

Index

• Numerics •

- 4-2 offensive system, 252–253
- 5-1 offensive system, 252
- 6-2 offensive system, 251
- 6-6 offensive system, 250

• A •

- accuracy
 - of attacks, 152
 - drills, 176–180, 202–204, 206–208, 210–211
 - of passes, 160
 - of sets, 147
- aces, 43
- acknowledgment
 - of all players' actions, 27
 - of good sportsmanship, 29
 - of hustling, 236
- aerobic fitness, 294
- age
 - club teams, 326
 - drills depending on, 175
 - and length of tryout, 328
- AIDS, 296
- anaerobic fitness, 294
- anger, controlling, 311
- antennas, 36, 110
- antiseptic spray/wipes, 294
- arguments, avoiding, 311, 324
- arm pulls across chest stretch, 288
- arm stretch, 287
- around the world drill, 180
- assistant coaches, 67–69, 316–317
- assists, 43
- asthma, 295
- athletic stance, 156
- athletically gifted children, 86–87
- attack line, 36
- attacker, defined, 43

- attacking
 - advanced techniques, 227–232
 - back row attacks, 234
 - basic attack, 148–150
 - correcting problems with, 152
 - derailing attacks, 261–263
 - drills, 180–182, 208–210
 - frontcourt setter alignment, 258
 - perimeter defense, 268–271
 - rotation defense, 267–268
 - serve-receive formation, 254
 - set-ups, 141
 - tipping over the block, 151
 - tooling the block, 150–151
- attention
 - to game, 334
 - importance of, 20–21
 - to individual players, 26–27
 - lack of, 322
 - spans, 28, 83, 112
- attitude, 97
- auditory-oriented children, 90
- average children, 83
- avoiding participation, 87
- awards
 - including everyone, 27
 - team, 339

• B •

- back outside set, 146
- back row
 - attacks, 262
 - barrage drill, 204–205
 - prerequisites for playing, 81
 - transitioning to offense, 234
- back row set, 146
- back set
 - challenges, 147–148
 - defined, 43
 - overview, 143–145

- backcourt
 - attacks drill, 209–210
 - defined, 36
 - backcourt setter alignment, 259
 - back-up plans, 60
 - ball hog, 85–86
 - balls. *See* volleyballs
 - bandages, 294
 - base, defined, 43
 - baseline, 36
 - basic attack, 148–150
 - basic rules, 38–41
 - basic set, 141–143
 - beach dig, 168–169
 - behavior. *See also* discipline problems
 - parent, 304, 308–309
 - of players toward referees, 121
 - of spectators, 323–324
 - during tryouts, 330
 - bleeding, 296, 299
 - blocking
 - advanced techniques, 238
 - correcting problems with, 165
 - drills, 184–186, 214–215
 - importance of, 56
 - overview, 161–162
 - penetration block, 162–163
 - perimeter defense, 269–271
 - playing ball after, 165
 - soft block, 164–165
 - blocks
 - defined, 43
 - versus hits, 39
 - body language, 197, 310
 - bottles, water, 34
 - breathing problems, 298–299
 - broken plays, 236
 - buddy system, 332
 - bullying, 84–85
 - burnout, 333–334
- C •
- caffeinated beverages, 280
 - calf raises, 284–285
 - camp, volleyball, 343
 - cancellations, 32–33
 - captains, 23, 121
 - carbohydrates, 276–278
 - carbonated drinks, 280
 - cardiovascular exercises, 174, 281, 293
 - carpooling, 313, 332
 - ceiling shots, 42
 - centerline, 37, 39
 - challenges, motivating, 343–344
 - cheers, team, 26
 - children
 - athletically gifted, 86–87
 - auditory-oriented, 90
 - average, 83
 - comforting, 300
 - inattentive, 83, 322
 - inexperienced, 88
 - positive impact on, 16
 - special needs, 89–90
 - uncoordinated, 88–89
 - visual-oriented, 90
 - working with, 10
 - civility, 310
 - clean the floor drill, 183
 - club team
 - assembling, 326–331
 - burnout, 333–334
 - keeping everyone interested, 334
 - overview, 325–326
 - player problems on the road, 331–332
 - COACH acronym, 299
 - coaches-players tournaments, 338–339
 - coaching
 - behind-the-scenes responsibilities, 10–12
 - changing team dynamics, 189–193
 - discipline problems, 317–323
 - dual parent-coach role, 14–16
 - equipment, 33–34
 - game day, 14, 115–120
 - leagues, 30–32
 - meeting one-on-one with parents, 199–200
 - midseason review, 193–198
 - obstacles, preparing for, 16
 - overview, 9
 - practices, 12–13
 - problem coaches, 314–317

- problem parents, 303–314
- problem spectators, 323–324
- on the road, 331–332
- schedules, 32–33
- coaching philosophy
 - communication, 26
 - conflicts with, 317
 - emphasizing teamwork, 22–24
 - explaining to parents, 60–64
 - fun, 28
 - good sportsmanship, 28–30
 - importance of, 18
 - making every child count, 26–27
 - matching to age group, 19–22
 - motivating players, 24–25
 - overview, 17–18
 - positive atmosphere, 25–26
 - skill development, 28
- coach's challenge drill, 202
- code words, 119
- cold packs, 295
- collective blocking defined, 44
 - advanced techniques, 238
- comforting children, 300
- communication
 - with assistant coaches, 317
 - with children 9 and younger, 20
 - coordinator, 69
 - in dual parent-coach role, 15
 - four-player formation, 255
 - about free balls, 266
 - getting players attention, 117
 - about hydration, 279–280
 - keeping lines open, 26
 - of liberos with team, 52
 - about making club teams, 330–331
 - about parent tardiness, 313–314
 - with parents, 11, 199–200
 - with parents about behavior, 305–306, 309–311
 - perimeter defense, 271
 - with players about schedules, 107
 - pregame meetings, 112–114
 - setter, 233
 - skills in, 329
 - about sportsmanship, 29
 - with teenagers, 21–22
 - three-player formation, 256
- comparisons
 - between players, 104
 - sibling, 15
- competition
 - club teams, 325–326
 - competitive leagues, 31–32
- compresses, 297
- concentration, 51
- concession-stand worker, 70
- concussion, 297–298
- conditioning
 - aerobic and anaerobic fitness, 294
 - importance of, 344
 - footwork and, 186
 - not a punishment, 320
 - overview, 292–293
- confidence
 - building, 104, 345
 - playing time and, 64
 - sandwich method, 105
 - set techniques, 146
 - of strong-side hitter, 50
- confrontations, avoiding, 311, 324
- consciousness, 299–300
- consent form, 65
- consistency of warm-up, 99, 281
- constant movement, 77–78
- contact information, 66, 294
- contacts, ball, 38
- control
 - of hard hit serves, 160
 - of movements, 282
 - of shots, 152
- conventions used in book, 2
- conversing with self, 345
- cooling down, 187, 217, 292
- coordination
 - of back row players, 81
 - differences in, 20
 - lack of, 88–89
- corners, court, 268
- correcting problems
 - with attacking, 152
 - with blocking, 165
 - with digging, 172
 - with serve receive, 160
 - with serving, 139–141
 - with setting, 147–148

- court
 - markings, 36
 - net size, 37
 - overview, 35–36
 - size of, 31, 37, 41
 - zones in, 48–49
 - covering blocked balls, 234–235
 - CPR
 - certification, 300
 - mouth barrier, 294
 - creativity
 - backcourt setter alignment, 259
 - with drills, 175
 - with practices, 13
 - criss cross shots drill, 181–182
 - crosscourt
 - defined, 43
 - digging shots, 244
 - curfews, 332
 - cuts, 296
- D •
- decision-making powers, 49, 117
 - deep-breathing technique, 342
 - defense
 - advanced techniques, 237–242
 - blocking, 56, 161–165
 - blocking drills, 184–186, 214–215
 - derailing attacks, 261–263
 - determining, 79, 243–248
 - digging, 166–172
 - digging drills, 183–184, 212–214
 - facing free balls, 266
 - maintaining sound position, 154–155
 - passing out of net, 160–161
 - perimeter defense, 268–271
 - rotation defense, 266–268
 - serve receive, 155–160
 - serve-receive drills, 182–183, 210–211
 - stressing importance of, 153–154
 - surprising with tip shots, 151
 - switching in transition, 264–265
 - transitioning to offense, 232–236
 - defensive specialist, 52, 82
 - diet
 - hydration, 279
 - after matches and practice, 278–279
 - before matches and practice, 277–278
 - overview, 275–277
 - practice, 278–279
 - digging
 - advanced techniques, 239–242
 - back row attacks and, 262
 - beach dig, 168–169
 - correcting problems with, 172
 - crosscourt shots, 244
 - defined, 43
 - digging to side, 170
 - dive, 170–172
 - drills, 183–184, 212–214
 - juggling, 169
 - overhead dig, 168
 - overview, 166–168
 - dig-set-attack drill, 213–214
 - disappointment, diffusing, 193
 - discipline problems
 - miscellaneous techniques, 320–321
 - nonlisteners, 322
 - nonstop talkers, 322–323
 - overview, 317–318
 - on the road, 332
 - three-strike technique, 318–320
 - disruptive parents, 308–311
 - dissenting assistant, 316–317
 - diuretics, 280
 - dive, 43, 52, 170–172, 239–240
 - documentation of points, 308
 - double blocks, 161, 215, 238, 259, 271
 - double duty drill, 215
 - double hit, 46
 - down ball, 43
 - drills
 - alterations to, 191
 - attacking, 208–210
 - blocking, 184–186, 214–215
 - creativity with, 13
 - difficulty level of, 86, 197
 - digging, 183–184, 212–214
 - to end practices, 106
 - fun, 83, 95–96
 - including parents in, 99, 306, 339–340
 - kill shots, 180–182
 - to overcome fears, 198
 - overview, 175, 201
 - passing, 158, 179–180, 206–208
 - to perform at home, 343

sample practice session, 187–188,
216–217
serve receive, 182–183, 210–211
serving, 176–177, 202–204
setting, 177–179, 204–206
splitting up, 101
at tryouts, 328
warm-up, 115, 173–175
drinks, 276, 280
drop and roll drill, 211
dueling partners drill, 184
dump, 43, 253

● E ●

effort, 122
elevation of injured areas, 297
embarrassment
of opposing coaches, 315
of parents, 311
emergency contact list, 294
emergency situation, 16, 299–301
emergency tooth-preserving system, 294
emergency treatment authorization
forms, 65
encouragement
of blocking skills, 239
for good defense, 154
importance of, 19
to play with different sets, 233
between players, 80
of uncoordinated children, 89
during warm-up, 115
endline, 36
enthusiasm
for defense, 154
effect on players, 97
importance of, 19
about progress, 193
role in motivation, 24
error, defined, 43
excitement in practice, 12–13
expectations
communicating, 11
effect on players, 24–25
of parents', behavior, 304
eye contact with ball, 205
eye pads, sterile, 295

eyeball injury, 298
eyewash, sterile, 295

● F ●

fakes, 259
faults. *See* violations, rule
favorable reaction to opposition's
pressure, 78
fear
of ball, 172
of getting hurt, 84, 198
Fédération Internationale de Volleyball
(FIVB), 40
feedback
importance of, 19
from parents, 199–200
from players, 90
positive, 104–105
postgame, 126–127
soliciting, 337–338
field trips, 82
first aid, 300
first-aid kit, 95, 294–295
FIVB (Fédération Internationale de
Volleyball), 40
5-1 offensive system, 252
flexibility, 174, 281
float serve, 43, 135–137, 140
floor captain, 121
fluids, 276, 279–280
follow the leader exercise, 174
food. *See* diet
foot fault, 39
footwork, 56, 77–78, 293. *See also* positions
forearm pass, 43, 156–158, 266
forward lunge, 284
four hits, 46
4-2 offensive system, 252–253
four-player formation, 255
free ball, 43, 266
free zone, 37
freezer storage bags, 294
friendliness, 326
front outside set, 146
front row
prerequisites for playing, 81
transitioning to offense, 234

frontcourt setter alignment, 257–258
 frustration
 blocking problems, 165
 caused by problems with attacks, 152
 concealing, 117
 with uncoordinated children, 88–89
 fun
 asking parents about, 199
 body language, 197
 in club team environment, 333–334
 coaching philosophies, 60
 cool-downs, 292
 drills, 95–96
 emphasis on, 195
 importance of, 113–114, 337
 and inattentive children, 83
 as measure of success, 28
 in practices, 12–13
 practices, 96–101
 roll calls, 312
 fund-raising coordinator, 71

• G •

game day
 coaching, 115–120
 duties, 14
 helpers, 70
 modeling good sportsmanship, 122–125
 postgame talk, 126–129
 pregame matters, 109–111
 pregame team meeting, 111–114
 referees, 121–122
 warm-up, 114–115
 game plan, 43
 games
 asking parents about attitude
 toward, 200
 changing approach to, 192
 distractions by assistant coaches, 316
 effect of weather on, 32
 mismatched, 123–124
 overview, 43
 positive tone on, 29
 postgame discussion with parents, 311
 pregame tasks, 109–115
 prepractice, 312

 timed, 42
 gaps (seams, open lanes), 270–271
 generalization strategy, 234
 gloves, latex, 295–296
 glucose, 276
 glycogen, 276
 goals
 discussing, 342
 exploring different approaches for
 reaching, 197
 helping team reach, 196
 player, 24–25
 resetting coaching, 194–195
 good sportsmanship
 emphasizing, 28–30, 61–62, 114
 modeling, 122–125
 opposing coaches who display poor,
 315–316
 pregame, 110–111
 program for parents, 309
 spotlighting, 127–129
 guest speakers, 345

• H •

hamstring stretch, 285
 hand positions, setter, 49
 hand signals, official, 46–47
 handling serves, 158–159
 health and safety
 diet, 275–279
 hearing problems, 111
 opposing coaches who encourage unsafe
 play, 315–316
 of players, 71
 on the road, 331–332
 treating injuries, 293–301
 warm-up overview, 280–282
 hearing problems, 111
 height of sets, 146, 244
 high knees stretch, 289
 high middle set, 146
 hip flexor stretch, 287
 hit, defined, 44
 hitters
 backcourt setter alignment, 259
 covering, 234–235

5-1 offensive formation, 252
4-2 offensive system, 253
6-2 offensive formation, 251
switching in serve receive, 265

hitting
 down balls, 232
 overview, 56

HIV, 296

holding, volleyball, 147

hot packs, 295

hotel pools, 332

hustling, 118, 236

hydration, 115, 276, 279

• **I** •

ice, 297

icons used in book, 5

illegal alignment, 47

illegal attack of serve, 46

illegal hit, 46

illegal lifts, 160

illegal substitution, 46

inattentive children, 83, 322

inexperienced children, 88

influence of coach, 13

informing kids of tryout results, 330–331

injuries
 cuts, 296
 emergency situations, 299–301
 fear of, 84
 first-aid kit, 95, 294–295
 miscellaneous, 297–299
 overview, 293
 prevention of, 16, 114, 173
 recovery from, 195
 scrapes, 296
 sprains, 296–297
 sprains, 296–297
 strains, 296–297
 twists, 296–297
 while stretching, 282

inspection, court, 110

instructions
 being balanced with, 117
 simplicity of, 227

insurance, 65

interruptions in practices, 106

introductions, 93

• **J** •

jerseys, 33–34

jog and attack exercise, 174

joust, 44

juggling, 169

jump and touch drill, 185

jump float serve, 44, 225–227

jump serve, 44, 223–225

jump set, 227–228

jumping
 attacks, 152
 defending back row attacks, 262
 penetration block, 162–163
 skills, 81
 soft block, 164–165
 timing of, 244

junk food, 278–279

• **K** •

kill shot
 defined, 44
 drills, 180–182

knee pads, 34

knocked-out teeth, 299

• **L** •

labels, play, 119

lateral movement, 51

latex gloves, 295–296

laughter, encouraging, 337

league director, 314–315

league documents
 consent forms, 65
 emergency treatment authorization forms, 65
 medical evaluation forms, 66, 71, 300
 parent policy, 309
 playing time policy, 307
 schedules, 65

league rule book, 122

leagues
 competitive, 31–32
 equipment provided by, 33–34
 recreational, 31
 rules, 30–31

left side attack
 facing, 247
 going against, 244
 libero, 44, 51–52, 82, 269
 lifts, illegal, 160
 lighter-weight volleyball, 95
 line judge, 70
 line violation, 46
 lineup, 38–39, 44, 111
 lineup card, 53–54
 loitering, 101
 loss of breath, 298
 lunges, 284, 290

• M •

makeup match, 33
 markings, court, 36
 matches
 defined, 44
 nutrition after, 278–279
 nutrition before, 277–278
 matching to age group, 19–22
 meals
 postmatch, 278–279
 prematch, 277–278
 medical evaluation forms, 66, 71, 300
 mental strength, 50, 79, 330
 middle attack
 facing, 248
 going against, 246
 middle blocker, 51, 81
 middle hitter, 51, 81
 midseason review
 goals, 194–197
 helping players conquer injury fears, 198
 moving kids to new positions, 197–198
 overview, 193
 refining coaching strategy, 189–190
 miniscrimmage, 100
 miscues, 321
 mismatched game, 123–124
 mistakes
 reactions to, 13, 116–117
 remaining positive, 25–26
 model parent behavior, 62–63

momentum of game, 55
 moods, 97
 Most Valuable Player awards, 339
 motivating players
 challenge-motivated mental makeup,
 343–344
 giving players decision-making
 powers, 117
 instruction crazy, 117
 mistakes are okay, 116–117
 motivation-through-fear tactics, 25
 positive feedback, 118
 pregame talk, 112–114
 recognizing effort, 118
 sideline show, 117
 tips, 24–25
 moving around court, 56
 multiple blocking
 advanced techniques, 238
 defined, 44
 muscles. *See* stretching

• N •

nail clippers, 295
 name tags, 93
 names
 players', 93
 of plays, 119
 National Federation of State High School
 Associations (NFHS), 40
 National Youth Sports Coaches
 Association, 66
 negativity
 of parents, 62
 during practices, 105
 nervousness, nullifying, 342
 net
 clearing, 140–141, 152, 165–166
 contact with, 39, 166
 height of, 41
 inspections, 110
 overview, 37
 size of, 37
 supports, 110

NFHS (National Federation of State High School Associations), 40
nicknames, 93
nonlisteners, 322
nonstop talkers, 322–323
nosebleed, 299
notebook, practice, 94
notes, meeting, 59
nutrition
 hydration, 279
 after matches and practice, 278–279
 before matches and practice, 277–278
 overview, 275–277
 practice, 278–279

● O ●

obstacles, preparing for, 16
offense
 attacking, 148–152, 227–232
 attacking drills, 208–210
 determining, 78
 focusing approach, 131–132
 kill shots, drills, 180–182
 overview, 221–222
 passing drills, 179–180, 206–208
 serve-receive and passing formations, 253–257
 serving, 133–141, 222–227
 serving drills, 176–179, 202–206
 setting, 141–148
 setting systems, 249–259
 transitioning from defense to, 232–236
official. *See* referee
official stand, 110
off-speed attack, 44, 231–232, 262–263, 269
on the move drill, 179
one-foot takeoff (slide attack), 45, 230–231
one-hour practice, 187, 216
one-on-one drill, 214–215
open lanes, 270–271
opening practice
 first impression, 92–94
 fun drills, 95–96
 overview, 91–92
 preparing for, 94–95

opposing coaches
 dissenting assistants, 316–317
 meeting with, 110–111
 who display poor sportsmanship, 315–316
 who encourage unsafe play, 314–315
opposite hitter, 51
opposition
 effect of blocking, 56
 good sportsmanship toward, 123–124
 height of sets, 244
 highlighting sportsmanship of, 128
 observing warm-up of, 222
 recognition of defense by setter, 233
 scouting, 68
 shaking hands with, 29
 surprise attacks on, 232, 258
 surprising with tip shots, 151
 tooling the block, 150
orbital fracture, 298
out-of-town tournament, 331–332
outside hitter, 50
over and out drill, 184
overaggressiveness, 85
overhand pass, 44
overhand serve
 float serve, 135–137
 topspin serve, 137–139
overhead dig, 168
overlap, 44
overpass, 44
overset, 45

● P ●

pace of drills, 101
pancake dig
 advanced techniques, 239–240
 defined, 45
paperwork
 league documents, 65–66
 personal packets, 66
 preseason parents meeting, 59
parent-coach, dual, 93

- parents
 - alerting about injuries, 300
 - alerting to position changes, 192
 - behavior, 304, 308–309
 - behavior on trips, 332–333
 - concluding your meeting with Q & A, 72
 - dual parent-coach role, 14–16
 - emphasis on sport, 21
 - encouraging overaggressiveness, 85
 - encouraging uncoordinated children, 89
 - explaining coaching philosophy to,
 - 18, 60–64
 - explaining playing time on club teams, 329
 - informing of childrens behavior, 319
 - introducing self to, 58–60
 - involving in practice, 339–340
 - meeting one-on-one with, 199–200
 - out-of-control parties, 332–333
 - overview, 57
 - paperwork, 65–66
 - persuading to participate in practices, 98
 - players' special needs, 71
 - problematic, 304–314
 - recruiting to help, 67–71
 - reminding children to drink fluids, 280
 - tardy, 312–314
 - working with, 10
- partner sets drill, 177
- pass and run exercise, 174
- passers. *See* serve-receive
- passes
 - accuracy of, 160
 - forearm pass, 43, 156–158, 266
 - overhand pass, 44
 - overpass, 44
- passing
 - drills, 179–180, 206–208
 - overview, 54
- passing formations. *See* serve receive
- passing out of net, 160–161
- passion, 49
- passive stretching, 282
- patience
 - attaining goals, 196
 - with beginners, 132
 - defending back row attacks, 262
 - peer praise, 23
 - penetration, 45
 - penetration block, 162–163
 - perfectionism, 345
 - perimeter defense
 - defined, 45
 - overview, 243–246, 268–271
 - perpetually late parents, 312–314
 - personal experiences, sharing, 338
 - personal goals, 342
 - personal packet, 66
 - perspective, 340
 - philosophy, coaching
 - communication, 26
 - explaining to parents, 60–64
 - fun and skill development first, 28
 - good sportsmanship, 28–30
 - importance of, 18
 - making every child count, 26–27
 - matching to age group, 19–22
 - motivating players, 24–25
 - overview, 17–18
 - positive atmosphere, 25–26
 - teamwork, emphasizing, 22–24
 - phone list, 66
 - photo album, team, 340
 - photo coordinator, 70
 - play labels, 119
 - player back setup
 - defined, 45
 - going against left side attack, 244
 - going against middle attack, 246
 - going against right side attack, 245
 - overview, 243–244, 268–271
 - player out of alignment fault, 40
 - player up alignment formation
 - facing left side attack, 247
 - facing middle attack, 248
 - facing right side attack, 247–248
 - overview, 246–247
 - players. *See also* positions
 - athletically gifted children, 86–87
 - average child, 83
 - ball hog, 85–86
 - behavior in mismatched games, 123–124
 - bully, 84–85
 - child who doesn't want to be there, 87
 - children afraid of getting hurt, 84

- children with special needs, 89–90
- choosing starting lineup, 80–82
- discipline problems, 317–323
- drills depending on age of, 175
- equipment provided by, 34
- handling during injury stoppage, 301
- helping to excel, 341–345
- hustling, 118
- improving skills of, 103
- inattentive child, 83
- inexperienced children, 88
- interest in, 92
- judging on physical appearance, 80
- knowledge of rules, 30–31
- motivating, 24–25, 116–118
- number in blocks, 161–162
- number in game, 41
- offensive systems, 250
- overview, 82–83
- part of goal making process, 195
- positions and responsibilities, 48–52, 80–81
- practice of plays, 120
- pregame meetings with, 112–114
- relaxation of, 92
- rules for, 38
- selecting, 328–330
- serve-receive formation, 254
- shy children, 84
- sizing up, 75–80
- tardy, 312
- uncoordinated children, 88–89
- using all to serve, 55
- varying speed of serves, 222
- visualization of success technique, 341–342
- playing ball after block, 165
- playing time
 - assigning, 63–64
 - club teams versus recreational leagues, 329
 - nonlisteners and, 322
 - parents pushing for, 316
 - parents questioning, 307
 - practice attendance and, 313
 - three-strike technique and, 319
- points. *See* scoring
- positions
 - back row setters, 234
 - blockers, 239
 - blocks, 165
 - changing after midseason evaluations, 190, 192–193
 - covering attackers, 235
 - front row setters, 234
 - moving kids to new, 197–198
 - 6-6 offensive formation, 250
 - switching, 264–265
- positions, body
 - back set, 143–145
 - basic attack, 148–150
 - for basic set, 141–143
 - beach dig, 168–169
 - digs, 166–168, 172
 - digs to side, 170
 - dives, 170–172
 - for float serve, 135–136
 - for forearm pass, 156–157
 - handling returning serve, 158–159
 - hitting down balls, 232
 - juggling, 169
 - jump float serve, 225–227
 - jump serve, 223–225
 - jump set, 227–228
 - off-speed attack (roll shot), 231–232
 - overhead dig, 168
 - pancake dig, 239–240
 - passing ball out of net, 161
 - penetration block, 162–163
 - quick set, 229
 - for run throughs, 159
 - to serve receive, 155–156
 - shoulder roll, 240–242
 - slide attack (one-foot takeoff), 45, 230–231
 - soft block, 164–165
 - for topspin serves, 136–139
 - for underhand serves, 133–135
- positivity
 - about losing, 125
 - after mistakes, 25
 - ending practices with, 217
 - on game day, 29
 - impact on children, 16
 - importance of, 19
 - of parents, 63

- positivity (*continued*)
 - in players, 329
 - positive atmosphere, 25–26
 - positive feedback, 118
 - during practices, 97, 104
 - team-oriented attitude, 79–80
 - at tryout's end, 328
 - postgame snacks, 278–279
 - postgame talk
 - fun factor, 126–127
 - highlighting the positive, 127
 - spotlighting good sportsmanship, 127–129
 - practice. *See also* drills
 - asking parents about attitude toward, 200
 - conditioning in, 293
 - correcting habits in, 204
 - dealing with broken plays, 236
 - devising fun, 96–101
 - ending, 106–107
 - executing, 12–13
 - executing plays during, 120
 - experimenting with defenses, 264
 - explaining to parents importance of, 64
 - fun games before, 312
 - fun in, 83
 - fun roll calls, 312
 - at home, 15
 - with inexperienced children, 88
 - making productive, 101–106
 - mixing up, 333
 - nutrition after, 278–279
 - nutrition before, 277–278
 - observing skills in, 192–193
 - opening, 91–96
 - parents at, 306
 - planning, 12–13, 96
 - promoting at-home, 195
 - sample sessions, 187–188, 216–217
 - scheduling, 32–33, 334
 - shoulder roll, 240–242
 - shy children in, 84
 - switching, 265
 - tempo of, 197
 - trying out defensive systems, 243
 - using to work on strengths and weaknesses, 77
 - practice notebook, 94
 - praise
 - effect on players, 27
 - for effort, 26, 104–106
 - negative effects of, 87
 - from peers, 23
 - postgame, 24
 - during practices, 104–106
 - for teamwork, 23
 - predictability, 254
 - pregame
 - meals, 277–278
 - parents meeting, 305
 - speech, 116
 - tasks, 67
 - team meeting, 111–114
 - prepackaged sterile eye pads, 295
 - preparedness
 - of defensive specialist, 52
 - of opposite hitter, 51
 - prescriptions, 295
 - preseason parents meeting
 - behavioral expectations, 304
 - discussion of equipment, 34
 - discussion of problem spectators, 324
 - explaining playing time, 307–308
 - importance of, 10
 - informing of three-strike technique, 318
 - medical information, 296
 - overview of, 58–60
 - tardiness, 313
 - pressure
 - on children of coaches, 15–16
 - on defensive specialist, 52
 - on gifted players, 87
 - perimeter defense, 269
 - on setter in frontcourt setter alignment, 258
 - pretzel stretch, 288–289
 - prewrap, 295
 - prolonged contact, 39
- *Q* •
- questioning playing time, 307
 - quick set, 45, 229
 - quickness factor
 - of liberos, 52
 - of setters, 49

• R •

raised voices, 311
 rally, 45
 rally scoring, 154
 reaction time, 160
 read, defined, 45
 ready position, 45
 reasonableness, 106
 recognizing effort, 118
 recreational leagues
 versus club teams, 329
 overview, 31
 recruiting parents
 assistant coaches, 67–69
 support roles, 69–71
 referee
 explanation of rules by, 42
 and game rules, 38
 meeting with, 110–111
 pregame meeting with, 110–111
 respect for, 29, 63, 121
 rules, 121–122
 showing good sportsmanship
 toward, 125
 relaxation of players, 92
 removal from team, 320
 removal of parents, 310
 replacement zone, 37
 replacements, 44–45
 rescheduling games, 32–33
 respect for officials, 29, 63, 121
 responsibilities, behind-the-scenes
 knowing rules, 11–12
 understanding terminology, 11–12
 working with children and parents, 10
 rest
 post-injury, 297
 during tournaments, 332
 RICE method, 297
 right side attack
 facing, 247–248
 going against, 245
 roll calls, 312
 roll shot, 45, 231–232, 263, 269
 rotating captain role, 23
 rotation, player, 45, 119–120
 rotation defense, 266–268

rotation overlap, 40
 rotational transition, 264
 rules
 basic, 38–41
 court, 35–37
 distributing to parents, 66
 enforcement, 321
 importance of teaching, 11–12
 lineup cards, 53–54
 official's signals, 46–47
 player positions and responsibilities,
 48–52
 reviewing, 30–31
 skills, 54–56
 special, 41–42
 terminology, 42–46
 working with referees, 121–122
 run through, 159
 running butt taps, 291
 running carioca, 291

• S •

safety, 16, 327. *See also* health and safety
 sandwich method, 105
 schedules
 makeup matches, 33
 practice and, 65
 scheduling team practices, 32–33
 scissors, 295
 scoring
 balanced perspective of, 340
 evaluating team based on, 190, 196
 explaining viewpoint on to parents, 61
 in games, 41
 goals involving, 195
 importance to parents, 304
 lack of importance to small children, 20
 opportunities for, 154
 passing ball out of net, 160–161
 rallies, 41, 154
 talking over with players, 127
 tracking points, 67, 308
 scrapes, 296
 scrimmages
 involving parents in, 98–99
 miniscrimmage, 100
 silly, 339
 small-sided, 76

- seams (gaps, open lanes), 270–271
- season, club team, 327
- selecting players, 328–330
- self-esteem, 87, 282
- serve and defend drill, 202–204
- serve frenzy drill, 183
- serve receive
 - correcting problems with, 160
 - drills, 182–183, 210–211
 - forearm pass, 156–158
 - formations, 253–257
 - handling with hands, 158–159
 - overview, 155–156
 - run through, 159
 - switching in serve receive, 265
- service scoring, 42
- serving
 - advanced techniques, 222–227
 - control of hard hit, 160
 - correcting problems with, 139–141
 - drills, 176–177, 202–204
 - overhand serves, 135–139
 - overview, 45, 54–55
 - practicing, 94
 - switching in serve, 264
 - underhand serves, 46, 133–135, 140
- set, defined, 45
- setter
 - back row position, 234
 - 4-2 offensive system, 252–253
 - 5-1 offensive formation, 252
 - front row position, 234
 - overview, 45, 48–50
 - player up alignment, 246
 - responsibilities of, 233
 - serve-receive formation, 254
 - 6-2 offensive formation, 251
 - skills of, 81
 - switching in serve, 264–265
 - switching in serve receive, 265
- setting
 - back outside set, 146
 - back row set, 146
 - back set, 143–145
 - basic set, 141–143
 - correcting problems with, 147–148
 - drills, 177–179, 204–206
 - front outside set, 146
 - high middle set, 146
 - overview, 55
 - systems, 257–259
- shadow shots drill, 180
- shaking hands, 29, 110, 125
- shin splints, 298
- shoes, 34
- shooting gallery drill, 208
- short-term goals, 194
- shots
 - ceiling, 42
 - control of, 152
 - digging, 244
 - kill, 44, 180–182
 - roll, 45, 231–232, 263, 269
 - tip, 151, 244
 - variety of, 50
- shoulder roll, 240–242
- shuffle step, 45
- shy children, 84
- sibling comparisons, 15
- side setter drill, 205–206
- sideline behavior
 - coaches, 117
 - parents, 303–306, 308–311
 - teammates, 23
- sidelines, defined, 37
- side-out, 42, 45
- signals, official, 46–47
- silly scrimmages, 339
- single block, 161
- 6-6 offensive system, 250
- 6-2 offensive system, 251
- skills
 - blocking, 56
 - building basic, 102
 - development of, 28
 - effect of tardiness on, 314
 - evaluating, 76–77
 - hitting, 56
 - importance of learning, 133
 - increasing, 21
 - jumping, 81
 - moving around court, 56
 - new drills for, 191

for offensive systems, 250
passing, 54
players with superior, 86
practice during warm-up, 115
practice in mismatched games, 124
serving, 54–55
setting, 55
teamwork, 329
slide attack, 45, 230–231
small-sided scrimmages, 76
smiling, 113
snacks, 69, 277–278
soft block, 45, 164–165
special needs children, 89–90
special rules, 41–42
spectators, problematic, 323–324
speed
 4-2 offensive system, 253
 handling free balls, 266
 of serves, 222
 of setters, 233
speed digs drill, 212
sports drinks, 280
sportsmanship. *See* good sportsmanship
spot the setter drill, 210–211
sprains, 296–297
stance, athletic, 156
standing arm circles, 288
standing squats, 283
starters, 124
starting lineup
 assigning positions, 80–82
 finding roles for all players, 82
stations, 328
sterile eye pads, 295
sterile eyewash, 295
storage bags, freezer, 294
straight leg kicks, 290
sprains, 296–297
streaky serves drill, 176
strength building, 293, 344
stretching
 advanced, 288–291
 basic, 284–288
 consistency of, 99
 injury prevention, 114–115, 173–174

 in practices, 96
 sample practice session, 187
 at tryouts, 327
 in warm-ups, 281–282
strong-side hitter, 50
substitution, 40, 46, 119
substitution zone, 37
support roles, 69–71
surprise tactics, 258, 262–263
swinging arms, 172
switching in transition, 264–265

● T ●

tardiness
 parents, 313–314
 players, 312
target area, 102
target serving drill, 176–177
team
 activities, 334
 awards, 339
 behavior of, 123
 captains, 23
 chats, 123
 cheers, 26, 114
 club, 31–32
 defensive specialist, 52
 libero, 51–52
 middle hitter, 51
 opposite hitter, 51
 removal of player, 320
 setter, 48–50
 strategy for, 120
 strong-side hitter, 50
 talking to about tardiness, 312
 travel, 31–32, 70
team challenge drill, 178–179
team parents, 69
team relay drill, 207–208
team-oriented goals, 194
teamwork, 22–24, 329
teenagers, 21–22
teeth, knocked-out, 299
tennis shoes, 34
terminology, 11–12, 42–46, 132

three-player formation, 256
 three-strike technique, 318–320
 timed games, 42
 timing
 and arm positions, 239
 of blocks, 162
 of middle hitter, 51
 tip shot, 151, 244
 tipping, 44, 46, 231–232, 262–263, 269
 tipping over the block, 151
 tooling the block, 46, 150–151
 tooth-preserving system, emergency, 294
 topspin serve, 46, 137–139, 140–141
 touch, defined, 46
 tournaments
 coaches-players, 338–339
 rest during, 332
 tracking points, 67
 travel coordinator, 70
 travel teams, 31–32, 70
 trio touches drill, 206
 triple blocks, 161
 trophy coordinator, 70
 tryouts
 informing kids of results, 330–331
 overview, 326–328
 tweezers, 295
 twists, 296–297
 two-player formation, 256–257

• U •

unconsciousness, 299–300
 uncoordinated children, 88–89
 underhand serve, 46, 133–135, 140
 upper back stretch, 286
 USA Volleyball (USAV), 40, 327

• V •

violations, rule, 39–40, 46–47, 121–122
 visual impairments, 90
 visualizing success, 341–342
 visual-oriented children, 90

volleyball camps, 343
 volleyballs
 clearing net with blocks, 165–166
 clearing net with underhand serves, 140
 contact with on back sets, 147–148
 contacting center with float serves, 140
 controlling with dig, 172
 controlling with underhand serves, 140
 fear of, 172, 198
 having enough, 94–95
 height of contact with, 147
 hitting over net, 152
 holding, 147
 soft, 198
 swinging arms at during dig, 172
 use of light-weight, 31

• W •

W formation, 46
 waist and lower back stretch, 285–286
 warm-up
 arm, 175
 building confidence during, 104
 consistency of, 99, 281
 cooling down, 292
 making interesting, 173–175
 overview, 114–115, 280–282
 sample practice session, 187, 216
 stretching, 283–291
 at tryouts, 327
 water, 115, 279–280
 water bottles, 34, 279–280
 weak passers, 55
 weakside hitter, 51
 weather, 32
 weights, 293, 344
 win-at-all-cost parents, 304–306
 wing defenders, 263
 winning, 61

• Z •

zones, court, 48–49, 263