

TABLE OF CONTENTS

Mission Statement and Philosophy	Page 3
Volunteer Requirements	Page 4
Role of the Coach	Page 5
Recreation & Coaches Code of Conduct	Page 6-7
Disciplinary Sanctions	Page 8
Guidelines for Honoring the Game	Page 9
Guide for a Successful Parents Meeting	Page 10
League Rules	Pages 11-13
Heads Up: Safety in Youth Sports	Pages 14-17
Warm-Up & Stretching Exercises	Page 18
Volleyball Drills	Page 19-22
Volleyball Officials Hand Signals	Page 23
Coaching Resources	Page 24

Youth Sports Mission Statement

The purpose of the City of Santa Clarita's Youth Sports Program is to provide quality recreational sport experiences for the community's youth through a positive atmosphere that values sportsmanship, development, and fun.

Youth Sports Philosophy

The primary objective of the Youth Sports program is for children to have fun through recreational sports! Each child should have the same opportunity to participate in a recreational sports activity regardless of talent or ability. This values the individual and collective experiences of participants by providing a positive atmosphere that emphasizes sportsmanship and player development. Success is not reflected in the score or standings, but is achieved through effectively teaching the skills and strategies of the game as well as building the character and self-esteem of children participating in the program.

Youth Sports Volunteer Requirements

VOLUNTEER APPROVAL PROCESS

The highest priority of the City of Santa Clarita Youth Sports program is to protect our youth. All Youth Sports program volunteers (coaches, assistant coaches or volunteer parents) are required to:

- 1. Have a completed Volunteer Coach Application, Code of Conduct and Disciplinary Sanction Forms on file for the upcoming season.**
- 2. Pass a fingerprint screening and background check before assuming a volunteer role with a team.**
- 3. Wear a City issued, personalized badge to games and practices.**

Head Coaches are required to submit a list of team volunteers to the Youth Sports office. Any person or volunteer without a City issued, personalized badge is strictly prohibited from assisting with a team at practices or games. Only volunteers with proper identification will be allowed in designated player/coach boxes or on the team bench during games.

VOLUNTEER FINGERPRINTING INFORMATION

All Youth Sports program volunteers must complete a Volunteer Coach application and have fingerprints on file with the City of Santa Clarita for consideration as an approved volunteer in the Youth Sports program. All approved volunteers will receive a City issued, personalized badge and will be eligible to assist with Youth Sports teams. Any person or volunteer without a City issued, personalized badge is strictly prohibited from assisting with a team at practices or games and must go through the volunteer approval process.

Volunteers can make a fingerprint appointment (no walk-ins) by contacting the Youth Sports Office at (661) 250-3756 between the hours of 8:00 a.m. and 5:00 p.m.

Youth Sports

Role of the Coach

I. PURPOSE

As a coach of a youth athletic team, you have a tremendous influence on the life of each youth on that team. Next to the parent, you are probably one of the most important adults in the youths' lives. Each youth on the team looks to you for guidance and leadership. You will find yourself, at one time or another, in the position of being a father, a mother, a teacher, a friend, and a disciplinarian; and many times all of these on the same day -- your guidance effects the youths in all situations.

It is the intent of the City to ensure that games shall be conducted with good sportsmanship and fair play. It is our hope that the managers and coaches be the type of individuals who our society can point to as worthy examples for youths to follow.

II. CODE OF CONDUCT

A. RESPONSIBILITY FOR THE FOLLOWING:

1. A coach, assistant coach, parent, spectator or player shall not at any time lay a hand upon, push, shove, strike, or threaten to strike a referee, or they are subject to ejection from the game, as well as, any or all games left in the season.
2. A coach, assistant coach, parent, spectator or player shall not verbally abuse a referee or use profane, obscene, or vulgar language in any manner or at any time.
3. A coach shall not appear at any time in an intoxicated condition, smell of alcohol or have in his/her possession any alcoholic beverage.
4. For the conduct of his/her own spectators or rooters on either side of the playing area.
5. For the conduct of his/her players while they are on the field or sidelines.
6. For seeing that his/her assistant coaches and team helpers exhibit good sportsmanship before, during and after the game.
7. Win, lose, or draw, all coaches, assistant coaches and players will be required to show good sportsmanship by giving a cheer to the other team and shaking hands after the game.

Recreation Code of Conduct

CODE OF CONDUCT

The benefits of Recreation are endless - promoting health, building strong families, and creating a sense of community. To ensure the quality of programs and public safety, all program participants, parents, spectators, coaches, and volunteers must abide by this

Code of Conduct:

- All persons shall act with respect towards others; respect their privacy, and personal safety
- All persons shall treat and respect public and private property, City facilities, and equipment with respect
- Observe program rules and regulations at all times
- Behave responsibly, always exercising self-discipline
- Cooperate with or assist the City staff in maintaining safety, order, and discipline

NEVER TOLERATED AND REASON FOR IMMEDIATE REMOVAL

AND DISMISSAL:

- Abusive language or disrespect towards a staff member, volunteer, another participant, or member of the public
- Discourtesy or rudeness to a fellow participant, staff member, or volunteer
- Verbal, physical, or visual harassment of another participant, staff member, or member of the public of any kind
- Bullying or taking unfair advantage of any participant
- Possession or usage of alcoholic beverages or illegal drugs on the City of Santa Clarita property, or reporting to the program while under the influence of drugs or alcohol
- Possession of dangerous or unauthorized materials such as firearms, weapons, or other similar items on City property
- Conduct endangering the life, safety, health, or well being of others
- Failure to leave the area in the condition in which you found it, including restrooms gym, hallways, and any other area used - this includes vandalism/graffiti
- Failure to follow any Department of Parks, Recreation, and Community Services policy or procedure

Coaches Code of Conduct

- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will praise my players just for participating.
- I will look for positives, and make a big deal out of them.
- I will stay calm when my players make mistakes, helping them learn from their mistakes.
- I will treat my players with respect, avoiding put-down, sarcasm, or ridicule.
- I will remind my players not to get down on themselves.
- I will remind myself, and my players, to laugh and keep a sense of humor.
- I will emphasize teamwork, and help my players to think “we” instead of “me.”
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will remember not to take myself too seriously during the game.
- I will maintain a “fun is #1” attitude.
- I will remember that I am a youth coach, and that the game is for children and not adults.
- I will be a role model for good sportsmanship:
 1. Winning without gloating
 2. Losing without complaining
 3. Treating my opponent and officials with fairness and courtesy

Coaches Disciplinary Sanctions

ACTION	SANCTION
<ol style="list-style-type: none"> 1. Aggressive confrontation with official, staff, coach, player or spectator <u>before or during</u> a game. 2. Ejection from game. 	<p style="text-align: center;">Removal from the game and facility</p> <p style="text-align: center;">One-week suspension including practices and games, with facility restrictions</p>
<ol style="list-style-type: none"> 1. Aggressive confrontation <u>after</u> a game with official, staff, coach, player or spectator. 	<p style="text-align: center;">One-week suspension, which includes restrictions on practicing and participating in games at the facility.</p>
<ol style="list-style-type: none"> 1. Any aggressive confrontation, including technical fouls, following a one (1) game suspension 2. Threat or engagement in physical violence towards official, staff, coach, player or spectator. 3. Physical/Verbal threat or abuse of a child. 	<p style="text-align: center;">Termination as Coach</p> <p style="text-align: center;">Participant's removal from the League</p> <p style="text-align: center;">Minimum two-week suspension, including practices and games, with facility restriction</p>

Violations by a coach, player, or spectator may apply to ALL TEAMS associated with the program. If a person forfeits a game due to a disciplinary sanction, they will be immediately terminated as a coach. Individuals who receive a disciplinary sanction have the right to submit a written appeal within 48 hours of receiving notification of the sanction. Appeals will be heard by the Youth Sports Supervisor and Administrator. They have the responsibility and authority to interpret and enforce these sanctions on a non-negotiable, case-by-case basis. Until an appeal verdict is rendered, the disciplinary sanction shall be upheld.

The purpose of the City of Santa Clarita Youth Sports Program is to provide a fun, safe, and positive environment for all participants.

Guidelines for Honoring the Game

The key to preventing adult misbehavior in youth sports is a youth sports culture in which all involved "Honor the Game." Honoring the Game gets to the ROOTS of the matter and involves respect for the Rules, Opponents, Officials, Teammates and one's Self. You don't bend the rules to win. You understand that a worthy opponent is a gift that forces you to play to your highest potential. You show respect for officials even when you disagree. You refuse to do anything that embarrasses your team. You live up to your own standards even if others don't. Here are ways that **parents** can create a positive youth sports culture so that children will have fun and learn positive character traits to last a lifetime.

Before the Game:

1. Make a commitment to Honor the Game in action and language no matter what others may do.
2. Tell your child before each game that you are proud of him or her regardless of how well he or she plays.

During the Game:

1. Fill your children's "Emotional Tank" through praise and positive recognition so they can play their very best.
2. Don't give instructions to your child during the game. Let the coach correct player mistakes.
3. Cheer good plays by both teams (this is advanced behavior!)
4. Mention good calls by the official to other parents.
5. If an official makes a "bad" call against your team? Honor the Game—BE SILENT!
6. If another parent on your team yells at an official? Gently remind him or her to Honor the Game.
7. Don't do anything in the heat of the moment that you will regret after the game. Ask yourself, "Will this embarrass my child or the team?"
8. Remember to have fun! Enjoy the game.

After the Game:

1. Thank the officials for doing a difficult job for little or no pay.
2. Thank the coaches for their commitment and effort.
3. Don't give advice. Instead ask your child what he or she thought about the game and then LISTEN. Listening fills Emotional Tanks. Tell your child again that you are proud of him or her, whether the team won or lost.

Guide for a Successful Parents Meeting

1. Introductions – Introduce yourself to the parents and make sure you get their name and contact information. This could also be a good time for teammates to bond.
2. Discuss Objectives and Expectations – Share with your parents the philosophy of the program and explain your coaching philosophy and how it relates. Share your expectations and ask parents to share their expectations. Talk about playing time requirements, and how you will decide who plays what position.
3. Briefly explain the rules of the game as they relate to playing time and conduct of the spectators. You may want to provide a copy of the rules at this time. Be clear that this program focuses on positive sportsmanship and that unsportsmanlike conduct will not be tolerated.
4. Practice Plan - Explain when/where you plan to conduct practices. Talk about what you expect from players during practices and how they can get involved in practice sessions.
5. Tell them where games will be played and when players should meet before games.
6. Recruit parents to help out with team tasks such as snack lists, communications and arranging team parties.
7. Hand out appropriate literature: Philosophy and Mission Statement, Parent Code of Conduct, Guidelines for Honoring the Game, etc.
8. Other items of discussion may include:
 - Car-pooling
 - Injuries
 - Illness

League Rules

Volleyball Rules

I. Matches:

- Will be best two out of three games. All three games will be played regardless of the outcome in the first two. If the first two games are won by one team, that team wins the match, and the third is considered an exhibition game.
 - JUNIOR: Three games will be played to 10 points. (Cap to 15 points)

II. Games:

- The first two games will be 25 rally score points (point scored on each serve), cap at 30, with the third game going to 15, cap at 20. Must win by two points unless the cap is reached.
**** Playoffs: The first two games will cap at 35, the third game will cap at 25 (Excluding Junior Division)**
- Each team must have at least four roster players to start the game and may not continue with less than two players.

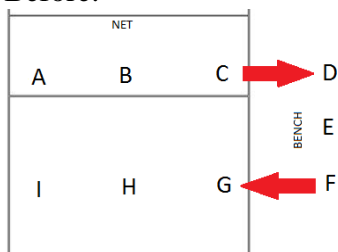
IV. Play:

- First serve is determined by rock/paper/scissors or coin flip before the start of the match.
- Serves **may** touch the net. Serves may not be blocked or spiked. Each player will be allowed a maximum of 5 serves at one time.
**** In the third game there will be a maximum of 3 serves per server.**
*****Each player in the Junior division will serve twice, even if the first serve is a fault.**
- Players must serve from behind the back line. Player may not touch the line until after the ball is contacted.
****Exception: The Minor division will serve from 3 feet closer. The Junior division will serve behind the 10-foot line.**
******Teams will not receive a warning before being penalized**
- Three hits maximum on a side. If the ball is touched by a blocker, it will not count as one of the three hits.
- If the ball touches a sideline and/or an end line, the ball will be considered inbounds
****ALL Divisions: If the ball touches or passes the outside of the antenna, the ball is considered out of bounds and the point/serve is awarded to the other team.**
- Players can step on the centerline, but not over it.
****Teams will not receive a warning before being penalized**
- Players can not touch the net during play.
****Teams will not receive a warning before being penalized**
- Each team will rotate one person clock-wise before they serve. This includes the first serve of the game.

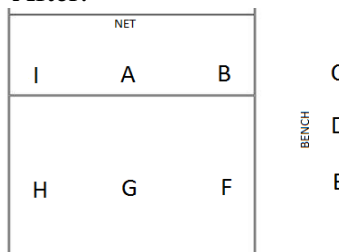
League Rules (cont.)

- **“One in, One out”.** Every time you rotate, one player rotates onto the court and one player rotates off. Players on the sideline must remain in the same order.

Before:



After:



There is an optional variation available for those teams that would like to teach a higher-level version of rotation that slightly resembles that of high school and club teams.

****Variation:** You will still have six players on the court at one time. All of the players will stay in the same rotation that they started the game with. Once the ball is served, the players can move to the positions that you (the coach) want them. They must stay on their half of the court, front row must stay front row, and back row must stay back row.

- No one player can play more than 6 consecutive rotations in a game, unless there are 6 or less players in attendance
- 2 (two) time-outs will be allowed per each of the 3 games in a match. Time-outs will not be given once the whistle for the serve has been blown.
- In the event of an injury during the game, the opposing coach can choose the player for substitution from the sideline. The player that was taken out can be reinserted during the next stoppage of play.

- **Ceiling rule:**

Junior division: If the ball hits the ceiling and it affects the play then it will be a replay. If the ball is still playable, then it will not be a replay. Because every official's definition of playable is different, the calls may vary.

Minor, Major and Senior division: if a ball hits the ceiling on your side and stays on your side you can play it, if it hits the ceiling and goes over the net to the other side then it is considered out of bounds.

****Because we will be playing at local gyms throughout the valley this season, this rule will only apply when playing at the Sports Complex.**

*****Basketball hoops: when up, will be considered part of the ceiling, when down will be considered part of the wall (out). (We do encourage that the kids try to play the ball no matter what)**

League Rules (cont.)

- V. Standings/Playoffs:** All Divisions will have the opportunity to participate in playoffs (Excluding Junior division). Standings will be kept for all regular season games. At the end of the regular season play, ALL teams will be seeded into the playoffs based on their final standings. Playoffs will occur in a single elimination format. The two teams who advance in the tournament will then have the opportunity to participate in the Championship Game. All other teams will continue to play the last two weekends in consolation games.

VI. ROSTER ADDITIONS

Coaches are expected to communicate with the Youth Sports office immediately when a player decides to no longer participate in the program. There will be no roster additions to any teams after the second game of the season.

VII. Misconduct & Other Violations:

- Coaches are responsible for the sportsmanlike conduct of their players, spectators, and themselves. Unsportsmanlike conduct such as blatant distractions during a serve, yelling at the opposite team, and/or officials, derogatory comments, and foul language may be penalized by an unsportsmanlike conduct penalty and/or removal from the game, as well as, any or all games left in the season. If the misconduct continues, the game can be forfeited. This will be determined on a case-by-case basis. If a coach or spectator is removed from the game, or a game is called because of their conduct, he or she will not attend at least the next game his/her child is to participate in. If the coach is removed from a game for any of these reasons, an assistant coach or parent will coach the remainder of the game. If an official is threatened or physically attacked by a coach or spectator, the game will be forfeited and that coach or spectator may not be allowed to coach or attend any of the remaining games this includes any discussion friendly or not during and/or after the game.
- If at any time during the game, an official has to stop play to address the conduct of a spectator, coach, assistant coach, or player, that team will be charged with a timeout.
- Only the city approved volunteer Head Coach and 2 assistant coaches are permitted on the sideline during the game.

Heads Up: Safety in Youth Sports

Dehydration and Heat Illness

Why Kids Are at Risk:

1. Children absorb more heat from a hot environment than adults. The smaller the child the faster they heat up.
2. Children release less heat through sweating.
3. Children usually don't drink enough fluids to replenish sweat losses during prolonged exercise.
4. Young athletes may be more easily distracted when occasions allow for them to rest and rehydrate.

Signs of Dehydration and Heat Illness

If dehydration progresses unchecked, the risk of heat illness increases. Heat illness is best understood in three separate degrees: HEAT CRAMPS, HEAT EXHAUSTION and the most serious and deadly form, HEAT STROKE.

Dehydration

Dehydration during exercise is a common problem. Some young athletes can begin to suffer the consequences of dehydration if they become dehydrated by just 2 percent of their body weight. That's why it's important to recognize the warning signs:

- Noticeable Thirst
- Muscle Cramps
- Weakness
- Decreased Performance
- Nausea
- Headache
- Fatigue
- Lightheaded Feeling or Dizziness
- Difficulty Paying Attention

Treating the symptoms of dehydration is crucial in preventing more serious conditions such as heat exhaustion.

1. Rest in a cool place.
2. Consume a sports drink that contains the adequate amount of electrolytes.
3. Prevent dehydration in the future by consuming fluids before, during and after exercise.
4. Allow for ample time to rehydrate.

Heads Up: Safety in Youth Sports (cont.)

Heat Exhaustion

If dehydration goes untreated, the likelihood of heat exhaustion may increase. Common symptoms of heat exhaustion are:

- Dizziness and fatigue
- Chills
- Rapid pulse

Treatment of heat exhaustion is similar to that of dehydration and should take place immediately. This treatment includes:

1. Rest in a cool, shaded area and place ice cold towels on the body.
2. Drink a sports drink that contains the adequate amount of electrolytes.
3. Lie down with legs elevated to promote circulation.
4. Athlete should begin to feel better relatively soon; if not, assume heat stroke.

Heat Stroke

Heat stroke is a medical emergency! When it is not recognized promptly and treated properly, it can result in death. If rapid cooling does not occur, damage could be extreme, resulting in fatal consequences. Symptoms and results of heat stroke include:

- Very high core body temperature
- Altered central nervous system function (i.e., confusion or unconsciousness)
- Otherwise healthy athlete collapses during intense exercise in the heat

Remember that athletes get better relatively quickly with heat exhaustion, and they get worse with heat stroke. The important thing to remember is that heat stroke must be treated immediately by doing the following:

- Immediate cool-down by whatever means possible
- An ice bath in a “cool pool” is preferable because of the superior cooling rates (holding head out of bath)
 - Ice packs over as much of the body as possible
 - A cool shower
 - Cool, wet towels
 - Water spray
- **SEEK MEDICAL ATTENTION IMMEDIATELY** (always transport a suspected heat stroke victim to the hospital).
- Do not drink fluids since nausea and vomiting are extremely common.

Heads Up: Safety in Youth Sports (cont.)

Safety Rules

- Players must remove any jewelry (necklaces, rings, earrings, etc.) to prevent a hazard to opponents and themselves.
- If a child has a special need, check with the parents on how to address that need.
- Here is a list of suggested first-aid supplies you might want to have on hand
 - Band-aids
 - Gauze pads
 - Ice packs
 - Athletic tape
- Procedure for Serious Accidents
 1. Do not move the individual if indications are that they may have a back or neck injury.
 2. Get in touch with parents and proceed from there, offering assistance in every way.
 - a. If parents cannot be contacted or the situation requires immediate medical attention, call 911. Stay with the child until help arrives.

Heads Up: Safety in Youth Sports (cont.)

Concussion in Youth Sports

The Facts

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur **in any sport**.
- Recognition and proper management of concussions when they first occur can help prevent further injury or even death.

What is a Concussion?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

Recognizing a Possible Concussion

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in a rapid movement of the head.
- and-**
2. Any change in the athlete’s behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)

Signs and Symptoms

Action Plan: What to do When a Concussion is Suspected

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

Remove the athlete from play. Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head.

Ensure that the athlete is evaluated right away by an appropriate health care professional. Do not try to judge the severity of concussions.

Warm-Up Exercises

Jogging

Have players jog (not run) a lap or two around the volleyball court prior to practices and games. This will get their heart rate up and prepare muscles for exercise.

Jumping Jacks

Having players do these will increase their heart rate and stretch leg, back, and arm muscles.

Stretching Exercises

Hamstring Stretch

Stand upright and cross your left foot in front of your right, so the outside of your left foot is close to the outside of your right foot. Slowly bend forward at the waist, moving your hands toward your toes. Stop when you feel a gentle stretch through the right hamstring. Hold for thirty seconds. Breathe deeply and try to deepen the stretch with each exhale. Repeat the exercise for your left leg by crossing your right foot in front of your left.

Calf Stretch

In a push up position extend the right leg back as straight as possible. Place the left leg over the right. Push the right heel down as far as possible. Hold for ten seconds. Release. Switch legs.

Groin Stretches

Sit on the floor. Forming a circular shape with your legs, join the soles of your feet together and hold them with your hands. Lean your elbows on the inside of your legs. Lean your upper body forward from the hips.

Shoulder Stretch

Place your right arm across your chest just below chin level. Take the opposite hand and grab the right elbow, gently pull the arm until you feel a stretch in the shoulder. Hold for ten seconds. Release. Switch arms. Repeat.

Arm Stretches

Loosen up your arms/shoulders by sticking them straight out (sideways), swirl them in small tight circles, make the circles wider and wider until you're basically swinging your arms in a circle that goes from the floor around to the ceiling. That should take about thirty seconds. Do this again but swirling your arms in the reverse direction.

Volleyball Drills

I. Toss and Pass - Beginner Volleyball Drills

This volleyball drill requires two players. One player tosses an easy ball to the other player to pass. This should be done for a specific number of repetitions and then the players switch rolls. Players focus on passing to each other with proper passing technique.

Variations:

After players have become comfortable passing off of a toss, players can now try to continuously pepper the ball, passing the ball back and forth to one another.

Benefits:

When first learning volleyball skills for passing, it's important to start out passing a ball that's being tossed to you. We do this because it's the easiest ball to pass. You know the ball is coming right to you and so you can concentrate on good passing form.

II. Wall Hitting - Beginner Volleyball Drills

This drill requires only one player, a ball, and a wall. Pick a spot on the wall to hit to. Toss the ball to yourself and try to hit the spot. Focus on using proper arm swing technique.

Variations:

One variation of this volleyball drill is mimicking serving technique. Toss the ball up, take a step, and try to hit a spot on the wall. You can also mimic hitting volleyball skills. Toss the ball up, bring your arms up in the air, and then swing as if you were an attacker. You can angle your hit so the ball bounces off the ground then wall so it will rebound right back to you for another repetition.

Benefits:

Hitting against a wall is a great way to work on arm swing. This volleyball drill is also great because you can do it by yourself.

III. Wall Blocks - Beginner Volleyball Drills

The purpose of wall blocks is to train players to block without brushing the net with their arms on the way down after a block. Start by standing in front of a wall in a blocking position. The players then jump up and touch as high as they can on the wall using good form. The players then come back down to the ground and land in blocking position.

Benefits:

The idea is to be able to perform the block jump without scraping your arms against the wall. This will be an incentive to perform the block jump with good technique.

IV. 1 on 1 Setting Drill - Beginner Volleyball Drills

This is a good drill for developing consistent setting volleyball skills through repetitions setting. Have two players set back and forth to each other over the net. If a player can't get to the ball with their hands, they should bump the ball up to themselves and then set the ball over. The object is to keep the ball in play as long as possible.

V. Line Passing - Beginner Volleyball Drills

Have players get into 2 lines facing one another. The players at the front of each line pass the ball. After a player passes, the player goes to the end of the line.

Variations:

This volleyball drill is usually done for a certain time period. The drill can also be done by counting each good pass.

Benefits:

Players can count out loud each good pass until they reach a goal. This makes the drill more interesting and makes players focus on their passes because only good passes are counted.

VI. Progressive Serving - Beginner Volleyball Drills

This drill is for beginning servers. This drill requires two players with one standing on each side of the court. The players take turns serving to each other. First, start serving inside the baseline so you are close enough to get the ball over the net. Try to serve to your partner. As serving volleyball skills develop, gradually back up until you can serve from behind the baseline.

Variations:

Beginner volleyball drills can be done with multiple partners serving to one another at the same time. As players have advanced to serving beyond the baseline, servers should work on serving to their partners standing in different areas of the court.

5 Tips To make your Drills and Practice Better for Volleyball

1. Design Volleyball Drills for Appropriate Time of Season. Coaches should create an outline for their practices before the season starts. It's important to have created a practice plan several days before the season that has guidelines for what the team needs to accomplish. These guidelines include everything from conditioning to skills and drills. As the off-season, pre-season, and in-season are going on, details of what exactly to be doing in practices should be determined. The volleyball coach should make an effort to plan each practice or each practice week considering what needs to be improved upon the specific time of season. A team should be taken through different volleyball drills for conditioning in pre-season than in-season. In pre-season, coaches should design volleyball conditioning drills that train power endurance and prepare volleyball players for the upcoming season. When in-season, you want your volleyball players well rested and playing their best. Conditioning for in-season should be more focused on peak volleyball performance and less on building endurance.

2. Design Volleyball Drills for Appropriate Time of Practice

What and when you do volleyball drills in practice is important for having a successful practice. Technical skill volleyball drills, or individual player volleyball drills are usually best done near the beginning of practice. Team volleyball drills or fun volleyball drills should be done near the end of practice. Technical volleyball drills are drills that need players to focus for perfect skill execution. When performing technical drills, it's common to rotate players quickly during the drill. For example, when players are trying to execute a perfect forearm pass using perfect passing form, players can rotate quickly and only have to focus on skill execution at a time. With technical drills, each repetition is important. Players shouldn't be forced to pass so many balls that it will make it harder to focus.

3. Keep Players Active

Limit each players part in each drill to just 1-3 minutes because any longer than that players will start losing focus. Volleyball drills that involve players rotating quickly are good because they can get a break in focusing on the task then come back and do the same thing several times again after each rotation during the volleyball drill. So they are able to get repetition without having to work several minutes at once repeating the same thing. This is really important in executing technical volleyball drills. Also, drills should be designed that keep players actively participating in the drill. You don't want to run drills where many players are standing around watching. The more players are able to stay involved, the more they will stay focused and improve.

4. Design Volleyball Drills Specific to Player's Playing Level

Not all players are for same. Coaches shouldn't design volleyball drills that are so advanced that players won't get anything out of doing them. Also, players shouldn't be doing volleyball drills that they've already mastered. Coaches should look at individual players and determine what the weakest link is. For example, if a player's weakest skill is passing, they need to spend time working on passing. On the other hand, if a player's strongest skill is hitting, they shouldn't be working on hitting all the time. Often, what skills player's like to work on are ones they are already really good at doing.

5. Be Aware of What Current Events are Affecting Your Volleyball Team

A volleyball player's mood, stress level, and lifestyle have a major impact on their volleyball playing ability. They should be design with current events in mind. For example, if a team just experienced a long weekend from an emotionally draining tournament, volleyball drills for the next practice should be adjusted accordingly. Also, day to day events such as exams and other events that cause stress in school should be considered when designing volleyball drills. Drills for practice often need to be adjusted on the fly because of such a busy lifestyle. Many teenagers have very busy lives and are often stressed. Players may sometimes show up to practice and what you as a coach had planned just aren't going to work that day. Coaches need to pay attention to how players are feeling and adjust practices accordingly.

Reference:

Volleyball Drills for Beginners

For more information visit: www.volleyballbeginnerdrills.com

Volleyball Officials Hand Signals

<p>1</p> <p>Illegal Alignment/ Improper Server</p>	<p>2</p> <p>Line Violation</p>	<p>3</p> <p>Illegal Hit</p>	<p>4</p> <p>Delay of Service</p>	<p>5</p> <p>Over-the-Net</p>
<p>6</p> <p>Net Foul or Net Serve</p>	<p>7</p> <p>Legal Back Row Attack</p>	<p>8</p> <p>Illegal Attack of Serve/ Back Row Attack</p>	<p>9</p> <p>Illegal Block/Screening</p>	<p>10</p> <p>Ball Touched</p>
<p>11</p> <p>Four Hits</p>	<p>12</p> <p>Double Hit</p>	<p>13</p> <p>Ball Lands In-Bounds</p>	<p>14</p> <p>Out-of-Bounds/ Antenna Violation</p>	<p>15</p> <p>Begin Serve</p>
<p>16</p> <p>Authorization to Enter</p>	<p>17</p> <p>Point</p>	<p>18</p> <p>Replay/Re-serve</p>	<p>19</p> <p>Substitution</p>	<p>20</p> <p>Illegal Substitution</p>
<p>21a</p> <p>Team Time-Out</p>	<p>21b</p> <p>Officials Time-Out</p>	<p>22</p> <p>Unnecessary Delay</p>	<p>23</p> <p>End of Game</p>	<p>24</p> <p>Change of Courts</p>

Coaching Resources

LA 84 Foundation

The LA 84 is a nonprofit foundation that is committed to serving youth sports. They provide information for coaches and also provide various coaching clinics

www.la84foundation.org

Strength and Power for Volleyball

Strength-and-power-for-volleyball is a great resource for all volleyball skills. From beginning skills, to rules, to more advanced level skills, this website is beneficial to all.

www.strength-and-power-for-volleyball.com

Volleyball Drills for Beginners

This site is extremely beneficial for beginners. It will set a groundwork for proper techniques and skills.

www.volleyballbeginnerdrills.com

National Alliance for Youth Sports

The National Alliance for Youth Sports (NAYS) is a non-profit organization and America's leading advocate for positive and safe sports and activities for children. NAYS offers programs and services for everyone involved in youth sports experiences, including professional administrators, volunteer administrators, volunteer coaches, officials, parents and young athletes. The goal of NAYS is to make sports and activities safe and positive by providing programs and services that add value to youth sports.

www.NAYS.org

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