Arlington Heights Park District

Youth Volleyball

Coaches Manual
The Arlington Heights Park District welcomes you to the exciting world of youth volleyball. Whether you have had a lot experience with the game or are just beginning with the program, we want you to know that we appreciate your time and energy. All of us involved in this program, coaches, referees, parents, and park staff, should strive to uphold basic tenets included in the Statement of Philosophy. As coaches, we should ensure that our players have fun in a physically, socially, and psychologically safe environment.

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Bill of Rights for Young Athletes

I. Right to participate in sports

II. Right to participate at a level commensurate with each child’s maturity and ability

III. Right to have qualified adult leadership

IV. Right to play as a child and not as an adult

V. Right to share in leadership and decision making

VI. Right to safe and healthy sporting environment

VII. Right to proper physical and technical preparation

VIII. Right to an equal opportunity to strive for success

IX. Right to be treated with dignity

X. Right to have fun in sports

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Code of Ethics for Coaches

I will place the emotional and physical well being of all my players ahead of a personal desire to win.

I will treat each player as an individual, remembering the large range of emotional and physical development of players within the same age group.

I will do my best to provide a safe playing situation for my players.

I will review and practice basic first aid principles needed to treat player injuries.

I will do my best to organize practices that are fun and challenging and will give all players the opportunity to develop and grow.

I will demonstrate fair play and sportsmanship.
I will be knowledgeable of game rules and will teach those rules to my players.

I will use coaching techniques appropriate for each of the skills that I teach and at the level of development of each player.

I will remember that I am a youth sports coach and that the game is for children and not adults.

I will provide opportunities for all players to participate in practice and game situations, allowing players to apply new skills and demonstrate their abilities.

**Arlington Heights Park District Youth Sports Philosophy**

The AHPD has identified the following objectives for youth sports programs:

Programs will be designed to promote positive learning experiences that encourage athletes to develop physically, psychologically, and socially.

Programs will emphasize fun, developing new skills, fair play, and sportsmanship.

Programs will be conducted with the utmost safety of the participants and spectators in mind.

Programs will be designed to promote positive player self-esteem and self-confidence.

Programs will be comprehensive in nature and offer a spectrum of ability levels that match resources available. In the event that resources or facilities are limited, priority emphasis will be placed on accommodating the needs and interest of the greater majority of the users.

Programs will first serve the needs of AHPD residents before branching out to non-residents. Non-residents are encouraged and invited to participate if openings still exist after the residents have been served.

AHPD youth sports programs involve individual and/or team competition. It is the desire of the Park Board of Commissioners to keep the intensity of the competition at a recreational level, which emphasizes fun, learning, and enjoyment.

AHPD recognizes that competition in and of itself is a part of life and, if placed in the proper perspective, something that an individual learns from. Competition as viewed by the AHPD encourages participants to strive to be the best they can be. Winning and losing will be de-emphasized whenever possible, with emphasis placed on participation, learning, and enjoyment. In an effort to keep the recreational philosophy and to serve the greatest number of residents, athletic programs will be designed to encourage participation for the beginner and mid-level athlete. Although the AHPD may offer traveling programs in certain sports in which the competition intensity increases, the overall focus should still remain on fun and learning. If a
participant’s skill level and competitive needs exceeds program capabilities, he or she may need to seek private clubs or organizations.

**Guidelines for Coaching**

Set a positive example on and off the court. Under no condition should coaches fight, yell at referees, or harass players, officials, or other coaches. Coaches and their assistants may not use profane language or gestures. All communication with referees must be respectful and courteous.

Know the rules of the game; stress effort, discipline and skill development at all times; keep winning in proper perspective.

Coaches may protest a player, referee, or another coach by filing a protest with the AHPD. Protests will have no bearing on the final outcome of the game and games will not be replayed as the result of a protest.

Coaching under the influence of drugs or alcohol is prohibited. Consumption of alcoholic beverages during practice or during a game is strictly forbidden.

Hold a parent orientation before the season starts. Explain league rules, team goals, and your coaching philosophy. Set a time parents may contact you if they have a complaint. Gain their cooperation. Be tactful.

Accentuate the positive. If you must say something negative, make sure it’s constructive and sandwich it with positive comments.

Do not try to be a strict taskmaster. Children say they participate in sports to have fun, make friends, and improve their skills. Introduce some laughter and levity at practices and games.

Make practice fun. Use a variety of exercises and drills and break them up with games. Encourage players to be creative. Give them responsibility during practices, allow them to make up their own rules and practice drills, play different positions, resolve their own arguments, and lead warm-up exercises.

Actively teach sportsmanship. Players will imitate your words and actions. Allow players to make difficult moral decisions.

Be alert to individual needs and be flexible. Calendar age does not equal biological age and some players mature earlier than others. Do not impose the same exercises and practice times on all players. Provide one-to-one coaching wherever possible.

Coach yourself before you coach others. Practice your skills so that you can give competent demonstrations. This is the most convincing method of teaching skills.
Watch the training load; too much and too little are equally bad. A balanced training program takes into account the players’ ages, physical and mental abilities, and improvement goals.

Encourage players compete against their own past performance rather than against the performance of other children. Set realistic personal and team goals. Have players practice their weaknesses. Begin with basic skills, gradually increase the level of difficulty during practice sessions, and finally put the skills to the test during games.

Simplify. Complexity is confusing. Use specific explanations rather than advanced terminology.

Do your homework. Analyze previous games. Prepare your practice schedules in advance. Keep your team organized on and off the field.

Let everyone play. Research has shown that children would rather play on a losing team than sit on a winning team.

Do not over coach. Avoid talking too much or “preaching” to the players while they are seated. Most of the coaching should be done while they are practicing.

Don’t worry about “psyching up” your players before a game; they are nervous enough. De-emphasize winning and encourage them to play their best.

Don’t expect the referee to see the game through YOUR EYES. A referee’s job is different than that of a coach. They necessarily concentrate on and see different aspects of the game. If you are very dissatisfied with a referee, contact the league supervisor.

If a player is injured, treat the injury immediately and allow the player to rejoin the game when once recovered. If the injury is too severe to continue, the player should sit out the remainder of the game or leave the facility for further treatment as necessary. If the severity of an injury is unknown, the injury should be treated as severe and the player should not return to the game.

Knee pads are allowed but not required.

If a problem exists with a player, discuss it with his or her parents. If the problem still exists, contact the AHPD.

**Guidelines for player development**

**Ages 5 to 8** - Players in this group are very self-conscious, have a very limited attention span, and need constant movement. Encourage movement through volleyball related games such as volleyball tag. Emphasize fun. There should be no competitive pressure.
Ages 8 to 12 - These players are better balanced physically and mentally than any other age group. They have a great sense of team loyalty, are quite competitive, and learn skills eagerly. Introduce all techniques: passing, setting, hitting, blocking, and team play with more intensive exercises.

Ages 12 to 14 - Players in this group are just entering puberty. This is a period of physical change and mental turbulence, making it challenging for players trying to learn the basic techniques. Work more intensively on techniques introduced at ages 10-12. Players at this age like to form social groups. Channel this into creating of tactical unity for team play.

Arlington Heights Park District Youth Volleyball – Rules of the Game

Pool Play: first 6 weeks of play
1. Matches are 3 games to 25 points. We will play all 3 matches. Cap of 27 points.
2. # of players, can borrow players if you have less than 6. Please use players from the league and just enough to make 6.

Playoffs: last 2 weeks of play
1. Playoffs will be 2 out of 3 games per match. No cap score or time limit.
2. No borrowing for playoffs. Talk to Joanie if this is an issue.

AHPD Adapted Rules:
1. Start time is 10 minutes after the hour. If game time is 3 PM, then the first serve is at 3:10 and the game will end at 4 PM.
2. Warm ups are 3 minutes passing, 3 minutes hitting (if wanted), and 3 minutes serving.
3. 5th/6th grade serving line is moved up 5 feet to 25 feet instead of 30 feet.
4. Re-serve: if player does not like the toss she/he may re-toss once during that term of service. This is more lenient for 5th/6th graders. Multiple tosses are allowed for 5th/6th, but not encouraged.
5. Players rotate into middle back. All players should receive equal playing time.
6. During pool play, a player can serve a maximum of 8 serves. If the 8th point is won, the point is scored (for serving team) but the opposing team shall not receive the “side out” point.

Basic Rules (all other IHSA rules apply):
1. Rally score. A point is scored on every serve.
2. 3 hits per side (or less) are allowed. Blocks/touches on blocks do not count as a hit.
3. Ball may touch net on a serve
4. Double hits are allowed only on any first ball over. Lifts and carries are not allowed.
5. A ball landing on the line is good.
6. Ceiling: If a ball hits the ceiling on you team’s side of the net and on your teams first or second hit, then the team may continue to play it. If it hits the ceiling on the other team’s side of the net, it is whistled dead.
7. If the ball touches the wall the ball is dead.
8. 2 time outs per game.
9. Please encourage good sportsmanship.
Frequently Asked Questions:

Should players serve overhand or underhand?
In high school, players will be expected to successfully serve overhand. At the 5th/6th grade level, many players don’t have the upper body strength to serve overhand. At the 7th/8th grade level, players should be able to attempt an overhand serve. If their serve isn’t strong or consistent enough for games, be sure to have them keep trying in practice. Set aside a skill improvement time (10-15 minutes) for them to try overhand, but continue practicing underhand.

In an overhand serve, should players use an open or closed palm?
The player’s hand should be open for the serve because there is a larger surface on which to hit. As player’s progress, an open palm allows them to place the ball in certain areas and put spins on the ball which will make it hard to serve receive. A fist is an uneven surface that makes control difficult. However, a fist provides more of a punch for those who are lacking the upper body strength to get the ball over.

What is a re-serve?
If a server tosses the ball poorly, he or she may catch it or let it drop. The referee will then signal another serve. Servers may only get one re-serve attempt per term of service. The player may not do this every time, or it may be deemed unnecessary delay. Tell your players that they may do it, but do not teach them to rely on it as a strategy.

Where do we serve from? Why should we serve from the middle of the end line?
Players may serve from anywhere on the end line. You may suggest that they serve from the middle to allow some margin of error on the right side.

What is a legal hit/illegal hit?
Common question! Any first ball over the net may have multiple contacts. It may not be a lift or a carry though. The second and third contact must be clean and legal.

DRILLS FOR IMPROVEMENT/CUE WORDS

Set with partner or to wall
   “Hershey kiss”
   Hands above forehead, extend
   “Putting crystal bowl on a shelf” Quiet!
   Use legs for distance

Pass with partner or to wall
   Thumbs pointing toward floor
   Contact with forearms away from body
   Shrug Shoulders (don’t swing arms)
Serve to partner or to wall
   Overhand: (righties) (reverse L/R for lefties) good toss over right shoulder.
   Step with left, drag right
   Solid hand contact, “tennis racket”

Defense
   Pepper with partner - bump, set, hit
   Practice rolls - both left and right

GAME LIKE DRILLS

King of the Court
This is also known as triples. Begin with three lines of players on the end line. The first person in
each line on the court goes to the other side of the net and plays against the second group of
three people. Coach initiates play by tossing the ball to the new team. Whoever wins goes to the
far side. Losers shag the ball for the coach/tosser. The next group of three comes onto the court
and repeats the drill.
This is the best drill to get kids to call for the ball and actually play the ball. It might be slow at
first, but the players will only get better with this drill.

Simulated Game
This is a good drill if players want to play more game time, but you need to work on skills. Play a
game with strategic restrictions.
   • 3 hits on a side—extra point
   • Always pass to middle front
   • If the first ball over hits the floor, the whole team does 5 sit-ups

Simulated Game #2
Six on each court, coach on opposite side. Coach tosses/serves to players who then play it out -
pass/set/hit. As soon as the ball is returned, the coach tosses another. Teaches quick transition.

Stomach Drill
Line up all players on one end line on their stomach with their heads towards the net. Number
the kids 1-12 (or how you choose).
Coach calls out two #’s. Those two get up, the coach tosses one player the ball and they play it
out—pass/set/hit. Players lay back down, and coach calls out two more numbers. Be sure to call
out all of the numbers at some point. You may also call out three numbers or have players call the
ball and communicate between themselves. This is a scramble at first, but effective.

Game Play
When you play games in practice, be sure to set specific goals with a win incentive that rewards
achieving those goals.
   • Make the score 24-24, no time outs left—see who can win by 2.
   • Make the score 20-23, and see if the team can beat the other. Come from behind!!
   • Start at 15-15 play a game to 25. (usually 25 point games in practice drag on)
   • Give extra points for whatever skill was worked on in practice.
SERVING

Basic technique for overhand serve (right handed)
- Ball in left hand, palm up, over right side, shoulder height
- Start with right hand on top of ball
- Pull R arm back/high hand
- Toss ball about 2 feet above head. The toss is very important as it should always be the same height and it should always land in front of the right foot. A poor toss will result in a poor serve.
- Step with left foot, drag with right foot
- Reach high, contact with right hand (open palm)
- The serve has the same motion as an overhand baseball throw. Go back to the baseball throw to correct any basic motion.
- Keywords
  - Consistent Toss
  - Step left/Drag right for righties, Step right/Drag left for lefties
  - Reach high

Basic technique for underhand serve (right handed)
- Ball in left hand, over right side, bent slightly at the waist.
- Swing right arm along right side of body.
- Make a cinnamon roll or fist or tuck nails into palm with thumb on outside.
- Toss ball slightly/move left hand away (you may hit ball out of hand).

Motto for serving
- Serve in, Serve tough, Serve smart.

Basic Serving Drill #1 - 10 foot line warm up: 2 players/1 ball
Each player stands on the 10 ft. line, across the net from each other. Begin by having the players throw the ball back and forth to each other for over hand servers. This warms up their arms with the correct throwing motion and you can also check for correct foot position—L step/R drag (for righties), R step/L drag (for lefties).
Practice a few tosses. Tosses must start on R side and land in front of R foot.
Stay on the 10 foot line and begin serving. This can be done with over and underhand serves. Concentrate on toss, arm swing and head contact. Players should try to serve these balls to their partners only. Teach open hand overhand; allow closed if absolutely necessary. Open is required at high levels.
As players get more consistent, move them further back. Keep working until the end line is achieved.
This can be done to start every practice. The players will only get better with their form, and thus be better servers in the long run.

Basic Serving Drill #2 - Serve and Run: 1 ball/player
This is a simple and effective conditioning drill. It teaches concentration and how to serve when you are tired. This is a good warm-up drill while the coaches are getting organized.
Serve the ball and chase it wherever it goes. Then serve it from the other side. A serve over the net and into the court counts as one, a missed served doesn’t count. Goal: 10 serves over (not in a row); you may raise/lower the goal. If possible, have the players run around the net standards and subtract a point if they run under the net.

**Basic Serving Drill #3 - Serve in**
Split the team on either side of the court and use as many balls as possible. Players must serve five in a row - this teaches consistency. You may raise/lower the goal, move the serving line up, or narrow the court.

**Basic Serving Drill #4 - Serve Tough/Serve Low**
This drill encourages and develops serve toughness. Do not keep track of # over the net or inbounds, just give them a chance to serve tough! Show the players how a serve that just clears the net is a lot harder to receive than a high lob.

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**VOLLEYBALL DRILLS**
*Courtesy of www.ycoach.com*

**Volleyball - Two VS Two Drill**

**Purpose:** Teaches teamwork. Both players must work together to stay on the court.

**Procedure:** The court is divided up in half and the back line for this game is the 10 foot line. The game is played within the 10 foot line on one half of the court. The whole team partners off and 2 players are on one side and 2 players are on the other. Using only underhand serves, one team serves to the other and play begins. Once a team wins a side out, the losers must leave the court and the new challengers come on to face the winning team. Challengers serve. This game is fast paced and a fun way to get everyone involved.

**Volleyball - Net Save Drill**

**Purpose:** Teach the defender to dig the ball out of the net on the return.

**Procedure:** This can be played on both sides of the net simultaneously, thus allowing for group competition. Line up a group on each side of the net. Have a line of defenders to save the ball off the net, a setter, and a hitter outside. The coach throws a ball into the net and the defender tries to bump the ball to the setter, who sets the ball
outside (just catch the ball). A point is awarded if the set ball is actually hitable. This is a difficult drill, but develops an important fundamental tool. Play a game to between 5 and 10.

**Volleyball - Serve Receive Transition Drill**

**Purpose:** Works on the transition from serve to receive to hitting.

**Procedure:** Two groups of five players set up on each side of the net, three passers, one setter, one server. Alternate serving from each side. The passer passes to the setter, the setter sets the person who passed the ball, the hitter calls on appropriate set call for where they are after the pass.

**Volleyball - Coverage Drill**

**Purpose:** Teaches the team to cover hitters.

**Procedure:** Line-up 6 players in their normal set on one side of the court (receiving). Line-up two blockers in each of the three blocking zones on the other side. The coach tosses a ball to the receiving side that plays on the ball. With so many blockers, chances are the return will be blocked, forcing the receiving side to cover the hitter.

**Volleyball - Rapid Set Drill**

**Purpose:** Works on setting the ball.

**Procedure:** Two players (#1 and #2) stand on the opposite side of the net from a third player. Player #2 stands where the setter would line up (middle front preferably) and player #1 stands in a back row position on the same side. Player #3 lines up on opposite side of the net as #1 and #2 and tosses the ball over the net to player #1 who passes it to the setter (player #2). The setter bounce passes the ball under the net back to player #3. Meanwhile player 3 throws the second ball immediately after player 1 passes the first ball. The drill is fast paced and designed to get a lot of passing done in a short period. Note: player #3 should toss the second ball before player #2 has caught the first. That way the drill is executed rapidly.

**Volleyball - Target Practice Drill**
**Purpose:** Practice controlling the serve.

**Procedure:** On the other side of the net set up 6 main targets at the front right and middle positions, as well as the back left and middle positions. Coach chooses target to aim for and server tries to hit the target on the serve. The team can be divided in half and this can be turned into a competition with points awarded to how many serves strike the chosen target area. Make sure to keep wrist firm throughout the serve. Contact with heel of hand through the middle back of the ball. The contact should sound like a "thud" not a "slap" sound. Hand follows ball to the target. Finish with hand along side or within bodyline.

**Volleyball - Greed Drill**

**Purpose:** Teach team concept and attitude of doing their best to win every point and get every ball.

**Procedure:** Two teams of six players. Each team starts with 12 balls. Each team serves two balls at a time, alternating sides, then rotating. The team that wins the rally gets to keep the ball. The team that finishes with the most balls wins.

**Volleyball - Corner Killer Drill**

**Purpose:** Works on serves to the corners of the court.

**Procedure:** Set up the same number of cones in all four corners of the court. Divide team up into sides with each player having a ball. The object of the game is to knock over the others team’s cones on the other side of the court. Team who knocks over all of the other teams cones first wins. (Variation) Set up two cones in each corner, teams take turns serving and are awarded a point each time they knock over a corner cone.