THEARTOFCOACHINGVOLLEYBALL.COM

CLUB VOLLEYBALL CHAMPIONS CLINIC

January 30, 2022



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CLUB VOLLEYBALL
CHAMPIONS CLINIC

ZOOM TIPS & TRICKS

To join the Club Volleyball Champions Clinic from 8 a.m. to 3:15 p.m. PST on Sunday, January 30, click the link provided by email or head to the AOCVB site under **My Dashboard >> Clinic Videos** to find the link.

Mute your microphone & camera in the main clinic room

- To help keep distracting visuals and background noise to a minimum, make sure you turn off your video and mute your microphone when you first join the meeting and when you come back into the main clinic room from the breakout room session. (To mute and unmute yourself in the breakout rooms, you can use the space bar!)

Update your name & picture

- To update your name and image in Zoom, click “Chat” on the menu control panel at the bottom of the screen. Once in the chat room, hover over your icon and click on the 3 dots in the top-right corner. Then rename yourself (be creative!) and add a profile picture to personalize your experience.

Ask questions

- To ask a question, use the “Chat” feature on the control panel. When you click on chat, the chat window will appear. Type your question and press Enter to send it to the clinicians.

Give reactions

- Use “Reactions” to give the presenter a clapping hand or a thumbs up. It’s located on the far right of the control panel at the bottom of the screen.

Be mindful of background noise

- When your microphone is not muted, avoid activities that could create additional noise, such as shuffling papers.

Position your camera properly

- If you choose to use a web camera, be sure it is in a stable position and focused at eye level, if possible. Doing so helps create a more direct sense of engagement with other participants.

CLUB VOLLEYBALL CHAMPIONS CLINIC

SCHEDULE & TABLE OF CONTENTS

SUNDAY, JANUARY 30
8:00AM-3:15PM PST

8:00 AM	Clinic introduction		
8:10	3-tiered skill enhancement: Develop, cooperate, compete	Tina Kinkead	Page 3
8:40	**5 minute break**		
8:45	Serving consistency: Getting to 90%	Bret Almazan-Cezar	Page 4
9:15	**5 minute break**		
9:20	Serve receive: How to make ace prevention your top priority	Tod Mattox	Page 6
9:50	**10 minute break**		
10:00	Timed defensive drills with effort consequences	Tina Kinkead	Page 8
10:30	Creative ways to teach reading from 1v1 to 6v6	John Dunning	Page 9
11:00	**30-minute lunch break ft. live Q&A with John Dunning**		
11:30	The setter's training list: Don't forget the "little stuff"	Davis Ransom	Page 11
12:00 PM	**5 minute break**		
12:05	Creative blocking & setting systems for developing teams	Tod Mattox	Page 13
12:35	Core drill standards: The perfect tool for tracking your team's progress	Tina Kinkead	Page 15
1:05	**15 minute break**		
1:20	Teaching your attackers to hit with spin and shape	Davis Ransom	Page 16
1:50	6v6 play in the first 15 minutes of practice	Tod Mattox	Page 19
2:20	Clinic close		
2:25	**5 minute break**		
2:30	Question & Answer Session (Tod Mattox, Tina Kinkead, Davis Ransom)		Page 21

BONUS SESSIONS
AVAILABLE ON-DEMAND AFTER THE CLINIC

The following bonus sessions will be available for clinic attendees to view on-demand after the clinic. These sessions were pre-recorded specifically for the Club Champions Clinic by experienced coaches and JVA Club Directors.

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Develop, Cooperate, Compete

Develop

- Teach your correct form for the skill.
- Practice your correct form for the skill.
- Get Repetitions in executing the correct form.
- Gain Confidence in executing the correct form.

Cooperate

- Perform your skills individually for a time or number.
- Perform your skills as a team for a time or number.

Compete

- Create individual skill competitions.
- Create groups (teams) to compete the skills

3-Tiered Serving Enhancement

1. Skill Development – consistency, velocity, no spin/FLOAT
    - Establish goal – consecutive, hit tape, no spin.
2. Cooperate – team together, team time limit
    - Each person 5 no spin/FLOAT in 2 minutes or 5 Tapers
    - 8 serves in a row (everyone on team)
    - 12 serves in a row, no misses as a team
3. Compete – pressure of getting the job done
    - 4-minute serving 11,11,13 (2 Big Points)
    - Serve Areas +10 (2 teams)

Objective: Developing protocols for all players to serve effectively 90% of the time.

1 skill in volleyball you're 100% in control.

Serving consistency is developed through a process of REHEARSED skills, rituals and routines.

MENTAL GAMES

Routines must be established

- Routines should include the actual physical skill and mental skills (self-talk cues).
- Meditation helps to be present.
- Don't let "I" words get in the way. (e.g "it must be in," "I have to serve Zone 5."

Build routines to rehearse every day

- Mental rehearsals can be at practice but also at home (EVERY DAY)
- ROUTINE every time
- Mindset should be that each serve is for a championship.

"AIM SMALL…MISS SMALL"

- Create targets that are incredibly small. Shoes, water bottles, under carts, etc.

THE PHYSICAL SKILL of serving

- The ball MUST be tossed in front of the server.
- Possible bend elbow to lift the ball
- Use the term "place the ball" rather than "toss the ball"
- Verify toss location through video (Athletes get an additional modality to see what they are doing is correct.)
- Video from all locations (front, back, side) to confirm what they are doing is what they are feeling.
- "Aim small, miss small" at a little dot in the center of the ball for contact.

DRILLS

- Use elastic to serve under!
- Partner serving starts at 10-foot line to 10-foot line to establish routines.
- Progress to 15 feet. Hit partner in head, (aim small, miss small)
- Find the sweet speed at serving using pocket radar (38 MPH is baseline)

SUMMARY

1. Create physical and mental routines for serving.
2. Aim small, Miss small when serving.
3. Rehearsed routines, serve under tape, hit 38, builds consistency and toughness.



Why ace prevention?

- At beginning to intermediate levels, the most important skills are serving and serve-receive.
- Often, the team that has the most aces wins. When a team's best server goes on a 6-7 point run, that is the difference in the set.
- Ace Percentage Against is critical. Beginning teams are between 30-50%. Intermediate teams are 15-30%. Intermediate/Advanced numbers are 6-14%. Advanced are 5% and under.
- Because of its importance, I use the term Ace Prevention rather than Passing. This helps to better focus the passer's attention.

To do teaching list – skills

1. Teach players to be balanced (flexed, not low) and Two-footed.
2. Teach players a 3-count Step-Shuffle move. They begin and end Two-footed.
3. Teach the 4 B's: Butt – Behind – Ball – Balanced.
4. Teach Body to Ball Relationship. Begin catching ball between knees and waist. In all catching, hands stay still. It's Ball to Hands, not Hands to Ball.
5. Teach players to keep elbows locked out – before, during and after contact.
6. Teach players to Freeze. This will allow them to self-correct.
7. Later, teach Lateral Passing. This is combined with Drop Step footwork.
8. Very much later, teach Overhead Passing for emergencies.

To do teaching list – serve receive system

1. Teach players to communicate before the ball crosses the net. (Mine, short, deep, Name, etc.)
2. Teach front-row players to Open Up, clearing a path from passer to setter.
3. Teach explicit court coverage. For seams, both players should move in coordinated Parallel Lines (who moves in front, who moves behind).
4. Teach system flexibility. That may involve different passers, more/less passers, or a different formation. For example, vs. a team's best server, a 3-person formation could be adjusted to 5-person.

5. Teach setters (other front row non-passers?) to save Clippers.
6. Teach 2nd Ball Defense. Especially against good servers, everyone must be in red alert help mode since the pass will rarely get to target.

On the court

1. Pairs: Catching to 1 way passing to back and forth
2. Four Corners: Butterfly without the targets
3. Butterfly Plus: Add front row player to Open Up and 2 passers, so they have to communicate and deal with seams.
4. Aces (timed): Team A vs. Team B. How many aces in two minutes? Ace server gets to serve again. After 2 minutes, servers/passers switch. Servers try to top that number.
5. Aces (challenge): Team A vs. B. How many passes can the receiving team get before they are aced? An ace allows the serving team to now receive and "score."
6. AceBall: Regular volleyball, but points can only be scored on an ace. On an error, add a throw-in. Winner of point gets to serve.



Mentality

- Creating a relentless mindset
- Letting the ball hit the ground without effort is not acceptable
- Sense of Urgency
- How will you really know if you are able to get that ball?

How to Incorporate

- Start with 1-2 minutes and work your way up
- Slow drills to fast drills
- Small numbers to larger numbers (more balls)

Drills

1. Small Numbers Partner Drills (timed)
    - Passer/Target
    - Digger/Target
2. Variations of Pepper Drills (timed)
    - Traditional pepper
    - Overhead pepper
    - Olympic pepper
    - 3-person pepper
3. Increase the numbers and/or time
    - Coach on 3
    - Speedball 2 contact/3 contact
    - First ball kill 20/20
    - Hitters vs. Diggers

Seeing things does not always mean we are reading.

1. Most of us walk into a room, walk out and don't remember anything we saw.
2. Some of us might think about what to look for before we walk into the room.
3. Using our vision and reading situations are amazing skills we can use to excel.
4. Like all other skills, we need to train these skills before we can expect performance. It will take many repetitions of seeing things to program our brain to use the information we take in.

Digging is a very vision/read based part of the game.

1. Digger read situation drills.
    a. Three Read Drill
    b. Three Read Drill, adjust the distance from the hitter
    c. Three Read Drill, adjust the direction we face
    d. Five Read Drill
    e. Seven Read Drill
2. 2 Digger Read Drill
3. 2 Digger Read Drill, adjust the distance from the hitter
4. Position Read Drill
5. Building a defense based on reading

Reading as a passer

1. Groups of 3 (short, mine, deep)
2. Groups of 4 (short, mine, deep)
3. 3 Passer Wave Drill (short, mine, deep)
4. 6 v 6 Passing focus (talk or lose) – 5 serves each, then rotate (+1 for a kill, +1 for a good pass, no points if you don't talk)

Blocker vision/reads

1. Before the play (know your opponent)
2. Read the pass/dig (reactions vs. systems vs. scouting)
3. Look at the setter when they are setting and make a move.
4. Read the setter and make a full block move.
5. Read the pass, adjust your base and then read the setter.
6. Look at the ball, see your hitter.
7. Look at the ball, see your hitter, look at the setter when they are setting.
8. Same as 7 and make a move to block.
9. 2 hitters vs. 3 blockers
10. 3 hitters vs. 3 blockers



Practical Applications

How often does a setter do something other than set?

These scenarios play out often and may separate a great setter from a mediocre one.

- Take the randomness out of random situations to instill confidence.
    - Our setters have to be comfortable executing a wide variety of skills.
- Everyone can set a perfect pass.
    - On a good or bad pass, setters need to communicate, direct, and manage the court.
- More practice, more composure
    - 6 on 6 can't be the only time our setters deal with a less controlled environment.

These Are a Few of My Favorite Things

1. Tight pass options (jump & reach, run and reach, stand and poke)
2. Setting varying pass heights
3. Setting on the run; off either foot
4. Setter entry out to pocket from serve receive, defense and random spots on the court
5. Set from a pass, not from a toss
6. Bump setting on the run: front, back and tilt
7. One-hand setting: quick, then back and front
8. All of the dumps: Get Creative
9. Dump selection - pass quality, handedness and opponents' defense
10. Defense - when to stay and when to go (Don't pass ball to your left.)
11. Setting facing the right side of the court and why would/should you?
12. Punches, floor dumps and shoot-overs – back row setter dumps matter

Applications & Extensions

1. **Anchor Games** - short games that begin (or you can only win) with a particular skill (net ball, tight pass, bump set, etc.)

2. **Keep an ongoing checklist**
    a. Setters can contribute to the list
    b. Tackle 2-3 a practice

3. **Steal reps whenever you can**
    a. 5 minutes before practice
    b. Setter homework
    c. During the beginning of a water break
    d. Utilize assistant coaches and stations
    e. During the hitters' arm warm-up
    f. Set off a pass as often as possible
    g. Include set quality as part of the passing evaluation (for example: it's only a passing point if the setter locates)

Tactics

- Where can I set on this pass? Work to become "Unlimited"
- Our Best Hitter in the Front Row?
- Score Awareness
- Streaks
- Crunch-time players? Is there such a thing? I believe so.
- Opposing MB tactics: front, commit, leave early
- Blocking match-ups

Common Misconceptions

1. We must serve receive with 3 players.
    - It's difficult to serve receive with 3 at the 12's level, given their size, the net height, and light ball.
2. We must learn a 5-1 and a 6-2.
    - A 4-2 and 6-3 are often better systems for developing teams.
3. We must switch positions and specialize.
    - Not switching may be better for developing more versatile players.
4. Our setter(s) must play right front or right back.
    - Middle front makes more sense for developing teams.
5. We must block, and our base defense should look like our National Team's.
    - No, we often shouldn't block, and base defense should not look the same.
6. We must choose a system and stick with it all season.
    - It may be better to change systems as your team evolves.
7. If they don't learn how to X now, they won't be ready later.
    - Beach analogy. Prioritize. Teach how to serve, pass, defend and attack in the court.

Systems to Consider

1. 1. 4-2 – No blocking; setter in middle front; W defense, no switching.
    a. Advantages of front-row setter in middle front.
    b. Simple serve receive stack left, no stack, stack right.
    c. Two Defensive Rules (Triangle Training)
        - RF, LF, Midback: Core behind it or open up
        - RB and LB: Ball goes, you go
2. Adjustments
    a. Add setters, so FR setters can attack.
    b. Adjust to 5-1, but the setter always plays MF whether front row or back row. (BR attack)

c. Blocking: Setter as blocker or pins block or add an MB, move setter to RF.

d. Move middle back deeper to 3 across – Middle-Middle Defense

3. Evolve to a 6-3 – 3 setters attack in LF, set in MF and RF

   a. Setters are triangulated (every other position in the rotation).

   b. Evolve to 6-2 or 6-3 with BR setters. Begin only on free ball.

   c. If you want to encourage creativity and autonomy, you must model it.



Track Your Team's Progress

1. Set goals that seem out of reach at the beginning of the season.
2. Set a midseason goal and time frame – progress produces motivation.
3. Emphasize the growth where you were, where you are, where you want to be.
4. Create opportunities to improve.

Team Drills

- 6 v 6 continuation volleyball – 20 in a row/rotate (2 minutes or 10 balls)
- +18 serving areas
- Middles pass short balls – +20/overpass start over (2 minutes)
- Freeball passing 30 – perfect last 12 in a row

Team Stats

- 2-1 Ace-to-Error ratio
- Unforced errors in a set

Ball Control Drills

- 2 v 2 half court linear/angular 2 contact – 10 in a row
- 4 v 4 back row attack – 10 in row
- Angle shift – 10 in a row

Armswing Basics

Safety

- Keep the swing between your shoulders.
- Fewer thumb down than thumb up.
- Outside the body is better than past the body.
- Use the whole body, not just the arm.
- Turn angles by wrapping the feet around the ball in various angles, as opposed to using the wrist.
- Try to avoid letting the ball get past you.
- Land on two feet as often as possible.

My Biggest Misconceptions

“Reach” and “Snap” are valuable teaching keys.

- **Instead:** Replace these cues with “Prep” or “Ready” to get the arm in hitting position. Reaching takes the elbow out of the equation, so the only place the ball can go is down. Snapping the wrist compounds the problem and can lead to missed contacts. The wrist should be locked solid on contact.

The wrist is the critical lever in attacking.

- **Instead:** The elbow is the critical lever for creating topspin. On contact the elbow should be bent and in the process of extending. This low-to-high action will create topspin.

Topspin is created by snapping your wrist and hitting over the ball.

- **Instead:** Encourage athletes to have a locked wrist on contact. Topspin is created by moving low to high, not high to low.

Attackers should maintain a high elbow (above the shoulder) position.

- **Instead:** Athletes may have a healthier shoulder longer if their elbow starts with the shoulder capsule in a more protected position. Beginning with a lower elbow position may allow for more power, and it is also a healthier position for the shoulder. The arm flows through three important positions, only one of which requires the elbow to be pointed upwards.

Keywords:

- Double Arm Lift
- “Load” (your arm) less than 90 degrees (bend in elbow)
- Elbow, Wrist
- Let It Whip

Other Favorite Feedback Phrases:

- Big, ball-shaped hand
- Open your hips (Hide your logo)
- Fingers back, Palm up (Waiter’s tray)
- Ball in front (Drive to it)
- 1 o’clock and 1 o’clock
- Loose then Lock
- Torque
- Stay tall/upright
- Throw hand up into the ball
- Low to high – make a rainbow
- Bent elbow on contact. (Wait. Later.)
- Ball to hand, not hand to ball.
- Hit the ball up first (Let the topspin take it down)
- Arm ready before feet are off the ground
- Importance of sequencing

Practical Applications

1. Avoid or Limit "Bad" Reps: Against the Wall, Pairs into Floor, Pepper

"Bad" Reps are:

- Low
- Without a jump
- Not over a net
- Not full speed
- With the ball coming from in front of the hitter
- Without timing
- Without a live setter
- Without direction or intention

2. Focus on over-the net reps.

- **Slow Motion Armswings** – 4, 2, 3-step approaches (+ swing)
- **Sequencing of full body armswing.**
- **Arm Warm Sequence** – no wasted reps: dig, hit high, full of topspin
- **Self toss**
- **2 v 2 Long-court Doghouse** – Begin with downballs, then go into back row attack.
- **4 v 4:** Deep Court (3 BR with a FR setter) or Box Game (2 FR, 2 BR, with BR setting)
- **Speedball:** two contacts, with a point for a clean swing

Tactical Considerations

- Jump hard, even when not hitting hard.
- Managing Risk: Good Errors and Bad Errors

Rationale

- Prepares team to play without a long warmup. In club tournaments, you often have 4 minutes rather than 60 to prepare to compete. We want to simulate this immediate play in practice.
- Puts first things first. Many coaches get bogged down in their practice plans, and 6 v 6 may not begin until the last 15 minutes of practice. It's no surprise that execution suffers.
- Uses variety to improve focus. Changing a routine can help teams avoid the dreaded autopilot. When John Dunning was head coach at Stanford, his team would put on uniforms and have "Competition Day" during practice at least once every two weeks.
- Allows you to emphasize communication. 6 v 6 communication is different than 2's, 3's or 4 v 4. Playing 6 v 6 at the outset provides opportunities to improve communication when players are focused and fresh.
- You don't have to worry about transfer. With all other practice activities, there is always the concern that they won't directly transfer to the 6 v 6 competition.
- 6 v 6 is fun. Players will not want to be late to practice.

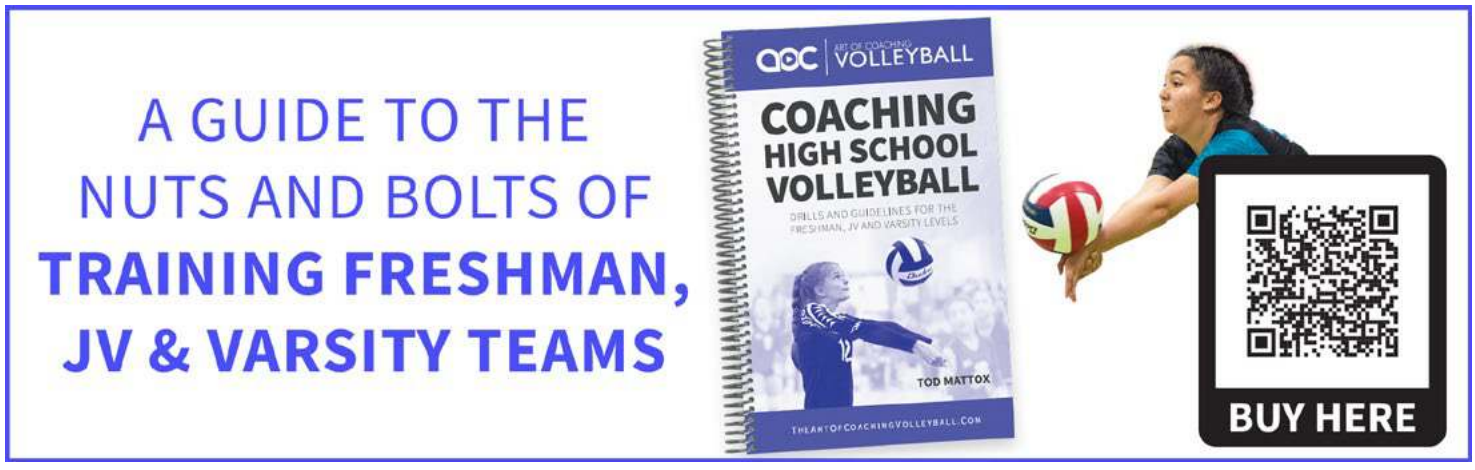
Addressing 2 Common Concerns

1. **My players need to warm up so they won't be injured.**
    - Is this a fact?
    - Could players be in charge of getting their bodies ready before they take the floor?
    - Include a short (2 min) movement/armswing series before beginning 6 v 6.
    - Begin 6 v 6 with ½ speed downballs and no jumping. Progress to full speed.

2. **My players must do a bunch of routine ball control to perform in 6 v 6.**
    - Is this a fact?
    - It's important we give players different problems to solve. Playing well with a less-than-adequate warm-up is a wonderful challenge for your team.

Seven ideas for early 6 v 6

1. **Downball Rotation:** Middle front sets to 10' for a downball attack. Players rotate after each ball crossing. How many crossings in 2 minutes? Great time to focus on communication and generic volleyball skills for every player.
2. **Two Contact:** This one focuses on out-of-system decision making, free ball offense and defense, as well as communication. (Play with both FR and BR setters.)
3. **Team D vs. Specific Attack:** Side A is defending a special situation (Setter Dump, 1, Go/Hut). Side A defends and hits the ball over on 2; Side B runs the play. After 4 opportunities, the sides switch tasks. (We've identified 26 defensive situations.)
4. **Offspeed:** Attackers cannot hit the ball hard. Open hand deep tips are worth 2 points. This is a good time to focus on coverage.
5. **AceBall:** 20-20, and only an ace can score. Immediate work on ace prevention.
6. **Blocky-Ball:** Out of system swing to begin each rally, and scoring is not activated until the ball hits the block. Focus on tooling with no consequence. (+ coverage).
7. **Rotation Work:** Jump right into focusing on weakest rotation(s).



LIVE QUESTION AND ANSWER

To ask questions during the Q&A Session:

- Open the Q&A window
- Type your question into the Q&A box. If your question is for a specific coach, start your question with their name like this: “Tod Mattox - Which keywords do you use when teaching footwork to young players?”
- Click Send.
- Clinicians will try to get to as many questions as they can during the session.

We want to help make this session as interactive as possible, so please like or comment on other attendee’s questions if you would like to hear the answer, this helps the clinicians identify popular questions that should be answered right away.

BONUS SESSIONS

AVAILABLE TO WATCH ON DEMAND AFTER THE CLINIC

The following notes are for bonus sessions that will be available for clinic attendees to view on the AOC website on demand after the clinic. You'll be notified by email once the bonus sessions are available to watch.

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Reasons to run 4 v 4 drills

1. Maximize active learning situations
2. Many ways to score, set goals, etc.
3. Easy to include specific focus on skills, systems, combinations, …

4 v 4 Columbus Cooperative (10, 15, 20… in a row)

1. Down ball only
2. Down ball only, set quality
3. Full approach, back-row attack only
4. Full approach + bump set quality
5. 2 setters stay in front row
6. Set: Hut, Pipe, 5
7. Set: Hut, Pipe, 5 + set quality

4 v 4 competitive games to score of choice

1. Columbus, Set: Hut, Pipe, 5
2. In position, back-row attack only, setter front row
3. In position, libero m/ back, setter back row, front-row middle, Set: Hut, 1, 3, 5

4 v 4 competitive wave games to score of choice

1. Setters front row, winner's court, Set: Hut, Pipe, D
2. Setters back row, middle front row, Set: Hut, 1, 3, Slide

Goals/Agenda

- What is Communication & What is its purpose
- Methods of Communication - Why is it so crucial?
- What Needs to be Communicated?
- What's Different about Communicating with Parents of younger players?
- Examples
- Heath Eslinger – A Better Way Athletics

Communication

Communication is:

- Simply the act of transferring information from one place, person or group to another. Every communication involves (at least) one sender, a message and a recipient.
- A process by which information is exchanged between individuals through a common system of symbols, signs, or behavior

Communication Serves Five Major Purposes:

- to inform
- to express feelings
- to imagine
- to influence
- to meet social expectations

Communication with Parents is a Key Factor to Your Success

- Parents will create their own story if you don't communicate effectively.

Communication Methods

- Make your message easy to consume and digest

- Utilize Multiple Channels
- Technology – find what works best for your organization and audience
    - Social Media – Facebook, Twitter, Instagram, TikTok
    - Email
    - Website
    - Cell Phones / Texting – GroupMe, TeamSnap, etc.
- "Good Old Fashioned" Face to Face Communication
- Utilize Information Sheets / FAQ Documents to answer common questions.

What Needs to be Communicated

- Wide Variety of Information to Communicate regardless of age
- Standard Club Season Information
    - Registration Fees
    - Uniforms
    - Tryouts
    - Schedules, Tournament Information
    - Facilities
- Promotional Information – Upcoming Camps, Lessons, etc.
- Player and Club Accomplishments
- Spirit Wear / Club Merchandise Marketing
- Fundraising Opportunities
- Club Wide Messaging vs. Individual Team Messaging – types of information to be communicated

How is Communication with Parents of Younger Players Different?

- Patience, Patience, Patience
- Align communication with priorities of younger players.
- Clearly Communicate Parent and Player Expectations.

- Clearly Communicate Issue Resolution Processes – critical given age of players.
- Audience Differentiation - different audiences have different interests/needs.
    - High Level vs. Recreational Players
    - New vs. Experienced Parents
- Work with coaches to avoid a perceived leadership gap.
    - Enable your coaches with access to information.
    - It's OK to not immediately have the answer but get back to people.
    - If coach is perceived as not being engaged or interested, parents will begin to assert themselves.

Social Media / Marketing

- Focus a portion of social media activity on younger players.
- Provide plenty of "Inclusive" focused communication – Free/Introductory clinics and activities to promote getting kids introduced to the sport or continuing to build basic skills.
    - Promote all levels of play – kids love to see themselves on social media.
    - Provide communication on health and wellness topics - diet, exercise, mental health, etc.
- Accentuate fun activities for the younger kids.
- Promote charitable and character-building activities – promote hard work.

Weekly Communication

- Team Status – Goals, upcoming schedule, announcements, etc.
- Prior to tournaments, one club proactively communicates with younger teams their expectations on what they are looking for each tournament weekend before it happens. Attempt to get the parents less focused on wins and losses and buy into longer term development … and to understand what we are looking for as coaches so everyone can be on the same page.
- For example, before heading into their first couple of 12U events, they communicate that they are looking for how the athletes move together, and looking to press for 3 contacts (pass, set, and most important HIT) every time they have the ball. Also, watch for opponents that do (or don't do) that same thing. All little things, and nothing profound.

- Emails before and after tournament – provide the standard information before the tournament, but also follow up after the tournament to put the weekend in context and share a plan moving forward. Celebrate items other than wins and losses.

Club Details

- Younger players have families that tend to be newer to club volleyball, so you have to provide detailed, informative, yet concise information. Biggest mistake is assuming people already know everything.
- Prior to first practices and tournaments, communicate all of the information parents need regarding schedule, locations, facility rules, parking, admissions, timing, etc.
- FAQ document – prepare a list of commonly asked questions that can be provided to families. Overview of club season, club philosophy, payment details, where more detailed information is accessible, contact points for certain questions. Answer questions before they are asked.
- Information Sheet – Documents that provide detailed information regarding various aspects of your club. For example: tryout process, registration process, etc.
- Communication throughout season regarding various activities – What to expect at practices, events, travel arrangements, etc.

Parent Meetings

- Holding two separate parent meetings
- Pre-Tryout Meeting
    - Tryout and Registration process (also a good Information Sheet)
    - Provide details on focus for each age group
    - Club Philosophy – Team Formation Process
    - Dues and uniforms
    - Proposed practice and club schedule
- Pre-Season Meetings
    - Review details on focus for each age group – Training, Skills Development
    - Review schedule – practice, tournaments

  - Uniform distribution
  - Communication protocols
- Expectations

A Better Way Athletics

- Heath Eslinger
- “Our Vision is to Restore the Joy of sport for coaches, parents, and athletes!”

Closing

- Always Over Communicate – Assume they don’t know.
- Proactively Communicate
- Create Re-usable Assets to provide commonly asked information.
- Work with Coaches to establish them in a leadership role.
- Never forget the importance of face-to-face communication.
- Contact me with any questions:
  - Steve Sack – steve@mielite.com
  - Heath Eslinger – heath@abetterwayathletics.com
  - www.abetterwayathletics.com



Pre-Tryout Planning

August 15th - August 31st

- Coach Release – allows parents/players to do their homework prior to signing up for tryouts.
- Tryout Registration opens for all ages

September 15th - 30th

- Parent Informational Meeting
- 2 administrative staff meetings to assign duties
- Communication with coaches in regard to their role at tryouts

October

- 12U-14U Tryouts (mid-October)
- 15U-18U Tryouts (end October)
- Large white boards contain pre-registered athlete T-shirt # and position on index card. We use this to depth chart the athletes and everyone is able to see the full scope of athletes.
- Digital Excel document post tryout depth chart per age group and each individual team roster by position.

Tryout Day 1 (examples below)

Check In for athletes (arrive 60 minutes prior to tryout)

- Numbered T-shirt, photo, physical Testing #s

45 minutes prior to tryout:

- Executive Director – addresses age group coaches
- Managing Director – addresses skill evaluators
- Tryout Manager – addresses court coaches

Tryout Evaluation Day 1

- Age group coaches grouping athletes A, B or C while taking notes on specifics for each athlete.
- Skill evaluators (1 evaluator per skill): pass, attack, set, defend, serve (rank 1-5, 5 being the best athlete at specific skill).

Tryout Day 2 (sample tryout plans below)

Check In athletes (arrive 30 minutes prior to tryout)

- Check in with numbered T-shirt, finish Physical Testing

30 minutes prior to tryout:

- Executive Director – age group coaches
- Managing Director – skill evaluators
- Tryout Manager – court coaches (45 minutes prior)

Tryout Evaluation Day 2

- Assign Athletes A, B, C Courts from Day 1 evaluation (athletes may be moved by a coach).
- Age group coaches depth chart by position.
- 1s and 2s level coaches working to have their ideal roster with 2-3 alternates if someone declines offer.
- Skill Evaluators (1 evaluator per skill) – pass, attack, set, defend, serve – (rank 1-5, 5 being the best athlete at specific skill). Evaluators working to identify more information in specific skill.

Post Tryout

- Executive Director addresses athletes on what to expect. Email parents post tryout expectations and what to expect.
    - Age group coaches create teams level 1-4 and depth chart the remaining athletes with age group coach input/notes and skill evaluator scores/notes.
    - Athletes receive a call from HC/AC of specific team with offer, starting with level 1 team. Once

a position is complete, we start level 2 offers by positions completed, continue process until the # of teams is complete. If you do not receive an offer, athlete's parent will receive an email from Executive Director.

- Once team is complete, the club financial administrator sends a team welcome letter with the roster and details in regard to uniform fitting, team meeting, account payment plan.



11's & 12's Tryout Plan – Day 2

Sunday, October 10th, 2021 – 11:00a-1:00p

Time:	Drill:	Notes/Focus:
:00-:15 15 min	**Rules Review:** • Safety first…tight balls, jewelry & over pursuit • Work hard, have fun & compete! **Dynamic Stretch & Warm-Up:** • Butt kicks, high knees, soldier walk, lunge w/ twist, backwards lunge, calf hops, shuffle w/ arms, karaoke, high knee skips • Arm warm up – throw, attack pass & pepper 2-3min	Sideline to sideline w/ partner
:15-:30 15 min	**Rep Serving:** • Serve 3 in row • Zone 1 – Zone 1, then switch ends & shag 3 • Zone 5 – Zone 5, then switch ends & shag 3	Eval Serve Jump Float if you got one
:30-:50 20 min	**Half-Butterfly – Pass-Set-Target** • Two separate groups on court • Coach serves six in row to passers in 5 & 6 • Set – Hut (1/2 the time then change to 2's) • Rotate – Shag-hand-P wait-P6-P5-target-Shag **H2O Break**	Eval Pass By Groupings Demo Rotation Progression-Top spin, float
:55-1:15 20 min	**Serve Ball, Free Ball, Free Ball:** • 3 passers, Setter & 2 attackers • Run Hut 1st 10 minutes • Run Hut-2 2nd 10 minutes • Option - add blockers	Demo Rotation
1:15-1:35 20 min	**4 vs 6 Mini Games:** • Set, Lib, MB & OH vs 6 • Side of 4 receives all down balls • 6 balls & wave side of 4 off	
1:35-2:00 25 min	**6 vs 6 Options:** • Mini games to 5 • Serve Ball, DB, Free Ball • Moneyball	
	Closing Remarks – Abbey/Ann	

11's & 12's Tryout Plan – Day 2

Sunday, October 10th, 2021 – 11:00a-1:00p

Notes:

- 11's - 18 Athletes, Court – 1A
- 12's - 38 Athletes, Courts 3A, 3B & 1B (13 Setters)

Initial Court Assignment:
1A - Cathy & Alexis
1B – Taylor & Natalie
3A – Bri & Anne
3B – Sydnee & Stephanie
5A – Emma & Allie

13 & Under Tryout Plan – Day 2

Sunday, October 10th, 2021 – 2:00p-4:00p

Time:	Drill:	Notes/Focus:
:00-:15 15 min	**Rules Review:** • Safety first…tight balls, jewelry & over pursuit • Work hard, have fun & compete! **Dynamic Stretch & Warm-Up:** • Butt kicks, high knees, soldier walk, lunge w/ twist, backwards lunge, calf hops, shuffle w/ arms, karaoke, high knee skips • Arm warm up – throw, attack pass & pepper	Sideline to sideline w/ partner 2-3min
:15-:45 25 min	**Half-Butterfly – Serve -Pass-Set-Target:** • Serves six in row to passers in 5 & 6 • Coach serves if missed serve • Set – Hut (1/2 the time then change to 2's) • Rotation - _____	2 groups on 1 court
:45-1:10 25 min	**Rep Attacks vs Block:** • 3 blockers vs 6 • Coach chips 5 free balls to side of 6 • Play out past block • New 6 on by position	
1:10-1:35 25 min	**Serve Ball, OOS, Freeball (FB)** • Both sides receives all 3 balls • OOS = Down ball to setter • Adjustments/Options: • Pre-set FB attack – Hut, 2, pink, pipe • Wave, 6 off, 6 under, new 6 on	
1:35-2:00 25min	**6 vs 6 – Hitters vs Hitters:** • OH/MB vs OH/MB • Mini games to 5 • Win rally = +1 • Alternate Free balls	
2:00	**Closing Remarks: Abbey/Ann**	

13 & Under Tryout Plan – Day 2

Sunday, October 10th, 2021 – 2:00p-4:00p

Options:

- Moneyball
- Mini games to 5

Notes:

65 Athletes, 4 courts
__ - Setters
__ - Lib/DS
__ = OH's
__ = RS
__ - MB

Initial Court Assignments:

1A – Taylor J, Anne, Allie, Alexis
1B – Christina, Sydnee, Avery, Stephanie, Courtney
3A – Meggie, Natalie, Sydnee, Emma
3B – Karlee, Ellen, Jordan, Tyler, Lauryn

14 & Under Tryout Plan – Day 2 Sunday, October 10th, 2021 – 5:00-7:30p

Time:	Drill:	Notes/Focus:
:05-:20 15 min	**Dynamic Stretch & Warm-Up:** • Butt kicks, high knees, soldier walk, lunge w/ twist, backwards lunge, calf hops, shuffle w/ arms, karaoke, high knee skips • Arm warm up – throw, attack pass & pepper 2-3min **Serve & Chase:** • Z1-Z5 – 2.5 min • Z5-Z1 – 2.5 min	Sideline to sideline w/ partner 5min warm
:20-:50 30 min	**Half-Butterfly – Serve -Pass-Set-Target:** • Serves six in row to passers in 5 & 6 Coach serves if missed serve • Set – Hut, 2's, Pink Rotation - _____	2 groups on 1 court 10min each
:50-1:20 30 min	**Serve Ball, OOS, Freeball (FB)** • Both sides receives all 3 balls • OOS = Down ball to setter • Adjustments/Options: Pre-set FB attack – Hut, 2, pink, pipe • Wave, 6 off, 6 under, new 6 on	
1:20-1:55 35 min	**Mini Games:** • Mini games to five • Wave/new spot	Coach your side up!!!
1:55-2:25 30 min	**6 vs 6 – Hitter vs Hitter:** • Mini games to 5 • Alternate Free Balls • By position…OH vs OH, MB vs MB, R vs R • Wave, 6 off, 6 under, new 6 on • After all OH's, go to MB's, then RS, repeat	Get it rocking!
2:30	**Closing Remarks: Ann or Abbey**	

14 & Under Tryout Plan – Day 2

Sunday, October 10th, 2021 – 5:00-7:30p

Optional Drill - Rep Attacks vs Block:
3 blockers vs 6
Coach chips 5 free balls to side of 6
Play out past block
New 6 on by position

Optional Drill:
Side out Activation
Moneyball

Notes:

98 Athletes – 6 courts
18 - Setters
31 - Lib/DS
__ - OH's
__ - RS
__ - MB's

Initial Court Assignments:
1A – Alex, Emma
1B – Meggie, Abagail
3A – Bri, Alexis
3B – Sydnee, Jordan
5A – Lakin, Tyler
5B – Taylor, Stephanie

15 & Under Tryout Plan – Day 1 Saturday, October 23, 3:00-5:15p

Time:	Drill:	Notes/Focus:
:00-:05 5 min	**Intro:** Ann or Abbey **Rules:** • Safety first • Tight balls, jewelry, over pursuit, shag off • Work hard, have fun & compete!	
:05-:20 15 min	**Dynamic Stretch & Warm-Up:** • Butt kicks, high knees, soldier walk, lunge w/ twist, backwards lunge, calf hops, shuffle w/ arms, karaoke, high knee skips • Arm warm up – throw, attack pass & pepper	Sideline to sideline w/ partner
:20-:50 30 min	**Positional Skill:** **Liberos – Circle Dig:** • 4 groups per court, 2 hand, 2 dig • 5min of each & flip • D vs Hut coach on Box • D vs Wide/Pink forearm or tip • D vs Wide overhead **Setters - Circle Drill:** • Set 3 in row off coach toss • Set-Target-hand-waiter • 5 minutes each Set: • Hut-31-Pink-Pipe-Wide-2 option pass Hut **Attackers-Rep Attack:** • 2 groups per court by position • Attack off Coach toss – 3 in a row • Timed 7 min, flip with shagger/hander group • Pins – Hut-Hut-Pink-Pink • MB's – 1-1-Wide-Wide **Divide by Position in numerical order into 8 groups/ courts for next drill**	Divide by position in numerical order Courts – 3A & 3B (31) 4 Boxes Court – 6B (19) OH - CT 5A&B, 6A (43) RS – CT 6A (6) MB – CT 1A&B (27) Unknown (4) ATTACK at WALL
:50-1:15 25 min	**Serve-Pass-Set-Target:** • 3 passers on each side, setter at net • Player & coach alternate 6 serves & rotate • Setters - Hut, 2, Pink – 10 min each	Serve-Target-Wait Pass in Z5-Z6-Z1-Hander (Group of 7)"

15 & Under Tryout Plan – Day 1 Saturday, October 23, 3:00-5:15p

1:15-1:45 30 min	**Serve Ball, Free Ball, Free Ball:** • Pins's - Serve, Pass Z5, Blk • Libs - Z1 & Z6 • MB's – MB, Blk Pins – Hut, then Pink MB's – 1's or 31's, then Slide	
1:45-2:15 30min	**6 vs 6 Free ball Games:** • Mini games to 5 • Whoever wins rally gets FB • Wave – 6 off, 6 under, new 6 on	
2:00	**Closing Remarks** – Ann or Abbey: • End – remember the court you finished on Wear your shirts, clean or smelly! • Day 2 Tryout – Sun, October 24th 2:00-4:30p	

Options:

Serve-Pass-Set (# & positional order)
Alt serve Z1-Z5 6 balls to one passer
Alt serve Z5-Z1 6 balls to one passer
Setter court off control serve pass

Notes:

130 Athletes
- 19 - Setters
- 31 - Libs
- 27 - MB's
- 6 - RS
- 43 - OH's

Court, Coach & Position Assignments – Emma, Jordan, Lauryn, Taylor

1A – Alexis, Holly	- MB's
1B – Allie, JB	- MB's
3A – Alyssa, Tua	- Libs
3B – Bri, Sydnee	- Libs
5A – Christina, Stephanie, Emma	- OH's
5B – Clinton, Rick, Taylor	- OH's
6A – Connor, Erika, Jordan	- OH's & RS
6B – Corinne, Meggie, Lauryn	- Setters

Example: Team Welcome Letter

Welcome to Alliance! You are receiving this note confirming the verbal acceptance of an offer to play for Alliance during the 2021/22 club season.

12 Molten (12-2) Roster:

Molly
Macey
Andi
Caroline
Ava
Meredith
Rachel
Mack
Jill
Claire

Commitment date and first installment due date for teams aged 11-14 is October 14 and for teams aged 15-18 is October 27. Please access your account through our website,www.alliancevbc.com, to make your deposit installment via credit card payment, leave a check in our payment drop-box located on the wall outside court 1, or mail a check to us at P O Box 682267, Franklin, TN 37068. Please note that if you make payment using a credit card, the processing fee of 2.2% plus $1.30 will be added to the invoice.

What's next…

- Please complete and return the attached Financial Agreement indicating your acceptance of the team's fees, payment plan, and adherence to requirements of such agreement. You may email the agreement to cearp@alliancevbc.com, leave it in our payment drop box at ATC, or mail to our post office box.
- Accept the club assignment and team assignment in an email from SportsEngine which you should receive in the next couple of weeks. After doing so, you will be given instructions for upgrading your tryout membership to a full membership.
- Attend uniform fitting either of the two dates/times: Saturday, Oct 16, from 1:00-4:00pm OR Sunday, Oct 17, from 1:00-4:00pm. Fittings will be held in the Music City Dance Studio 3 in our building. Only one parent per player, please. Alternatively, if you have Fall Break this week, you can reach out to Joy Owino at jowino@alliancevbc.com if you want to stop by on this Wednesday or Friday 5:00-7:00pm. If you cannot make any of these dates/times, please reach out to Joy to schedule a fitting time.
- Team meetings will be held via Zoom on October 30 … more information to follow.

- Update your calendar with practice and tournament schedules, per the attached. You will receive an email in the coming weeks with more information on our hotel policy for travel tournaments.
- We look forward to seeing you in our gym over the coming weeks. Again, congratulations on being chosen to participate with Alliance Volleyball Club.

Best regards,
XXX

1. Selecting

- Coaches' Hats
    - Teacher / Mentor / Liaison / Advertisement / Example
- What questions do we need to answer?
- Core Values
    - Activity to help define your Core Values
    - Some examples
- Use your Resources
    - Referrals
    - University and Colleges
    - Advertisements / Social Channels
- Defining the Interview Process
    - Systems and Processes

2. Managing

- First Impressions = Onboarding Process
- Goal Setting
    - Individually
    - Team
    - Club
- Feedback
    - Systems
    - One Up, One Forward

3. Mentoring

- Where will you spend your time?
    - On turnover or development
- What do your coaches need / want?
- Education
    - Newsletter / Film / Mentors
- Individual Meetings
- Highlight Success

Objective: Developing protocols for players to hit .300 on the left.

- It's not about being 6'4"
- Skills that any attacker can have
    - Hitting Range
    - Limit errors
    - Use the block
- **Thought:** Never have hitters start outside of the court in hitting lines. Always have them start in the court and have them transition to the attacking spot.
- Use multi-colored pool noodles in the net for targets to develop RANGE in hitters.
- Don't have liberos just shag. Have them call out hitting spots and rehearse coverage.
- Whenever in hitting lines, have the athletes complete the "game rehearsal" by going into a blocking position.
- To reduce errors and stay aggressive, have a process of also tipping to a target. We call it "chair."

DRILL idea:

- **GOOD BALL, BRO BALL** – Attackers attack two balls.
    - Libero passes first to setter and attacks.
    - 2nd ball gets tipped to setter so libero sets 2nd ball.
    - This should create a 100% "in system" set and then a ball "out of system"
    - Level up by going to dig to attack the bro ball

- Work attacking routines from easiest to hardest
    - Off toss
    - Off pass
    - Off Dig transition
    - Mock block transition with ball

- Work on range by making ball bounce outside of the side of the court.

- **TOOL BOARD** – Use a board or object to develop tool skills and fearlessness in regards to the block. (We also use Taekwondo target pads.) This will also help in working on coverage.

- Possible attacks
    - Costa (hard cross)
    - Tool wing
    - Tool push
    - Chair (tip)
    - Seam

SUMMARY

1. Use noodles to increase range of hitters.
2. Rehearse with more variations on attack (toss, pass, dig, block).
3. Use tool board to develop fearlessness.

4-2 offense

- Allows every player to learn every position, attack from different spots, develop their passing skills.

M serve-receive

- 2 setters, 4 hitters
- Setter sets from middle of the court
- Triangles

Terminology

- Numbers for sets in front of the setter
- Letters for sets behind the setter
- Names for back row

Rotations

- Setters remain opposite each other
- 4-2 allows for a smoother transition to the next level because it improves players' volleyball IQs.
- Options: different number of passers, tempo changes, greater variety of sets

Communication

- Setters let each hitter know what they are hitting.

Why develop a routine?

- Efficient use of practice time
- Guarantee repetitions and skill development

Skills covered with progressions

- Passing
- Setting
- Armswing/Hand Contact
- Attacking
- Blocking
- Serving

CERTIFICATE OF VIRTUAL ATTENDANCE

CLUB VOLLEYBALL CHAMPIONS CLINIC

THE ART OF COACHING VOLLEYBALL CERTIFIES THAT

ATTENDED THE

CLUB CHAMPIONS CLINIC

ON JANUARY 30, 2022

5

TRAINING HOURS

TARAS LISKEVYCH, CEO

JANUARY 30, 2022

DATE