

So, why should I play boys' volleyball?

When some people think of volleyball, they imagine a game only played in a pool or at picnics, or a “girls sport.” Except those people haven’t played or watched much competitive men’s volleyball. Boys volleyball is one of the oldest, yet fastest-growing, sports in the country and one of the world’s most popular sports. Here’s why:

Fast-paced and high-flying: Men’s volleyball is played above the net and is considerably faster than the girl’s game. Take the best parts of basketball and tennis and mix-in the merciless slamming of a white ball into the floor, and you have volleyball.

Great cross-training: Football, basketball, tennis, and soccer players easily transition to the sport and find that it enhances skills and muscle group for these sports. No sport does a better job of training jump mechanics than volleyball. NBA players including Wilt Chamberlain, Kevin Love, Chase Budinger, Adam Keefe, and Jud Buechler agree.

Post-high school playing opportunities: From college leagues (NCAA and club), professional leagues, outdoor tournaments (for cash and recreation), and recreational adult leagues, volleyball has more opportunities and ways to play from high school and beyond than nearly any other sport.

Fun: There’s a reason people play volleyball at parties and get-togethers. When was the last time you saw wrestling or lacrosse played at a backyard BBQ?

Girls Sport: Remember that whole “it’s a girls sport” thing. It’s true, many girls play volleyball. It’s true that girl volleyball players are often tall, beautiful, and athletic. And it’s also true that you will be playing with and meeting a disproportionate number of them playing volleyball. Pretty good situation, if you’re into that sort of thing...

Lifelong sport: To illustrate, at U.S. Nationals, there’s a division for teams with players ages 70 & up. In 2013, nearly 100 male players showed up with their teams to compete in this division...

Careers: Opportunities abound for elite players: *Dozens of NCAA programs offer men’s volleyball as a scholarship sport.* Hundreds of U.S. men earn their living playing on pro beach volleyball circuits. Dozens more play in professional indoor leagues overseas (where it isn’t unusual to earn 6-7 figure salaries). Hundreds more have used their (somewhat rare experience) to coach at all levels and age groups, including men’s and women’s teams.

Safe: While volleyball has its fair share of minor injuries (e.g., sprains, strains, and scrapes), volleyball has one of the lowest injury rates of any sport and ranks near the bottom for concussions (well below soccer, lacrosse, ice hockey, wrestling, baseball, and football).