

✔ What I Wish I Knew Before Coaching Mudsock Volleyball

Tips, insights, and reminders from past coaches to help set you up for success

Game Day & Rules

- Be aware of the **form that needs to be filled out on game day** (rosters, rotations, etc.).
 - Understand **how many timeouts** you get per set and how to use them strategically.
 - Review and clarify **Game 3 substitution rules**—they can differ from earlier sets.
 - Read the **league rules and tournament expectations** early in the season.
 - Teach and use **basic volleyball terms** like “ace,” “sideout,” and “rotation” with your team.
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Coaching & Practice Tips

- Many players are **new to volleyball**—start with basics and build from there.
 - **Practice rotations and substitutions on the court** during your first few practices.
 - **Lift basketball goals** before practice begins—it’s worth the effort!
 - Create a **consistent plan** for practices and games so players know what to expect.
 - Having a list of **simple drills** or a sample practice structure is incredibly helpful.
 - Don’t forget—**you might have more fun than the kids do!**
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Team Building & Culture

- Invest time in early **team bonding and icebreakers**—it builds trust and teamwork.
 - Emphasize **fun and sportsmanship**—a positive experience is more valuable than wins.
 - Encourage players to **celebrate points and support each other**—many don’t know what’s expected yet.
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Organization & Parent Involvement

- Use or create a **game day roster/rotation template**—it’ll save time and confusion.
- **Assign line judging and scorekeeping duties at the start of the season**—don’t wait for volunteers.
- Keep track of **playing time to ensure fairness** for all players.
- Don’t be afraid to **ask for help**—parents are often willing to assist if you communicate clearly.