

Team Expectations – Central Ohio Volleyball Club 15 - Black

My job as a coach 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

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. **Generally, volleyballs do not hit our floor without a touch; if a hard hit ball hits our floor, 2 Athletes will be on the floor with it, scissoring in their attempt to play the ball. Otherwise, volleyballs do not hit our floor without a touch.**
8. **We will support our teammates, in good times and bad!**