

SPIKEZONE

discover mini-volleyball
WITH VOLLEYBALL AUSTRALIA



PARENTS

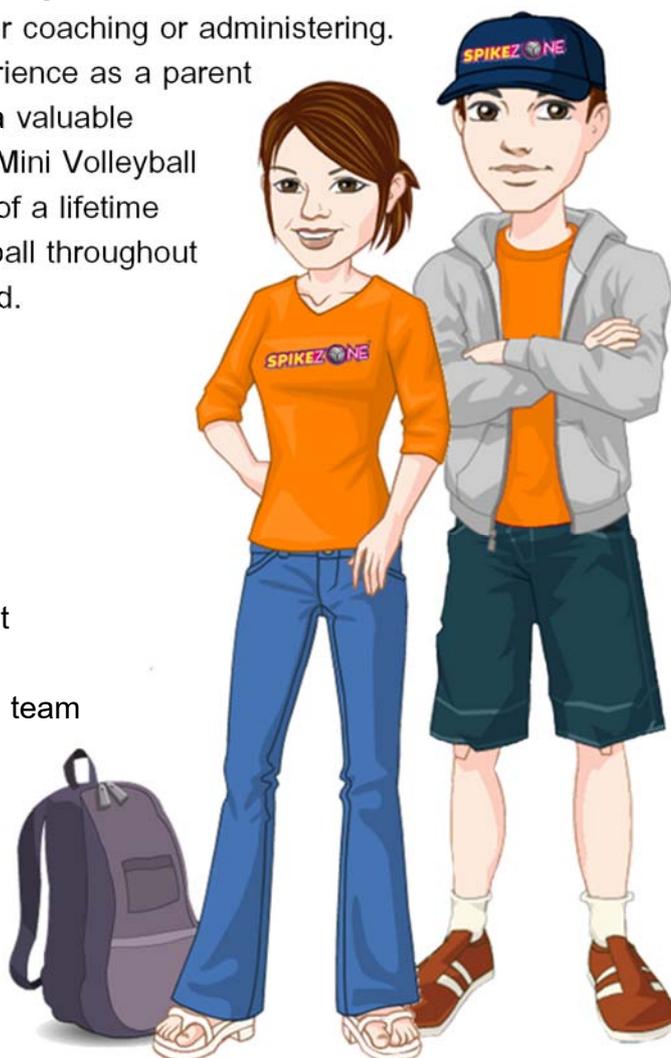
The Role of the Parent



Parents are the instigators behind Spikezone Mini Volleyball. Their roles as coordinators, coaches and volunteers are crucial to the success of the program.

Involvement in Spikezone Mini Volleyball, gives parents the opportunity to make new friends, learn about Volleyball and parenting skills and spend quality time with their kids. Parents are encouraged by Volleyball Australia to become involved in their children's Spikezone Mini Volleyball program. You do not need any previous knowledge or experience to assist the participants through either coaching or administering.

Your experience as a parent is all you need to be a valuable volunteer. Spikezone Mini Volleyball is hopefully the start of a lifetime involvement in Volleyball throughout Australia and the world.



Why should you become involved?

1. Play with your children
2. Contribute to your child's social development
3. Learn new skills
4. Teach your kids how to share and play as a team
5. Share talent and knowledge
6. Have fun, relax and make friends
7. Serve the community
8. Help others

Coaching for Parents

Parents are encouraged to actively participate in the Spikezone Mini Volleyball programs with their children. The best way to do this is to jump in and become a coach or manager. No prior knowledge or experience is required, just a willingness to give the kids a helping hand.

The following information gives parents a basic introduction to coaching. These basic coaching tips, along with general parenting knowledge, will allow parents to affectively manage a small group of children and to deliver the activities outlined in the coaching manual.



Tips for taking activities

- Keep kids active at all times. The easiest way to accomplish this is by avoiding long queues and having enough equipment. (no more than 6 kids in a line)
- Maximise the practical work time—less instruction and more playing/activity
- Maximise the use of volleyballs (at least 1 ball between 2 whenever possible)
- Minimise the time for moving between activities—make sure you have the equipment set up for your next activity and provide clear instructions
- If your activity is not working as you planned, alter it so as to achieve the desired results.

Group Coaching

Coaches generally teach children in groups. In order to do this smoothly and efficiently, coaches position themselves so they are seen and heard by all participants. They will also need to establish the boundaries of the activity. i.e. anywhere inside the stadium, or within the volleyball court lines

Formations for group coaching

Coaches need to establish appropriate formations for group instruction and practice. A good formation for coaching is one that:

- Enables the coach to see and hear all the players and the players to hear the coach
- Is quickly and easily formed
- Minimises distractions—away from loud noises and other movement, out of the wind or sun if these are distractions.
- Is used regularly so children are familiar with it and how and where to set it up

Coaching for Parents ...continued

Handy Hints

- Have the kids sit down
- All eyes on the coach—no one behind the coach
- Small children to the front, taller children to the back
- Coach to face the sun if outside or have coaches back to the wall to minimise distractions
- Coach to speak with the wind behind them
- Use your whistle sparingly—but USE IT!
- Minimise distractions by assembling away from other noises or something going on behind the coach and collect all balls from the kids before issuing instructions.
- Ask random questions to keep them focused
- Remember not to speak too long—2 points/30 seconds will do



Discipline

- Don't overdo regulation
- Try to create a balance between freedom and direction
- Maintain order by establishing what is expected early in regard to:
 - Behaviour
 - Sportsmanship
 - Punctuality
 - Cooperation
- Explain to players what the consequences of their actions are and the reasoning behind each of the rules
- Use other parents/adults to help out in this process
- Be consistent and follow through with consequences to a child's actions



Your state volleyball association may offer up-skill sessions to assist parents in getting involved with their children, and to gain some confidence with their Volleyball knowledge before attempting to coach or manage them in a Spikezone Mini Volleyball program. Contact your state office for more information.



**VOLLEYBALL AUSTRALIA
ASKS PARENTS TO OBSERVE THE FOLLOWING
CODE OF CONDUCT:**

- 1** Encourage children to participate regardless of ability but do not force them to play.
- 2** Encourage participants to always play by the rules and to accept the umpires decisions.
- 3** Never ridicule or yell at a child for making a mistake or losing a game. Focus on the child's effort and self-esteem rather than whether they win or lose.
- 4** Never publicly disagree with officials. If you disagree, raise the issue privately through the appropriate channels.
- 5** Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
- 6** Remember that kids learn best by example - Applaud good play by all teams, do not use foul language or harass other players, coaches or officials.
- 7** Recognise the importance and value of coaches, officials and administrators. Without whom there would be no Volleyball.
- 8** Remember that participants in Spikezone Mini Volleyball programs play for fun not for the Olympic gold medal.
- 9** Smoking and alcohol consumption is unacceptable at Spikezone Mini Volleyball competitions.