

Contents at a Glance



<i>Introduction</i>	<i>1</i>
<i>Part I: Getting Started Coaching Volleyball.....</i>	<i>7</i>
Chapter 1: Teaching Volleyball to Children	9
Chapter 2: Building a Strong Foundation for a Successful Season	17
Chapter 3: The Rundown on Basic Volleyball Rules	35
Chapter 4: Getting in Sync with Your Players' Parents	57
<i>Part II: Building Your Team.....</i>	<i>73</i>
Chapter 5: Overseeing Your Team	75
Chapter 6: Running Fun-Filled Practices	91
Chapter 7: Making Game Day Memorable — For the Right Reasons	109
<i>Part III: Basic Training: Teaching Volleyball Fundamentals</i>	<i>129</i>
Chapter 8: Racking Up Points with Offensive Fundamentals	131
Chapter 9: Developing Defensive Fundamentals	153
Chapter 10: Fundamental Drills for Beginners	173
Chapter 11: Refining Your Coaching Strategies	189
Chapter 12: Taking Your Drills to the Next Level	201
<i>Part IV: Net Gains: Zeroing In on Advanced Volleyball Skills</i>	<i>219</i>
Chapter 13: Revving Up the Offense.....	221
Chapter 14: Bolstering the Defense	237
Chapter 15: Stepping Up the Offense	249
Chapter 16: Tightening the Defense	261
<i>Part V: The Extra Points</i>	<i>273</i>
Chapter 17: Keeping Your Players Healthy and Injury Free.....	275
Chapter 18: Dealing with Common Coaching Challenges.....	303
Chapter 19: Coaching a Club Team	325
<i>Part VI: The Part of Tens.....</i>	<i>335</i>
Chapter 20: Ten Ways to Make the Season Memorable.....	337
Chapter 21: Ten Ways to Help Players Take Their Game to the Next Level	341
<i>Index</i>	<i>347</i>

Table of Contents

Introduction 1

About This Book.....	1
Conventions Used in This Book.....	2
What You're Not to Read.....	2
Foolish Assumptions.....	2
How This Book Is Organized.....	3
Part I: Getting Started Coaching Volleyball.....	3
Part II: Building Your Team.....	3
Part III: Basic Training: Teaching Volleyball Fundamentals.....	4
Part IV: Net Gains: Zeroing In on Advanced Volleyball Skills.....	4
Part V: The Extra Points.....	5
Part VI: The Part of Tens.....	5
Icons Used in This Book.....	5
Where to Go from Here.....	6

Part I: Getting Started Coaching Volleyball..... 7

Chapter 1: Teaching Volleyball to Children.....9

Recognizing Your Behind-the-Scenes Responsibilities.....	10
Working with children and parents.....	10
Understanding rules and terms.....	11
Taking the Court.....	12
Planning and executing practices.....	12
Handling game day duties.....	14
Juggling the Dual Parent-Coach Role.....	14
Preparing for All Kinds of Obstacles.....	16

Chapter 2: Building a Strong Foundation for a Successful Season17

Developing Your Volleyball Coaching Philosophy.....	17
Eyeing the importance of a philosophy.....	18
Crafting your philosophy to match your age group.....	19
Emphasizing teamwork.....	22
Motivating players.....	24

Creating a positive atmosphere	25
Keeping communication lines open	26
Making every child count	26
Putting fun and skill development first	28
Making good sportsmanship really matter	29
Understanding the League You're Coaching In	30
Knowing the rules	30
Playing for fun or first place	31
Getting on Schedule	32
Scheduling team practices	32
Dealing with makeup matches	33
Dressed for Success: Volleyball Equipment	33
What the league provides	33
What players must bring	34
Chapter 3: The Rundown on Basic Volleyball Rules	35
Stepping on the Court	35
Examining the markings on the court	36
Eyeing the court and the net	37
Knowing the Rules of the Game	37
Identifying the basic rules	38
Considering special rules	41
Mastering Volleyball Lingo	42
Understanding the Official's Signals	46
Getting Your Kids Ready to Step on the Court	48
Pointing out player positions and their responsibilities	48
Filling out a lineup card	53
Highlighting the basic skills your kids need to play the game	54
Chapter 4: Getting in Sync with Your Players' Parents.	57
Introducing Yourself	58
Explaining Your Coaching Philosophy	60
Verbalizing your stance on wins and losses	60
Emphasizing good sportsmanship for players	61
Maintaining model parent behavior in the stands	62
Determining playing time and positions	63
Shuffling Papers: Managing Parental Forms	65
League documents	65
Personal packets	66
Recruiting Parents to Help on the Sidelines	67
Finding assistant coaches	67
Filling support roles	69
Meeting Players' Special Needs	71
Concluding Your Meeting with Q & A	72

***Part 11: Building Your Team* 73**

Chapter 5: Overseeing Your Team 75

Sizing Up the Players.....	75
Evaluating skills	76
Identifying players' strengths and weaknesses	77
Choosing a Starting Lineup	80
Assigning positions.....	80
Finding roles for all your players.....	82
Coaching All Kinds of Kids	82
The average child	83
The inattentive child	83
The shy child.....	84
The child who's afraid of getting hurt.....	84
The bully	84
The ball hog.....	85
The athletically gifted child.....	86
The child who doesn't want to be there.....	87
The inexperienced child	88
The uncoordinated child	88
The child with special needs.....	89

Chapter 6: Running Fun-Filled Practices 91

The Opening Practice: Starting the Season on a Good Note.....	91
Making a great first impression.....	92
Coming to practice prepared	94
Starting and finishing with fun drills	95
Devising Fun Practices for the Whole Season.....	96
Setting the tone.....	97
Determining practice length and frequency.....	98
Persuading parents to take the court.....	98
Keeping practices consistent	99
Using practice time efficiently.....	100
Making Practice As Productive As Possible for All Players	101
Building basic skills	102
Providing help for those in need	102
Piling on the praise for effort	104
Ending on a Positive Note.....	106

Chapter 7: Making Game Day Memorable — For the Right Reasons 109

Tending to Pregame Matters.....	109
Arriving at the court early	110
Meeting with referees and opposing coaches.....	110
Submitting your lineup.....	111

Holding the Pregame Team Meeting and Warm-up..... 111

 Pumping kids up 112

 Warming up 114

Coaching a Great Game..... 115

 Providing constant motivation 116

 Communicating plays 118

 Making player substitutions 119

 Employing advanced strategy 120

Working with the Referees 121

 Remembering respect 121

 Asking about rules, not judgment..... 121

Modeling Good Sportsmanship 122

 Winning gracefully 123

 Losing with class..... 125

Wrapping Up the Day: Delivering the Postgame Talk..... 126

 Zero in on the fun factor 126

 Highlight the positive 127

 Spotlight good sportsmanship 127

Part III: Basic Training: Teaching Volleyball Fundamentals..... 129

Chapter 8: Racking Up Points with Offensive Fundamentals131

Focusing Your Approach for Newbies 131

Mastering the Basics 132

 Serving..... 133

 Setting..... 141

 Setting strategies 145

 Attacking..... 148

Chapter 9: Developing Defensive Fundamentals153

Stressing the Importance of Defense 153

Mastering the Basics of Defense..... 154

 Maintaining sound defensive position 155

 Serve receive 155

 Passing out of the net..... 160

 Blocking..... 161

 Digging..... 166

Chapter 10: Fundamental Drills for Beginners173

Warming Up Right 173

Going On the Offensive 175

 Serving smorgasbord 176

 Setting the table with good sets..... 177

Passing	179
Making kill shots	180
Dialing Up Defensive Drills	182
Receiving serves	182
Digging.....	183
Blocking.....	184
Putting It All Together: A Sample Practice Session.....	187

Chapter 11: Refining Your Coaching Strategies189

Adjusting to Changing Team Dynamics	189
Revising your coaching plan	190
Handling challenges as your team improves	191
Conducting the Midseason Review	193
Resetting your coaching goals	194
Helping your team reach its goals	196
Exploring different approaches for reaching goals	197
Moving kids to new positions.....	197
Helping players conquer injury fears.....	198
Meeting One-on-One with Parents.....	199

Chapter 12: Taking Your Drills to the Next Level201

Upgrading the Offense	201
Packing more service punch	202
Spicing up the setting.....	204
Passing	206
Attacking	208
Strengthening the Defense	210
Serve receive	210
Digging.....	212
Blocking.....	214
Putting It All Together: A Sample Practice Session.....	216

Part IV: Net Gains: Zeroing In on Advanced Volleyball Skills 219

Chapter 13: Revving Up the Offense221

Eyeing Advanced Offensive Techniques	221
Pumping up the serving	222
Upgrading the attack	227
Transitioning from Defense to Offense.....	232
Examining the setter's responsibilities.....	233
Taking a look at the front and back rows	234
Covering blocked balls.....	234
Turning broken plays to your advantage	236

Chapter 14: Bolstering the Defense	237
Polishing Advanced Defensive Techniques	237
Multiple blocking	238
Pancake digs	239
Shoulder roll	240
Determining Your Defense	243
Player back setup	243
Player up alignment	246
Chapter 15: Stepping Up the Offense	249
Exploring Different Offensive Systems	249
Implementing the 6-2	251
Attacking with the 5-1	252
Using the 4-2	252
Analyzing Serve-Receive and Passing Formations	253
Going with the four-player formation	255
Dissecting the three-player formation	256
Using the two-player formation	256
Sizing Up Setting Systems	257
Playing with the frontcourt setter	257
Working with the backcourt setter	259
Chapter 16: Tightening the Defense	261
Derailing Different Attacks	261
Going up against the back row attack	262
Defeating an off-speed attack	262
Eyeing Special Defenses	264
Switching in transition	264
Facing a free ball	266
Using a rotation defense	266
Employing a perimeter defense	268
Part V: The Extra Points	273
Chapter 17: Keeping Your Players Healthy and Injury Free	275
Following a Healthy Diet	275
Understanding the fuels needed	276
Fueling up before the match	277
Filling up after the match and practice	278
Staying hydrated	279
Stretch It Out: Getting Your Players' Muscles Ready for Action	280
Getting players' hearts pumping	281
Covering the basics of stretching	283
Diving into more advanced stretching	288
Cooling down in practices and games	292

Pump It Up: Conditioning Your Team	292
Bruises to Sprains: Recognizing and Treating Injuries	293
Stocking your first-aid kit	294
Tending to common volleyball injuries	295
Handling an emergency situation	299

Chapter 18: Dealing with Common Coaching Challenges 303

Addressing Problem Parents	303
Win-at-all-cost parents	304
Parents who use you as a babysitter	306
Parents who question playing time	307
Disruptive parents	308
Perpetually late parents	312
Handling Problem Coaches	314
Opposing coaches who encourage unsafe play	314
Opposing coaches who display poor sportsmanship	315
Dissenting assistants on your team	316
Dealing with Discipline Problems on Your Own Team	317
Using the three-strike technique	318
Using other techniques	320
Dealing with the nonlistener	322
Addressing the nonstop talker	322
Snuffing Out Problem Spectators	323

Chapter 19: Coaching a Club Team 325

Getting Familiar with Club Teams	325
Assembling Your Club Team	326
Holding a tryout	326
Selecting players	328
Breaking the good and bad news to players	330
Handling Player Problems on the Road	331
Addressing safety issues	331
Tackling behavior issues	332
Enjoying the Season	333
Warding off burnout	333
Keeping everyone interested	334

Part VI: The Part of Tens..... 335

Chapter 20: Ten Ways to Make the Season Memorable. 337

Encourage Laughter	337
Solicit Player Feedback	337
Make Every Child Feel Special	338
Share Your Own Experiences	338
Set Up a Coaches-Players Tournament	338

Run Silly Scrimmages	339
Present Team Awards	339
Involve the Parents in Practice.....	339
Present Team Photo Albums	340
Keep the Season in Perspective.....	340

Chapter 21: Ten Ways to Help Players

Take Their Game to the Next Level. 341

Visualize Success.....	341
Nullify the Nerves	342
Meet with Players to Discuss Their Goals.....	342
Give 'Em Drills to Perform at Home	343
Send 'Em Camping.....	343
Push the Right Buttons	343
Cue the Conditioning	344
Avoid Practice Perfection.....	345
Bring In Guest Speakers.....	345
Master the Art of Conversing — With Yourself.....	345

***Index*..... 347**