

## 10 Things You Should NEVER Do at Volleyball Tryouts

1. **Don't give your setter a hard time.** Got blocked? Hit out? Move on.
2. **Don't bring your cell phone into the gym.** Coaches don't want to see you texting when you should be concentrating on volleyball.
3. **Don't form cliques.** Be sure to rotate who your partner is for drills and invite new people into your group.
4. **Don't ever quit on a ball,** even if you know it's unlikely that you'll get to it. Even in pepper! Coaches want players who give their all on every ball.
5. **Don't talk when the coach is talking.** It's disrespectful and sends a bad message to the coach.
6. **Don't do anything halfway.** Lazy footwork on free balls, not covering the hitter, walking to shag balls, etc. Give your all whenever you're in the gym.
7. **Don't pay attention to your parents on the sidelines.** No conversations or gestures. Coaches want to focus on the player, not the parent.
8. **Don't carry a mistake with you into the next play.** A coach can tell by your body language if you're not over being blocked on the previous point.
9. **Don't be resistant to stepping into another position,** even if it's not the one you're trying out for. Coaches want players who can adjust and are willing to be versatile if that's what's needed to make a drill work or help the team.
10. **Don't give off a negative vibe.** Look like you're having fun playing the game. Smile, be upbeat, support your teammates, and enjoy yourself. Coaches like players who bring positive energy to the court.

**Bonus:** Don't show up for a tryout wearing a t-shirt from a rival school or club!