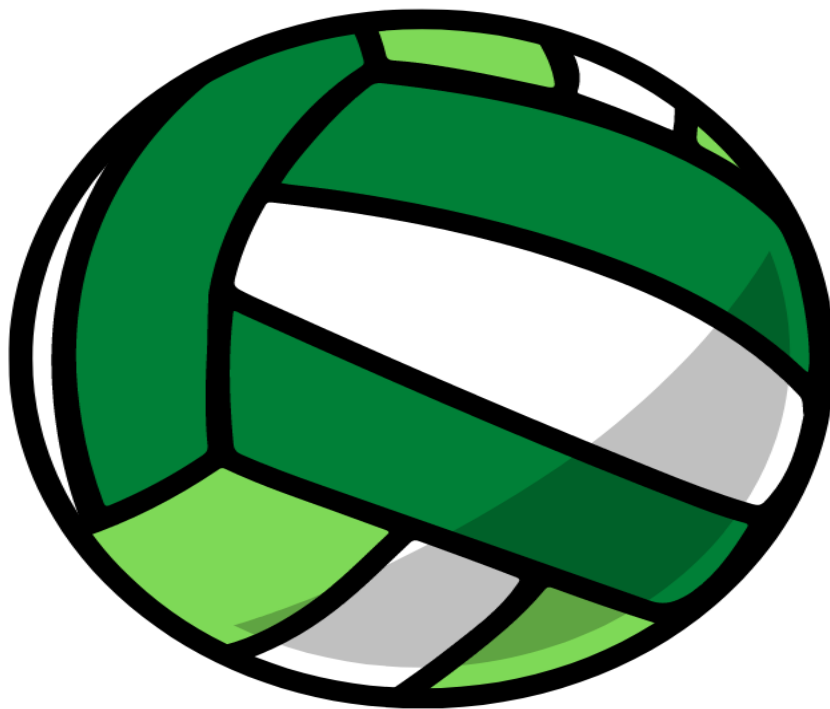


KIDSPORTS

COACHES GUIDE



2022-2023
SEASON



SCAN THE QR CODE OR FOLLOW LINK FOR MORE :

<https://docs.google.com/document/d/1rir5En1hPDpDFrHhfqaP9hOldhsxiTPrzfGRL8k7qGo/edit?usp=sharing>

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-
- Information in this document has been adapted from various volleyball curriculums such as Gold Medal Squared, Art of Coaching, and Get the Pancake. Links have been provided for these sources.
 - This document is for educational purposes only and is not for purchase or resale.

COACHING OVERVIEW

Coaching is the most rewarding role one can have. We are so excited that you have decided to step up and make an impact in these kiddos' lives. As a coach remember to be positive and excited - this energy will rub off on your players in the best way.

This doc should help you in this season. Its hold info about effective coaching, drill, practice plans, games, and everything in between. Hopefully, you can use this as a jumping-off point for your team and feel more confident stepping into this role.

Just some reminders to keep in mind :

- Keep the kids moving. Players learn best by doing. You are there to provide minimal feedback and encouragement.**
- Keep it game-like and have them do what they would do in a game**
- Keep your instruction short and sweet**
- Catch them doing it right**
- Show them what you want to see, not what you don't want to see.**
- Always pass and serve in practice**
- Best to only have 5-10 drills per season (don't waste time teaching new drills)**

FUNDAMENTALS OF VOLLEYBALL!

Some of the main components of volleyball include passing, setting, hitting, and serving. We will refer to these as skill throughout this guide. Skills extend beyond what is listed above however the four skill listed are critical for any team at any level.

The two most important skill are passing and serving. Without these two skills, we cannot play volleyball. These skill have also been proven to make or break a game.

Things to focus on as a coach:

- 1) Instruction.** When coaching these skills ensure that you reduce the amount of info you provide to the players. They will learn better by doing than by being talked at.
- 2) Demonstrations.** Demos are crucial. We need to provide players an image of what we want them to execute. Use verbage and instruction, and then follow it up with demonstrations in order to increase retention and understanding.
- 3) Principles.** These principals are explanations and goals that the keys are based off of and are focal points for players. They provide a more indepth explanation than the keys. Parts of the principles can be embedded into the keys or used as their own key.
- 4) Keys.** Keys are a way to direct the players attention to a specific movement or process through select terminology. Keys are short cues that condense information and allow for quick feedback. **Keys should be coached one at a time** (We will provide keys throughout this doc, feel free to use them or form your own. The most important thing is just to make sure they are consistent throughout the year)

Passing

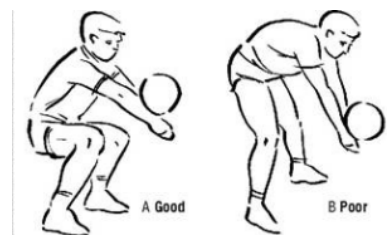
Principals

- Ball knows angles
 - The reason we say this is because the players arms act as a wall for the ball to bounce off of. We have to use the passing platform to create the correct angle for what we want to accomplish. We see this idea of “ball knows angles” when a player means to pass a ball in front of themselves but instead they swing their arms above their shoulder line, pushing the ball behind them.
- Simple is better than complex
 - Just like many things in life, keeping it simple is better than making it complex. Volleyball at its heart can and should be a very simple sport. We want to encourage players to move and perform in the simplest manners. This makes it easier for us to assess and for them to play!
- Arms and Hands first
 - Our hands and arms have the ability to move faster than other parts of our body. It is important to encourage players to get their hands and arms to the ball first and then move their body behind the ball if they have time.
- Wide bases
 - This key is to remind our players that their foot placement matters. Having our feet in a wider base stance when passing provides us with more stability and control over the ball. This also helps younger players avoid jumping or tripping. Players should run to the ball, plant a wide, base and then pass.
- Pass high and off the net. - [link](#) to explanation by GMS and stats regarding this
 - We have all seen players stand super close to the net when they are acting as “target”. It is important to encourage our players to not pass close to the net, but to instead pass high and off the net. This allows our setter to play the ball, and even if it is too far for the setter to get, its position off the net allows others to make a play out of a non-perfect pass.

Keys

1. Wrists and Hands Together (early)
2. Straight and Simple (Elbows Straight, Hands Down)
3. Face the Ball, Angle the Platform (aka “The ball knows angles”)
4. Shuffle (get ball on midline)
5. See the Server, See the Spin (play with your eyes)

PASSING INSTRUCTIONAL VIDEO [LINK](#)



Serving

Principles

- Serving should be like throwing
 - This arm movement concept is important to keep players arms and shoulders healthy. This is a natural movement that allows for the arm to rotate with momentum. This rotation is not the source of the serve's power.
- Throwing (or serving) movements use torque to generate force
 - This is the abdominal movement that provides the player with momentum and adds power to the contact
- Simple movements are better than complex
 - the simpler the movement the more easily repeatable it will be. Encourage players to not bend down or do extra movements when serving. They should stay relatively upright, strong, and simple when serving. This helps them reproduce serves and encourages consistency

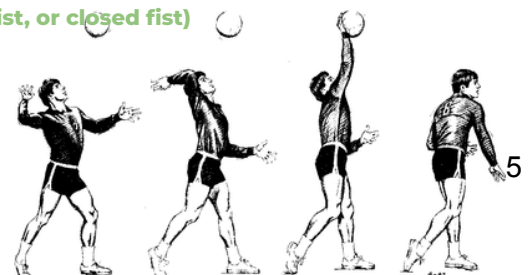
Keys (Float Serve) - Every player should attempt the standing float serve

- **Bow and Arrow**
 - **Stand 45°**
 - **Ball in One Hand (non-dominant)**
- **Hitting Elbow up, Shoulder Back**
- **Place (Toss), Step, Hit OR Step, Place, Step, Hit (two steps good for beginners)**
 - **Contact on Heel of hand**
 - **Toss in front of hitting shoulder**
- **Step and Swing to Target**

Keys (underhand serve):

- **Ready Position**
 - **Face target**
 - **Non-dominant foot forward**
 - **Hold ball (palm up) with non-dominant hand, at low level (around knee level) in front of body, in line with swinging arm**
 - **Weight on back foot**
 - **Eyes on the ball**
- **2. Pre-Contact a. Swing hitting arm back**
 - **Simultaneously shift weight to back foot**
- **3. Contact**
 - **Shift weight forward and take a small step forward with hitting side's foot**
 - **Strike the ball with a stiff palm (can be open hand, half-closed fist, or closed fist)**
- **c. Make contact with lower-half of the ball so that it lifts**

SERVING INSTRUCTIONAL VIDEO [LINK](#)



Hitting

Principles

- We are trying to jump high and hit hard with timing, so we need momentum, arm lift, and an approach that will develop momentum and assist with timing .
 - Players should be using simple arm swing movements to help lift their bodies and assist with their swing
- We will need torque to hit hard .
 - Using our abs we can induce torque and thus add power to the ball when we contact it
- Simple movements are better than complex movements
 - the simpler the movement the more easily repeatable it will be

Keys

- Four Steps (right, left, right, left)
 - Right Foot Forward b. Small, bigger, BIGGEST
 - Slow, faster, FASTEST
 - Second step on or behind 3 meter line (10 ft line)
- Double Arm Lift
 - Relax on first step
 - Forward and down on second step
 - Back on third step (big reach, straight back, arms straight)
 - . Forward and up on fourth step
- Bow and Arrow arm swing
 - TORQUE!

HITTING INSTRUCTIONAL VIDEO [LINK](#) + ADDITIONAL [LINK](#)



Setting

Principles

- Simple movements are better than complex movements – the simpler the movement the more easily repeatable it will be

Keys

- Hands up early, in the Shape of the Ball (shape early)
- Extend the hands forward and out
- Face the ball, Square to Target
- . Setters set up off the net
- . Footwork:
 - Last two steps are LEFT, RIGHT

Notes:

- Encourage players to have soft ball shaped hands. This means that when they are ready to set their hands should be ready to receive the ball and should act as a cushion for it.
- Players should open up to their court. Setter always need to have eyes on the rest of the court. To do this their chest or majority of their body needs to be facing the court.
- Pointer fingers and thumbs should be the same distance apart and form the shape of a triangle above the players hairline.

SETTING INSTRUCTIONAL VIDEO [LINK](#)



EXAMPLE PRACTICE PLANS

DAY 1 - Passing

WARM UPS

DYNAMICS/UP and BACKS (Movement based stretching is incredibly important)

- Run to the net and back X2
- High Knees to the net and back
- Hip openers to the net and back
- Toe touches to the net and back
- Additional

PASSING INSTRUCTION - WHOLE GROUP GATHERED TOGETHER

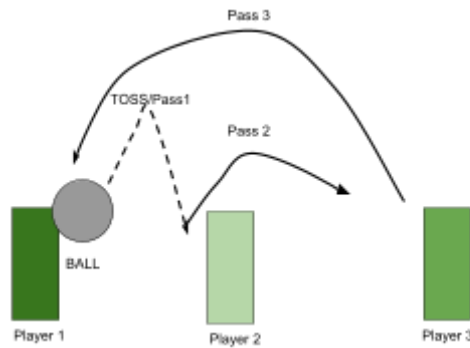
- What do we do when we pass?- with few words
 - When we pass we are using our arms to bounce the ball into the direction we want it to go. This will involve our forearms contacting the ball and using a mix of push from our legs and swing from our arms to move the ball in a specific direction at a specific height. Our legs should be in an athletic position, slightly wider than our shoulders with bent knees and hands ready near our belly button (not on knees or overly extended) - this is our ready position. Then when we know we will pass the ball we will ready our platform into our passing position. In this position players should have their knees behind their toes, shoulders above their knees and their hips back. They should be “sitting in a chair” in a semi squat position. They should still be ready to move off of the balls of their feet.
- **DEMO- with few words**
 - **Correct platform**
 - **What the keys look like**
- **Introduce First Key** - These are the features of the pass that we are looking for
 - Key 1: Wrists and hands together
 - **Drill: Net passing X5 & switch**
 - **FEEDBACK IS ONLY ON PLATFORM AND KEY 1 (wrist and hands together)**
 - In this drill players will partner up. One with their back to the net, one on the 10 foot line. The player furthest from the net will toss the ball to the player at the net. This player will then pass the ball off the toss. This pass should be high and to the tossing players head.
- **Introduce Second Key** - These are the features of the pass that we are looking for now
 - Key 2: **Straight and Simple - Elbows Straight, Hands Down**
 - **Drill: Net passing X5 & switch**
 - **FEEDBACK IS ONLY ON PLATFORM AND KEY 2 (Straight and Simple - Elbows Straight, Hands Down)**
- **Introduce third Key** - These are the features of the pass that we are looking for now
 - Key 3: **Face the Ball, Angle the Platform (aka “The ball knows angles”)**
 - **Drill: Net passing X5 & switch**
 - **FEEDBACK IS ONLY ON PLATFORM AND KEY 3 (Face the Ball, Angle the Platform) - Say “ the ball knows angles” or “use your angles”**
- **Introduce Fourth Key** - Shuffle (get ball on midline)
 - **Drill: Net passing X5 & switch**
 - **FEEDBACK IS ONLY ON PLATFORM AND KEY 4 (Shuffle (get ball on midline)**
 - the ball should be contacted in front of their belly button- not higher up on their arms or with their arms higher in the air

WATER

PASSING RECAP AND KEY REITERATION

- Introduction to partner passing
 - **Drill: Partner passing X 10**

- Partners move away from the net and pass to one another using the keys. Make sure they pass the first ball off of a toss (not tossing to themselves and then passing)
- **Drill: Trips X10 and then rotate**
 - The players will get into a group of three and make a line. One player will start by tossing the ball to the middle player. The middle player will pass the ball backwards over their head to the player behind them. This last player will pass a deep ball over the mid player to the first player where the drill will then continue.



- **Drill: Triangle Passing**
 - Players will get into a group of three and station themselves into a triangle. They will then toss and pass the ball to the person on their right. The goal is to keep their bodies facing where the ball is coming from but to use their shoulder to guide the ball to the right. This is called a shoulder tilt or dip or drop. They will lower their right shoulder and swing their arms to get the ball to go to the right.

WATER

GAME LIKE DRILLS

- I always do some block drill training for the first 30 or ½ of practice and then I attempt to do any game like drill that will get them moving and comfortable on the court. This drill needs to be appropriate for their skill level.
- Queens off a toss
- Dog house off a toss
- Short court
- Half court
- Shuttle
 - There is a line on each side of the court behind the 10 foot. One player start by toss the ball over the net to the other line. The player in the front of that line will then pass and run to their right, under the net, and to the back of the next line. The next player will try to continue the play by passing the ball back over to the opposing line and then running to the right and under the net to the other line. This continues until players reach the goal number of passes specified by the coach.

DAY 2 - Setting

WARM UPS

DYNAMICS/UP and BACKS (Movement based stretching is incredibly important)

- Run to the net and back X2
- High Knees to the net and back
- Hip openers to the net and back
- Toe touches to the net and back
- Additional

PASSING REVIEW

- Drill: Partner passing X 10
- Drill: Trips X10 and then rotate
- Drill: Triangle Passing

SETTING INSTRUCTION

- Introduce keys, the proper setting position and hand placement. Place your hands on your hips. Thumbs in back and fingers in front. Open your fingers wide on your hips. Take your hands off your hips, but keep them in the same position. Pull your thumbs back and bend all your fingers slightly as if you are shaping to the ball. Put your hands over your head and look through the triangle

DEMO

SETTING KEY 1: . Hands up early, in the Shape of the Ball (shape early)

- Drill: Partner Setting X10 - only looking for the first key

SETTING KEY 2: . Extend Hands up and out

- Drill: Partner Setting X10 - only looking for the second key

REPEAT WITH ALL THE KEYS

WATER

SETTING RECAP

- Drill: Trips X10 and then rotate
- Drill: Triangle Setting
- Drill: Shuttle with setting

WATER

GAME LIKE DRILLS

- Queens off a toss
- Dog house off a toss
- Short court
- Half court
- Shuttle
 - There is a line on each side of the court behind the 10 foot. One player starts by tossing the ball over the net to the other line. The player in the front of that line will then pass and run to their right, under the net, and to the back of the next line. The next player will try to continue the play by passing the ball back over to the opposing line and then running to the right and under the net to the other line. This continues until players reach the goal number of passes specified by the coach.

If time permits start going over hitting

RESOURCES FOR PRACTICE PLANNING

- [GMS](#) also has more information about practices and practice mentality
- [Art of Coaching](#) is another great curriculum with lots of info and advice about practice planning, plus a 4 week practice plan already made for you!

PRACTICE PLAN TEMPLATE

DATE:

SKILL OF THE DAY/ GOAL:

WARM UP

DYNAMICS

WATER

PASSING AND SETTING WARM UP

- PARTNER PASSING X10
- PARTNER SETTING X10
- TRIPS PASSING X10
- TRIPS SETTING X10
- TRIANGLE PASSING X10

REVIEW SKILL/ TOPIC OF THE DAY

DEMO SKILL/ TOPIC OF THE DAY

- DRILL

WATER

- 2nd SKILL BASED DRILL

SERVING WARM UP - 1 MINUTE

- SERVING GAME / DRILL

GAME PLAY DRILLS THAT INCLUDE SERVING (OR A BALL TOSS UNTIL SERVING DEVELOPS)

- SIX ON SIX DRILLS
- ROTATION BASED DRILLS
- DEFENSE BASED DRILLS
- OFFENSE BASED DRILLS
- FUN GAMES

WATER

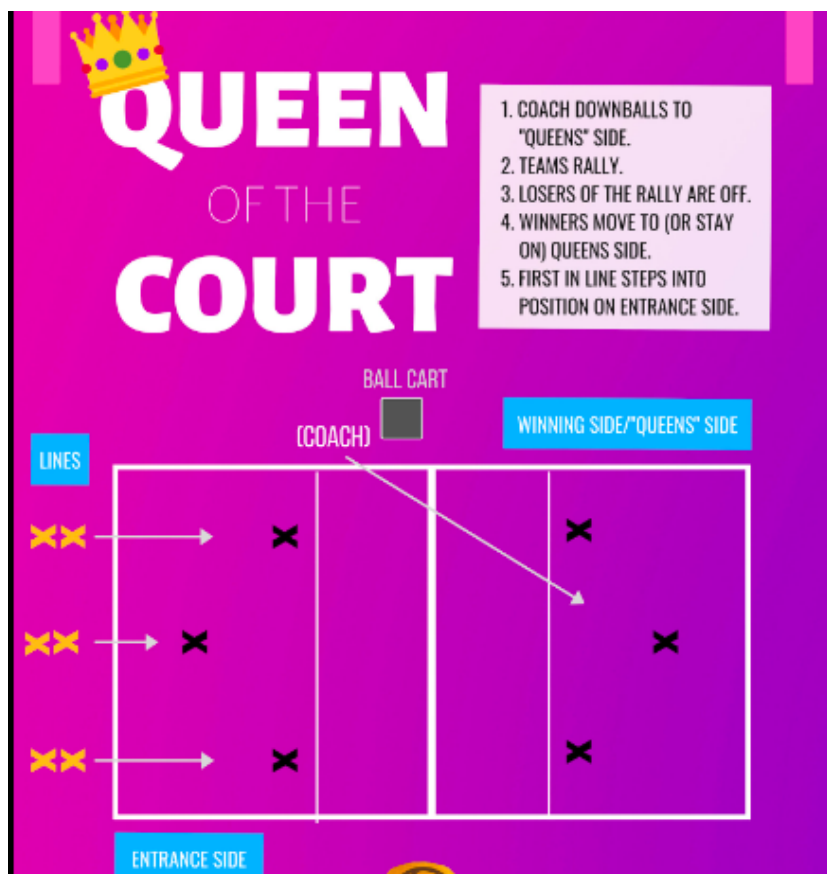
ROTATION REVIEW

- Walk players through what their rotations for the week look like and how they would sub in a game. This serves as a good cool down and provides them with info and confidence for game play.

DRILLS

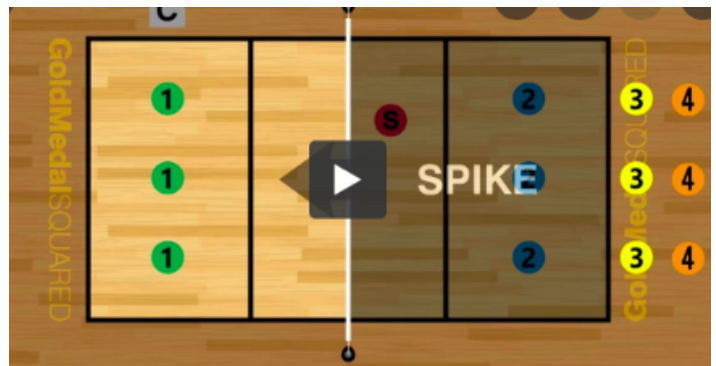
- QUEENS

- The BASIC drill has three players on each side, with lines off the court behind each position on the “entrance” side.
- Although it works nicely when you have teams of three, this drill (in my opinion) is better when your numbers are a little “off,” giving you new teams every time.
- The coach will stand to the side of the court opposite of the “Queens” side. Depending on the level of your team, you may want to downball or toss the ball over the net.
- I always choose downball (just so it’s a little higher level) but take some pace off if your team is young or inexperienced.
- Players who are not on the court



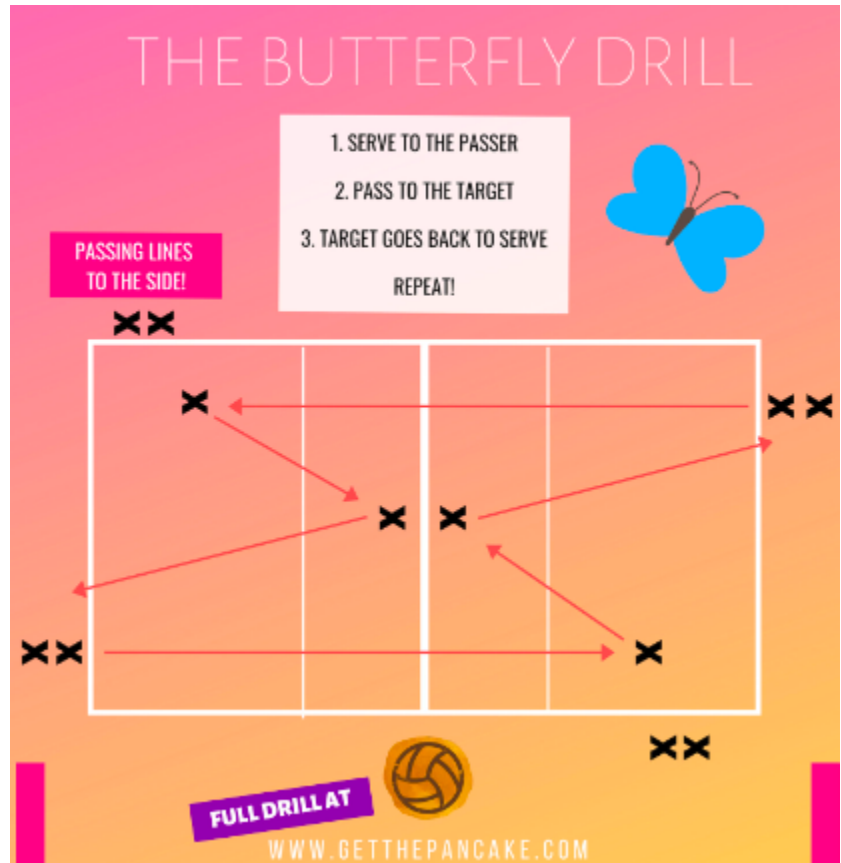
- will form lines behind the different positions (with three on, just have them stand in left back, middle back, and right back) but OFF the court. Younger players tend to get sucked into the game, keep an eye on them so they don’t get ran over during play.
- Once a coach enters a downball (standing hit) to the Queens side, the two groups will rally. The basic drill does not have any restrictions on contacts (other than three legal hits) but you can add requirements as your teams get more advanced.
- After the play is dead, the losing team will shag their ball and get into a line (it doesn’t matter which line, as long as there is someone in each line!).
- If the winning team was already on the Queens side, they will stay. If the team on the entrance side won, they will run under the net and prepare for the downball from the coach.
- I give teams a loud 3-second countdown so they hustle over. I highly recommend this for camps and open gyms where players might be slower to move. “3, 2, 1, Ball!” followed by my downball.
- If players are not ready... I don’t care! Haha. They know the rules, if they don’t hustle over then it’s not my problem. A ball might drop once or twice in the beginning, but players will adjust and play by the rules, keeping the drill high-energy, moving forward.

- Since this is usually a warm-up or end-of-practice drill, teams will usually run it for time. Example: 10 minutes as a warm-up drill, or play for the last 15-20 minutes of practice.
- DOG HOUSE
 - The drill is played with 3-4 teams of three players each. One team begins in the “dog house”. One team serves to the other and the point is played out. The winning team stays and the losing team goes to the “dog house”. The team in the “dog house” comes out and plays. Each team keeps track of their points and you play for time.
 - Opposite of queens
- SHORT COURT
 - Players only play the ball in front of the 10 foot line. Encourages digging and net play.
- HALF COURT
 - Positioning a third antenna midway along the net, creates two narrow courts. At the start, limit the narrow court even more by making the 10-foot line the endline. Each court plays its own two-on-two game. Start by tossing or serving from behind the 10-foot line then play out with normal scoring. Play to five points or for two minutes. Next, lengthen the court to the normal endline and play a normal point.
- NEVILL'S PEPPER
 - You have three players on the stationary side. The other side has three players in the back row and a line out of each position in the back row. Coach enters the ball to the rotating or non stationary side- a nice down ball. They pass, set and hit, letting the stationary side receive a dig. After the ball drops the receiving/nonstationary side rotates with the people in the line. This continues for 3 minutes. After three minutes 3 new players come to the stationary side and take the places of the original people. DEMO [link](#)



- BUTTERFLY

- In the version of the butterfly drill I was first taught (there are tons of versions floating around out there...) you'll place players around the court as shown in the drill diagram. Players will always follow their ball, but for some reason this seems to be a difficult concept to understand for players (of all ages!).
- I recommend you take the ball cart away to encourage better control. The thought of having to shag tends to make players try harder! haha. This also limits the number of balls which are rolling around on the court, so there's less chance for injury.
- Players in the corners will start the drill by serving the ball straight across the net to the passing line directly in front of them. The passers will then pass the ball to the target. The target will grab the ball and go to the serving line on the SAME side of the net that they are standing on. Repeat!
- Both servers begin serving at the same time, but the following servers will serve whenever the next passer is ready.
- I recommend running through the drill for a minute or two with tosses so you know for sure that everyone understands where to go. When players are in the target position is when they tend to run to the wrong destination, so emphasize that they'll need to stay on their own side after they shag the pass.
- I like to run this for time (since counting gets messy trying to count with both sides going at a time).



- SWITCH

- You have 3 players on each side. Groups of three waiting off the court. You toss the ball into one side. Once they put the ball over the net, they switch with one of the teams that is waiting off the court. This repeats until time. This encourages three passes, aggressive hits, and control
- ATONEMENT - GMS
 - This is a six on six game that pauses when an error is made. The ball is then reentered in the manner that caused the error, allowing for players to “atone” for their error. You keep playing until all rotations have played defence and serve receive.
- CRAZY BALL
 - This is a six on six game (or however many people you have equally divided). You choose a side, they receive a serve. Play it out. Once the ball drops, you give them a free ball. They play it out. Then you give the same side a hit. They play it out. Then you give them an out of system “crazy ball”. Then you repeat with the other side. If you want to keep track of point then the team gets a point if they kill the ball or score after receiving one of the variation balls (serve, freeball, hit, crazy)

GAME PLAY AND ROTATIONS

RULES + HOW TO PLAY

- **An indoor volleyball match is the best of five games.** The team who takes the majority (three games) is the overall winner of the match.
 - **To win a game, a team must score 25 points with a two-point difference.** If they're too closely matched, the game can continue over the 25-point maximum. In the final deciding game of the match it's only played until 15 points, but the two-point difference still applies.
 - **Each indoor volleyball team consists of six players.** For indoor volleyball, there are a number of positions. Usually, there are three players at the front near the net and another three towards the back of the court.
 - A rally begins with a serve. The server must take their shot from behind the end line and choose between an underhand or overhand shot. It's fine for the ball to graze the net, as long as the ball falls into the other side of the court.
 - **A point is scored when a team wins a rally.** Every rally begins with a serve and ends when a team wins a point. They do this in one of two ways. If your team sends the ball over the net and the defending team fails to return the ball, you score a point. You can also win a point if the other team hit the ball out of the designated court boundary. If a player on the other team makes a mistake, it's also possible for your team to win a point.
Every time a team wins a point, they will rotate their position in a clockwise direction around the court.
 - **A team can hit the ball to each other a maximum of three times** before returning it to the other side of the court.
- ★ Here are a few things you need to know to ensure you don't violate any rules or give the other team a point. You must not:
- Step on or over the end line when taking a serve
 - Hit or serve the ball into the net
 - Touch the net while the ball is in play
 - Reach over the net to get the ball. You may reach over to execute a follow-through or block a returning ball
 - Reach under the net

POSITIONS

- **Outside hitter (OH):** As you face the net, this player stands at the front-left of the court in the attack zone. Sometimes called the wing spiker, they often attack the ball a setter has prepared for them. While the ball is in play they can often work across the front and back row.
- **Right side hitter (RH or OH):** This player has similar responsibilities to the outside hitter, but they focus on the right-hand side of the court.
- **Opposite hitter (OP or Opp):** This is the player who scores the most points in the game. Their position is usually in the back left corner of the court. Not only do they need to score points, but, because they play against the other team's opposite hitter, they need defensive skills too.
- **Setter (S):** Often called the playmaker, this player is like the quarterback of the team. They run the offensive strategies and set the ball up for the attackers to score. They're often in the right-back of the court and can work both rows.
- **Middle blocker (MB):** Sitting in the middle, right in front of the net, this player's main responsibility is to block attacks from the other team. They're also a key passer who helps get the ball to the setter.
- **Libero (L):** This is a back row player, who can only work at the rear of the court. They usually wear a different color top to the rest of the team and can enter and exit the game without substitution. They also can replace any other player and often swap places with the middle blocker.

ROTATIONS

When the ball is served, players must be standing in the correct rotational position. Here's how it breaks down for each of the six player positions:

Front row players

- Left front – Must be in front of left back (LB) and between middle front (MF) and the sideline.
- Middle front – Must be in front of middle back (MB) and between left front (LF) and right front (RF).
- Right front – Must be in front of right back (RB) and between MF and the right sideline.

Back row players

- Right back – Must be behind right front (RF) and between MB and the sideline.
- Middle back – Must be behind MF and between RB and LB.
- Left back – Must be behind LF and between MB and the sideline.

Once the ball is served, players are allowed to move freely, ideally to base.

When do players rotate?

All six players on the serve-receive team will rotate in a clockwise direction when they win a point. For example, if a player is in MB, she will move to the left to LB. In turn, LB will move to LF, and so on.

The serving team does not rotate.

Does the server need to pay attention to rotation?

The server, who is in RB, is not in the rotation because he/she is technically not on the court. So servers are allowed to serve from anywhere behind the end-line without worrying about their position relative to the other players on the court – specifically, the MB, who is on their left in the rotation.

On the receive team, all rotation rules apply, so the RB must be to the right of the MB.

Reviewing rotation rules

Coaches often don't do a good enough job explaining volleyball rotation rules. To ensure that your players fully understand their positioning on the court and the team's rotational order, spend a few

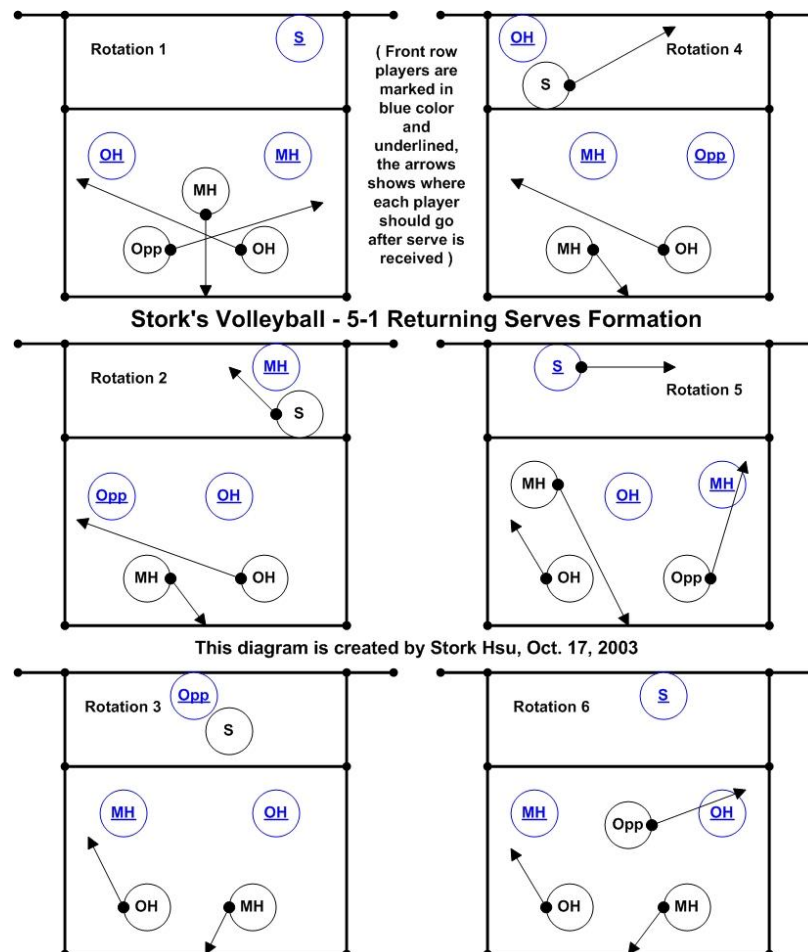
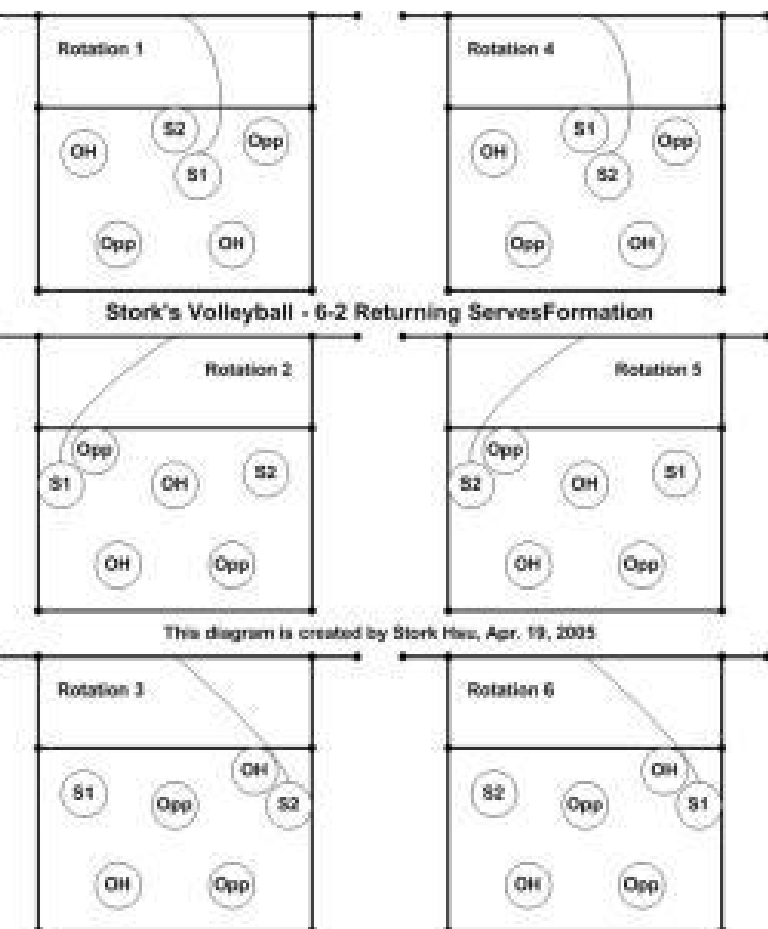
extra minutes every week reviewing the basics. The less players have to think about rotation when playing volleyball, the more they can focus on important stuff like hitting and passing.

It is always a good Idea to spend the last few minutes of practice doing game play based drills that allows the players to rotate as they would in competition.

TYPES OF ROTATION SYSTEMS

- **5-1:** In higher level competition, the 5-1 is likely the most common to be seen.
 - It involves five hitters and one setter who sets for the entire game. It provides flexibility and variety both offensively and defensively.
- **6-2:** Next most commonly seen is the 6-2.
 - It allows for six hitters, and two setters. The setter in the back row of the rotation is the active setter while the setter in the front row becomes a hitter. This allows for the strongest players to be on the court and effective.
- **4-2:** Finally, and probably least commonly seen in competition, is the 4-2 volleyball rotation.
 - The 4-2 involves four hitters and two setters.
 - And as you can probably guess, the setters never hit in this formation – at least not by design

DIAGRAMS OF THE ROTATIONS ON THE COURT



HOW I SUPPORT PLAYERS WHEN THEY ARE LEARNING ROTATIONS

When teaching players how to rotate I start by explaining to them when the rotation occurs and where everyone goes. After this concept is grasped I usually move on to then talking about systems and more advanced rotations. This is done at the end of every practice while playing 6-on-6 games. I also provide them with a rotation sheet that shows them on every rotation's defense and serve receive, where they will be. One is attached below.

This helps every player see where they should be and where the people around them should be.

[Linked](#) is an empty doc you can **make a copy** of to use when creating an example similar to the one below. Use the drawing tool in google docs to add the names of players.

