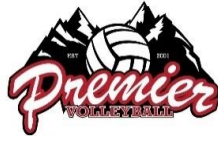


# Premier Volleyball Club 2022-2023 Season

## Coaching Handbook



The goal of Premier Volleyball Club is to train athletes in a positive and competitive environment. Coaches need to train all aspects of balance, movement, skills and game strategies. The goal is to establish a strong foundation of skills at the younger ages and incrementally add to their knowledge and skill development each year. For this to work it is imperative that coaches at each level work to instill the basic skills for their level so future coaches can work on advancing skills. It is also a goal of the club to encourage a sense of sportsmanship, commitment and character.

All coaches are to follow the skill development guidelines provided. This includes basic offensive and defensive options and language. Skill development (passing, hitting, defense, setting and blocking) should be coached with the same basic fundamentals throughout the entire club. Individual coaching styles are encouraged as long as the same concepts are taught.

### As a coach for Premier VBC you are required to be at the following:

1. Tryouts for all the ages of the club
2. Practices November-May
3. All tournaments
4. Attend coaches' meetings as scheduled
5. Coaches trainings
6. Referee and Scorekeeper trainings put on by RMR
7. IMPACT/SAFESPORT trainings put on by RMR
8. Support other teams within tournaments as schedule allows
9. Sign up for skill sessions as schedule allows

**MISSING PRACTICES:** Only if you have let the Club Director know prior to that practice. Please let us know about 24 hours ahead of absence. It is your responsibility to find a substitute coach. You are allowed 5 missed practices. The club understands there are instances when you are unable to make practice or meetings, but we expect that you do not abuse this policy. After the 5th missed practice, your pay will be reduced according to how many days you miss. You need to Email Director if you are to miss a practice (\$50 docked from pay if no

email). You also need to Email Director if you have to cancel a practice (\$75 docked if no email). You will have to opportunity to make up your absences by assisting at other teams' practices.

**MISSING TOURNAMENTS:** This is not allowed unless you are out of town for work. It is important that you are committed to your team and Premier VBC. Being at the tournaments is important to your team and the success of that season. Missing a tournament is \$100 deduction to your paycheck.

**Coaches' legal and Safety Responsibilities:** As a coach of youth sports, we have an obligation to provide the safest possible environment for the players under our supervision. Because injuries do occur even in the safest environments, coaches must also be able to respond appropriately if a player does get hurt. Lastly, to protect themselves coaches must be aware of their Nine Legal Duties.

**Respond Appropriately to an Injured Player:**

1. Be prepared. Have players emergency information and a stocked first aid kit
2. Provide care only to the extent of your qualifications
3. Do not move player if there is a head, neck or back injury.
4. If you are unsure of the severity call 911

**Coaches' Nine Legal Duties:**

1. Provide a safe environment
2. Properly plan the activity
3. Provide adequate and proper equipment
4. Match or equate athletes
5. Warn of inherent risks of the sport
6. Closely supervise the activity
7. Evaluate athletes for injury or incapacitation
8. Know the emergency procedures and first aid
9. Keep adequate records

**Sexual Harassment:**

Sexual harassment is a form of discrimination which is against the law. The Board of Director will not tolerate sexual harassment activity by any of its coaches or staff. This policy also applies to non-employee volunteers; they are subject to control of club authorities. The protection of this policy is afforded to any applicant for and position within Premier VBC.

Sexual harassment consists of unwelcome sexual advances, requests for sexual favors and other inappropriate oral written or physical conduct or a sexual nature when such conduct substantially interferes with work performance or a player's educational program or creates an intimidating hostile or offensive environment. Normal courteous, mutually, respectful, non-coercive interactions that are acceptable to both parties are not considered to be harassment.

### Coaches' Canceling Practices:

- The board of directors will cancel practice in case of inclement weather
- Hold practices even if it is for a few girls as they will have good one on one time
- Email board members if you have to cancel practice. (\$75 will be docked from paycheck if there is no email)

### Teaching the Game of Volleyball:

1. There is only one chance to make a first impression. Be prepared on Day 1. Begin immediately to set your standards.
2. *Be consistent in establishing and enforcing standards* – This includes both behavior and standards for performing skills.
3. *Show don't tell.* Keep words to a minimum
4. *Encourage involvement by EVERY player.* Say and Recite, Model and Copy
5. *Explain the WHY-* Teach players to problem solve and be self-reliant.
6. *Teach players to be themselves-* Use players to give feedback
7. *Spend time wisely-* will the team win due to conditioning or serving and passing?
8. *Stress Balance, Efficiency or Movement & Communication*
9. *Stress defensive effort-* The ball is a grenade, it never hits the ground
10. *Create a fun, positive environment*
11. *Use the Whole- Part-Whole Method of Instruction-* A method of learning a skill in which the learner tries to perform the whole skill from time to time after practicing parts of the skill, particularly those parts which are difficult.

**\*\*Coaching is forever evolving, never stop learning and educating yourself about the sport and working with youth\*\***

### Planning Practices

Practices should be thoughtfully planned out and not made up as you go along. Here are some points to think about as you plan your practice.

- What is your ultimate goal of the practice? Does your team need to work on a specific skill? Communication? Improving team dynamic? How are you incorporating your goal into every drill at practice?

- EX: A team needs to work on tipping the ball. They spend 5 minutes of the 90-minute practice working on tipping. Running hitting lines off of a coaches toss. The rest of the practice is spent on defense and game play. How can this coach incorporate tipping into the rest of practice?
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- Is your practice progressive?
  - EX: A soccer coach starts out practice with an aggressive passing drill, he gets upset with his team because they aren't performing at the level he expects. At the end of practice he has the players pass the ball back and forth to each other. How could he change his practice to see success in his drills?
  - EX: A coach wants their team to work on defense and digging. They start the drill with the coach hitting hard down balls at the players. Is this progressive? Is this a coach centered drill or a player centered drill?
- Does your drills have too many players standing to the side?
  - EX: A coach is running a drill that has three players on the court and the coach is initiating the ball. 6 players are standing to the side talking. How can the coach incorporate all the players?
- Is your practice over planned or under planned?
- What will you transition to if a drill doesn't work?

**\*\* Take attendance at practice\*\***

**\*\*Plan 1 on 1 meetings before or after practice not during\*\***

### Running Drills:

1. Teach players to value practice time. Start on time, end on time, run between drills.
2. Drills/Games should have single item focus
3. Drills/Games should have Criteria/Goal for completion
  - a. Time 30 Seconds Paired Passing
  - b. Number of Contacts 25 ball to the target
  - c. Number in a row
  - d. Time/Number combo
  - e. Individual or team points
4. Set high Standards
5. You can turn a drill into a game.... DO IT
6. Keep players moving- Use more balls/lines to minimize waiting time
7. Create drills that the players run (More for older teams). They run it, you give feedback
8. Give Off-Ball Feedback. You are the only one who will see the off-ball mistakes
9. Combine teaching keys and skills in drills

## Tournaments:

1. You should be the first one from your team in the gym and last one to leave.
2. Plan for your team to arrive 45 minutes early regardless of playing schedule
3. Come prepared. Not only should you have balls, cart, rotation and first aid kit but you should also have extra materials for your scorers, coin and an extra whistle.
4. Keep your team areas clean and make sure to check it before you leave. If Premier gets a fine for a messy area then we will fine the team.
5. Look like a coach not like you just rolled out of bed.

## Traveling and Overnight tournaments

- Coaches will receive a travel allowance to cover their food and parking for the overnight tournaments, this varies between tournament.
- Coaches will be given the confirmation code to check themselves into any flight.
- Checked bag fees are an additional cost that coaches are responsible for
- Coaches need to bring player information on their carry-on bag.
- The team parents will have a meeting prior to the trip to establish the itinerary of what the team will be doing.
- Athletes will not be allowed to leave the tournament site during the tournament.
- Athletes CANNOT leave the hotel without permission from the chaperone and coach. Athletes must ALWAYS travel in groups if they are not with the team.
- The coach will keep the parents notified of playing times throughout the tournament.
- All athletes, coaches and chaperones will travel with the team and stay in their assigned hotel rooms.
- Any athlete is caught with or under the influence of drugs or alcohol will be sent home immediately at the parent's expense.
- Room assignments will be established before the trip. 3-4 girls per room.
- Behavior during the trip needs to be appropriate at ALL times
- Specific trip information will be given prior to each trip.

## Premier VBC Representation

- Coaches will always represent Premier VBC in a positive manner. This includes social media.
- Coaches will dress in Premier clothing and look professional at all Premier events.

## Education:

Premier VBC will re-imburse you up to \$150 when you complete the Art Of Coaching Volleyball Head Coaching Level 1 Certification

<https://store.theartofcoachingvolleyball.com/shop/head-coach-certification-level-1/>

Resources:

Art of Coaching Volleyball

<https://www.theartofcoachingvolleyball.com/>

Get the Pancake

<https://getthepancake.com/>

Podcasts:

Volleyball By Design

Coach Your Brains Out

Volleyball A-Z