

Vision Elite Volleyball Club

Four Steps to a Successful team

I – Provide a clear purpose with shared values and goals.

II – Unleash athlete potential by developing skills.

III – Turn individual skills into team skills. *“None of us is smarter than all of us”.*

IV – Repeated reward and recognition.

Provide a clear purpose with shared values and goals.

What are the team goals?

What will the athletes do specifically to achieve that goal? These are the values of the team and should be written on index cards and read daily.

I, _____ [print name], pledge to participate on the _____ [team name] team in practice and games as if I am a champion. To show how serious I am, I commit to: 1- _____ 2- _____ 3- _____ 4- _____ I accept my role on this team and will fulfill it. SIGNED _____
--

Develop a team covenant. All Practices and games will start with the team reciting its covenant and quick cheer.

Develop team handshakes (high fives); team song; handshakes, etc.

Unleash athlete potential by developing skills.

Being committed to improvement means measuring goals at each event.

Turn individual skills into team skills.

Individual goals should reflect the team's. eg.

Setters dump 1 in 5 times;

Attackers tip 1 in 5 times;

Tough serves: 1 in 2

Passes: a 2 pass 2 out of 3 times.

Repeated reward and recognition.

Practice awards: *Most Improved, Team Spirit, and Coaches Choice.*

Tournament Award: *Most Valuable Player.* 3 points for a good pass/dig; 2 points for a good set; 1 point for a kill. Only if the rally is terminated do the points count. Point must be celebrated. Blocks & serves: 2.