

Team Expectations – Columbus School for Girls Volleyball - 2011

Our job as coaches is to turn you into a better volleyball athlete; it is **your** job to become one. Part of that process is ensuring you are aware of TEAM expectations.

It is this type of focus that will help you to become a better volleyball athlete.

Self Discipline leads to TEAM Discipline

Each Player needs to exercise self-discipline. What is self-discipline?

Self-discipline is doing those things you know you are supposed to do, without anyone having to tell you or remind you to do them.

What are characteristics of a self-disciplined player?

- A self-disciplined athlete accepts and takes personal responsibility for HER actions.
- A self-disciplined athlete maintains a positive mental attitude. Volleyball is ninety percent (90%) mental. So we have to keep a positive mental attitude.
- A self-disciplined athlete believes in herself!
- A self-disciplined athlete commits to the TEAM's expectations, and self-corrects when not meeting them.

Team expectations:

1. **Volleyball Athletes will expend 100 % effort during practices and games; no matter the circumstances, we never quit, we never give up!**
2. **Volleyball Athletes will run everywhere during practice, except when released for break; there will be no walking.**
3. **Every Volleyball Athlete who is passing the ball will call "mine-mine", at least 2 times; no other words.**
4. **Every hitter will "go-call" the set she wants.**
5. **Passers will keep their eyes on the ball at all times; 2 or more Athletes looking at each other while a ball is between them is a missed expectation.**
6. **Every Free-ball given to a team will result in the execution of a Free-Ball Play; minimally, this needs to be a Middle Hitter committing to a quick attack, "Up in the air" for every Free-ball received.**
7. **A volleyball hitting our court is a very negative event, at all times. Real or perceived lack of effort to prevent this event will result in the whole team running no less than 8 "line to lines" at 30 feet. Successive events will cause escalation at coach's judgment.**
8. **We will support our teammates, in good times and bad!**
9. **Play as a team; never give up!**

Additional Team / Player Principles / Standards – Columbus School for Girls Volleyball

1. Pass all Serve Receive balls using a midline pass if forearm passing; try and midline pass digs (if forearm passing). – Lateral Passes will not count toward goal if in drill.
2. Forearm passing (done well) requires 3 components;
 - Shoulders square to direction of incoming ball
 - Body "behind" ball at contact
 - Contacting ball in mid-line of body
3. On Serve Receive, a served ball going out deep will have two players with it, following it to the end-line. – Score goes to zero if in drill, and/or coach assigns work.
4. Receive Free-balls with a hand-pass (not a forearm pass).
5. Never give up your game-face!
6. Brush off the mistake you just made, and prepare for the NEXT volleyball.
7. Never tell a player who just made a mistake "It's OK"; it is NOT OK; we understand, but it is not OK. (See item 5 above).
8. All players attacking a ball should attack in the following order of precedence (1st being most desirable):
 - Jump, and hit or tip.
 - Give a "Down-ball" / Roll-shot.
 - Hand pass / push (to open spot or deep to "Setter's Corner").
 - Forearm pass.

Always give the opponent the most difficult ball you can give them.

9. Our standard is that it is a RARE event when a front-row player uses a forearm pass to receive a served ball or uses a forearm pass to attack a ball.
10. Hitting the ball "OUT" during an attack is better than hitting into the net.
11. Serve the ball aggressively, between the top of the net and the top of the antenna.
12. Missing your serve is a bad outcome
 - Missing your 1st serve is a very bad outcome.
 - Missing your 1st serve after a time-out (no matter who called it) cannot happen!
13. Co – op Tip Drill; 20 consecutive points within 8 minutes – [Often] One "Suicide" for each point between maximum reached and 20 – One "Credit" for each point over 20 to maximum reached within time limit.

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14. Shagging balls is to be done within 30 seconds – [Often] One "Suicide" for each second over; to include seconds spent after a non-shagged ball is discovered.
15. Transfer two nets and standards into one – 4 minutes
 - Teardown and properly stow nets and standards – 2 minutes
16. Missed expectation – Accountable Athletes have extra work (coach assigns).
 - Repeated missed expectation - Team has extra work (coach assigns).
 - Chronic missed expectation - team has extra work (coach assigns) while individual accountable stands and watches.
- 17. Doing things well, as trained, as expected, within standards leads to Team success!**