

THEARTOF COACHINGVOLLEYBALL.COM

# HIGH SCHOOL CHAMPIONS CLINIC '22

July 9,  
2022



**Tod Mattox**

The Bishop's School

**Natalie Morgan**

Harvard-Westlake School

**Pat Bonner**

Cathedral High School (Boys)

**Tammy Leibl**

Wave Volleyball Club

To join the High School Champions Clinic at 9:00 AM PT/12:00 PM ET on Saturday, July 9th, click the link provided by email or head to the AOCVB site under **My Dashboard >> Clinic Video** 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.

### **Prepare materials in advance**

- During the “Coaching Scenario Challenge,” you’ll have the opportunity to share your own opinions and coaching advice. If you’d like to look through the scenarios beforehand, you will find them on page 11 of this handbook.

**Saturday, July 9, 2022**

9:00 AM	<b>Terry Liskevych</b>	Introduction	
<b>9:10 AM</b>	<b>Tammy Leibl</b>	<b>Serve and serve receive: Training in tandem</b>	<b>Page 4</b>
9:40 AM		Session Q&A	
<b>9:45 AM</b>	<b>Tod Mattox</b>	<b>Go faster? The whys and hows of a speedy offense</b>	<b>Page 6</b>
10:15 AM		Session Q&A	
10:20 AM		Break (10 min)	
<b>10:30 AM</b>	<b>Pat Bonner</b>	<b>Creating advantages in out-of-system offense</b>	<b>Page 8</b>
11:00 AM		Session Q&A	
<b>11:05 AM</b>	<b>Tammy Leibl</b>	<b>A sample practice from start to finish</b>	<b>Page 10</b>
11:35 AM		Session Q&A	
11:40 AM		Lunch break - Coaching Scenario Challenge	Page 11
<b>12:20 PM</b>	<b>Tod Mattox</b>	<b>3 serving T's: Tempos, targets and tactics</b>	<b>Page 12</b>
12:50 PM		Session Q&A	
<b>12:55 PM</b>	<b>Natalie Morgan</b>	<b>A setting progression for every high school team</b>	<b>Page 14</b>
1:25 PM		Session Q&A	
1:30 PM		Break (10 min) - Giveaway	
<b>1:40 PM</b>	<b>Pat Bonner</b>	<b>Establishing and training your blocking priorities</b>	<b>Page 15</b>
2:10 PM		Session Q&A	
2:15 PM		Break (5 min)	
<b>2:20 PM</b>	<b>Natalie Morgan</b>	<b>Connecting the dots on defense</b>	<b>Page 16</b>
2:50 PM		Session Q&A	
<b>2:55 PM</b>	<b>Tod Mattox</b>	<b>6v6 initiations: 10 ideas to target weaknesses</b>	<b>Page 17</b>
3:25 PM		Session Q&A	
3:30 PM		Open forum with the clinicians	
4:00 PM	<b>Terry Liskevych</b>	Clinic close	

**Bonus Sessions - Video Available at [www.theartofcoachingvolleyball.com/hs-cc-22-video](http://www.theartofcoachingvolleyball.com/hs-cc-22-video)**

Jennifer Darty	Establishing sound communication with players, staff, parents and administrators	Page 19
Andy Sloas	Digital practice planning: Making a coach's life easier with maximum skill development	Page 22
Kyle Mashima	Critical stats for high school volleyball	Page 23
Jamie Siegel	How to attack the mental side of high school volleyball	Page 24
Sharon Vanis	Affordable equipment to help train your players	Page 25

**Tammy Leibl****Serving Principles:**

1. Make serving a priority that you work on every practice.
2. Why?
  - Take the other team out of system
  - Easy way to score a point
  - Great serving breeds confidence
3. Keys to a consistent serve
  - Toss
    - ◆ In front
    - ◆ Right shoulder
    - ◆ Height
  - Face your target
  - Practice serving specific zones
4. Serving Drills
  - Zone serving individually
  - Competition best of 10 balls in each area
  - Team competition of how many in a row in each zone can you do.

**Serve Receive Principles:**

1. Keys to consistent Serve Receive
  - Feet
    - ◆ Wide and balanced
    - ◆ Both feet working together, not lunging
    - ◆ Hips facing forward when possible
  - Arms
    - ◆ Keep arms apart as long as possible. Prevents swinging
    - ◆ Early angle with your platform
  - Get an early read on what type of serve is coming
    - ◆ Watch the ball right off the server's hand

2. Serve Receive Drills

- Partners: Toss ball deep left and right 10 times and then toss ball short left and right 10 times. Working on moving feet deep and opening up hips and also working on platform angle.
- Servers off Boxes: Rapid fire serving working on an early angle. Players on 2 boxes from the middle of the court.

**In Tandem Drills**

1. 2 min Serve Receive
2. 30/10: The passers have to get 30 points before getting aced 10 times. Passers get a point for a 3 pass and for a middle good hit. Goal is to get 30. If they are cleanly aced 10 times before they get 30 points they lose the drill.
3. Passers vs Servers Competition: Game to seven. Passers receive 1 point for perfect pass or 2 missed serves in a row and the servers get a point for a 1 or 0 pass. No points scored for a 2 pass.

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The banner features five colorful icons: a red trophy for '3,000 + Videos', a green dollar sign for 'Clinic Discount', an orange book for 'Print Resources', a purple volleyball for 'Position Training', and a yellow play button for 'Online Courses'. To the right is a smartphone displaying a coach in a dark jacket on a volleyball court, with a play button overlaid on the screen.

## Tod Mattox

### The Whys

- A. Increase pressure on your opponent's blockers
- B. Increase pressure on your opponent's back row defenders
- C. Counter a team that might be bigger than your team, but not faster
- D. Create a path to success for attackers who do not hit hard
- E. Prepares your defense to play against other fast offenses

### The Hows

- A. Begin with the MA
  - The fast (0) tempo 1 set -- (Our way, not the only way....)
    - 1. Attacker's arms are above waist on setter contact.
    - 2. Attacker close to setter, but spaced from net
    - 3. Run from middle, from 7-8' & in. More "out of the pocket" the better.
    - 4. Two calls. When you leave and when you jump. "1, 1"
    - 5. Jump and swing. Do not wait for the ball. Trust it. Make MB commit.
    - 6. Tips vs. Bunch, Marshmallow from 6-8'
    - 7. Setter: Speed kills—jump and high, firm touch. No holding.
    - 8. Setter: Vertical set, not horizontal
    - 9. Setter: On set off to 2-3'. Off set straight, squared to 4.
  - Other options—Lob 1, 3, Back 1, Slide
- B. Pin Attackers
  - The Go
    - 1. On 2nd (left) step (on or behind 10') on setter contact. Slow to fast.
    - 2. Hard left if closer, soft left if ball is further from LF.
    - 3. Efficient arm prep is key, since ball is moving horizontally.
    - 4. Setters: Antenna high set, dropping into the attacking zone
    - 5. Setters: When? For us, anytime MB is up. Mid system decision?

- The C / Red
  1. Same paradigm as the Go, though closer distance equals “harder” left
  2. If late blocker is in big bunch, easiest score can be simple drop tip

C. Training

- Begin with the MA
- Add the pins. Pins must call steps. They don’t hit until everyone is calling, and there is a team rhythm
- MA is always running it, working on communication, spacing and timing.
- Specific Shots
  1. The lift tip
  2. Tooling late blockers
  3. Setter Floor Dump
- Hitter/Setter feedback loop
- 6 v 6 “Cougar”: Defense has only 2 contacts, allowing for more in-system play.



**DISCOVER HOW TO  
JUMP-START A  
SUCCESSFUL SEASON!**

**INCLUDES HOW-TO'S COVERING:**

- PLANNING AND RUNNING TRYOUTS
- DEVELOPING CULTURE AND LEADERSHIP
- PRACTICE PRIORITIES AND ORGANIZATION

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## Pat Bonner

We played about 60 percent of our rallies while being out of system at some point, which we define as when our setter is outside of the pocket with usually one forced option, and frequently anytime a non setter is taking second contact.

### Primary Goals

- Eliminate the Bad Scenarios!
  1. Outside hitters forced to turn their back to the net and free ball the third contact over the net.
  2. Reduce 'overzealous' non setters from setting balls wide of the court or too far off the net for us to get a point scoring swing, or at minimum an 'advantage zero'.

### Proposed Solutions

Move the target for all out of system second contacts to be inside and on the net. Our out of system target is now 6 feet inside the pin and 2 to 3 feet off the net. Encourage non setters to 'miss tight', and an emphasis on setting the ball high. Encourage non setters to use their hands when balanced for second contact.

Outside hitters will transition to the sideline instead of outside the court.

### Reasoning

We are still on offense, and 'good things happen when we are on the net!' We are going to stress out our opponents' blocking and defense by being on the net. With the shift of less ball handling calls, why not take advantage of where the rules are going. For example, at our recent end of the year tournament (boys 16 open level) we played 12 matches and a total of 32 sets and we were only called for a TOTAL of 9 ball handling violations.

### Observations

1. Opposing block did not function well when we were tight to the net inside... blockers that kicked out early when we are forced to go the obvious direction did not adjust to the inside set, resulting in open net kills to the cross court.
2. When our set was tight, and the blockers were in proper position, our attackers registered lots of easy 'rattle through the block kills'. Blockers did not lock out. Furthermore, on 'tight' sets when our attackers chose to tip, it caused big problems. Throw tips back to the opponent zone 2 sideline created difficult passing angles, or often caught wing diggers inside the court, and unable to defend the tips. On the 'tight miss' sets, we found we were able to 'recycle' our attacks by tipping or rolling into the block and getting easy coverage opportunities.
3. Knowing our target was inside versus inside versus well formed blocks, our attackers could hit high and flat, knowing that we have shortened our right sideline from the point of our attack resulting in out of bounds tools to our zone 1-2 sideline.

## Practice and Drills

- Devote more time to out of system drills and play!
  1. Coach toss high balls from zone 5/6 to attackers with approach origination from sideline.
  2. Player in zone six digs to themselves and sets high and inside to attackers with approach origination from sideline. Add blockers
  3. Three on three out of system pepper with left front, left back and middle back on the court. Attack cross court only. Add blockers.
  4. Six on six recycle first attack drill. First attack must be off speed into block with goal of getting ball back off the block.



**LVL 1**

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**Tammy Leibl**

1. Dynamic warm up and stretching
2. Blocking footwork or blocking and transition footwork
3. Ball control. Usually one of these a practice
  - Partners
  - 3 person down ball
  - Butterfly
4. Broken Play Drill or Dig, Set, Hit Drill
  - Coach initiates ball to left back and right back set to the outside and then you can reverse the drill by hitting to right back and the left back set the right side hitter. Everyone rotates and does all the skills.
5. Serving Zones
6. Split courts
  - One coach works with middles and setters while the other group has a player initiate or coach initiate hitting balls in a single file line to work on defense.
7. Serve Receive
  - 2 min serve receive or 30/10
8. Play 6 on 6
  - Wheel Drill
    - ♦ Coach initiates 2 balls one side each and then they rotate. Setters, Middles and Libs stay and everyone else rotates. You can have the first ball each time go to someone specifically like the first ball has to go to the middle or backrow.

**62 critical tips  
to take you from  
clueless to  
confident**



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Use the space below each Coaching Scenario to write down your thoughts or comments on how you would handle the situation. When the Coaching Scenario Challenge starts, you and the other coaches in your group can talk through each scenario and share your opinions on how it could be handled.

**Work ethic:** Your best player regularly gets 15+ kills in a match but is not a hard worker in other aspects of the game. She doesn't go for the ball (hustle, sprawl or dive), doesn't cover, doesn't work to get off the net to dig, etc. What can you do to motivate this player to work harder in other aspects besides attacking?

**Post-match talk:** Your team doesn't have a good warm-up before a game and gives lackluster effort during the game, losing in straight sets. What do you do immediately after the game? When you address the loss (whether it's right away or at a future practice), what do you say?

**One good hitter:** At the beginning of a new season, you only have one hitter that can attack to score consistently. How do you set up your offense? How often do you set your primary hitter vs. secondary hitters? How do you set up your secondary hitters for more success in practice and matches?

**Academic conflict:** Your best player did not take care of their responsibilities in Science class. In order to pass the class, they must make up two labs that are on two consecutive afternoons. The first conflicts with practice and the second is a match day. What adjustments, if any, do you make to try to accommodate the player?

**Parents:** A parent was noticeably upset after a pre-season tournament where her child played very little or not at all. Upon arriving home you get an email requesting a meeting with you and your assistant coach. How do you respond? Do you meet with them?

## **Tod Mattox**

**Serving as most important and most under taught skill in volleyball.**

**Tempos: Similar to baseball, changing speeds can make life more difficult for serve receivers.**

- A. First Tempo: Under 2nd red stripe on pin and lands at 25-30'
- B. Second Tempo: 2-bouncer to 13', still low trajectory
- C. Third Tempo: To 8'-- up and down

**Targets – Seams instead of areas**

- A. 1 Seam
- B. 2 Seam
- C. 3 Seam
- D. 4 Seam

## **Tactics**

- A. Numbering System: 2 numbers—Location and Tempo. 12 options: # 11 to # 43
- B. Serving Origin: straight lines, long angles, close to short serve
- C. Personnel: weakest passer, ace attacker, front row MA or pin attacker, libero?
- D. Tempo: short-deep to same passer
- E. Formation: Target the vulnerable areas in each rotation
- F. Server's Best Serve
- G. Strange Brew: Spinner, Hybrid, Bomber? Can you get into your opponent's practice?
- H. Newest Focus: Streaks

## **Drills/Games**

- A. Pairs or 4 corners: 1, 2, or 3. Catcher call # before net crossing
- B. 2-sided: 2nd and 3rd Tempo—After WU, alternate tempos. Serve 4. Error to Side B. Serve 6 more. After 2nd error, become shagger. Consequence for errors.
- C. 1 sided ½ and ½ First Tempo: Need 4 in a row to get 2nd 6. 2nd 6 alternate tempo. 1 and 2/3.
- D. General Rules in Serve/Pass: 3 in a row

- E. Server calls serve with tactical reasoning.
- F. 6 v 6 rules
- G. Can't score if it doesn't float and/or isn't under antenna height and/or it is served dead center. Serving team is then playing for a "wash."
  - Extra point for knock out (0 or 1 pass)
  - Extra point if a 2nd knock-out serve goes to the same passer
  - Progressive Streaks—Each consecutive serve is worth another point for serving team.
  - Streaks and Geeks: Penalty—Any error by server erases all of her points in that serving turn. If a player scores 3 points and misses. Those 3 come off the scoreboard.
  - \*\*For Receivers: Always use a throw-in, so you have to earn points



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**Natalie Morgan**

**What’s the Point?**

- Setter’s priority is to put up a hittable ball with control and consistency. Then make good decisions. Then deceive the defense.

**General Guidelines for Training Setter:**

- Teach finish footwork: Any more than 2-3 steps can become paralyzing to an athlete. See ball, get to spot, here are tools to help translate the ground into power for your set.
- Don’t toss/pass perfectly: Teach the reality of the game. Options: have a passer, pass/toss from diff zones, toss with spin, diff heights, toss to self then pass. Force setters to start reading platforms.
- Deception is not a priority: Deception at lower levels should be non-existent. Get good at having a consistent body position to be able to make any set. Not to be “tricky” – the variance in intention makes a difference.
- Release from SR or trans: Starting at the net is a luxury they are rarely gifted. Train the hard parts – transition from back row, transition from blocking with a middle, serve-rotate 1/3/4.

	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>	<b>Elite</b>
<b>Concepts</b>	<ol style="list-style-type: none"> <li>1. Setup: Facing passers ready to receive pass</li> <li>2. Hand shape: Lots of reps here</li> <li>3. Power: Hips under head balanced body position, use the ground</li> </ol>	<ol style="list-style-type: none"> <li>1. Location: Consistency and control</li> <li>2. Balanced body position range: Perfect pass to good pass, introduce pivoting</li> <li>3. Offensive systems: Introduce tempo</li> </ol>	<ol style="list-style-type: none"> <li>1. Hands to target &gt; Squaring up</li> <li>2. Balanced body position range increases: Good pass to medium pass</li> <li>3. Understand offensive systems: Who, when, why, how for tempo, plays, timing</li> </ol>	<ol style="list-style-type: none"> <li>1. Strategy and tactic: Block matchups, shades and cheats, repeats, isolate vs overload, post-error decisions, etc.</li> <li>2. Style and creativity</li> </ol>
<b>Drills</b>	<ul style="list-style-type: none"> <li>• Hand wall work</li> <li>• Catch and throw</li> <li>• Triangle setting</li> </ul>	<ul style="list-style-type: none"> <li>• Basketball Key</li> <li>• Star Drill</li> </ul>	<ul style="list-style-type: none"> <li>• Star Drill: Random</li> <li>• Jack and Jill Virus</li> </ul>	<ul style="list-style-type: none"> <li>• Situational Drills</li> <li>• Manipulate existing drills that stimulate thought in setter (objective or scoring)</li> </ul>

## Pat Bonner

It's no secret that the majority of the sets go to the outside hitters, and as serving has become the first part of offense, that trend is not going to change. Let's have a plan and let's play the percentages!

A common question I hear is 'Do you guys start off blocking line or cross court against pin attackers?' The answer is 'We block the BALL' And then we make adjustments as we gather more information.

### At the start of matches

1. Our middles will front opposing middles on good passes but we will NEVER commit block early on. Middle blockers are asked 'to slow down the quick' but to not be late on the outside set. If the opponent middle goes for a three, we will front the three as it gets our middles closer to the outside attack.
2. Right front blockers will start close to the antenna. They will not initially help with the three. They will track the outside hitter from right to left, and they will not reach toward the antenna when they block.
3. Left slide blockers (all blockers) will know if the opponent is in two hitter or three hitter, with different responses. Our left sides are prepped to block one on one versus the slide, as we want our middles to still close the block versus the opponent's outside attack.
  - a. Opponent in two hitter (setter front row), they will start to our right of the setter and block against the setter dump or quick attack. If a slide is coming, they will 'full kick'... being at the antenna, able to block line versus slide. They will not reach to the antenna when they jump. In two hitter our hands get higher on a good pass with a one coming.
  - b. Opponent in three hitter (setter back row), they will proceed to 'half kick'... split the difference between the setter and the antenna. Be prepared to get in front of the backside attack, and offer late help (slow down the quick).

### Systematic Points of Emphasis

1. The best trained, most athletic middle blockers still get burned... they make mistakes before and after the ball is set. They have to know they can never give up when they get burned. They might accidentally commit when the ball is set outside or lean the wrong way... let's be prepared for this! When the middles aren't going to close left or right, they have two jobs: notify the pin blocker by calling their name twice (instead of saying 'alone') and they have to pursue the set and get and tips, roll shots or deflections that happen.
2. Avoid the demoralizing kill. The last thing we want is for our opponents to bounce balls into the middle of our court. Having our middles notify our pins that they've been burned by calling their name automatically triggers our pin blockers to immediately take one shuffle toward the middle of the court to take away zone six. We will live with our opponents hitting line when they are one on one. In addition to the triggered pin blocker response when they are one on one, we also have our line diggers deepen and get ready for heat. They have this freedom because our middles are going to chase the set and get the tips.
3. Touches win matches! Reward blockers with praise for getting controllable touches. With margins for victory so slim, a good touch at the end of the match can be the difference. Let's make a point to reward good deflections.

**Natalie Morgan****General Training Principles:**

- **Blocked vs variable drills:** Be intentional with the type of drill you use. Blocked for more difficult or new tasks or for the beginner. Variable drills to build retention or for the experienced learner.
- **Steal ideas, not systems:** Take pieces from other coaches that help you develop your system. Cookie-cutter systems that you copy and paste into your program are hard to run and easy to beat.
- **Square player, round system:** Don't force your players to fit your ideal system. If your serving philosophy is keep it in at all costs but Sally is a great topspin server, go let her do her thing.
- **Speak the language:** Make sure your athletes and your staff understand the language you use. This requires you to be consistent in the words that you use to describe actions, skills, tactics, etc. Take the time to really spell it out the first couple of times you use the cue word.
- **Teach the reality of the game:** In a match, no one tosses to your setters. Rarely do your hitters have an open net. Passers always have to pass next to a teammate. Setters are setting from the 10' line at least a third of the time. Try to train like you play.
- **Teach them how to read:** This is the most undertrained skill in volleyball. Teach their eyes to look at the correct things. Like that old proverb, "If you give a man a fish, you feed him for a day. If you teach a man to fish, you feed him for a lifetime".

**Defensive Components:**

1. Serving
  - Two philosophies of serving:
    - ♦ **High risk – High reward** - Your serve is your toughest every time. It is a form of attack. You must be willing to accept the higher error percentage that comes with this philosophy.
    - ♦ **Keep it in** - Your serve is always going to be in but rarely tough. It is reliable, consistent, and safe. You trust your blocking and digging to give you an opportunity to transition.
  - Jump float is the way to go: (1) Flat (2) Depth (3) Clean (4) Speed
2. Blocking
  - Block moves: (1) Squat (2) Quick three (3) Crossover three (4) Crossover two
  - Teach eye sequence: (1) BSBH (2) ball – hitter – setter – ball – hitter
  - Be clear with the goal: Get good touches
3. Digging
  - Floor moves: (1) drop'n'drive (2) forward roll dive (3) lateral belly dive (4) sprawl (5) overhead (6) pancake

## Tod Mattox

### Principles:

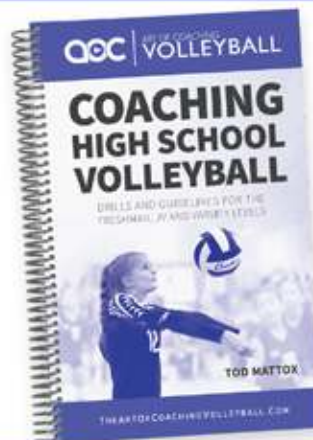
1. My Biggest Coaching Challenge: Play more volleyball, but work on specific techniques and tactics in the context of 6 v 6 play.
2. Players, not coaches, should initiate whenever possible
3. The great majority of 6 v 6 should have some specific focus. Parts of the game can be emphasized in the following ways:
  - a. Weighted Scoring: Ex-- 2 points for a middle kill.
  - b. Rule Changes: Ex-- The defensive side gets only two contacts, so the offensive side can work on specific in-system routes and sets.
  - c. Initiation: Ex-- The first ball might be initiated by a player to the opponent's RB setter.

### Targeted Initiations

1. **Down/Free:** Player/coach toss for random down or free ball. Work on both offensive tactics (to RB or 2/3 seam) and defensive plan (mid back/RB coordination on seam ball).
2. **Bad Set:** Offensive pin hitter self-toss/player or coach toss to 10' set hit to RB setter to start rally. Offense is taking setter out; defense is playing out of system. Defensive mid-back can also practice being more aggressive and taking seam balls, so the setter can release and set.
3. **Middle-Trans:** LF (RF or MF) self-tosses and attacks ½ speed over the block vs. full defense. Defense must dig and transition to middle attack.
4. **Setter Save:** Coach has choice of 2 balls to enter to setter (either on defense transition or on serve receive). One will be low into the net, and the setter has to play it out of the net. The second will be a tight set that the setter has to set (QA hopefully) with one hand.
5. **Two-Shot Tool Box:** Pin hitter begins with self-toss (or coach/player set), and two shots are the focus. For LF, it might be lift tip line or chop deep line. Offense works on expanding attacking options, and the defense works on defending the specific attacks.
6. **Off the Block:** LF (RF or MF) self-tosses and hits into the block or off its edge. Play out. Defense is working on blocking hands and digging deflections. Offense is working on armswing control and coverage.
7. **Defender Challenge:** This coach-initiated rally begins with a challenging ball hit to the team's two best defenders, one on side A and one on side B. First to get 3 (or 5) good digs wins.

8. **Transition Virus:** Team is set up in defense with coach as a mid-back virus. Coach digs first ball in one of two or three ways, with a good dig always being one of the choices. The other 6 are:
  - a. Shank back for sprint pursuit,
  - b. Shank left that OH has to set RS or pipe,
  - c. Shank low middle that transitioning MB has to set to OH or pipe attack,
  - d. Shank right that RS has to knock over the net, and
  - e. High overdig that MB blocks
  - f. Low overdig that everyone has to dig
9. **Serving Error Entry:** If a server misses, the receiving team gets a coach serve or throw. The serving team is playing for a wash. The receiving team must always “earn” its points.
10. **Two Serve Game:** Each player serves twice, and the receiving team must be in a different receive formation with different attacking routes on each of the two serves.

**A GUIDE TO THE  
NUTS AND BOLTS OF  
TRAINING FRESHMAN,  
JV & VARSITY TEAMS**



## Jennifer Darty

*“Communication builds trust. Trust generates commitment. Commitment fosters teamwork and teamwork delivers results. It all starts with great communication.” –Jon Gordon*

### **Player Communication**

- Communication builds trust!
- Support-Challenge Matrix
  - Low Challenge, Low Support = boredom, apathy
  - High Challenge, Low Support = stress, pressure
  - Low Challenge, High Support = comfortable but no push
  - High Challenge, High Support = being pushed to become the best they can be
- Communication is Key!
  - What you say & how you say it matters
  - Verbal and non-verbal
- Create a highly supportive environment through clear & honest communication
  - Set Expectations
  - Check-In with them often
    - ◆ Preseason, midseason, postseason meeting
    - ◆ Take time to connect & build a relationship with them
- On-court communication
  - Consistent communication from practice to games
  - Talk about talking in your gym
    - ◆ Player to player communication
    - ◆ Emphasizes & exaggerate their communication
  - Give feedback
    - ◆ Praise them in public and criticize them in private
    - ◆ Performance-based
    - ◆ Pre-practice & post-practice

- ◆ How much information does your team need in game?
- ◆ MOTIVATE, ENCOURAGE & BUILD CONFIDENCE!
- High fives

### **Staff Communication**

- Find people you trust & people that make you better
- Get on the same page
- Define roles & responsibilities
  - What do you need from them in practice?
  - What do you need from them in game?
  - Balance your strengths & weaknesses
- Be a unified front!

### **Parent Communication**

- “Where there is a void in communication, negativity will fill it”
- Have a plan for your season & be proactive in your communication
- Let parents be a support system
  - Parents want to be involved, let them be where you want them to be under your guidance
  - Be specific in your plan and the roles that you need them to fill
- Keep them updated
  - Find something that works for you to be able to communicate early and often
- 24-Hour Rule
- Communicate EARLY & OFTEN!
  - Stay ahead of potential issues

### **Administration Communication**

- Create a partnership with your administration.
- Be proactive
  - Keep administrators in the loop & stay ahead of every issue
  - It is the duty of the coach to inform the Athletic Director of every difficult situation
  - Don't let your administration get caught off guard

- Engage them
  - Invite them out to team events
  - Celebrate the good with them!
- Enlist your Athletic Director as a mentor
  - Use their expertise & advice

### **Communication with the Community**

- Reflect upon how your program represents itself in your school and the community
  - What is your culture?
- Connect with the community
  - Use social media
  - Host a camp, have a theme night, volunteer, go to another sporting event, etc.

Communication can always be improved upon but focus on building great relationships through your communication!

**COMMUNICATE EARLY & OFTEN! BE CLEAR, BE DIRECT, BE HONEST!**

## Andy Sloas

Practice plan available for download at [www.theartofcoachingvolleyball.com/hs-cc-22-video](http://www.theartofcoachingvolleyball.com/hs-cc-22-video)

### Mindset

### Player Goals

### Big Rocks

### Practice Plan

### Position Practice Plan

- Offense
- Defense
- Setters

### Full Team Drills

### Practice Plan

- Movement
- Coach Control
- LIVE
- GAME

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### **Tryouts**

- Why can't I just watch and see who's good?
- What is the most critical stat?

### **How To Stat Serve Receive**

- Calculating the Rating - Weighted Average
- Capture & Calculate
- Drill
- Process
- Radar System

### **Establishing Benchmarks**

### **Prioritizing Stats**

### **Ways To Take Stats**

Jamie Siegel

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JULY 9, 2022

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