

# Montgomery County Volleyball Club (MOCO)

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## Assistant Coach Qualifications

- Interpersonal Skills:
  - Ability to develop players mental strength throughout a competitive volleyball season
  - Works well with head coach, running drills and scrimmages, allowing head coach to maximize focus on individual and team development.
  - Helps manage players during matches, keeping them engaged and mentally strong.
  - Handles interpersonal conflicts between team members well
- Teaching Skills:
  - Communicates positively with players while also providing constructive criticism and improvement opportunities.
  - Focuses on developing young women and men into excellent adults and teaching volleyball skills. Understands winning volleyball matches is secondary to the club's primary goal of teaching our players how to be their best self.
  - Learns new volleyball techniques quickly.
  - Ability to quickly and concisely teach volleyball skills through the use of keys, demonstrations and timely feedback.
  - Works with other coaches to learn new techniques and drills.
- Volleyball Experience and Other Skills:
  - Club/University or HS experience as a player or a coach is preferred, but not required. Previous experience as a referee or volleyball clinic coach is a plus.
  - For older teams, prior volleyball experience as either a player or coach is very helpful, enabling assistant coaches to train advanced volleyball skills.
  - For younger teams, prior coaching and/or parenting experience of younger athletes is preferred. Experience in volleyball a plus, but previous coaching of any youth sport is very helpful as well.
  - For all ages, additional skills are:
    - Attending all practices and tournaments and notifying the head coach if you have a conflict.
    - Assisting the head coach in setting lineups, tracking stats and making adjustments during tournaments.
    - Coaching small groups during practices and clinics
    - A willingness to learn and a strong desire to improve your coaching skills!

## Assistant Coach Time Commitments

- Practices: 1-2 practices per week during pre-season, 2 practices per week during regular season
- Tryouts: Assist with the tryout weekend for the age group they are coaching
- Clinics & Camps: Optional