

Arlington Heights Park District

Youth Volleyball Coaches Manual



Welcome to the Arlington Heights Park District Youth Volleyball program, and thank you for coaching! Whether you have had a lot experience or are just beginning with the program, we appreciate your time and energy. Everyone involved with this program - coaches, referees, parents, and 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.

AHPD Contact Information

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AHPD Youth Sports Program Objectives

The Arlington Heights Park District has identified the following objectives that the youth sports programs will strive to achieve:

- Programs will be designed to promote positive learning experiences that enhance 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 the self-esteem and self-confidence of the participants.
- 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 need of AHPD residents before branching out to non-residents. Non-residents are encouraged and invited to participate if openings exist after residents have been served. Some youth sports programs involve competition, either as a team or on an individual level. It is the desire of the Park Board of Commissioners to keep the intensity of the competition at a recreational level, which stresses fun, learning, and the concept that everyone plays.

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 for 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.

AHPD Youth Sports Philosophy

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 sporting behavior.

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 majority of participants.

Programs will 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 the concept that everyone plays.

The 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 travel 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 a coach harass other participants or 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 report the behavior of 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. Consuming alcoholic beverages during a practice or game is strictly forbidden.

Hold a parent orientation before the season starts. Explain league rules, team goals, and your coaching philosophy. Set a time, other than immediately after a game, that parents may contact you if they have concerns. Gain their cooperation, and be tactful.

Accentuate the positive. When correcting a player, make the criticism specific and constructive and sandwich it with positive comments.

Do not try to be a strict taskmaster. Children 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 and 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 demonstrate sporting behavior at all times. The more exciting or frustrating a situation is, the more important it is for you to keep your emotions in check. 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.

Encourage players to 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. Work on basic skills at practices, gradually increase the level of difficulty, and 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 court.

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 coaching should be done during practice.

Don’t worry about “psyching up” your players before a game; they are nervous enough. Downplay the score, 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 from a coach’s job. 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 once he or she has 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 player is misbehaving or struggling, discuss your concerns with his or her parents. If the problem persists, contact the AHPD.

Ages 5 to 8 – Players are 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 - Players are more balanced physically and mentally than any other age group. They have a sense of team loyalty, are competitive, and learn skills eagerly. Introduce passing, setting, hitting, blocking, and team play with more intensive exercises.

Ages 12 to 14 - Players are just entering puberty: a period of physical change and mental turbulence, making it challenging for players trying to learn 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.

AHPD Volleyball - Rules of the Game

Pool Play: first 6 weeks of play

1. Matches are three games to 25 points. Teams play all three matches. Cap of 27 points.
2. You may borrow players if you have fewer than six. Borrow players from the league, but only enough players for a team of six.

Playoffs: last 2 weeks of play

1. Playoffs will be best two out of three games per match. No cap score or time limit.
2. No borrowing players during 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 3pm, the first serve is at 3:10pm, and the game ends at 4pm.
2. Warm ups are 3 minutes passing, 3 minutes hitting (if wanted), and 3 minutes serving.

3. The 5th/6th grade serving line is 25 feet instead of 30 feet.
4. Re-serve: if player does not like the toss, she or he may re-toss once during that term of service. Multiple tosses are allowed for 5th/6th, but not encouraged.
5. Players rotate into middle back. All players should receive equal playing time.
6. **New for Winter 2019:** A player may serve a maximum of five serves during one term of service. If the serving team wins the fifth serve, the serving team receives the point, rotates to the next server, and continues serving. This rule applies during pool play and playoffs.

Basic rules (all other IHSA rules apply):

1. Rally score. A point is scored on every serve.
2. Three hits per side (or fewer) are allowed. Blocks/touches on blocks do not count as a hit.
3. The ball may touch the net on a serve.
4. Double hits are only allowed on the first ball over. Lifts and carries are not allowed.
5. A ball landing on the line is good.
6. If a ball hits the ceiling on your team's side of the net and on your team's first or second hit, play continues. 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, it is whistled dead.
8. Teams are allowed two time outs per game.
9. Please encourage sporting behavior.

Frequently Asked Questions:

Should players serve overhand or underhand?

In high school, players are expected to successfully serve overhand. In 5th/6th grade, many players don't have the upper body strength to serve overhand. In 7th/8th grade, 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 providing a larger surface with which to hit. As players improve, an open palm allows them to place the ball in certain areas and put spins on the ball, making 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 the net.

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 re-serve every time, or it may be ruled an unnecessary delay. Do not teach players to rely on the re-serve as a strategy.

From where do we serve? 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. The second and third contact must be clean and legal. The ball may not be lifted or carried.

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

Also known as triples. Begin with three lines of players on the end line. The first person in each line 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 or person tossing the ball. The next group of three comes onto the court and repeats the drill.

This is the best drill to get kids to call for and actually play the ball. It might be slow at first, but players will only get better with this drill.

Simulated Game

If players want to play a game, but you need to work on skills, play a game with strategic restrictions.

- Three hits on a side = extra point
- Always pass to middle front
- If the first ball over hits the floor, the whole team does five sit-ups

Simulated Game #2

Six players on each court, coach on opposite side. Coach tosses/serves to players who play it out - pass/set/hit. As soon as a player returns a ball, the coach tosses another. Teaches quick transition.

Stomach Drill

All players line up on one end line on their stomachs with their heads facing the net. Number players 1-12. Coach calls out two #s, and those players jump up. The coach tosses one player the ball; they play it out (pass/set/hit), and lay back down. Repeat. Be sure to call out all of the numbers at some point.

Modifications: 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. Create a sense of urgency – 25 point games drag on.

- Make the score 24-24, no time outs left, and see who can win by two points.

- Make the score 20-23, and see if one team can come from behind and beat the other!
- Start at 15-15, and play a game to 25.
- Give extra points for whatever skill you worked on in practice.

SERVING DRILLS

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 right arm back/high hand
- Toss ball about two feet above head. The toss is very important: it should always be the same height and land in front of the right foot. A poor toss will result in a poor serve.
- Step with the left foot, drag with the right foot.
- Reach high and make contact with the 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: a fist with nails tucked into palm with thumb on outside.
- Toss ball slightly/move left hand away. You may hit the ball out of your 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 check for correct foot position: step left/drag right for righties, and step right/drag left for lefties.

Practice a few tosses. Tosses must start on right side and land in front of right foot.

Stay on the 10-foot line and begin serving with over and/or underhand serves. Concentrate on toss, arm swing, and hand contact. Players should serve to their partners only. Teach open hand overhand; allow closed hand only 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. You can start every practice with this. Players' form will improve, and they will be better servers.

Basic Serving Drill #2 - Serve and Run: 1 ball/player

This is a simple and effective conditioning drill. It teaches players to concentrate and how to serve when tired. It's 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.

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. Have players serve five in a row to teach 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 players 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.

MORE 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: Divide the court in half with the 10-foot line as the back line. Play within the 10-foot line on half of the court. Players partner off with two players on one side and two players 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 is a fast-paced game 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: Play this on both sides of the net to simultaneously allow for group competition. Line up a group on each side of the net with 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). Award a point if the set ball is actually hit-able. This is a difficult drill, but develops an important fundamental tool. Play a game to 5-10 points.

Volleyball - Serve Receive Transition Drill

Purpose: Works on the transitions from serving to receiving to hitting.

Procedure: Two groups of five players set up on each side of the net: three passers, one setter, and 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 six 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 to begin play. This many players should block the return and force 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 bounces 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 practice a lot of passing in a short period. Note: player #3 should toss the second ball before player #2 has caught the first to run the drill rapidly.

Volleyball - Target Practice Drill

Purpose: Practice controlling the serve.

Procedure: On one side of the net, set up six main targets at the front-right and middle positions, as well as the back-left and middle positions. The coach chooses target, and the server tries to hit the target. The team can be divided in half to create a competition with points awarded based on how many serves strike the chosen target area. Make sure players to keep their wrists firm throughout the serve and make contact with the heel of hand through the middle back of the ball. The contact should sound like a "thud" not a "slap" sound. The hand follows the ball to the target. Finish with hand alongside or within the bodyline.

Volleyball - Greed Drill

Purpose: Teaches 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, serves two balls at a time, alternating sides, and then rotates players. 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. Split team on opposite sides of the court. Each player should have a ball. The object of the game is to knock over the other team's cones. The team that knocks over all of the other team's 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.