

# **Youth Volleyball Coaches Handbook**

## **Dedication**

This handbook is dedicated to the hardworking volunteer coaches who make our volleyball program possible. We appreciate the time, effort, and dedication you give to the children of Town of Ayden. The staff of Ayden Arts and Recreation Department offers many thanks for helping us provide this opportunity to the youth of our Town. We hope that you find this handbook helpful in your coaching endeavors.

Many Thanks!

Mission statement	1
Philosophy	1
Role of the coach	2
Facilitator	2
Positive role model	2
Understand who you are coaching	2
Coaches' responsibilities and guidelines	3
Responsibilities and guidelines	3
Coaches' code of conduct & code of ethics	5
Offense & penalty	8
Youth sports players	9
Four truths about children and sports	9
Age group characteristics	9
Ages 4 – 6	9
Ages 7 – 9	9
Ages 10 – 12	10
Ages 13 – 16	10
Players' responsibilities and expectations	11
Players code of ethics	11
Offense & penalty	12
Player safety	13
Care and Prevention of Injuries	13
Planning for the season	14
Parent orientation meeting	14
Purpose of a parent orientation meeting	14
Important points to cover	14
Volleyball Rules	15
Complaints	17
Appendix	18
Volleyball Drills	19
Passing Technique Warm up	19
Passing: Middle or Lateral	20
Perfect Passes	21
Serving: Bombs Away!	22
Passing out of the Net	23
Pass and Weave	24
Tag Team Warm up	25
Offense vs. Blockers	26
Rapid Pass - Set Drill	27
Short Serve Competition	28
Volleyball Jump Serve Up/Down	29
Setting Game	30



## **Mission Statement**

*The mission of Ayden Arts and Recreation Department  
is to provide high quality, diverse and accessible programs, services and facilities that enhance  
the quality of life for all ages, cultures, and abilities.*

## **Philosophy**

The game of volleyball is just a game. The number one reason (well documented in a number of studies) children participate in youth sports is to have fun. If you take the fun out of sports, you take the child out of sports. It is detrimental to the player if there is too much pressure placed on them too early to achieve a result rather than simply experiencing the sheer joy of a youth game. As a coach you want to create a stress free relaxed environment for your team. Let your kids know that it is okay to make mistakes. Get to know your kids individually and determine what they need to be successful. For some kids it might be a specific skill. For others it might be encouragement or even something as simple as acknowledgment.

Ayden Arts and Recreation youth volleyball is not about how many wins or losses are accumulated! Proper volleyball development is achieved by children participating in age appropriate activities so that they are able to experience, comprehend, and execute the game as it relates to where they are in their cognitive development. It is achieved by all of the team members receiving equal playing time. It is achieved by teaching the skills, rules and vocabulary of the game. Finally, it is achieved by teaching sportsmanship. Learning about winning and losing, playing by the rules, and respecting an opponent are just as important as learning volleyball skills.

The Ayden Arts and Recreation wants you to respect the game of volleyball, respect the players, the opponents, the referee, and the parents. Go about your teachings in a thorough, positive, yet humble manner. Players should come out of their experience with the coach as better people and better citizens, not just better volleyball players.

## **Role of the Coach**

As a coach in youth sports, one must assume the responsibility of ensuring that each participant has an enjoyable and safe experience learning volleyball. To fulfill these responsibilities, a coach must wear many different hats. Listed below are some prominent roles a coach may take on.

### ***Facilitator***

- Set up the conditions and environment for learning.
- Give only positive feedback (sarcasm and negativity should never occur).
- Encourage players to give each other positive feedback.
- Coaches should be enthusiastic, organized, patient, sincere, and fair.
- Practices should be conducted in the spirit of enjoyment and learning.
- De-emphasize winning and losing and emphasize sportsmanship and fun.
- Invite parents to help and participate.

### ***Positive Role Model***

- Work with all players equally.
- Treat each team member with equal regard and respect.
- Demonstrate respect for opponents, referees, parents, spectators, opposing coaches, and opposing players.
- Show respect and responsibility for the game of volleyball.

### ***Understand who you are coaching***

- Children are not defined by chronological age only.
- Each child matures and develops at a different pace.
- Treat each child as a unique individual.
- All activities should be age appropriate.
- Recognize that kids participate for different reasons. Some may be there because their older siblings play and it is expected in their family that they play. Some may play because they have a parent that is a frustrated athlete and wants to live through their child. Some may play because all their friends do, and they want to be with them. Others may play because they love volleyball.

***“THERE IS NO GREATER GIFT THAN THAT OF A GOOD COACH”***

*Bruce Brown (Former college coach)*

## **Coaches' Responsibilities and Guidelines**

Coaches are role models for teaching the fundamentals of the sport, sport skills, tactics and sportsmanship. Coaches are responsible for their personal conduct and behavior, as well as, the conduct and behavior of players. Coaches are required to follow the Ayden Arts and Recreation Department guidelines at all times. A coach who does not follow the guidelines provided by the Ayden Arts and Recreation Department will need to meet with the Arts and Recreation Department Recreation Director in order to continue to coach. All volunteer coaches shall be “at will coaches,” and may be discharged by the Ayden Arts and Recreation Department with or without cause. Only coaches who have been approved by the Ayden Arts and Recreation Department will be allowed to go on the field of play or court during practices and games.

### ***Responsibilities and Guidelines***

Coaches participating in Ayden Arts and Recreation Department youth sports shall:

- Be reliable, and on time. (The first to arrive and the last to leave...)
- Be responsible for distributing a game/practice schedule to parents/guardians prior to the beginning of the season.
- Have with you, at all practices and games, the Emergency Contact Information forms for each child on the team.
- Be responsible for making sure first aid kits are on-site at every practice and game. Ayden Arts and Recreation Department will supply these kits.
- Be responsible for ensuring players' parents/guardians are informed of changes to the game or practice schedule. This includes cancellations the day of the game or practice.
- Ensure that each player receives playing time in games according to Ayden Arts and Recreation Department policy on playing time. Equal participation in the program as a whole is the desired goal.
- Be responsible for communicating Ayden Arts and Recreation Department playing time policy as well as their own philosophy regarding playing time to parents/guardians & athletes prior to the start of the season.
- Have all players and team coaches shake hands after the completion of the game.
- Never play an injured or bleeding player. Think of the player first and not the team's final outcome.

- Conduct themselves in a professional manner at all times, and shall refrain from directing abusive or sarcastic language or gestures toward officials, other coaches or players.
- Serve as a role model for players and spectators.
- Ensure that Ayden Arts and Recreation Department equipment is accounted for, and maintained in usable condition and returned promptly at the end of the season.
- Leave facilities in the same or better condition than they were when the team arrived.



## **Coaches' Code of Conduct & Code of Ethics**

**I will honor the fact that youth sports exist for youth, not adults.**

**Expected Behavior:**

- Maintaining a positive, helpful and supportive attitude.
- Exercising your authority/influence to control behavior of fans and spectators.
- Exhibiting gracious acceptance of defeat or victory.
- Accepting and adhering to all league rules and policies related to participation of adults and youth. Playing all players according to the equal participation rules established by the league and the follow the spirit of those rules.
- Fulfilling the expected role of a youth coach to adopt a "children first" philosophy.
- Allowing and encouraging the players to listen, learn and play hard within the rules.
- Placing emphasis on fun, participation and team.

**I will do my very best to make youth sports fun for my child and other children involved.**

**Expected Behavior:**

- Recognizing the differences of each child and treating each player as an individual while demonstrating concern for their individual needs and well-being.
- Encouraging all players, regardless of skill level, to be included as a member of the team.
- Recognizing that some physical tasks, drills and demands are not appropriate for all youth.
- Recognizing that youth may vary greatly in physical, social and emotional maturation and considering these factors when setting up competitions and when interacting with youth.

**I will do my best to organize practices that are fun and challenging for all my players.**

**Expected Behavior:**

- Establishing practice plans that are interesting, varied, productive and aimed at improving all players skills and individual abilities.
- Devoting appropriate time to the individual improvement of each player.
- Conducting practices of reasonable length and intensity appropriate for the age and conditioning of the players.

**I will exercise good sportsmanship by demonstrating positive support for all players & officials at every game, practice or other sports event.**

**Expected Behavior:**

- Adopting the position, teaching and demonstrating that it is our basic moral code to treat others as we would like to be treated.
- Abiding by and supporting the rules of the game as well as the spirit of the rules.
- Providing an environment conducive to fair and equitable competition.
- Using the influential position of youth coach as an opportunity to promote, teach and expect fair sportsmanship and fair play.

**I will make sure all children play in a safe, healthy environment.**

**Expected Behavior:**

- Maintaining a high level of awareness of potentially unsafe conditions.
- Protecting players from sexual molestations, assault, physical abuse and emotional abuse.
- Correcting or avoiding unsafe practice or playing conditions.
- Using appropriate safety equipment necessary to protect all players.
- Seeing that the players are provided with adequate adult supervision while under the coach's care.

**I will insist that my team exercise good sportsmanship toward coaches, officials, fans, and other players.**

**Expected Behavior:**

- Becoming knowledgeable, understanding and supportive of all applicable game rules, league rules, regulations and policies.
- Teaching and requiring compliance of these rules among players, so that with this understanding good sportsmanship can be maintained.
- Teaching techniques that reduce risk of injury to both the coach's own players and their opponents.
- Discouraging illegal contact or intentional dangerous play and administering swift and equitable discipline to players involved in such activity.

**I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol. I will refrain from their use at all Ayden Arts and Recreation Department youth sports events.**

**Expected Behavior:**

- Being alcohol and drug free at all team activities or in the presence of players.
- Refraining from the use of any type of tobacco products at all team activities or in the presence of your players
- Refraining from providing any type of alcohol, drug or tobacco products to any of your players
- Encouraging parents to refrain from the public use of tobacco products or alcohol at team activities.

**I will place the safety and physical development of my players ahead of my personal desire to win.**

**Expected Behavior:**

- Using appropriate language in appropriate tones when interacting with league officials, players, game officials, parents and spectators. *At no time is profanity acceptable.*
- Including all players in team activities without regard to race, religion, sex, body type, national origin, ancestry, disability, ability or any other legally protected classification.

- Treating all players, league officials, game officials, parents, and spectators with dignity and respect.
- Playing all players according to the equal participation rules established by the league and the playing by the spirit of those rules.
- Encouraging youth to participate in other sports and activities to promote all aspects of their development.
- Allowing reasonable absences from practices.

**I will support other coaches and league officials.**

**Expected Behavior:**

- I will back and support league officials and coaches when working with my players and parents. I will enforce league rules.
- If I have concerns or questions, I will direct them to recreation staff or coach at an appropriate time, not during a practice or game. I will not criticize another coach, an official, or a recreation staff in front of my players or parents.
- I will cooperate and offer assistance whenever I can.

**I will remember that children play, referees call, fans cheer and coaches TEACH. Anytime someone steps out of their area of responsibility, a strain is created on every other areas involved.**

## **Offense & Penalty**

Coaches may not conduct themselves in an unsportsmanlike manner at any time and may be removed from the coaching staff if they do. Regardless of the situation, we expect our coaches to act with the upmost respect and integrity in any scenario.

- *Offense* ejected from a game
- *Penalty* Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum One (1) game suspension.
- *Offense* Failure to follow established guidelines, rules, policies and procedures as applicable to related sport
- *Penalty* Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum One (1) game suspension.
- *Offensive* malicious obscene/profane/vulgar verbal abuse directed towards another individual.
- *Penalty* Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum two (2) day suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Recreation Department function(s).
- *Offense* Physical aggression towards another; pushing, shoving, striking or touching another individual.
- *Penalty* Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum five (5) years suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Recreation Department function(s).
- *Offense* Any violation of North Carolina law; possession of firearms, knives, explosive devices weapons or under the influence of alcohol, narcotics, controlled substances, chemical or drug paraphernalia; assault with or without a weapon.
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## **Youth Sports Players**

A growing body of research literature finds that in addition to improved physical health, sport plays a primarily positive role in youth development, including improved academic achievement, higher self-esteem, fewer behavioral problems, and better psychosocial. Many studies focus on the effects of sport on the five “C’s” competence, confidence, connections, character, and caring, which are considered critical components of positive youth development. It has long been thought that the many facets of playing sport—the discipline of training, learning teamwork, following the leadership of coaches and captains, learning to lose, provide lifelong skills for athletes.

### ***Four Truths about Children and Sports***

- Fun is pivotal. If it isn’t fun, children will drop out of sports.
- Skill development is a crucial aspect of fun.
- Intrinsic rewards (self-knowledge that grows out of self-competition) are more important in creating lifetime athletes than are extrinsic rewards (victory or attention from others).
- The most rewarding challenges of sports are those that lead to increased self-knowledge, self-improvement, self-confidence, and self-esteem

### ***Age Group Characteristics***

Before you are able to effectively coach the children that have been entrusted to your care, you need to understand the characteristics of whom you are developing. It is imperative that you understand that when you are dealing with children that you take the time to comprehend where they are currently in their own development.

#### **Ages 4 - 6**

From a physical perspective (psychomotor), children in this age group perform activities at full speed. Then they need frequent rests and then they go again. Movements such as running, hopping, skipping and maintaining balance are not fully developed at this age.

From a mental perspective (cognitive), they have a short attention span, can only perform one task at a time and only if it’s given with basic instructions. They don’t have a clear understanding of the team concept and tactics are useless. Everything revolves around themselves and the ball.

From a social (psychosocial) standpoint the children need to feel secure in practice and in games. The coach needs to be sensitive in selecting activities that allow social interaction with the other players in their group. They are easily bruised psychologically. Elimination games are highly discouraged. They will also tend to exaggerate their accomplishments-let them.

#### **Ages 7 - 9**

This is the stage where players begin to understand the concept of passing to a teammate. From a physical standpoint they still lack a sense of pace and tend to exert themselves hard and

then drop. They are now starting to develop some physical confidence in themselves and they are still into running, climbing, rolling and jumping.

From a mental perspective they feel if they tried hard then they performed well (regardless of the activity's outcome). They are beginning to show a limited ability to tend to more than one task at a time.

From a social perspective they have a great need for approval from adults and like to show off individual skills. Negative comments carry great weight. Their playmates start to emerge and they will start to move towards small groups. They want everyone to like them at this age. You should be positive with everything that you do.

### **Ages 10 – 12**

Children at this age are on the edge of childhood and adolescence. It can present a multitude of problems, but also an abundance of potential.

From a physical standpoint strength and power become a major factor in their performance. Their muscles mature and they realize how much more they can do on the court. Their coordination significantly improves and it shows up in the execution of a child's technical ability.

From a mental perspective they can sequence thoughts and perform complex tasks. A coach can expect his players to understand the game and use teammates to solve problems. They are usually eager to learn.

From a social perspective whether a child enters puberty early or late is significant. Girls tend to form cliques while boys take a more broad approach to team relationships. The manner in which they feel about themselves can determine how they relate to their teammates. Sometimes popularity influences self-esteem.

### **Ages 13 - 16**

From a physical standpoint they are experiencing many physical changes. They are entering puberty where boys' voices are changing; they are experiencing a growing spurt.

From a mental perspective they are expanding to include more abstract thinking. They are beginning to understand cause and effect and are ready for more in-depth and more long-term experiences. They also like to set goals based on their needs and interests. They are also moving from fantasy to reality where their life goals or career are concerned.

From a social perspective a child at this age are transitioning into involvement with opposite sex groups. They are more interested in what their peers say than their parents' advice. They do search for adult role models outside of their parents

### **Players' Responsibilities and Expectations**

Participation in youth sports programs can have a lasting and meaningful effect on children's lives. Therefore, it is the goal of the Ayden Arts and Recreation Department to provide the highest quality of athletic programs to ensure that a child's experience with sports is a positive one. It takes the cooperation of everyone involved, including the participant, to make this happen. The Ayden Arts and Recreation Department has established the following responsibilities for participants to adhere to:

- Players will listen to their coaches and be respectful of their elders.
- Players will take care of the facilities, equipment, and uniforms which they are given or participate in.
- Players will make sure to eat the right foods and drink plenty of water before and after practices and games.
- Players will avoid all types of taunting and belittling remarks to their teammates or opponents.
- Players will show good sportsmanship at all times, win or lose.
- Players will not make sports a priority over schoolwork or family.
- Players will participate for the love of the game and social interaction with peers.

### ***Players Code of Ethics***

Players are expected to conduct themselves in a positive manner regarding their youth sports experience and accept responsibility for their participation by following the Players Code of Ethics Pledge:

- I will encourage good sportsmanship from fellow players, coaches, officials, and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and just amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, gender, creed or abilities, and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!
- I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect adults to refrain from their use at all youth sporting events.
- I will encourage my parents to be involved with my team in some capacity because it's important to me.
- I will do my very best in school.
- I will remember that sports are an opportunity to learn and have fun.

## **Offense & Penalty**

Players may not conduct themselves in an unsportsmanlike manner at any time and may be removed from the league if they do. Regardless of the situation, we expect our players to act with the upmost respect and integrity in any scenario.

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## **Player Safety**

As a volunteer coach you will have the care, custody, and control of someone else's children. In this capacity you have the potential to create and to prevent accidents and injuries.

- You must provide adequate supervision to your players. The health and safety of your team members are entrusted to your care. You must provide adequate supervision to avoid foreseeable accidents and injuries. NEVER leave players unattended! NEVER leave after a game or practice until all parents or guardians have arrived!
- Evaluate your players and determine any limitations that they may have. Be sure players are physically and mentally capable of performing the e required skills. Evaluate injuries as they occur and determine if it is safe for the player to play.
- If any minor or major injuries occur, always fill out an accident report and give it to a recreation staff member.

### ***Care and Prevention of Injuries***

The first line of defense in the treatment of injuries is to prevent them. Factors that can prevent injuries are:

- The proper use of equipment
- No jewelry allowed
- Make sure there is ample water and rest periods
- Make sure players don't return too early from an injury

The care of an injured athlete should begin the moment an injury occurs. Immediate care will reduce the severity of the injury and possibility of long-term disability. Upon seeing an injured player on the court a coach should:

- Stay composed
- Determine if a player is conscious and coherent (if not, dial 911)
- Question the player in regards to the injury
- Avoid moving the player if it appears major in any way
- Inspire confidence and reassure the player
- Determine how the injury occurred

After determining that an injury is not life threatening, the nature of an injury can be further determined. Note the position of the injured part. Is it swollen or deformed? Compare the injury with the uninjured opposite body part. Do not move the injured part.

## **PLANNING FOR THE SEASON**

Holding a pre-season parent meeting is beneficial for the parents, players and coach. Take this opportunity to inform parents of the goals and expectations as outlined in the Youth Volleyball Coaches' Manual.

### ***Parent Orientation Meeting***

All Coaches are encouraged to establish effective lines of communication with the team parents early in the season by holding a parent orientation meeting. This may take the form of a casual discussion at your first practice. The time you invest will pay dividends for all concerned throughout the season. If a meeting is impossible, then the following information could be put in a letter to parents/players. But, a face-to-face meeting is preferred.

### ***Purpose of a Parent Orientation Meeting***

- Enables parents to understand the objectives of the team.
- Allows parents to become acquainted with you, the coach.
- Inform parents about the nature (and inherent risks) of the sport.
- Articulate your expectations of them and of their children.
- Enables you to address any parents' concerns.
- Establishes clear lines of communication between you, parents, and players.
- Allows you to obtain parental support (assistant coaches, team parents, etc.).
- Designate a "Team Mom" to arrange a schedule for snacks and refreshments for each game.

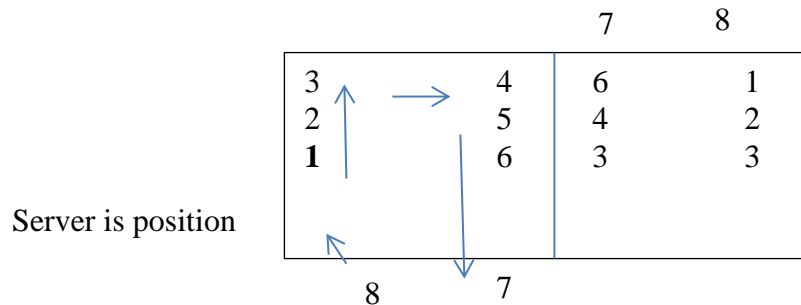
### ***Important Points to Cover***

- Introduce yourself and assistant coaches (or ask for volunteers at this time).
- Give background information about yourself (why you are coaching, experience)
- Coaching philosophy
- Discuss the value of the sport and the health benefits to the children.
- Discuss the philosophy of age appropriate activities.
- State the importance you assign to having fun and developing technique.
- State how you evaluate player development through skills and not winning.
- Discuss any team rules and guidelines.
- Let them know that all players will receive equal playing time.
- Discuss how players must respect opponents, coaches, officials, and the game itself.
- Briefly discuss rules of the game.

**2015 Volleyball Rules**  
**14U-10U-8U**  
**Playing Rules**

1. Rally scoring will be used. 25 point games/15 points deciding game. Games must be won by two (2) points. Tournament matches 2 out of 3.
2. Two (2) time outs per team per set. Time out is for one (1) minute.
3. No jewelry, watches or any accessory of hard materials may be worn during games.
4. Tennis shoes must be worn during games. (knee pads are strongly urged) Players must wear their team shirt for all games.
5. A team may touch the ball three (3) times in a row. Players may not hit the ball twice in a row.
6. The ball cannot be caught or carried. Any underhand hit with an open palm will be considered a catch or carry.
7. No double hits. Each hit must be clean or contact that player only once. A ball bouncing off head, chest, upper arms, etc. before or after the hit is considered a double hit.
8. Six (6) players will be on the court at a time during games in two (2) rows of three (3). Players must rotate when their team regains service from the left front position.
9. Coin flip will determine who will serve first.
10. The net height shall be (7feet, 4 ¼ inches) for the 14U and 10U. The net height shall be 6 feet 4 ¼ inches for the 8U.
11. Any balls hitting an overhead obstruction will be playable unless:
  - a. It is the teams 3<sup>rd</sup> hit.
  - b. If the ball hits the ceiling/beams on a serve, the point will be awarded to the other team.
  - c. If the hits the ceiling/beams as the ball crosses the net on a volley..
12. The ball *can* hit the net on a serve.
13. Serving: We will have 3 serving lines. 8U will serve from the red line closet to the net. 10U will serve from the line located at the top of the free throw circle. 14U will serve from the normal serve line.
  - a. Your foot can NOT cross/touch the Red Line/Serving Line or it is a point for the other team.
14. Serving: If the server gets ready to serve and drops/bounces the ball and it touches the court, you will get one warning per 6 person rotation. If it is done twice in the same 6 person rotation, it will count as a point for the other team. If the server tosses the ball up in the air and catches it, it will be a point for the other team.
15. Teams must have a minimum of six (5) players to begin a match. The other team must match same number of starters on the court.
16. 10 minute grace period for the 1<sup>st</sup> game of the night. There will be no grace time allowed for any games other than the 1<sup>st</sup> game (10 minute grace period).
17. Games will be scheduled every 45 minutes.

18. Teams will be given 5-10 minutes to warm up between games.
19. No player may serve more than 5 times in a row. If a player serves 5 points *in a row*, her team will still have possession of the ball but everyone will rotate to the next server.
20. SUBSTUATION: All players will rotate out of the game and in the game in the same order. The coach cannot substitute one player for another. The rotation order will be established at the start of each set.
21. Note: the only exception will be for injury. Coach must notify the official that the rotation is changing for the injured player.



## **Complaints/Ineligible**

### ***Complaint against Officials, Supervisors Procedures***

Complaints concerning officials, supervisors, and other aspects of the program can be made in writing at any time after the game has been played.

The Recreation Department will not recognize protests that will alter the scores or outcomes of games.

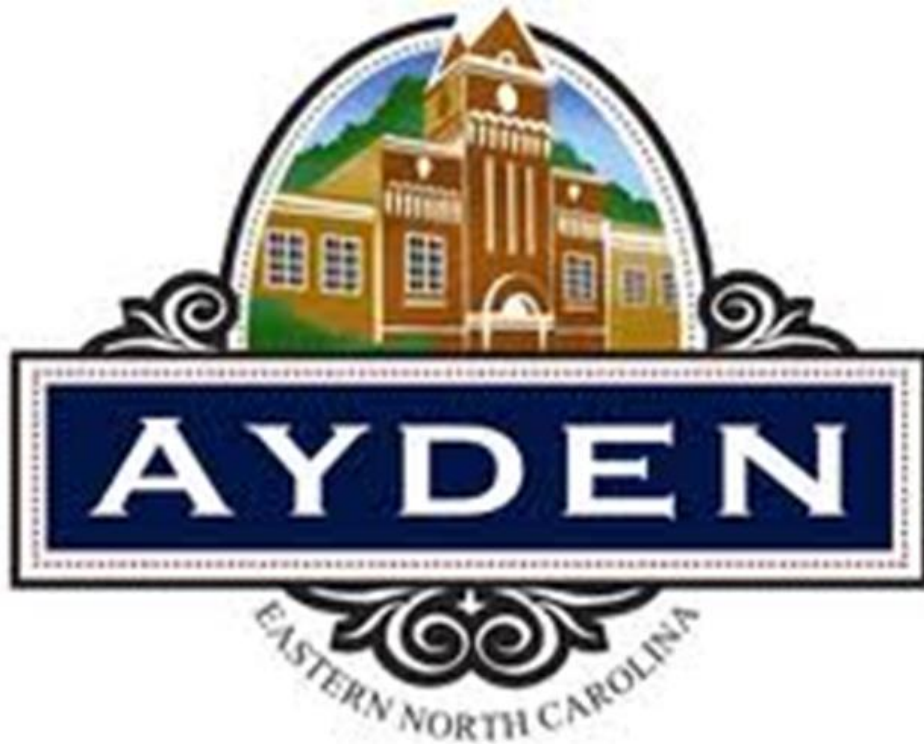
### ***Players/Forfeits***

Requests for determining eligibility of a player can be made at any point during the season by head coaches. When requesting the inquiry, coach must give players known name, jersey number, and team for which he/she participated. Teams will forfeit all games in which an ineligible player participates.

### ***Complaint against Coach Procedures***

This section outlines the procedures Ayden Arts and Recreation Department will use when the Department receives a complaint against a coach in an Ayden Arts and Recreation program.

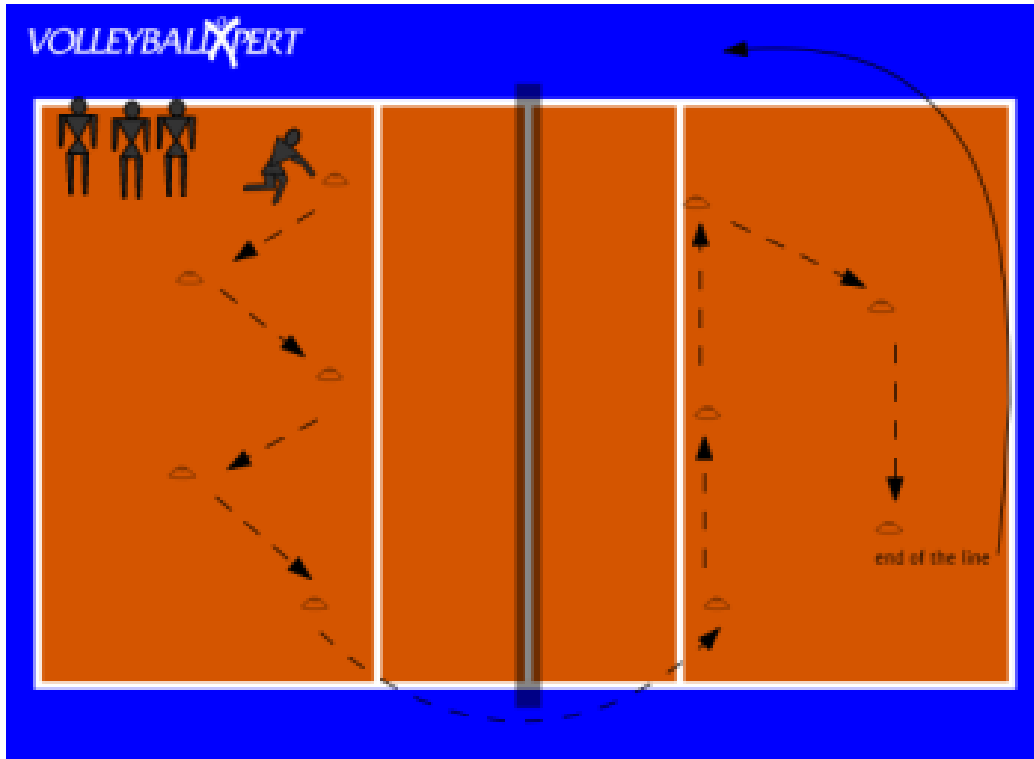
- Gather information and document eyewitness accounts of the event(s) that took place from interested parties involved to determine if a violation of the letter or intent of the Coaches' Code of Ethics Pledge has occurred. This may include the officials, other coaches, parents and children.
- Require the coach to attend a meeting with the Recreation Director to address the complaint and to offer his/her side of the incident. This meeting will be documented.
- Ayden Arts and Recreation Department has the authority to determine the severity of the situation and whether or not the affected coach has violated the expected behaviors outlined under each of the canons of the Code of Ethics Pledge.
- Ayden Arts and Recreation Department Director has the authority to enforce the appropriate range of disciplinary actions outlined in *Offense & Penalty* section of this manual



# **Youth Volleyball Coaches Handbook Appendix**

# Passing Technique Warm up

volleyball passing, warm up - This drill demonstrates how to practice moving in a low position and directing the platform to the target.



## Description

This drill demonstrates how to practice moving in a low position and directing the platform to the target.

## Setup

Cones set up in a particular path for passers to follow

## Instructions

Place cones in a W pattern on the court.

Players move from cone to cone in a low passing position.

At each cone player mimics a pass to the target, focusing on keeping the platform directed to it.

Players follow the path laid out in the diagram.

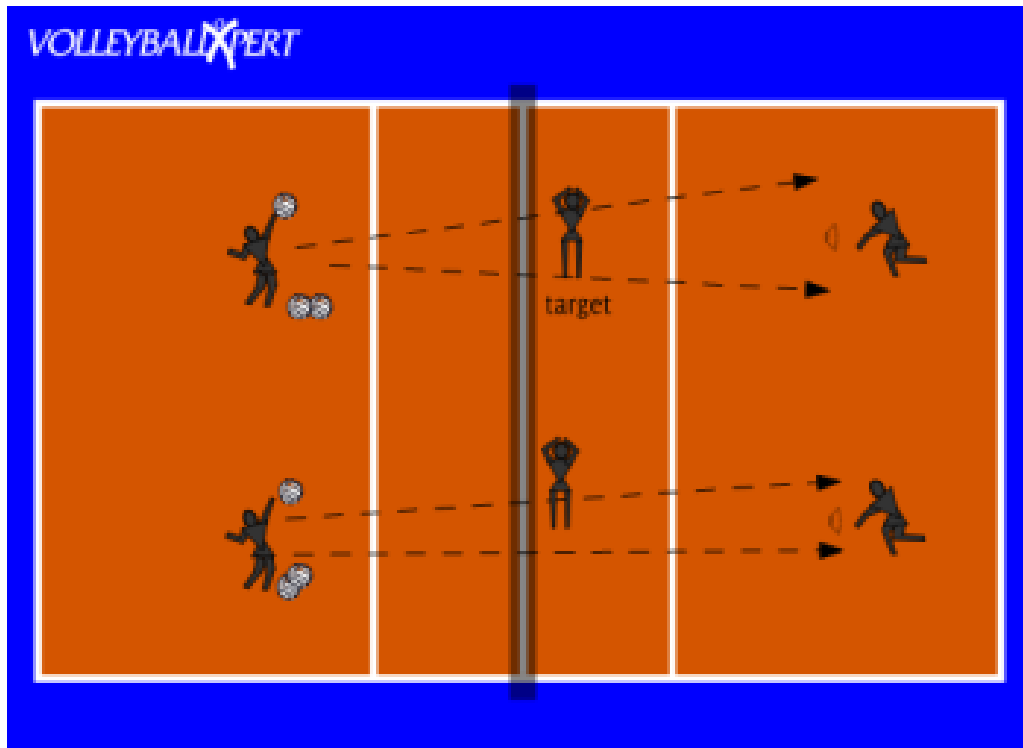
Repeat for a preset number of times.

**Variations**-Coach can toss a ball at each cone after technique has been learned

**Coaching Points**- Coach is watching to make sure passer is facing their designated target

# Passing: Middle or Lateral

passing, serve receive, serving, ball control - This volleyball drill will practice decision making between lateral and inside the body passing.



## Description

This volleyball drill will practice decision making between lateral and inside the body passing.

## Setup

Two passers on one side of net  
Two servers on opposite side of passers  
Two targets  
Cones for passers to shuffle around

## Instructions

Server gives passer a serve either inside toward the middle of the court or outside toward the sideline.  
If the serve is in the middle of the court the passer must shuffle to the ball and pass the ball from the mid-line of their body to the target.  
If the serve is toward the sideline the passer must shuffle to the ball and pass the ball with a lateral pass to the target.  
After the pass the passer shuffles back to behind the court.  
Each passer passes a set number of balls before rotating positions.

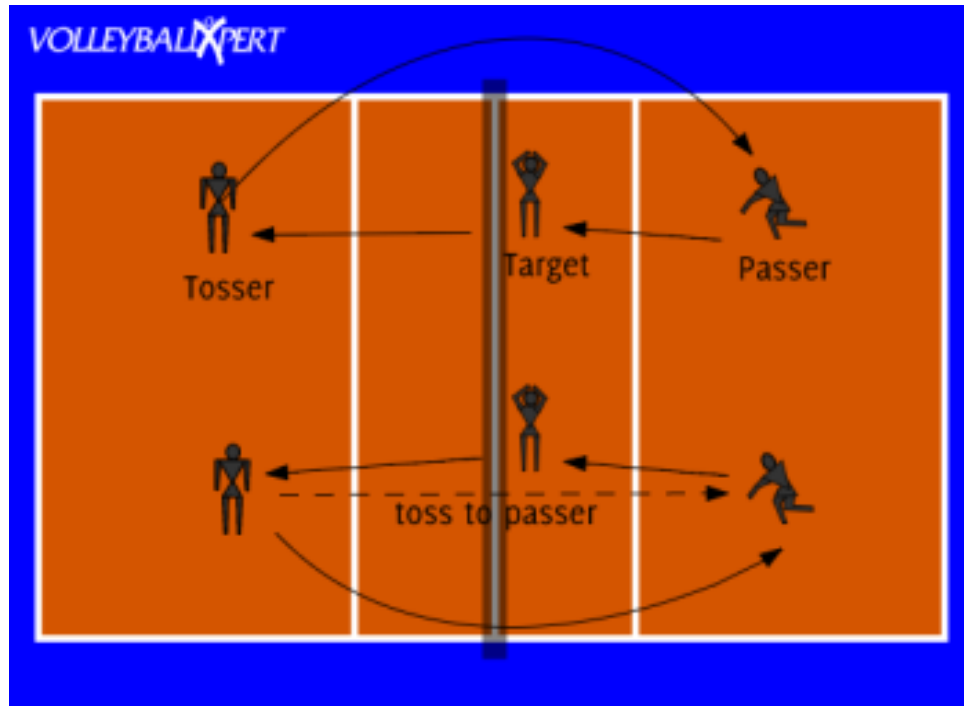
**Variations-** Can start with a toss or down ball before serving to passer

**Coaching Points-** Making sure passer is getting in correct body position and facing their target



# Perfect Passes

Passing, ball control, defense - This drill is to practice passing multiple repetitions, staying low and shuffling.



## Description

This drill is to practice passing multiple repetitions, staying low and shuffling.

## Setup

1. Two tossers
2. Two targets
3. Two passers

## Instructions

Tosser uses a double overhead motion to toss ball to passer.

Passer attempts to pass ball to target.

Target catches ball.

Tosser goes to pass, target goes to toss, passer goes to target.

Repeat for a set number of perfect passes. (Generally a larger number, 50-100)

## Variations

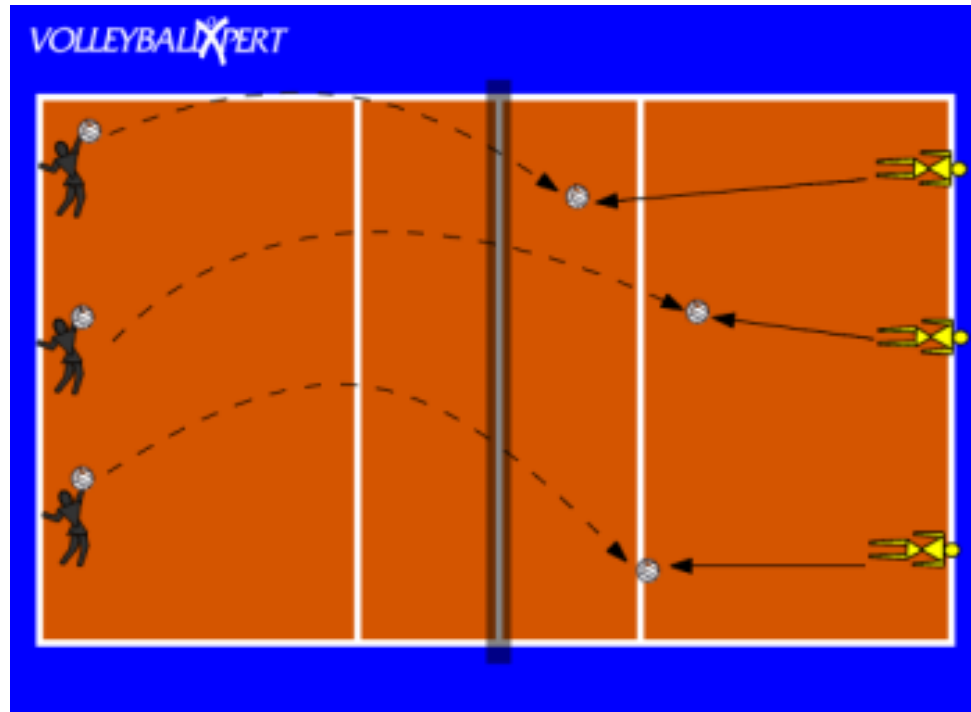
Teams get -1 for a non perfect pass.

Passer uses overhead pass only.

**Coaching Points-** Making sure the players are staying low in ready position

# Serving: Bombs Away!

serving, passing, defense - This drill will help practice short serves.



## Description

This drill will help practice short serves.

## Setup

Three servers on one side of the court

Three passers on opposite side on the end line

## Instructions

Server attempts to serve as short as possible without making an error into the net.

Passer starts on end line when serve is contacted the player runs and tries to catch ball before it hits the ground.

Server gets 1 point for every ball that lands without the passer being able to catch it.

Passer must run back to the end line.

Repeat for a set amount of time, 2-3 minutes.

## Variations

Add a target and have the passers attempt to pass the ball. Passers stay until they get a set number of passes to the target. Go in groups or individually.

Have two passers per server behind the end line and let the servers serve rapid fire, count to 3 or five between serves.

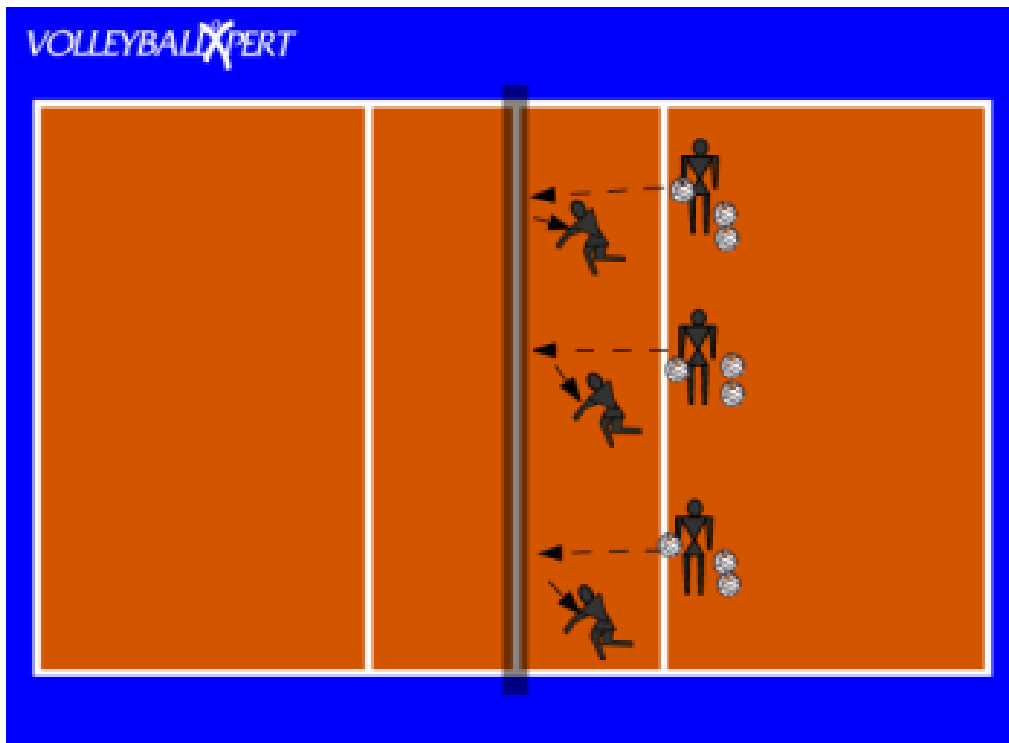
## Coaching Points

Checking to see that the passers are waiting until ball is contacted before moving

Encouraging them to anticipate where ball will go

# Passing out of the Net

**passing** - This drill will help players learn how to pass balls that are coming off the net.



## Description

This drill will help players learn how to pass balls that are coming off the net.

## Setup

Three passers across the net about the ten foot line  
Three tossers that are behind each passer

## Instructions

Passers start in a low position facing the net.  
Tossers throw a ball over the Passer's head and into the net.  
Passer drops low keeping platform extending and passes the ball.

## Variations

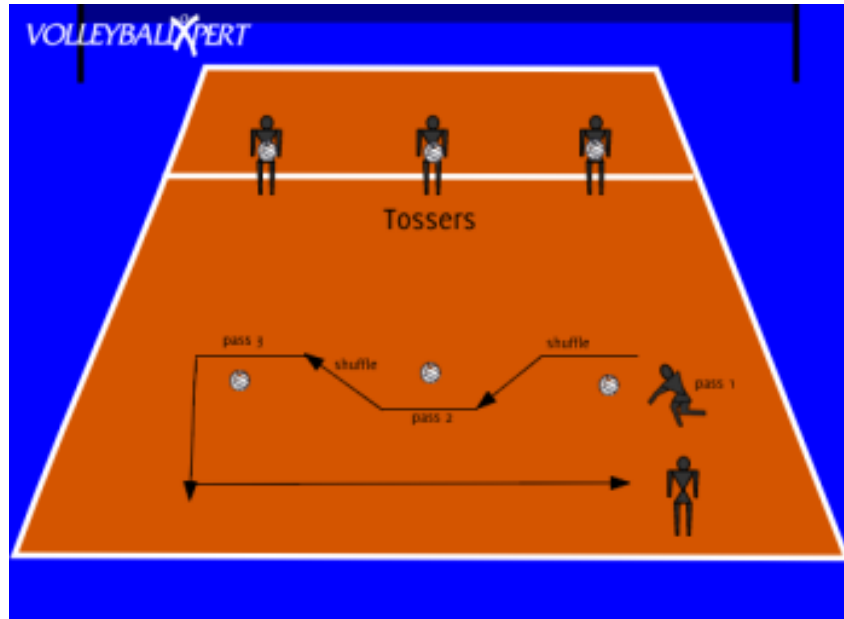
Tossers hit down balls or serves into the net.

## Coaching Points

Explain to players that depending on where the ball hits the net at, depends on where the ball will fall.

# Pass and Weave

**passing, ball control** - This volleyball drill helps to practice moving left to right and passing, while staying in a low position while moving to the ball.



## Description

This volleyball drill helps to practice moving left to right and passing, while staying in a low position while moving to the ball.

## Setup

Three tossers

A passer with a passing line ready to fill in

Three volleyballs to use as markers or you can use cones

## Instructions

Players start in a ready position, receive a ball and pass back to target.

Player shuffles and weaves around ball.

Player receives another ball and passes back to target.

Player shuffles behind ball.

Player receives last ball and shuffles in front of ball.

Player sprints back to line.

The next player steps into the drill immediately after the target receives the pass from the person in front of them.

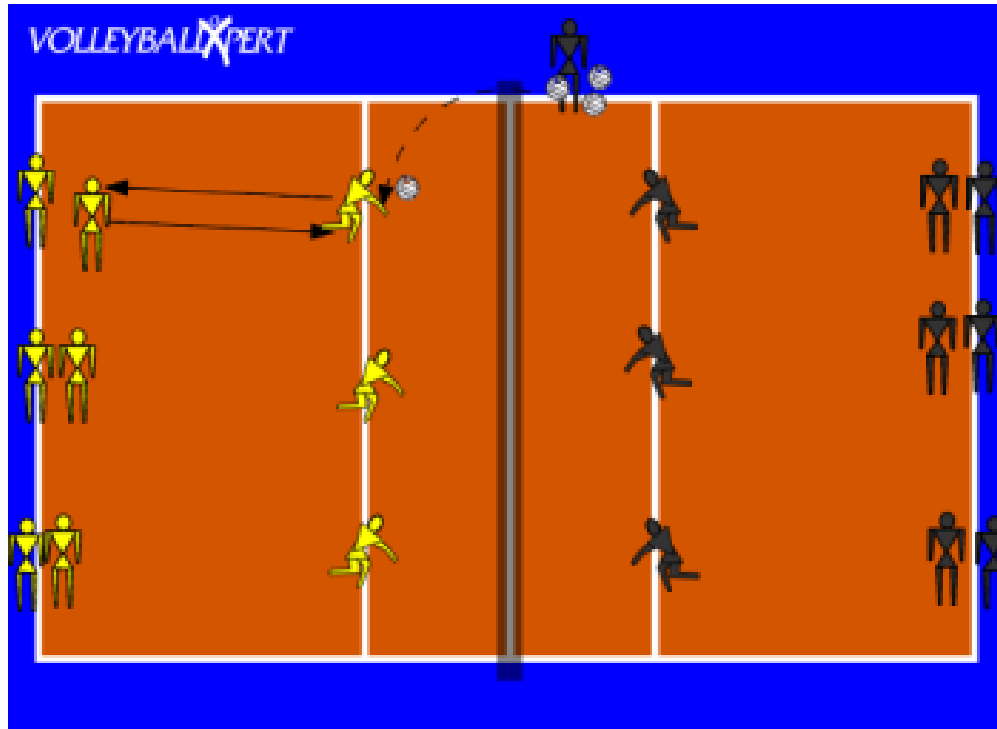
## Variations

Go in the reverse direction.

Add more balls and tossers.

# Tag Team Warm up

pass, set, tip, warmup, offense, defense - This is a good running warm up for teams with large numbers of players.



## Description

This is a good running warm up for teams with large numbers of players.

## Setup

1. Three players starting at the ten foot line
2. Coach tossing volleyballs into play
3. Three lines at the end line waiting to get tagged into play

## Instructions

1. Coach enters a free ball or down ball to alternating sides of the court
2. Players pass, set, and tip ball over the net into the ten foot line area
3. After contact is made, player must run back to their end line and tag a teammate to enter the game
4. Only three players are allowed inside the ten foot line at one time
5. Rally scoring to a specified number of points

## Variations

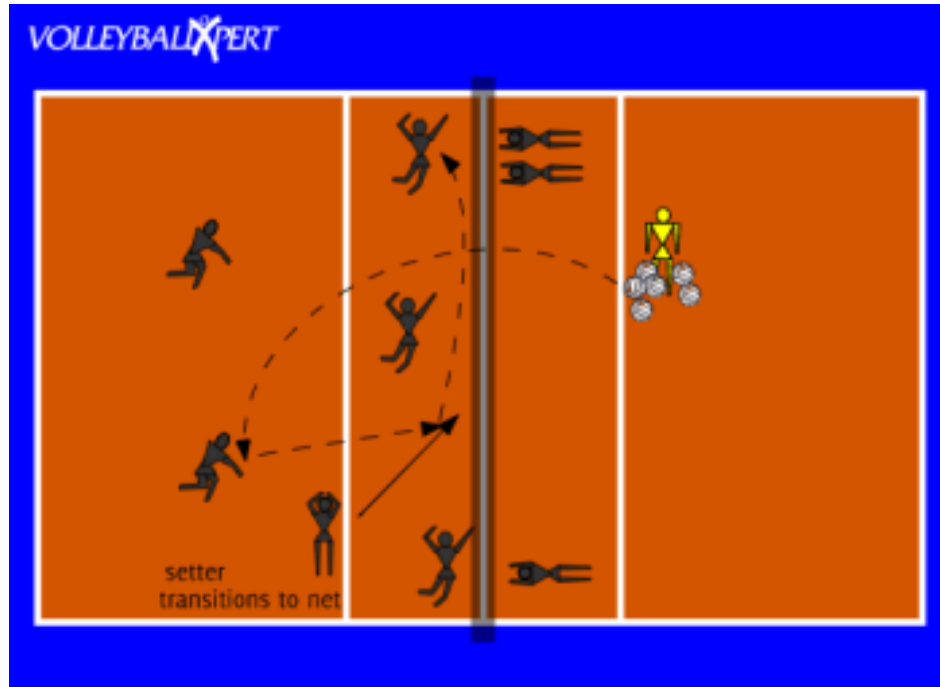
1. Add a back row defensive player

## Coaching Points

1. Players should be hustling to the ball, using good communication skills

# Offense vs. Blockers

volleyball offense, passing, setting, hitting, blocking - This volleyball drill will practice hitting against the block and transitioning off the net.



## Description

This volleyball drill will practice hitting against the block and transitioning off the net.

## Setup

1. 3 blockers on one side of net
2. 3 hitters, a setter, and two passers on one side

## Instructions

1. Coach tosses ball to passer
2. Passer passes to setter who sets any hitter running any team plays or sets
3. Blocking side attempts to block, focusing on attempting to double block every attack
4. Hitting side gets 1 point for every hard driven attack they can get past the block
5. Blocking side gets 1 point for every significant touch at the net
6. Have the setter and passers switch sides of the net to give the other players a chance to pass the free balls and attack
7. Play to a set number of points!

## Variations

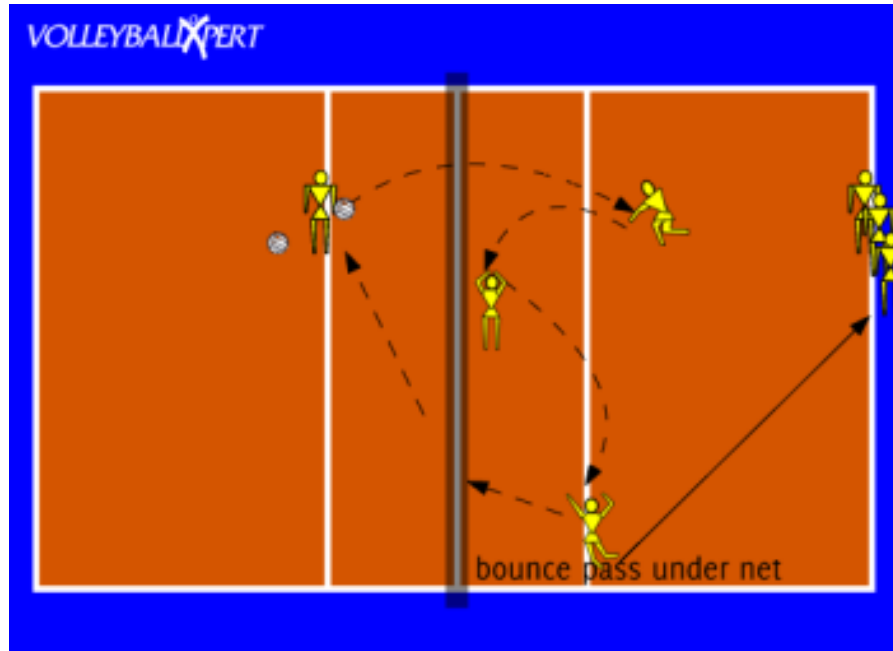
1. Use a setter for both sides of the net and only have two front row hitters

## Coaching Points

1. Watching for significant touches at the net, not just barely touching the volleyball

# Rapid Pass - Set Drill

volleyball free ball passing, setting - This drill focuses on passing free balls to the setter, allowing the setter to make a good outside set to the hitter.



## Description

This drill focuses on passing free balls to the setter, allowing the setter to make a good outside set to the hitter.

## Setup

1. 4 player positions: right back passer, setter on the same side of the net, and outside hitter (catching sets, not hitting them), a tosser on the opposite side of the net
2. Line behind the serving line, waiting to be the next right back passer

## Instructions

1. The tosser will toss an easy ball to the passer on the opposite side of the net.
2. Right back passer makes a good pass to the setter and follows the ball to become the next setter.
3. The setter makes a good set to the outside (left front) hitter and follows the ball to become the next outside hitter.
4. The outside hitter catches the ball and makes a bounce pass under the net to the tosser. The hitter then gets at the end of the passing line.
5. The tosser does not change positions until instructed by the coach or a specific time period.

## Variations

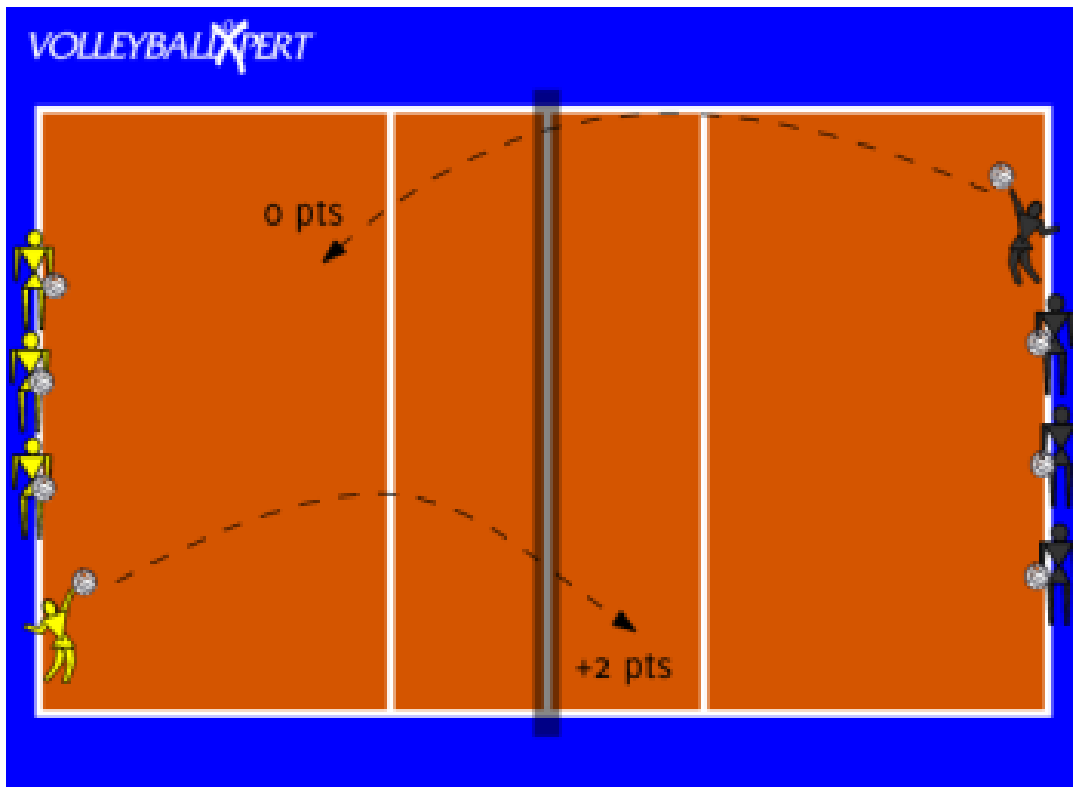
1. Tossers can make passing more difficult by serving to passer.

## Coaching Points

1. Should only need a couple volleyballs if the passing is good.
2. Tossers should be tossing quickly, not allowing a lot of wait time in between turns.

# Short Serve Competition

**serving** - This drill focuses on serving short, inside the ten foot line.



## Description

This drill focuses on serving short, inside the ten foot line.

## Setup

1. Two teams on both serving lines, competing against each other

## Instructions

1. Team divides in half, each on their own serving line
2. Teams will alternate servers in a set order
3. Teams score points for each serve that is serve inside the ten foot line
4. Teams get +2 points for a good, short serve, -1 point for a missed serve in the net or out of bounds, and 0 points for a complete serve that is not in the short zone
5. Team that gets to a specified number of points first wins

## Variations

1. Can add in conditioning by sprinting to the other teams serving line and back after a player serves

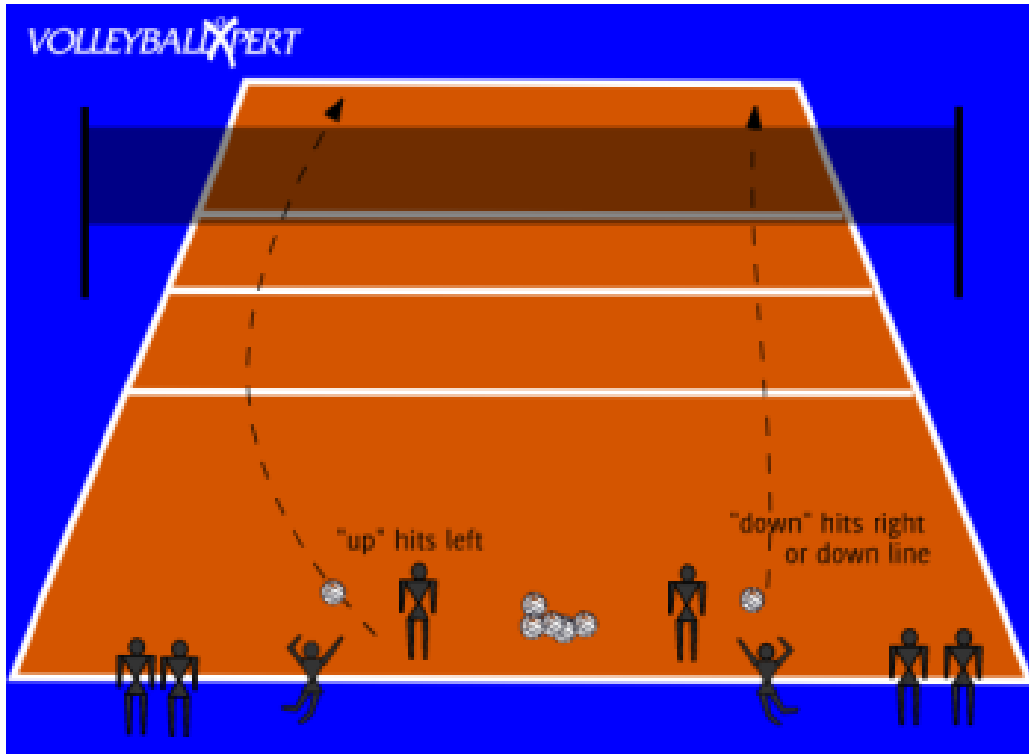
## Coaching Points

1. Observing swing of the server, making sure they are serving more of a floater serve to land it inside the ten foot line



# Volleyball Jump Serve Up/Down

**serving** - This drill will help players learn to jump serve from the end line when serving to a target area.



## Description

This drill will help players learn to jump serve from the end line when serving to a target area.

## Setup

1. Two coaches each with a serving line of players

## Instructions

1. Coach stands inside the court, with their left foot touching the end line
2. Coach tosses a low (antennae height) ball in front of the server
3. Server approaches and jumps from behind the end line
4. Coach calls "up" or "down"
5. If "up" is called, server swings and finishes with their thumb up (hitting the ball left)
6. If "down" is called, server swings and finishes with their thumb down (hitting the ball right of down the line)
7. Server swings and lands inside the court

## Variations

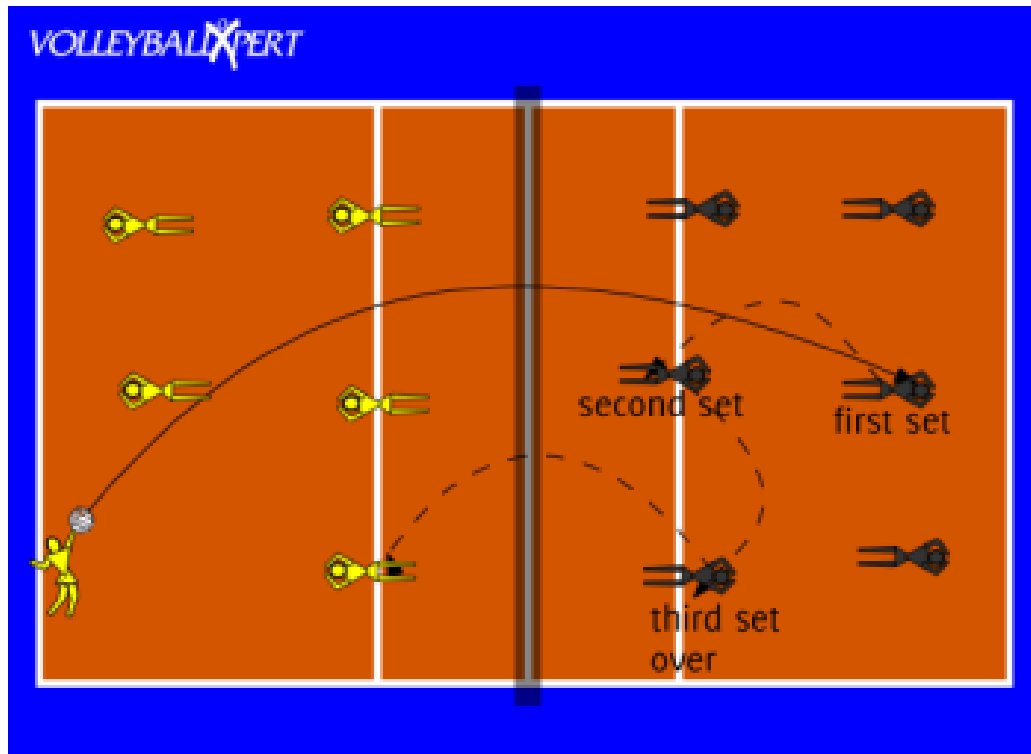
1. Can focus on individual servers one at a time, or can have a line rotating servers in and out

## Coaching Points

1. Coach and server are checking thumb for correct arm swing

# Setting Game

setting, ball control, overhead passing - This simple drill helps ALL players on a team develop the overhead pass or set.



## Description

This simple drill helps ALL players on a team develop the overhead pass or set.

## Setup

Six players on each side of the net, coach on the ten foot line tossing balls into play

## Instructions

Coach tosses a ball into play and players are only allowed to use the overhead pass or set. Three overhead passes and then the ball must be sent over the net to the other team. Regardless of what position a player is in, they will ONLY use the overhead pass. This also helps for their teammates to make sure they are overhead passing the ball high enough for their teammate to get under it. Low passes will not work.

\*Some coaches find it helpful to keep score, just as if they were playing a real game.

## Variations

\*Coach can allow teams to play three touches or less. This would allow players to look for holes on the other side of the net and if possible pass the ball over the net to that hole on the first or second touch too, resulting in a point for their team.

## Coaching Points

\*For more advanced players, allow server to serve ball into play before the setting begins.

## Additional Sources:

- <http://bestvolleyballdrills.com>
- <http://www.teamusa.org/USA-Volleyball/Education>
- <https://www.teamsnap.com/community/skills-drills/category/volleyball>
- <http://www.strength-and-power-for-volleyball.com/volleyball-drills.html>