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Expectations for Practice & Competition

(includes training skills for practice)

1. Be early if possible and try to get your athletes to have the same attitude.
 - (a) 10 min. extra work each day is 15 extra hours for the season
 - (b) "A Pro is the first one to practice and the last one to leave"

2. "SHAGGING" is the first and most important skill for everyone of your players to learn!
 - (a) a ball that sits on the floor for more than 1 min. is a reflection of how poor your coaching and teaching skills are!
 - (b) this needs to be addressed the first day of practice by the HC and then continually reinforced by staff coaches.

3. Develop a set of skills that contributes to the success of the group!
 - (a) hit-serve-throw-chip-stat-etc.....(make yourself valuable)
 - (b) be "great" at one thing and then work to be "good" in other areas
 - (c) improvement in coaching skills is no different than improvement in playing skills (practice, practice, practice!!)
 - (d) understand how to oversee a match warm up
 - (e) "next match" warm up protocol:
 1. start warm up at start of 2nd set
 2. starters ref 1st set (if given ref duties at tournaments)
 3. any players who need treatment should take care of it right away
 4. be specific about warm up duties
 5. make sure subs run during timeouts
 6. icing should be done during 1st set off then warm up 2nd set

Understanding the Training Culture

"Championship Training Everyday"

1. Timing-Tempo-Expectations:
 - (a) while we cannot create more time, we certainly can create more training in the same period of time.
 - (b) we want to **train** faster than "match speed"
 - (c) we want to teach "just under" match speed
 - (d) the training environment will be fast paced, loud and very distracting
 - (e) the teaching environment will be optimal for "deep practice learning"

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Understanding the Training Culture, continued

2. As a coach you must "buy in" before you can expect your players to.
 - (a) coaches must "buy in" before players will ever follow you
 - (b) understand why techniques are taught in the manner they are taught

from a "bio-mechanical / scientific" point of view. You need to make sure your players know that every skill / technique is done a specific way for a reason.
 - (C) find a skill that you fully understand and then excel in that skill by teaching it to others.
 - (d) coach for the program not just your own team. Work to make every player, not just your own!

Attack Mechanics & Proper Footwork

1. arm action prior to, during and after approach & takeoff
 - (a) relaxed during first 2 steps of approach
 - (b) long and out to side going back
 - (c) spiking arm starts to be drawn back and it comes through past hips
2. arm action following ball contact (across body and down past side)
 - (a) keep arm straight w/drive through "**FOLLOWING**" wrist snap over ball
3. footwork for:
 - (a) LF attackers (4, 3, 2 step, 4-3-2 combo, inside out)
 - (b) RF attackers (4, 3, 2, combo, crossing sets, single leg, RS-two feet)
 - (c) MF attackers (3 step, 2 step quick transition, 4 steps for D attack)
4. transition footwork for OH's & MH's
 - (a) OH's need to get off the net for distance and work to get a good 3 step approach back to net
 - (b) there will be times following block coverage or quick transition where a 2 step approach is the only option

Understanding Swing Blocking Footwork & Techniques

1. ready posture prior to the opposing team passing
 - (a) arms down and legs loaded w/feet aligned based on position at net
2. long arms anytime a player turns to chase the ball
 - (a) understand the difference between "turn and run" and "face the net" footwork.
3. plant the feet at 45' to the net (proper "break" step)
 - (a) understand breaking prior to jumping and what the feet need to do

Understanding Swing Blocking Footwork & Techniques, continued

4. understand the following: (1) quick 2 using arms (3) 2 x-over (3) 3 x-over
 - (a) "quick 2 w/bent arms" (facing the net)
 - (b) "2 step x-over" (use long steps)
 - (c) 3 step x-over (use short 1st step to a long x-over step to accelerate)
 - (d) "quick 3" (shuffle-hop) (facing the net)
 - (e) 5 step (for MB's only)

Coaches Role in Post Practice Training

1. know and understand all lifting and physical training expectations and techniques (squat, hang clean, push press, squat thruster, shoulder exercises, rowing)
2. monitor your team at all times to make sure each player is maximizing her effort and receiving maximum benefit from the training ("do the greatest amount of work done in the time available")
3. understand "components of recovery" which include stretching, ice, rehab, etc... and make sure your players are diligent about taking care of themselves at all times.
4. become familiar with the physical testing data for your team so you are aware of each players strengths, weaknesses and areas that need improvement. Motivating your players to improve their testing scores will help a great deal. As coaches we need to get our players to focus on "long term development" so they are continually working towards their goals on a year round basis rather than just when they are here from December-June.

1st Contact Skills (Pass-Dig-Floor Skills-Serve)

1. serve reception:

- (a) understand key technical components:
(wide base, head stable, chest to target on outside midline balls, double triangle emphasis whenever possible, master the shuffle step_

2. spike reception:

- (a) understand training components to develop great backcourt defense. (understand loading, pursuit training early & often, lateral digging, knee drop skills, "quiet arms / cushioning" vs. power attack, floor skills)
- (b) floor skills to learn: (roll, dive, sprawl, collapse, side slide, pancake)

3. serving:

- (a) understand the four different types of serves we use and how each of those serves are taught.

1st Contact Skills (Pass-Dig-Floor Skills-Serve), continued

- (1) float serve (2) jump float (3) single leg jump float (4) jump spin
- (b) be clear about the role of the "short serve" and when it needs to be used.
- (c) learn the importance and the difference between "target" serving and "serving tough" with no emphasis on location.
(sometimes a hard serve is the best and sometimes it isn't!)

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