

## Team Expectations – Central Ohio Volleyball 15-State (Mitchell)

My job as a coach is to turn you into a better volleyball player; 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 player.

### **Self Discipline**

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

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

What are characteristics of a self-disciplined player?

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

### **Team expectations:**

- 1. Players will expend 100 % effort during practices and games.**
- 2. Players will run everywhere during practice, except when released for break; there will be no walking.**
- 3. Every player 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 players 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. Generally, volleyballs do not hit the floor without a touch; if a hard hit ball hits the floor, 2 players will be on the floor with it, scissoring in their attempt to play the ball. Otherwise, volleyballs do not hit the floor without a touch.**
- 8. We will support our teammates, in good times, and bad!**