



# Volleyball Coaching Manual

**“The Coach Clipboard”**

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# **Welcome To KIDSPORTS Volleyball**

Thank you for volunteering to coach in the upcoming Volleyball season. We are pleased to have you as part of our program. We understand and appreciate the significant commitment of your time and energy to the youth in our community. We could not do what we do without volunteer coaches like you!

Coaching is a challenging and rewarding role. *You are the single most important factor in determining if the athletes on your team have a positive and rewarding experience.* This manual was made in an effort to assist you in making this season a positive experience for you and the young athletes that will be in your care. It was designed to:

- Assist you in understanding the KIDSPORTS philosophy and in realizing the goals KIDSPORTS strives to achieve in all our sports programs.
- Better prepare you for the challenges that you will face as a volunteer coach.
- Educate you on the policies and procedures of KIDSPORTS.
- Educate you on current “best practices” for coaching youth sports.

**KIDSPORTS Mission Statement:** KIDSPORTS is dedicated to providing positive youth team sports experiences through family and community involvement that is based on the philosophy of “all kids play.”

**KIDSPORTS Philosophy:** KIDSPORTS is dedicated to providing children with educational, recreational, and learning experiences through sports participation. KIDSPORTS believes children should be given opportunities to participate in many different activities with team sports being one of them.

KIDSPORTS Programs are designed too:

- Provide a source of recreation for children.
- Provide children with an opportunity to learn about sports and improve their athletic skills through participation and competition.
- Give children a chance to grow socially by learning teamwork, sportsmanship and fair play.
- Provide children with a source of fun and good times which will enrich their lives.

**ALL KIDS PLAY:** A corner stone of our organization is our commitment that ALL KIDS PLAY. Our programs are open to any child who is able to participate regardless of race, religion, creed, sex, ability or financial status. As a KIDSPORTS coach, we expect you to have this same commitment to all kids. *This is not a “coach the best...bench the rest” organization.*

**The Goals:** KIDSPORTS believes there are *two* big goals in youth sports:

- **Goal 1-Striving to win:** this is easy to understand, we want to compete, give 100% effort and WIN! This desire to win is powerful and important...that is the first goal in sports.
- **Goal 2-Building character through teachable moments:** The second more important goal. Sports provide an endless supply of teachable moments that can be used by adults to develop great people. This is the Big Picture, what children take away from youth sports. Remaining physically active throughout their life, learning to bounce back from difficulties with renewed determination, learning how to support other people within a team context---these are all the Big Picture.

**The Double Goal Coach:** Your job as a KIDSPORTS coach is to be a *Double Goal Coach*. You should prepare your athletes to win AND teach life lessons through your sport. Both are equally important. All of our head coaches are required to take the Positive Coaching Alliance-Double Goal Coach coaching course. All of the philosophies and specific tools for being a Double Goal Coach are covered in this course.

**Second Goal Parent:** As a coach, it is important for you to make sure the parents on your team understand you expect them to be a *Second-Goal Parent*: they let coaches and athletes worry about the first goal of winning and they focus on the much more important role of ensuring their children learn the life lessons that will help them be successful in life. Tips and tools for supporting parents in their role can also be found at [www.positivecoach.org](http://www.positivecoach.org)

**Triple-Impact Competitor:** As a coach, your job is to help develop *Triple-Impact Competitors*: the kind of athlete that makes self better, teammates better and the game better. For these athletes it is not enough just to win, if that means breaking the rules or disrespecting opponents. Go to [www.positivecoach.org](http://www.positivecoach.org) to find tools on how to build a team culture that develops *Triple-Impact Competitors*.

## **KIDSPORTS—A School Based Program**

KIDSPORTS is a school based program. This philosophy derives from both the mission statement of “all kids play,” and a task that KIDSPORTS was given by surrounding school districts in the early 70’s to supplant both elementary and middle school athletics. This means our first goal is always to form teams within school boundaries. This ensures that all kids in a school area are placed on a team with an assigned coach and prevents the creation of “All Star” teams. School based teams help to promote a sense of community and positive peer relationships for all children. This policy is in place to help us fulfill our Mission Statement and KIDSPORTS Philosophy.

# **Team Management**

## **Parent Meeting:**

The parent meeting is very important. It is an opportunity to get to know your families better and let them get to know you. This will allow you to set the stage for open communication as well as give the nuts and bolts information about team information. In this meeting you should:

- Briefly introduce yourself.
- Tell them what your focus is for the players and team. ( i.e. Have fun, teach appropriate skills, have them want to play again)
- Tell them what they can expect from you: to be on time, be prepared, be positive, be fair, etc. (see sample of coach pledge)
- Tell them what expectations you have of them: get child to practice, communicate if they will be absent or late, be positive, pick-up on time etc. ( See sample of parent pledge and player pledge)
- Make sure you cover how you will communicate all information about games and practices with them (email, text, bonzi?).
- Make sure you have all the correct emails and phone numbers.
- It is a good idea to have paper copies of the practice schedule and game schedule to hand out even if you plan on sending that information electronically. Nothing gets a family off to a bad sports experience more than not getting information and their child missing practices or games.
- Get parent volunteers for refereeing, and help with snacks, carpools, awards, etc.

## **Team Meeting:**

It is also a good idea to take a few minutes to have a team meeting. Keep this brief and simple. Just introduce yourself and have each player introduce themselves. You can also have them answer a simple question such as “what is your favorite food” or “what is your favorite animal”? This is a simple icebreaker that will help the players get to know each other. You also will want to let them know what your coaching will focus on, but in a way they will be able to understand. For example you could say:

“We are going to have a great time this volleyball season! We are going to learn all the ways we can move our bodies and learn how to play volleyball. You all are going to be learning lots of new things and even if things are hard to begin with I am going to want you to keep giving your best effort. That is how we will know if we are winning our games of volleyball....if we are giving our best effort and learning new things. OK?! Now let’s get started!”

You will also want to let them know your rules for the team. Don’t have a big long list, just a few important rules that they will remember. Your rules will all be slightly different depending on your own personal style. Some examples of team rules are: 1) No talking when the coach is talking. 2) No negative comments to other players. 3) Give your best effort. 4) Have fun!

## **Game Time:**

Game time should be a fun exciting experience that allows the players to freely play and practice all the things they have been learning. For the players who have never played against kids they don't know they may be a bit nervous before the first game. Make sure to help in trying to settle the nerves. Other important things to consider for game time are:

- Letting families know how early to show up for a game...30 min prior? 15 min prior?
- What warm-up activities will you have your team do before a game? You will want them to get moving and ready to play.
- Making sure families and players know what behaviors are acceptable on the sidelines and in the game: cheering for both teams, no negative comments, no coaching from the sidelines, good sportsmanship. Understand that the players and families will follow your example of behavior.
- What is the purpose of the game? Not winning at this age....they will keep track of goals. Your job will be to continually re-direct them to look at their own effort and if they are getting better at the skills to figure out if they are "winning".
- Have a plan for keeping track of player play time and rotation. This will be especially important if you have a large roster.
- Remember the developmental stage your players are in. Each grade will gain new skills. For 3<sup>rd</sup> grade, do not get hung up on three touches, but rather getting the ball over and in the court lines. As the players get older different skills will begin to be stress. For the 7<sup>th</sup>/8<sup>th</sup> grade player's three touches with the last one being an attack rather than a free ball over will become important.
- Make sure for 3<sup>rd</sup>-6<sup>th</sup> that players are equally rotated around the court. This allows them to gain skills in each spot on the court.
- What will your post game routine be? High-fives? A brief meeting? A team cheer? A snack. Try to be consistent; your players will look forward to whatever you do. The goal is to end the day with a positive message.

## **General Rules and Regulations**

The rules and regulations in this handbook have been implemented to provide a quality program and positive experience for all participants. KIDSPORTS mission is to promote the development of these players by creating a learning environment which encompasses all aspects and positions of volleyball. **At every level, the long term objective should be three hits per side.** Make sure this is the goal for your team. Do not stress winning the game, but that your team attempts to get three hits every time the ball comes to their side of the net. As a volunteer coach, you have the opportunity to teach young athletes the values, ethics, and responsibilities that are important to the guidance and development of your team. Coaches are expected to maintain a positive attitude and comply with the meaning, spirit and intent of program policies and regulations of KIDSPORTS. Most program policies dealing with team formation, practices, and general procedures can be found in your Coach's Handbook.

### **I. Games and Matches:**

#### **A) Official Schedule:**

- 1) A schedule for each KIDSPORTS team will be drafted by the KIDSPORTS Program Staff. Once a schedule is published by KIDSPORTS, the schedule will not be changed, altered, modified, etc., except in those situations deemed to be of an extraordinary nature.
- 2) All schedule changes must be approved by a Sports Manager.

#### **B) Game Times:**

Thursday games can begin at 5:00 pm

Friday games can begin at 5:00 pm

Saturday games will be played all day.

Sunday games can begin at 1:00 pm.

#### **C) Team Arrival:**

- 1) Five minutes prior to a scheduled game, coaches will meet with officials for pre-game conference, coin flip and exchange of lineup cards. The minimum number of players (3 for grades 3-5 and 4 for grades 6-8) must be present prior to the scheduled match starting time.
- 2) Failure to have players present and/or failure of coaches to have pre-game duties completed at the scheduled starting time will cause the referee to award a win by forfeit to the team ready to play. If both teams are in violation, the game will be declared "no contest" and each team will be charged with a loss.

#### **D) Starting Time:**

Games must start at the scheduled starting time according to the official schedule published by KIDSPORTS. If a preceding game extends beyond the scheduled starting time, the game must begin within 5 minutes after the completion of the preceding game.

#### **E) Disputed Calls and Protests:**

Disputed calls must be resolved on the court. The official's decisions are final.

#### **F) Line-Up Cards:**

Prior to each game, each head coach is required to fill out an official KIDSPORTS lineup card. The line-up card must include all players listed on the team roster filed with the KIDSPORTS office.

## 3<sup>rd</sup> Grade

**3<sup>rd</sup> Grade Objectives:** 3<sup>rd</sup> grade is our entry-level for volleyball participation. The goal of the program is to help children develop movement skills, and volleyball specific skills, in order to move and play with basic passing fundamentals of the game. The single serve and coach toss encourages and enhances this development.

Games are played according to the National Federation of State High School Associations Volleyball Rules Book (NFHS). Below are modifications and clarifications adopted by KIDSPORTS for teams in the 3<sup>rd</sup> grade.

### **I. The Match and Scoring:**

There will be no scoring for 3rd grade. Teams will play with a running clock. Games will be broken up into two halves.

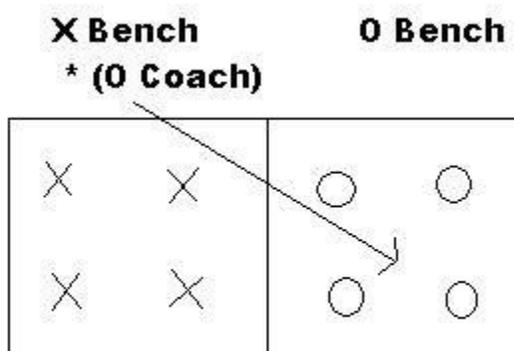
First half will be 20 minutes with a 5 minute break; teams will then switch sides and play a second half for 20 minutes.

### **II. Time Outs:**

Time Outs (2 per game) shall not exceed 30 seconds and are not allowed during the last two minutes of a time limit.

### **III. The Server:**

There will be three total serves for each team possession. Servers have the opportunity to serve one time in the serving position. Once the player serves, it will become coach toss for two serves. In coach toss, the defensive coach will toss the ball twice to their own team. The coach will move to the opposite side of the net to put the ball into play (see diagram). Defensive players **may not** attack the ball at the net, regardless of if the ball is served by the player or coach toss.



**\* Location of coach when tossing ball to own team for coach toss**

### **IV. The Rotation:**

Each team must rotate their entire roster throughout each game, into the serving position. In rotation, the new player can be inserted before or after the team's possession. Whichever you decide you need to be consistent throughout the game.

**V. The Court:**

3rd grade play on a court 20' X 20' for each half.

**VI. Serving Line:**

3rd grade will serve from a line 12' from the net.

**VII. Net:**

3rd grade will have 6' net height.

**VIII. Ball:**

A special light weight ball will be used and provided by KIDSPORTS.

**IX. Team Composition:**

A team shall consist of four players on the court at one time in 3<sup>rd</sup> grade. At least three players must be present to start a game. If a player shows up after a game has begun, he/she should be inserted into the game at a side-out or a time out.

**X. Playing Requirements:**

All players on the team roster must be listed on the line-up card. All players present play in every game. Players follow the rotation assigned by the coach prior to the game. The only substitutions or changes allowed will be due to a late arriving player or an injured player.

## 4<sup>th</sup> Grade

**4<sup>th</sup> Grade Objectives:** 4th grade is our 2<sup>nd</sup> year entry-level program for volleyball participation. The goal of the program is to help children develop movement skills, and volleyball specific skills, in order to move and play with basic passing and playing fundamentals of the game. The 3 serve (2 player serves & 1 coach) rule encourages and enhances this development.

Games are played according to the National Federation of State High School Associations Volleyball Rules Book (NFHS). Below are modifications and clarifications adopted by KIDSPORTS for teams in the 4<sup>th</sup> grade.

### I. The Match and Scoring:

There will be no scoring for 4<sup>th</sup> grade. Teams will play with a running clock. Games will be broken up into two halves.

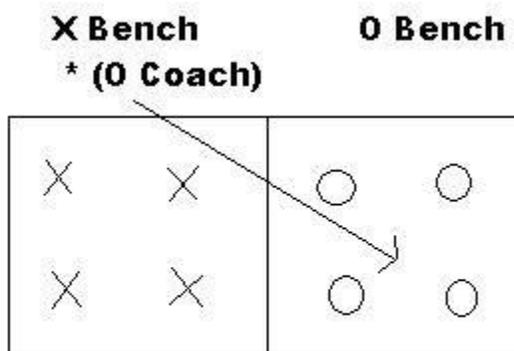
First half will be 20 minutes with a 5 minute break; teams will then switch sides and play a second half for 20 minutes.

### II. Time Outs:

Time Outs (2 per game) shall not exceed 30 seconds and are not allowed during the last two minutes of a time limit.

### III. The Server:

There will be three total serves for each team possession. Servers have the opportunity to serve twice in the serving position. Once the player serves two times, it will become coach toss for one serve. In coach toss, the defensive coach will toss the ball twice to their own team. The coach will move to the opposite side of the net to put the ball into play (see diagram). Defensive players **may not** attack the ball at the net, regardless of if the ball is served by the player or coach toss.



**\* Location of coach when tossing ball to own team for coach toss**

### IV. The Rotation:

Each team must rotate their entire roster throughout each game, into the serving position. In rotation, the new player can be inserted before or after the team's possession. Whichever you decide you need to be consistent throughout the game.

### V. The Court:

4<sup>th</sup> grade play on a court 20' X 20' for each half.

**VI. Serving Line:**

4<sup>th</sup> grade will serve from the back line (20' from the net).

**VII. Net:**

4<sup>th</sup> grade will have 6' net height.

**VIII. Ball:**

A special light weight ball will be used and provided by KIDSPORTS.

**IX. Team Composition:**

A team shall consist of four players on the court at one time in 4<sup>th</sup> grade. At least three players must be present to start a game. If a player shows up after a game has begun, he/she should be inserted into the game at a side-out or a time out.

**X. Playing Requirements:**

All players on the team roster must be listed on the line-up card. All players present play in every game. Players follow the rotation assigned by the coach prior to the game. The only substitutions or changes allowed will be due to a late arriving player or an injured player.

## **5<sup>th</sup> Grade**

**5<sup>th</sup> Grade Objectives:** 5<sup>th</sup> grade is our transition year for volleyball participation - as the program transitions from coach-toss to full-service play and rotation. The goal at this level is to teach fundamental movement and volleyball skills; that focus on 3 hits per possession - pass, set, and hit - which is the underlying objective at this level.

Games are played according to the National Federation of State High School Associations Volleyball Rules Book (NFHS). Below are modifications and clarifications adopted by KIDSPORTS for teams in the 5<sup>th</sup> grade.

### **I. The Match:**

A regular season match will consist of 2 out of 3 games.

### **II. Scoring:**

Rally scoring will be used. The winner of a game shall be the first team to 25 points. If a third game is necessary, it will be played to 15 points. All games must have a two-point margin for victory

### **III. Tournament Scoring:**

Tournament games will follow high school rules requiring a two point margin for victory.

### **III. Time Limits:**

If a team has won 2 games, teams will continue to play until they've reached the time limit of 45 minutes. (This modification is to encourage practice/skill building. No score will be kept for the 3<sup>rd</sup> game).

### **IV. Time Outs:**

Time Outs (2 per game) shall not exceed 30 seconds and are not allowed during the last two minutes of a time limit.

### **V. The Server:**

Each server is allowed to serve as long as they win points for a maximum of three serves. After three successful winning serves, a team retains the serve but the next player in the rotation becomes the server. The server is a designated back row player and cannot come to the net to attack the ball. A let serve is legal, so a serve that touches the net but continues over into the opponents' court is a playable ball.

### **VI. The Court:**

5th grade will play on a court 25' X 25' for each half.

### **VII. Serving Line:**

5th grade will serve from the back line (25' from net).

### **VIII. Net:**

5th grade will have 6'5" net height.

### **IX. Ball:**

A special light weight ball will be used and provided by KIDSPORTS.

**X. Team Composition:** A team shall consist of 5 in the 5<sup>th</sup> grade. At least three players must be present to start a game. If a player shows up after a game has begun, he/she should be inserted into the game at a side-out or a time out.

**XI. Playing Requirements and rotation:**

All players on the team roster must be listed on the line-up card. All players present play in every game. Players follow the rotation assigned by the coach prior to the game. You must rotate your entire roster into the serving position, no substitutions. The only substitutions or changes allowed will be due to a late arriving player or an injured player.

Failure to play players the required amount shall result in a forfeit of the match

\*Coach must clear with Sports Manager if a player does not play required minimum playing time due to disciplinary reasons. This must be cleared prior to the game.

## **6<sup>th</sup> Grade**

**6<sup>th</sup> Grade Objectives:** 6<sup>th</sup> grade volleyball begins to introduce more advanced fundamentals and competitive skills of the game while still maximizing participation and a full range of positional play for each player.

Games are played according to the National Federation of State High School Associations Volleyball Rules Book (NFHS). Below are modifications and clarifications adopted by KIDSPORTS for teams in the 6<sup>th</sup> grade.

### **I. The Match:**

A regular season match will consist of 2 out of 3 games.

### **II. Scoring:**

Rally scoring will be used in 6<sup>th</sup> grade levels (the first two games to 25 points and if necessary, the third game is played to 15 points). All games require a two point margin for victory.

### **III. Time Limits:**

The total match will have a 45-minute time limit. If time limit is reached, finish the point if in the middle of play. Regardless of score of game, the match is over. If a team has already won 2 games, teams will continue to play until they've reached the time limit. (This modification is to encourage practice/skill building. No score will be kept for the 3<sup>rd</sup> game).

### **IV. Time Outs:**

Time Outs (2 per game) shall not exceed 30 seconds.

### **V. The Server:**

The server is a designated back row player and cannot come to the net to attack the ball. Under rally scoring, a let serve is legal and the ball is in play.

### **VI. The Court:**

A full size court 30' X 30' for each half will be utilized.

### **VII. The Serving Line:**

The serving line will be at 30 feet (the end line) with one step allowed.

### **VIII. Net:**

Net height will be 7' 4 1/8".

### **IX. Ball:**

6<sup>th</sup> grade will use a special light weight ball provided by KIDSPORTS.

### **X. Team Composition:**

A team shall consist of six (6) players on the court at one time. At least four players must be present to start a game. If a player shows up after a game has begun, he/she **should be** inserted into the game at an appropriate time.

### **XI. Playing Requirements and Rotation:**

All players on the team roster must be listed on the line-up card. All players present play in every game. Players follow the rotation assigned by the coach prior to the game. You must rotate your entire roster into the serving position, no substitutions. The only substitutions or changes allowed will be due to a late arriving player or an injured player.

Failure to play players the required amount shall result in a forfeit of the match

\*Coach must clear with Sports Manager if a player does not play required minimum playing time due to disciplinary reasons. This must be cleared prior to the game.

## 7<sup>th</sup>/8<sup>th</sup> Grade

**7th-8th Grade Objectives:** 7<sup>th</sup>/8<sup>th</sup> grade volleyball refines fundamental movement and volleyball sport specific skills while continuing to introduce and develop more advanced fundamentals and competitive skills of the game. **Minimum playing time for all players must be facilitated (each player must play in at least 33% of match time) through the NFHS (National Federation of High School) Volleyball rules**

Games are played according to the National Federation of State High School Associations Volleyball Rules Book (NFHS). Below are modifications and clarifications adopted by KIDSPORTS for teams in the 7/8<sup>th</sup> grade.

### **I. The Match:**

A regular season match will consist of 2 out of 3 games.

### **II. Scoring:**

Rally scoring will be used in grades 7<sup>th</sup>-8<sup>th</sup> grade levels (the first two games to 25 points and if necessary, the third game is played to 15 points). All games require a two point margin for victory.

### **III. Time Limits:**

The total match will have a 45-minute time limit. If time limit is reached, finish the point if in the middle of play. Regardless of score of game, the match is over. If a team has already won 2 games, teams will continue to play until they've reached the time limit. (This modification is to encourage practice/skill building. No score will be kept for the 3<sup>rd</sup> game).

### **IV. Time Outs:**

Time Outs (2 per game) shall not exceed 30 seconds.

### **V. The Server:**

The server is a designated back row player and cannot come to the net to attack the ball. Under rally scoring, a let serve is legal and the ball is in play.

### **VI. The Court:**

A full size court 30' X 30' for each half will be utilized.

### **VII. The Serving Line:**

The serving line will be at 30 feet from the center line.

### **VIII. Net:**

Net height will be 7' 4 1/8".

### **IX. Ball:**

7th and 8th grades will use a regulation ball provided by KIDSPORTS.

### **X. Team Composition:**

A team shall consist of six (6) players on the court at one time. At least four players must be present to start a game. If a player shows up after a game has begun, he/she **should be** inserted into the game at an appropriate time.

**XI. Playing Requirements:** 7/8<sup>th</sup> grade volleyball plays pure NFHS volleyball rules while honoring the minimum playing time for each player (33% of match time available)

Failure to play players the required amount shall result in a forfeit of the match

\*Coach must clear with Sports Manager if a player does not play required minimum playing time due to disciplinary reasons. This must be cleared prior to the game.

## **XII. Libero (lee-bah-ro)**

The Libero is a defensive specialist.

### **Why would a KIDSPORTS team use a libero?**

Utilize a player who has exceptional back row skills.

Give a defensive specialist/smaller player a chance to play more than ½ of the game if they don't play front row.

Start to learn the high-school game/rules.

### **The libero CAN:**

Substitute for any back row position

Serve from one spot in the rotation

Sub out/Sub in on the same possession

### **The libero CANNOT:**

Attack above the net anywhere on the court

Set the ball overhand from in front of the 10 ft. line resulting in an attack

Play the front row

### **Libero Procedure:**

Designate the Libero in the starting line-up

Libero must wear a different color jersey (or a penny)

The Libero substitutes freely and immediately after a play without stopping at the net (as with formal substitutions).

The libero and the player she is replacing must both exit and enter the court behind the 10' line.

## Coaching the 3<sup>rd</sup> Grade Player

### Psychological/Cognitive:

- \*Attention span a slightly limited
- \*Developing an ability to form a rule structure.
- \*Still has limited ability to concentrate on more than one task at a time.
- \*Beginning to understand the relation between time and space
- \*Effort is synonymous with performance for them; if they feel they tried hard, they feel they have performed well.

### Physical/Motor:

- \*Bones still growing; growth plates are near joints. (Be aware of possible injuries to those areas)
- \*Still lack sense of pace; will run till they drop
- \*Improved coordination compared to younger ages but physical immaturity is still obvious.
- \*Boys and girls are still similar in physical development
- \*Beginning to develop physical confidence

### Psycho – social:

- \*Beginning to understand cooperative play and are more inclined towards group activities.
- \*High need for approval from adults
- \*Easily bruised psychologically; negative comments carry great weight.
- \*Intrinsically motivated; play because it is “fun” and for their own enjoyment.
- \*Increased desire for social acceptance.
- \*Beginning to develop a team identity.

### Coaching Consideration:

- \*Practice should be no more than an hour
- \*Stay away from tactics or team concepts
- \*Coach should focus on players relationship with the ball...to want it, how to find it, How to deal with it, feel comfortable with it, keep it close, etc.

**By the end of the season the player should be able to: 1) be able to move towards balls instead of shying away from them 2) be able to pass to a partner 3) pass the ball over the net 4) get some underhand serves over the net 5) understand the general concept of the game rules.**

## Coaching the 4<sup>th</sup> and 5<sup>th</sup> Grade Player

### Developmental Consideration:

#### Psychological/Cognitive:

- \*Ability to remember and follow more complex instructions
- \*Ability to focus longer and stay on task.
- \*Beginning to think in advance of or anticipate the ball.
- \*Better understanding of moving to the ball.

#### Physical/Motor:

- \*Making huge gains in strength, endurance, balance and power
- \*Can be large differences in size as some children grow much faster
- \*Begin to see some significant differences between genders
- \*Increased coordination and ability to perform more difficult task.

#### Psycho – social:

- \*Increased peer attachment and need to belong.
- \*Some becoming more serious about playing and with whom they play.
- \*Pressure generated by peers is significant.
- \*Association with team becomes more important.
- \*The coach takes on increased significance.
- \*Egos are sensitive

### Coaching Consideration:

- \*Practices can be up to 1 to 1.5 hours
- \*Encourage players to be creative and take risks.
- \*Ask their input. They will tell you how things are going.
- \*Introduce more complex games
- \*Take great care in maintaining a positive team culture.
- \*Keep the focus on process and performance rather than outcome of games
- \*Keep in mind it is easier to win games at this age group with teams that are “organized” but lack skill... the skillful approach can result in losing games in the short term but creates creative, skillful players in the long run.

**By the end of season the player should be able to: 1) be close to consistently serving underhand over the net 2) be able to pass to a target rather than just over the net 3) start to get some two hit plays over the net 4) players should move to all balls on the court and start to chase down wild balls 5) fully understand the concept of the game and rules**

## Coaching the 6<sup>th</sup> Grade Player

### Psychological/Cognitive:

- \*Able to perform more complex tasks
- \*Players able to use abstract thought to solve problems in the game
- \*Usually eager to learn
- \*Should be able to think while running and striking the ball
- \*Internally motivated

### Physical/Motor:

- \*Coordination improves
- \*Strength and power become significant part of their performance
- \*Has the ability to strike the ball a good distance with confidence in it's direction.
- \*More confidence with the ball above their waist, body traps and headers become apart of their game.
- \*Skills as goalkeeper being to be developed
- \*Players are growing quickly and some may be well over 5 ft.
- \*Players need to properly warm-up and stretch---strains and muscle pulls are common otherwise
- \*Significant differences in genders.

### Psycho-Social:

- \*Acceptance by teammates is critical
- \*How they feel about themselves effects how they relate to their teammates
- \*Playing too much and feeling like they don't have a choice in the matter can lead to burn out and drop out
- \*Rules and agreements created within the team group can help maintain a positive and effective learning environment.
- \*Try to hand over leadership and ownership of the team to them
- \*Egos are sensitive

### Coaching Consideration:

- \*Practices can be 1 to 1.5 hours
- \*More activities that allow full game play concepts

**By the end of the season the player should be able to: 1) Pass to the target area more consistently 2) consistently get all underhand serves over the net, and are in the process of working on overhand serving 3) fundamentals of setting should be clear 4) introduction of hitting fundamentals and techniques 4) fully understand the concept of the game and rules**

## Coaching the 7<sup>th</sup>/8th Grade Player

### Psychological/Cognitive:

- \*Able to perform more complex tasks
- \*Players able to use abstract thought to solve problems in the game
- \*Reasoning skills have fully developed
- \*Start of setting personal goals
- \*Learns to reason through problems even without examples
- \*Internally motivated
- \*Understands own strengths and weaknesses

### Physical/Motor:

- \*Coordination improves
- \*Strength and power become significant part of their performance
- \*Has the ability to strike the ball a good distance with confidence in it's direction.
- \*More confidence with the ball above their waist, body traps and headers become apart of their game.
- \*Skills as goalkeeper being to be developed
- \*Players are growing quickly and some may be well over 5 ft.
- \*Players need to properly warm-up and stretch---strains and muscle pulls are common otherwise
- \*Significant differences in genders.

### Psycho-Social:

- \*Acceptance by teammates is critical
- \*How they feel about themselves effects how they relate to their teammates
- \*Playing too much and feeling like they don't have a choice in the matter can lead to burn out and drop out
- \*Rules and agreements created within the team group can help maintain a positive and effective learning environment.
- \*Try to hand over leadership and ownership of the team to them
- \*Convinced that others are continuously judging them

### Coaching Consideration:

- \*Practices can be 1.5 to 2 hours
- \*More activities that allow full game play concepts

**By the end of the season the player should be able to: 1) Serve overhand 2) use all three touches before putting the ball over the net (not necessarily pass, set, hit) 3) not allow balls to be dropped on the court with no touch 3) calling the ball and being vocal in all plays 4) has hitting approach and technique down and can consistently hit off a toss and able to hit off a player set**

## Sample Practice Ideas

During each practice it is important to spend time working on each specific skill set. Time should be devoted to passing, setting, hitting (depending on age), serving and game play. In the beginning of the season drills should be relatively basic and once those skills have been mastered then you can move on to more advanced skills.

### Sample Practice:

- **Warm ups** – at the beginning of each practice players should spend 5-15 minutes getting warm. This can include running laps (playing tag or some sort of game for younger girls). Then stretches, and plyometrics (power skips, lunges, toe touches, ect).
- **Partner passing** – it is useful to let players work on passing and setting with a partner before real drills begin. If the players are advanced enough you can have the pepper between each other.
- **Passing drills** – passing is the major key to volleyball. Everything starts with a pass; if your team struggles with serving the easiest way to equal that out is with good passes. Working on passing in the beginning of practices helps to get the players moving. Working on footwork and agility is beneficial to every skill level.
- **Passing and setting drills** – once a good amount of passing has been done, teams can move into duel drills. This means drills that work on two major skill sets. This would be tossing balls to passers and the setters then setting the balls to the outside. Depending on skill level these drills can be modified in many ways.
- **Serving** – serving is also very important in every game. Coaches can use serving games and drills to warm up arms, and this can be the transition into hitting.
- **Hitting** – depending on the skill level some form of hitting should be covered in practice. Many times girls smack at balls during practice and games; so working on technique and fundamentals is very important. One key of hitting is to have girls understand to attack to the ball instead of a spot. Many players when hitting in the middle or outside just approach to a spot rather than the ball. Focus on tracking the ball.
- **Game play** – full game play should be saved for last. This is the combination of all the skills that were worked on in practice. Starting with coach tosses and working into serve receive it helpful at all levels.

Every drill that is used in practice can be modified depending on the teams needs. Also the amount of time that is spent on each skill can change depending on what the team needs the most.

## **Volleyball Games and Drills**

**The Toss & Pass:** The ‘Toss & Pass’ is a simple but effective volleyball drill for beginners. This drill requires two players, one of whom tosses the ball to the other to pass. Do this a specific number of times and then switch roles. This drill will help beginner players to learn proper passing technique.

**The Passing Game:** Another good drill to teach new players the skill of passing is ‘The Passing Game’. It requires a group to play and involves splitting them up into two groups who will compete against each other. Both of these groups will then form a ring and have their own volleyball. The object of the game is to get the most consecutive touches and keep your teams ball up the longest.

**Serving Drill:** To help beginner players learn to serve have them do the serving drill. To do this you divide the group into two teams and have them compete against each other for the highest number of successful serves completed.

**Wall Hitting:** Here’s a drill that requires just one person. The player chooses a spot on a wall and then tries to hit the same spot. To do this successfully they’ll need to focus on using proper arm swing technique. This drill will help with the players arm swing immensely.

**Line Passing:** Put players into two lines facing each other. The players on the first line must pass the ball and then go to the end of the line. This is another effective drill for teaching passing.

**The Dead Fish Drill:** One of the most popular of all of the volleyball drills for beginners and advanced players! Just divide your players into two teams and have one serving whilst the other moves to the other site of the court and lies down inside of the court. The serving team tries to hit one of the players on the floor.

**Wagon Wheel:** 6-8 girls per group – put the girls in a large circle with one girl in the middle. The coach tosses the ball all around the inside of the circle and the player in the middle must pop the ball up in such a way that the perimeter girls catch it. Once 6 balls have been caught, switch out the players with the new player in the middle.

**Aim For the Corners:** – put a bucket or garbage can or cone in the corners (or wherever) – if a ball hits, lands in, or otherwise touches the “target” there’s a reward.

**King/Queen of the Court:** 3 on 3 – winning team stays on court, losing team rotates off.

**Practice Setting Drill:** Sit crossed legged on ground. Tosser tosses the ball to person sitting down and person sitting down sets the ball back to tosser.

**Serve Receive:** This drill will require three lines. One line of players passing with a second line of setters, and a line on the other side of the net that will serve the ball to the passers. The servers will serve over the net to the passers and those players will pass the ball to the setter who will

then catch the ball. To advance this deal, have the setters set to a specific position. Eventually you can add a line hitting from a certain position.

Pipeline Passing: This drill requires two taped lines on the court (basketball lines would work if they are available). One player will have a ball and the other will be passing from about 10-15 feet away. The passer will shuffle between the two taped lines and touch them before passing. This gets the players moving and touching the lines gets them into a lower defensive stance.

Dig and Dash Drill: This drill will mix several skills but can be very effective for working on more advanced skills. A player will start on the net and will have to retreat off of the net into a defensive spot and dig a ball, and then run down a free ball. A coach will have a ball, slap it, and that will be the sign for the player to retreat off of the net. Once the player has moved the coach will hit a ball at the player. Once that is passed then a second ball will be thrown up into the air near the end line for a player to run down and pass back up into the court.

Net Save: The coach will stand about the 10-foot line and there will be two lines of players on each side. The coach will slap the ball and throw it into the net. The two players in the front of the lines will try to pass the ball out of the net. This drill works on the tough balls that get stuck in the net.

Figure-8 Drill: For this drill you will have two players standing in a set location and a third player who will be the passer. The two standing in set locations will be about 5-7 feet from the end line and about 5 feet apart. The player passing will start in the middle and run around the standing players and pass a ball to the setter once they are on the outside of the standing players. Make sure that players who are passing get around the ball and get their hips facing the setter.

Circle Passing: This drill is done by making a large circle and passing the ball around the circle. This drill helps with player's footwork and awareness of others.

Kids vs. Parents: end of year game.

## **Outside Resources**

Here are some websites with helpful resources for coaches of all levels! Whether you have been coaching for years or this is your first season; each coach will be able to find something new on these sites that can be beneficial to their team.

- <http://www.usca.edu/Volleyball/>
- <http://www.teamsnap.com/community/skills-drills/category/volleyball>
- <http://www.strength-and-power-for-volleyball.com/volleyball-drills.html>
- <http://www.volleyballadvisors.com/volleyball-drills.html>
- <http://www.youtube.com/user/vballdrills>

## Player Conduct Pledge

- 1) I promise to give my best effort at all times.
- 2) I promise to respect the coach during practices and games.
- 3) I promise to be a good teammate by being positive and supportive with all players
- 4) I will live up to the high standard of sportsmanship established by my coach
- 5) I will respect my opponent, remembering we can compete on the field and be friendly off the field.
- 6) I will respect the officials at all times, never arguing with them about calls
- 7) I will do my best to be at all practices and games on time and ready to play
- 8) I will have fun.

-----  
Player Signature

-----  
Date

## Parent Conduct Pledge

I will enjoy my child's opportunity to experience the benefits of sport.

I will trust in my child's ability to have fun as well as to perform and achieve excellence on his/her own.

I will help my child to learn the right lessons from winning and losing and from individual accomplishments and mistakes.

I will respect my child's teammates and fellow parents as well as the players, parents and coaches from opposing teams.

I will give only encouragement and applaud only positive accomplishments whether for my child, his/her teammates, their opponents or the officials.

I will respect my child's coach and support his/her efforts. I will not instruct from the sidelines unless asked to by the coach.

I will insure that my child will attend all games and practices possible and, when not possible, I agree to inform the coach in advance.

I will respect all facilities made available so my child can play games and practice his/her sport.

I will respect any equipment or uniform that may be loaned to my child so that he/she can participate.

I will respect the officials and their authority during games.

I will never demonstrate threatening or abusive behavior or use foul language.

I will be responsible to report to KIDSPORTS any perceived misconduct by coach, player, parent or official so it can be dealt with in the appropriate manner.

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Childs Name

## **Coach Conduct Pledge**

- I will be responsible for all the kids on my team.
- “ I will do my best to insure that all the kids have fun playing sports.
- “ I will treat all kids with respect and avoid negative criticism.
- “ I will teach all kids the skills of the game, the values of teamwork and the meaning of good sportsmanship.
- I will lead by example and always demonstrate good sportsmanship during games.
- “ I will see that "all kids play" regardless of skill level.
- “ I will provide only encouragement and positive direction to players during games.
- “ I will know the rules and always play by the rules.
- “ I will respect the officials and their authority during games.
- I will communicate with the parents on my team and inform them of all team rules, practices and games. I will be on time to all practices and games.
- I will respect all facilities and equipment made available for my team to practice and play games.
- I will never use profanity, abusive language or threatening behavior towards any player, parent, coach or official.
- I will report to KIDSPORTS any perceived misconduct by coach, player, parent or official so it can be dealt with in the appropriate manner.

\_\_\_\_\_  
Coach Signature

\_\_\_\_\_  
Date

## Volleyball Quick Reference Guide

GRADE	3RD	4TH	5TH	6TH	7/8TH
<b># OF GAMES</b>	8 REGULAR SEASON (EACH GAME IS SPLIT INTO TWO 20 MIN HALVES W/ 5 MIN REST)		8 REGULAR SEASON GAMES (BEST 2/3)+ optional end of season tournament	12 REGULAR SEASON GAMES + JAMBOREE (BEST 2/3) + END OF SEASON TOURNAMENT	
<b>BALL SIZE</b>	LIGHTWEIGHT	LIGHTWEIGHT	LIGHTWEIGHT	LIGHTWEIGHT	REGULATION
<b>SERVE LINE</b>	12' FROM NET	20' FROM NET	25' FROM NET	30' with one step In allowed	30'
<b>COURT SIZE</b>	20X20	20X20	25X25	30X30	30X30
<b>NET HEIGHT</b>	6'	6'	6'5"	7' 4 1/8"	7' 4 1/8"
<b># OF PLAYERS</b>	4X4	4X4	5X5	6X6	6X6
<b>ROSTER SIZE</b>	6-8	6-8	8-10	10-12	10-12
<b>TIME</b>	2- 20 min halves Running clock	2-20 min halves Running clock	45 MIN	45 MIN	45 MIN
<b>SUBSTITUTION</b>	Rotate Roster	Rotate Roster	Rotate Roster	Rotate Roster	H.S Rules 33% min. *Bronze teams have option of rotating roster
<b>SCORING</b>	NONE	NONE	25-25-15*	25-25-15*	25-25-15*
<b>SERVE</b>	1 By Player/2 By Coach	2 By Player/1 By Coach	If 3 successful Then rotate	No Limit	No Limit
<b>TIME OUTS</b>	2- 30 Sec. Per game	2- 30 Sec. Per game	2- 30 Sec. Per game	2- 30 Sec. Per game	2- 30 Sec. Per game