSxU9w&feature=share&list=PLqGmBw08hNwDgUG1PgCvEsaohAGG4mXg>

Volleyball TERMS Kids should get to know:

Pass

Platform (arm positioning for passing)

Sweet Spot (above the wrists and below the elbows, arms locked)

Serve (underhand, overhand)

Service line/End Line - 30 feet from net.

Serve Receive - ready to receive serve from opposing team, get in "ready position"

Hit (Spike) and Approach - <http://youtu.be/pBO8z0VnSCI>

10 foot line – first line back from the net. Back row players can't hit past this line.

Ready Position - <http://youtu.be/Y9ClGh9W7b4>

Zones - 6 zones on the court <http://youtu.be/tABSDWEgFSE>

VB positions – Setter, Outside Hitter, Middle Hitter, Defensive Specialist (DS), Libero

Rotation – walk the kids through rotation on the floor.

Suggestions:

Have the kids decide on a **Fun Team Name!!** i.e.

- Narwhals
- Hummingbirds
- Ninjas

Come up with team **CHEERS**. (for game start, spikes, ace serves, good plays)

Encourage kids to complement their teammates on the floor, high fives, etc.

<http://www.youtube.com/watch?v=wB6aKd955ec&feature=share&list=PL0AE29FEC954F6445>

Choose new **Game Captains** for each game! Reward kids for good practices!

Practice Plan Example for New Coaches:

“coaches should spend most of their time on passing and serving”

First Practice/Warm Ups

1. Circle up – have the kids go around and introduce themselves. Say their Name, Age, School, Something fun about themselves? See who can remember everyone’s name?
2. 3 Laps – everyone run together as a team, ½ speed, emphasize everything as a team!
3. Line drills – knee hugs, Russian march, skips, heels/toes, lunges, shuffles (see video for ideas) do 5 or 6 of these and have the kids choose once they get familiar with them. <http://youtu.be/hjURLxQy9NI>

Water Breaks - have a few quick water breaks throughout your practice.

- Talk to the kids about conditioning and being an athlete. Volleyball players need to be fit. Hydration is important.

Passing

- Show the kids proper passing platform technique (see passing video again)
- Show them Ready Position
- **Drill** – partner up the kids. Toss and Pass 10x then switch.
- Passing - <http://youtu.be/en1u-McpOpU>
- Wheel Passing: <http://www.youtube.com/watch?v=GNbi22P52yk&feature=share&list=PLqGmBw08hNwDgUG1PgCvEsaohAGG4mXg>
- Show kids overhead passing technique (see setting video above)
- **Drill** – partner kids up....high toss and OH pass back 10x’s each, then switch.
- **Drill** – single line of kids, 1 kid at target/setter location, coach toss balls from opposite side of net, kids try to platform pass or OH pass to setter, setter shags ball, passer takes setter place, continuous drill.

Serving

- **5/6** - explain underhand and overhand serve techniques <http://youtu.be/27kV4I3UYk>
- **Drill - Wall Serves** – each kid hits against the wall, use painters tape to mark 30 feet back and approximate net height on wall. Great way to get lots of serves in and coach can watch all kids.
- **Drill – (serve and chase)** line up all the kids on the service line, hit serves over the net, have them shag their and serve from opposite side of net. Coach can blow the whistle each time. Get them used to what they’ll hear in a game situation.
- **Around the World serving** – serve to each of the 6 zones, one kid stands in the zone, the other kids serve to that zone, goal is to serve to the kid in the zone, if you hit your serve to that kid, the server switches to a new zone and the other kid joins the serving group. Goal is to make it through all 6 zones. Refer to: - 6 zones on the court <http://youtu.be/tABSDWEgFSE>

Rotation

- Position 6 kids on the court like an actual game. Walk them through Rotation. Have them serve and rotate. Coach and other players have a mini-scrimmage with the other 6 kids. Play out the points. Goal is to get 3 touches on the ball.
- Also, try positioning them in a Serve Receive formation for games. ie. “W” line up
- _____ net _____ x – form a “W” formation s- setter position



- **Queen of the courts – 2 vs. 2** Coach tosses ball into play, kids play out the point 2 on 2. Winners become the Queens of the court. Losers shag the ball. Next 2 kids jump in to play next point.

<http://youtu.be/6kWzeXwka98>

End Practice – Circle Up Team, Final comments, hands in and Team Cheer, Outta Here!! If you need more drills/help, let me know.