

ST. PAUL VOLLEYBALL PROGRAM

“INSTRUCTIONAL to ADVANCED SKILLS”

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Long Range Objectives:

To establish a system to:

1. Increase player participation in the sport throughout the St. Paul Community.
2. Improve & increase each coach's knowledge and teaching skills of the game.
3. Increase parent participation
4. Provide an opportunity for parents & coaches to communicate about the instructional program and ways to improve it.

Long Range Goals:

1. Improve each player individual skills, giving them the best possible opportunity to continue playing the sport at the club, high school and collegiate level.
2. Improve players' team skills. Develop a "team 1st" concept.
3. Improve player & parent sportsmanship. Show respect for parents, coaches, teammates, officials and opponents.
4. Establish standards of training and play for each grade (3rd thru 8th.)
5. **Teach players to enjoy the sport. "Have fun GOD is watching."**

Intermediate Goals:

1. Improve individual skills in the following areas:
 - a. Serving
 - b. Passing (Forearm & Overhead)
 - c. Attacking
 - d. Blocking
 - e. Setting

2. Improve “Team” skills in the following areas:
 - a. Introduce 3 team contacts (early years)
 - b. Introduce & develop a 4-2 offense in 5th grade
 - c. Introduce & develop a “6-2” and/or “5-1” system in 6th, 7th & 8th grade.
 - d. Floor defense
 - e. Setting strategies
 - f. Team attacking
 - g. middle attack (quicks & slides)
 - h. combination plays (tandems & crosses)
 - i. Back row attack
 - j. setter dump/attack
 - k. Team Blocking

3. Improve player & parent sportsmanship
 - a. Recognizing each players talents
 - b. Understand the coach’s responsibility
 - c. Understand the official’s responsibility

4. Standards of Training & play
 - a. Assessing fitness & skill level of each player
 - b. Development of seasonal schedule
 - c. Plan practices (see attached practice plan outline)
 - d. Selection of drills (see attached drill outline)
 - e. Coaches camp schedule
 - f. Players camp schedule
 - g. Strength & conditioning program (player & parent handout)

Program Overview:

1. Coaches meetings to be held during the season to discuss progress. (Can be at the Athletic Association Meeting)
2. Give out instructional information to all coaches at the beginning of the season on:
 - a. Drills
 - b. Conditioning
 - c. Strategies
 - d. Videos
3. Schedule parents meeting at the beginning of player camp/evaluation/tryout period.
 - a. Explain program and evaluation (tryout) process
4. Schedule dates for coaches clinics to coincide with player camps.
 - a. Basic skills for 3rd & 4th grade
 - b. Evaluation & Advance skills for 5th & 6th grade
 - c. Evaluation & Advance skills for 7th & 8th grade
5. Encourage player and parent feedback. Evaluation sheets handed out to parents at the start of the season. (See attached)
6. Set times & dates for practice schedule & gym location (submit gym request to rectory by late May & with timeline). We have the potential for 22 teams. We would need approximately 33 hours of gym time each week. Consisting of practice times for:
 - a: 16 girls teams
 - b: 6 boys teams
7. Times, dates, location of CYC cards registration (CYC South Central website)

Team Goals for the year 3rd & 4th grade:

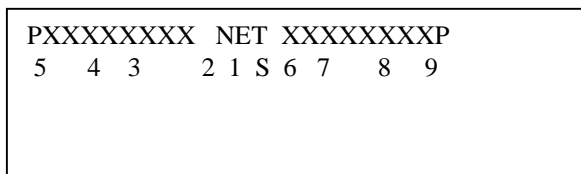
1. Learn Basic Movements & Postures
2. Introduce the Underhand Serve & overhand serve techniques (only when arm & shoulder strength is adequate.)
3. Introduce Forearm Passing skills
4. Introduce Overhead Passing skills
5. Introduce Setting skills
6. Introduce attack footwork & contact of ball on tether
7. Introduce & develop the 5 person “W” serve/receive formation.
8. Learn & develop specialized player skills.
 - a. Setters
 - b. Front row attackers
 - c. Back row passers
9. Emphasize importance of 3 team contacts versus winning a game.
10. To have fun “God” is watching

Team Goals for the year 5TH grade:

1. Introduce/develop a 4-2 offensive system w/ 5 person “W” serve/receive formation.
2. Learn & develop specialized player skills.
 - Setters
 - Front row attackers
 - Back row passers
3. Introduce advanced passing skills (forearm & overhead taught)
4. Develop overhand serve techniques
5. Introduce & Develop attacking skills (approach footwork, armswing, contact)
6. Develop an attack offense from serve/receive formations
7. Develop an attack offense from the transition
8. Introduce base defense schemes
9. Introduce blocking techniques
10. To have fun “God” is watching

Team Goals for the year 6TH grade:

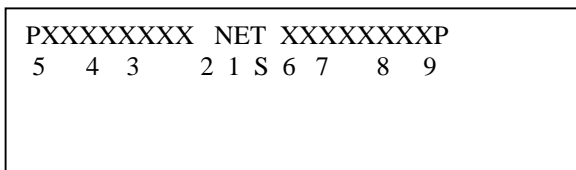
1. Introduce & develop a 6-2 or 5-1 modified offensive system.
2. Introduce four “4” person serve/receive formation.
3. Introduce & Develop “In-System” offense
4. Know the 6 serving zones
5. Know the 9 attack zones at the net.



6. Develop an attack offense from serve/receive formations
7. Develop an attack offense from the transition
8. Introduce base defense & rotation defense schemes
9. Introduce blocking techniques
10. To have fun “God” is watching

Team Goals for the year 7TH & 8TH grade & Parochial:

1. Learn a 6-2 or 5-1 offensive system.
2. Develop a three or four person serve/receive formation.
3. Develop the 9 attack zones at the net.



4. Develop “In-System Offense”
5. Introduce Quick attack offense from serve/receive & transition.
6. Learn the 3 back row attack options.
 - Red = right side
 - White = middle
 - Blue = left side
7. Learn 4 basic play sets combinations.
 - “A” quick = tandem
 - “B” quick = inside tandem
 - “C” quick = front x/cross
 - “D” quick = back x/slide
8. Understand base defense, rotation & slide defensive schemes
9. Learn & develop area/channel blocking schemes
10. To have fun “God” is watching

Individual & Team Goals for: 3rd & 4th grade

I. Introduce & Develop INDIVIDUAL Skills in the following areas:

1. Attacking
 - a. Footwork: introduce 3 step approach
 - b. Jump: teach how to use arms to maximize height at which the ball is attacked
 - c. Swing & contact: instruct how to “snap” a volleyball (not to hit with the shoulder)
2. Blocking
 - a. Introduced in 5th & 6th grade
3. Passing
 - a. Forearm passing: Consistent fundamentals. Balanced body position, learn the athletic ready position. Know what a platform should look like. Pass with the arms, not the legs. Learn movement skills (run thrus)
 - b. Overhead passing: correct body & hand position, must have both. Balanced body position & follow thru to the target. Need to strengthen the hands 1st
4. Serving
 - a. Introduce correct underhand serve techniques. Set the feet, then the ball, then focus on the contact.
 - b. Introduce correct overhand serve. Set the feet, then the ball, draw back the arm keeping the elbow high, toss out in front of hitting shoulder, contact with open hand hitting the ball dead center.
5. Setting
 - a. Introduce setters’ responsibilities.
 - b. Introduce setting fundamentals. Body position, hand position, correct extension of hands and legs.

II. Improve TEAM Skills in the following areas:

1. Team Attacking
 - a. Introduce the 5 person “W” serve/receive formation
 - b. Introduce the 3 fixed attack zones at the net. 5, 4 & 9
 - c. Learn the front & back attack zones.
 - d. Develop the importance of “3” team contacts at every opportunity. The Win in the score column is not the important factor here.
2. Team Blocking
 - a. Introduced at the 5th & 6th grade
3. Floor Defense
 - a. Base positions
4. Setting Strategies
 - a. Know your 6 rotations. Who is where at serve receive.

Individual & Team Skills for: 5th thru 8th grade & Parochial Volleyball

I. Improve INDIVIDUAL Skills in the following areas:

1. Attacking
 - i. Footwork: emphasis on quickness
 - ii. Jump: maximize height at which the ball is attacked, explosiveness
 - iii. Swing & contact: how to hit around, over & off the block
2. Blocking
 - i. Footwork: 3 & 2 step crossover, lateral shuffle step
 - ii. Body position: coiled with hands held high, then progress to swing blocking
 - iii. Arm/hand position: extend, thrust shoulders, penetrate net with arms & hands
 - iv. Vision: teach proper visual sequence, pass trajectory & location, setter, path of the set & then focus on the hitter, follow the ball with peripheral vision
3. Passing
 - i. Forearm passing: Consistent fundamentals. Balanced body position? Tell that to the guy jump serving, the ball only knows angles off the platform
 - ii. Overhead passing: correct body & hand position, must have both. Balanced body position & follow thru to the target. Need to strengthen the hands
4. Serving
 - i. Float serve: how to hit the killer float serve
 - ii. Jump serve: hard top spin, short jumper, jump floater, flat top spin
5. Setting
 - i. Setting to all locations: where are they?
 - ii. Jump setting: faster tempo with the offense
 - iii. Attacking on 2: left hand or right hand
 - iv. Setter dump: with the left and behind with the right

II. Improve TEAM Skills in the following areas:

1. Team Attacking
 - b. Attacking the quick sets; the 1, 3 & 6
 - c. Attacking the slides; 7 & 8
 - d. Transition attack; getting off the block
2. Team Blocking
 - e. Commit & Channel blocking
 - f. Closing to the RF blocker: shutting down the LF attacker
 - g. Closing to the LF blocker: shutting down the RF attacker
 - h. Blocking the quick's & slides
 - i. Helping with the setter dump
5. Floor Defense
 - a. Base positions
 - b. Rotational defense: where am I supposed to be?
 - c. Perimeter defense
 - d. Slide defense
4. Setting Strategies
 - e. Know your 6 rotations: commit to memory who is where, at serve receive & transition
 - f. Who should I set when: seeing the block & knowing the blockers
 - g. When to run the back row attack
 - h. When to run the combinations

II. Conditioning Plan (Overview):

1. Assessing fitness & skill level
 - a. Agility & endurance: How often do you run & stretch? _____
2. Workout Plan (Daily) 3 times a week _____

Activity	Time in minutes
a. Warm-up & Stretch:	5 to 15
b. Strengthening & Endurance:	10 to 20
c. Footwork skills	10 to 20
d. Ball handling skills	10 to 20
e. Cool down stretching	5 to 15
TOTAL	40 to 90 minutes

IV. Mental Training (Knowledge):

Offensive Attacks:

The 9 attack zones at the net.

PXXXXXXXXX	NET	XXXXXXXXXP							
5	4	3	2	1	S	6	7	8	9

1. "In-System Offense"
2. Quick's (1, 3 & 6)
3. Combination plays (Usually use letters or colors)
 - i. Tandem "A"
 - j. Inside Tandem "B"
 - k. Front X "C"
 - l. Back X "D"
4. Back row plays (Use either colors or letters)
 - a. Red (right side)
 - b. White (middle or pipe)
 - c. Blue (Left side)

Defensive Systems:

1. Base
2. Rotation
3. Perimeter
6. Slide

Blocking Systems:

1. Channel/Area Blocking
2. Line/Cross court/cut back Blocking
3. Commit & Read

Five (5) Individual Rules:

1. Practice like you want to play
2. Concentrate on each movement
3. Don't give up when your spent, its just one more rep.
4. Every rep/play of the ball is worth a point
5. **Have Fun, GOD is Watching!!!**

Things you should "better" know & do about volleyball!!!!

1. Know that volleyball was invented in **Holyoke, Massachusetts** (1895 was the year)
2. Who was the founder of the sport of volleyball? **William G. Morgan**, physical education director at the local YMCA invented minonette, which was latter named volleyball.
3. Who is the worlds' greatest volleyball player, he won three gold medals 2 indoor and 1 on the beach? **Karch Kiraly** & know how to pronounce his last name properly "**KEY-RYE**" its Hungarian.
4. Play with the attitude that every ball is coming to you.

Team Selection Formats

1. **RANDOM PICK (3rd & 4th grade):** A Head Coach & one Assistant coach are assigned to each team along with their children, with the remainder of all players placed randomly by the Volleyball Lay director and/or the selection committee to one of the team(s). This process is supervised and approved by an Officer of Athletic Association.
2. **EVALUATIONS:** (5th thru 8th grade) Evaluations will be conducted during a player camp. We will attempt to form one “A” team and/or an instructional team(s). Then evaluate what level the instructional team(s) will play at based on input from the previous years coaches. Any players or parents not wishing to be evaluated will be placed on one of the instructional teams formed by this same process above. When players sign in they are assigned a number to be worn during the camp. The selection committee will evaluate each player’s skill and rate them in the following areas: Serving, Passing, Setting & Attacking. Players will be rated 1, 2 or 3. 1 = outstanding skills shown; 2 = good skills shown; 3 = needs work developing skills. In an effort to keep the process unbiased, the names of the players are not shown to the evaluators. After the camp concludes the players are rated and placed on a team. This is done by their number only then after checking for accuracies on the evaluation sheets the names are placed next to their numbers.
3. **DRAFT (used only when deemed appropriate by the Volleyball Lay Director, Coaches and Athletic Association):** (5th thru 8th grade) Evaluations will be conducted during a player camp. The selection committee will evaluate each player’s skill and rate them in the following areas: Serving, Passing, Setting & Attacking. Players will be rated 1, 2 or 3. 1 = outstanding skills shown; 2 = good skills shown; 3 = needs work developing skills. In an effort to keep the process unbiased, the names of the players are not shown to the evaluators. Head Coaches 1st pick is their child, 2nd pick is the Assistant coach’s child if applicable. Then a random draw will determine the order of the draft process. Each coach selects one player per round from each of the skill levels (1,2 or 3) until all players have been placed on a roster.

NOTE:

We must determine what skill levels our teams are at before submitting to our district what division they will be assigned to (i.e. A, B, C or D).