



# GROW THE GAME – VA GRASSROOTS GUIDELINES



# COACHING PRINCIPLES

THE BALL TEACHES THE SKILL, THE  
PLAYERS TEACH THE PLAYERS,  
THE GAME TEACHES THE GAME

KEEP IT SIMPLE

MORE TOUCHES IS BEST

PRACTICE WHAT YOU PLAY

FEED FORWARD

MAKE KIDS TALK, MOVE

FUN!!!



# COACHING VOLLEYBALL

NOTHING WRONG WITH WINNING UNLESS IT COMES AT THE EXPENSE  
OF LEARNING THE GAME

ARE YOU REINFORCING BAD HABITS?

THREE CONTACTS IS A GOAL EVERY POSSESSION

TEACH EVERY ATHLETE EVERY SKILL

IF THEY AREN'T MAKING MISTAKES, YOU AREN'T COACHING

KNOW YOUR SKILL LEVEL, KNOW YOUR ATHLETES

OPEN MINDS NEEDED TO OPEN UP THEIR GAME- GOES FOR COACHES  
TOO!

# TEACHING SKILLS



**MOTOR PROGRAMMING- SHOW THEM, TELL THEM, LET THEM DO IT**

## **ATTACKING**

**KEYS- STEP CLOSE, BALL OVER HITTING SHOULDER, USE ARMS, TORQUE, GO GET THE BALL, HIGH FIVE THE BALL**

## **SERVING**

**KEYS- SIMPLICITY! STEP, TOSS HIGH ENOUGH INSIDE LINE, TORQUE, HIGH FIVE THE BALL, DON'T LIFT TRAIL LEG**

## **PASSING**

**KEYS- GET STOPPED, WIDE BASE, HANDS AND WRISTS TOGETHER, FIRM PLATFORM, ANGLE TO TARGET**

## **SETTING**

**KEYS- TAKE BALL AT HAIRLINE, RIGHT FOOT FORWARD, PUSH MARSHMALLOW OFF UNICORN HORN, FINISH SUPERHERO**

## **DEFENSE**

**KEYS- STAY LOW, 'THE BALL IS COMING TO ME', GET STOPPED, GET UNDER BALL, NO BALL IS UNPLAYABLE**

## **BLOCKING**

**KEYS- LOADED TO JUMP, BIG HANDS, EXTEND PALMS OVER NET, KEEP EYES OPEN**



# SETTING UP PRACTICE

STRETCH OR NOT TO STRETCH? CONDITION OR NOT CONDITION?

WARM UP

RANDOM PRACTICE LIKE THE GAME- NO MULTI SKILLED DRILL LASTS LONGER THAN 10 MINUTES

TOUCHES = BUSY PLAYERS

PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY, PLAY... OH YEA, AND PLAY.

SMALL SIDED GAMES

MAXIMUM TOUCHES VOLLEYBALL

# DRILLS



ARE THEY...

GAME LIKE?

FUN?

FULL OF TOUCHES?

TRANSFER TO YOUR GAME?

SCORED?

COOPERATIVE V. COMPETITIVE

THE MACHINES

WALL WORK- SETTING, ATTACKING, SERVING, PASSING

BUTTERFLY

THE WHAT-NEXT SERIES...?

SERVERS V. PASSERS

QUEEN OF THE COURT

PASS TO SELF AND HIT

PASS TO SELF, SET TO SELF AND HIT



# BY SEASON'S END

DO YOUR PLAYERS...

EXECUTE THE SKILLS PROFICIENTLY?

KNOW HOW TO ROTATE?

PERFORM THREE CONTACTS PER POSSESSION?

OVERHAND SERVE OVER THE NET?

KNOW WHAT TO DO NEXT?

WANT TO LEARN MORE?

WANT TO TEACH THEIR YOUNGER FRIENDS AND  
SIBLINGS?

*IF YES, CONGRATULATIONS!*