



CHICO AREA RECREATION AND PARK DISTRICT

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CARD Youth Volleyball

The CARD Youth Sports department expects players skill level to exceed with each practice and game during the season. In order to set some consistency for the department, we have developed the following guidelines for fundamental and terminology to be used for all coaches. FOR THE LOVE OF THE GAME!

Net Set Up

Lights- turn them on when you enter and leave the gym (unless someone is coming in after you)

Standards and Pads- the poles/pads are located in the cabinet directly to the right of the door when you walk in, please make sure that they get returned there neatly when you put them away (and always shut the cabinet doors to keep the gym looking tidy)

Red Lock Volleyball Combo - The nets, antenna poles (used for games only), and the X key that will open the ball cabinet are all in the red combo lock cupboard. Please make sure that after you open this cabinet you close it but leave it unlocked, the same goes for the cabinet where the volleyballs are. When you take down the nets they need to be hung back up nice, neat, and the right way (about your widest arm distance apart from each other hanging on the hooks in the cabinet, 1 net on each side of the cabinet)

Practice Plans

A good practice plan includes:

- **Warm Up:** 2-3 laps around the gym and stretching in a group circle. Do active warm ups, including easy plyometrics at the beginning of practice and then passive stretching at the end of practice.
- **Skill Set:** Before each skill set you should be explaining the skill set and demoing the right way to do it...i.e. using the volleyball lingo listed above and explaining the basic fundamentals before each skill. You should be giving your kids constant feedback the more the better...begin to sound like a broken record. 😊
- **Passing:** Start with one knee passing, then partner toss passing, and work up to perfect passing. Move to sideline to sideline passing, and then onto chipping balls at them from across the net, they are always passing to the target. You should be working on passing every day for about 25-30 minutes, passing is such a crucial part of the game, it needs a lot of time in practice. In your passing drills you should be constantly reminding them to call the ball and communicate with their teammates.
- **Setting/Over hand passing:** Start with one knee setting and quickly work up to partner toss and then setting back and forth. After that move to having one line starting at the 10 ft., slap

the ball and the player releases to the net. Then have players set to the middle and then to the outside. I work on setting for 15-20 minutes.

- **Serving:** Have players get a ball and a partner and then line up across the net from each other, one on the 10ft. line and the other on the opposite 10ft. line. Explain thoroughly how to overhand serve and then have them start serving, you should be walking around helping players, then at your signal have them take steps back and continue the same process. Have them serve from where they can be successful if they aren't ready to move back then don't have them move back. Always start with overhand then go to underhand serving; if you are coaching a 5th or 6th grade team you can focus on underhand but have the girls that can serve overhand serve overhand and try and have all players move to overhand by the end of the season. 7th and 8th should not be serving under hand but some may have to just to get the ball over the net but by the end of the season they should all be serving overhand. I spend 20-25 minutes on serving it is a HUGE part of the game, for 5/6th games are pretty much all serving.
- **Game Play:** 6 on and simply playing it out, start with 6 on and extras serving at them on the opposite side of the net; the coach should be located on the opposite side of the net chipping balls to them and signaling the players when to serve at the 6 on. If you are practicing the same time as another team (which most of you are) it is a great idea to ask that coach if they want to scrimmage towards the end of practice. You should be practicing game play for 15-25 minutes of your practice by the end of the season.

The Forearm Pass

- Key Words/Terms
 - Lifelines
 - Locked elbows
 - Thumbs to the ground (drive toward ground)
 - 2 x 4's don't bend
 - Rounded shoulders
 - Freeze after you pass
- "The Look"
 - Right foot in front of Left, shoulder width apart
 - Knees in front of feet
 - Shoulders in front of knees
 - Pass below waist
 - Thumbs to ground
 - Say "Gimme the Ball"
- Tips in Teaching the Platform
 - Have your player show you their platform. Check the lifelines, locked elbows, thumbs drive to the ground.
 - Show them where to contact the ball (above the wrist and between the elbow) in relationship to their arms.
 - Show them what a platform looks like when lifelines aren't lined up.
- 1st Basic Passing Drill (to be used at all levels)
 - Left knee down, right leg off to the side.
 - Shoulders round and hands out in front with thumbs down (make sure their hands stay in their vision...when they look at partner they should be able to see hands in peripheral)
 - Ball and Partner Toss: Toss 10 balls to partner and switch
 - Emphasize the toss. It must be out in front of partner, making the player reach out to pass, thus making your partner fall forward.
 - Have them step back each set until they are a good 20 feet away.
 - 5 sets of 10
 - PROBLEM: Players tend to stand up when they pass
 - SOLUTION: After they pass, have them look at their platform, not the ball. This keeps their head down.
 - PROBLEM: Players can't get ball to net, because their shoulders are behind their knees, thus making their platform flat.
 - SOLUTION: Verbalize "the look," and direct them the shoulders in front of knees and passing away from body.
 - PROBLEM: Players tend to pass too close to their body
 - SOLUTION: Have them stuff volleyball under the front of their shirt. Then they can't bring their hands down because the ball is in their way.

Setting/Over Hand Pass

- Key Words/Terms
 - Split (left toe splits right foot in half)
 - Quick draw
 - Window/Triangle
 - Thumbs in towards eyes/wrinkled wrists
 - Hide pinky
 - Pass of fingers (1st three or four)
 - Point after you set
 - Finish in a straight line (superman/superwoman)
- The last two fingers to touch the ball as you release are the index and thumb (like a basketball chest pass).
- Fundamentals of setting
 - Must set with pads of fingers, “pop the ball”
 - Set right off forehead
 - Setting is almost exactly like a basketball chest pass, same follow through
 - First contact with ball should be at forehead and an outward motion
 - Ways to get “window”
 - Put palms together, put thumbs on hair line and separate.
 - 2 liter coke bottle, act like you are drinking
 - Put hands on hip and push toward floor until you see wrinkles. Take your hands off your hips and bring them above forehead.
 - Have them pick up ball off the ground with setter form.
 - Back setting (more advance set)
 - Always start the same, don’t give away that you are setting back.
 - Follow the flight of the ball with your eyes
 - Very important that hips are 90 degrees to the net.
 - When setting the slide, it helps if your setter steps there with their right foot and they contact the ball (thus naturally arches their back and makes this set flat).
 - PROBLEM: You will find setters who contact the ball with arms almost extended and then they bring it in towards their forehead and release...this is a LIFT.
 - SOLUTION: Have setter start with thumbs touching eyebrows, holding there until they set.
 - PROBLEM: Many setters like to set standing upright, and are unable to get the ball all the way to the outside.
 - SOLUTION: We don’t want any of the body under the ball.
 - PROBLEM: Soft hands (when you can’t hear a peep when the ball touches their hands)
 - SOLUTION: Set a basketball. Much heavier than a setters ball. This strengthens fingers.
 - PROBLEM: They don’t square up to their target
 - SOLUTION: Hips needs to face target. Turn left toe toward target (talking of left toe insures hips to get all the way around).
 - PROBLEM: Some setters set off their chin

- SOLUTION: Tell them to get wider with their elbows. Have them set 2 inches way from a wall (facing it)
 - PROBLEM: Set without thumbs
 - SOLUTION: Bring elbows in...they are too wide.
- Setting Drills
 - Shuffle (right foot forward always) to the net as you set baby sets.
 - Shuffle to partner who's holding the ball. Touch ball. As soon as shuffler touches, you toss the ball and player must back up and drop left foot and set back to partner.
 - Set with partner and set off the balance, emphasizing the left foot as main source of power.
 - Shoot setting consistently...try 25 in a row.
 - This teaches the technique of popping the ball and the follow through.
 - Strengthens fingers
 - Talk about following through at partners neck.
 - Wall and Setter
 - Tape boxes at 5, 7, 9 and 11 feet
 - Setter is to continuously set against wall from different locations at different heights.
 - Fill in Space (3 setters and 1 ball)
 - Use a basketball key and 4 cones
 - One person starts with ball. They set to one of the two people and fill the empty space, other sets and fills empty space, and so on.
 - Set high against wall and let bounce...repeat set.
 - Coach has setter release from each serve receive position and set to various spots.
 - Goal: 30 seconds without a mistake or 20 sets in a minute

The Serve

- Floater, Top Spin, Jump Serve
- Back Key Words for Toss
 - Weight on back foot
 - Hold ball in waitress position
 - Toss ball 18 inches above right side of body
 - Bow and arrow thumb down
 - Elbow about shoulder
 - Hit the ball when it stops (at the highest point in the air)
 - Stiff wrists, "the claw" open hand
 - Transfer of weight
- Floaters
 - There is no follow through. Stop at top of contact
- Top Spin
 - Roll your hand over and follow through.
- Jump Serve
 - Toss high, out in front and jump/swing
- Drills to teach location of the toss
 - Go to a wall (arm's length away), step and hit the wall as if it were the ball. See your reach, and then with left hand hold ball and toss to the spot (make the ball stop at the spot). After 3-5 tosses then step and trap the ball between your hand and wall.
 - If they toss backwards, forward, or to the left, this drill will not work.
 - This is a great way to diagnosis toss problems.
 - PROBLEM: "I can't serve overhead", "Can I serve under hand"
 - SOLUTION: Step 1- Have them throw the balls over the net (10 minutes), start at 10 foot line. Step 2- Talk about the ball being a clock and hitting at 6 o'clock. Make the ball go to the sky. Step 3- The Claw, stiff wrist
- Serving Drills:
 - Try and serve over the net and run and catch the ball after bouncing once or twice (serve high over the net).
 - Serving toward spot you are aiming toward. Palm of your hand should face the spot. Hips will naturally face spot as you step.
 - 21 and have some fun!
 - 2 minutes to serve and chase your ball, and serve again from the other side. Try to score 21 points in 2 minutes. As your team improves, you can have serving in the middle a -1, or missing a serve equal -1. This drill teaches placement, and is a great workout.
 - Dead Fish
 - Split team up evenly and serve. If they miss, they run to the other side in the 1, 6, or 5 position and must sit down and wait and catch a ball that their teammate serves to them. Once they catch a ball while sitting, they can return to their side and serve.
 - Object of the game is when time is up that you don't have more dead fish than the other team.

The Attack/The Kill

- Keep the ball between you and the next.
- Arm Swing 1, 2, 3, 4
 - 1: both arms up
 - 2: right arm, back elbow above shoulder
 - 3: hand behind head, elbow to sky, grab pony tail
 - 4: swing
- Shoulder rotation, open door
- Eagle position
- Four step approach
 - One-two-three-four
 - Teach the three-four first
 - Stand with right foot up and hands out in front. As you step with right (3) and bring left arms drop into eagle position.
 - As you put the 3 and 4 down, your feet must be at a 45 degree angle toward the setter...so we can open and shut the door.
- Cobra
 - PROBLEM: You will have hitters who contact the ball above their head, never able to hit down.
 - SOLUTION: Tell the hitter to slow down their approach, and to feel late getting to the ball.
- Drills for Arm Swing
 - Hold ball with left arm, have hitting arm in 3 positions, hit ball out of hand (hold ball to right side of shoulder. Cobra= snap on the ball
 - Toss ball with two hands, go immediately into 2 and hit out in front.
 - Have ball in hitting hand. Toss up. Rotate shoulders and hit over next (start at 10 foot line). This drill is good for hitting 10 footers as well as hitting out in front.

Blocking

- Penetrate
- Thumbs to the sky
- Jump
- Elbows in front of the chest

Game Expectations

- Please show up at least 5 minutes before you expect your players to show up! (Never be the last person on your team to arrive to the gym)
- You will want to have your pre-game discussion with your team before the game before you has ended. Go over 2-3 specific points you want everyone to work on and your rotation. Please remember that your players probably won't remember what you say during this time if you talk too much!
- You will have 5-10 minutes to warm up your team. You need to utilize this time to get your team warm and as many touches on the ball as possible (limit the usage of long lines, or only having 1-2 girls active at a time during the warm ups).
- At the end of warm-ups both teams will have 2-3 minutes to serve.
- Huddle and another reminder about your pregame.