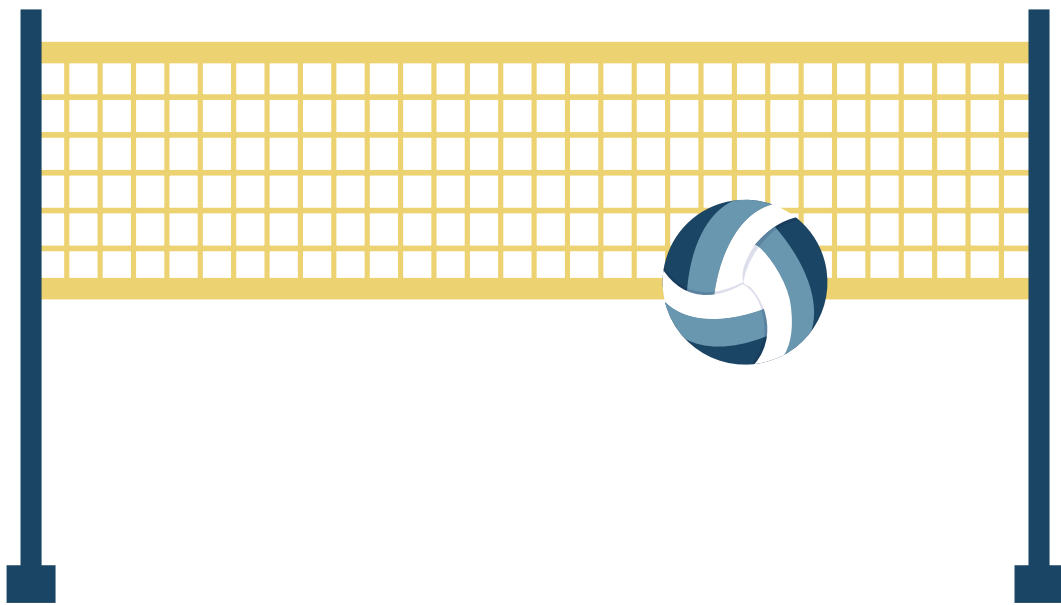


YOUTH VOLLEYBALL COACH'S MANUAL



**Contact Vince Tirado
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with any questions or concerns.**



ROSELLE
PARK DISTRICT

Dear Coaches,

Welcome to the Roselle Park District Youth Sports program!

Thank you for agreeing to be a coach in the Roselle Park District Youth Sports program. As a Roselle Park District coach, you will introduce a group of young athletes to the game of Volleyball. We ask you to not only teach your players the basic skills and rules of the game, but also make learning the game a joyful experience for them. We hope that many of them choose to play Volleyball for many years to come, and we want to help you enjoy coaching and teaching Volleyball because we'd love to have you coach in the future as well.

In this guide, you will find essential information about teaching Volleyball the Roselle Park District way. In the first section, we will explain the philosophy of the Roselle Park District Youth Sports. Next is your job description for being a Roselle Park District Volleyball coach, with reminders about how to work with this age group. In the next part we will explain how to teach the Roselle Park District Youth Sports Values and discuss risk management procedures. Finally, we will provide you with a link to great session plans and information on how to best teach the sport!

Please read the entire guide carefully and consult it regularly during the season. My door (and inbox) is always open if you have any questions now, or at any time throughout the season.

Thank you for volunteering your time to coach!

Sincerely,

Roselle Park District Sports Staff



Philosophy of Youth Sports

What we strive for in all of our youth sports programs is outlined in the Seven Pillars of Roselle Park District Youth Sports:

1. **Everyone plays:** We do not use tryouts to select the best players, nor do we cut kids from Roselle Park District Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.
2. **Safety first:** Although children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to make sure the equipment and facilities are safe and to teach the sport as we've prescribed so the skills you teach are appropriate for the children's developmental level. We ask you to gradually develop your player's fitness levels so they are conditioned for the sport. We also ask you to constantly supervise your young players so you can stop any unsafe activities.
3. **Character Development:** Honesty, caring, respect, and responsibility are about playing by the rules and more. It's about you and your players showing respect for all that are involved in Roselle Park District Youth Sports. It's about you being a role model of sporting behavior and guiding your players to do the same. Remember, we're more interested in developing children's character through sports than in developing a few highly skilled players.
4. **Positive competition:** We believe competition is a positive process when the pursuit of victory remains in the right perspective. The right perspective is when adults make decisions that put the best interests of the children ahead of winning the game. Learning to compete is important for children and learning to cooperate in a competitive world is an essential lesson of life. Though Roselle Park District Youth Sports, we want to help children learn these lessons, and for parents to do the same.
5. **Family Involvement:** Roselle Park District Youth Sports encourages parents to be involved appropriately in their child's participation in our sports programs. In addition to parents helping as volunteer coaches and timekeepers, we encourage them to be at practices and games to support their child's participation.
6. **Sport for all:** Roselle Park District Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are included in rather than excluded from participation. We offer programs to all children regardless of race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the children and their parents to the same.
7. **Sport for fun:** Sports are naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved in children's sports they over-organize and dominate the activity to the point that it destroys children's enjoyment of the sport. If we take the fun out of sports for children, we are in danger of the kids taking themselves out of sports. Always remember... the sports are for the kids; let them have fun.

Job Description

Your duties as a coach and how to be a good coach

Teach the skills and tactics of Volleyball to the best of your ability: We want you to teach children the physical skills and tactics to play the sport to the best of their ability. Kids value learning these skills and tactics, and they respect those who can help them master them. Be a good teacher but remember that not all children have the same ability to learn. A few have the ability to be outstanding, many to be competent, and a few to barely play the sport. We ask that you help them all be the best they can be. We will show you an innovative games approach to teaching and practicing these skills that kids thoroughly enjoy. These games are designed to be developmentally appropriate for the children you will be teaching. You should avoid monotonous drills in which youngsters stand in line waiting their turn, and instead keep everyone active practicing basic skills in game like conditions. To help you, we'll provide resources that can be used to put a practice plan together.

Help your players learn the rules and sportsmanship of Volleyball: We will ask you to teach your players the rules of Volleyball as they learn the basic skills through the modified games of the sport. Beyond the rules, we'll also ask you to teach sportsmanship and the proper actions to show courtesy and avoid injury- in short, to be a good sport.

Help your players become fit and value fitness for a lifetime: We want you to help your players be fit so they can play Volleyball safely and successfully. However, we also want more. We want you to do so in a way that your players learn to become fit on their own, understand the value of fitness, and enjoy training. Thus, we ask you not to make them do push-ups or run laps for punishment. Make it fun to get fit and to play Volleyball so they will be staying fit for a lifetime.

Help young people develop character: Character development is teaching children the core values: caring, honesty, respect, and responsibility. These intangible qualities are no less important to teach than kicking or defensive skills. We ask you to teach these values to children by conducting team circles, which are built into every practice plan, and demonstrating and encouraging behaviors that always express these values. We will provide coaches with a sportsmanship value of the week throughout the season. They should spend a couple minutes going over the sportsmanship value with their team.

Help each child develop a sense of self-worth: An essential goal in conducting Roselle Park District Youth Sports programs is to help children gain a strong, positive sense of their worth as human beings. For each of us, our most important possession is self-worth. Please teach our children Volleyball in a way that helps them grow to respect themselves and others.

Make it fun: Make learning the game a fantastic positive experience so your players will want to continue playing for many years to come. Quite simply, fun is at the essence of why kids play sports, and it's your job as coach to create a fun learning and playing environment.

Equipment and Facilities Inspection

Another way to prevent injuries is to ensure that all players have adequate knee pads and that they wear them. Remember also to regularly examine the field on which your players practice and play. Remove hazards, report conditions you cannot remedy, and request maintenance, as necessary. If unsafe conditions exist, either make adaptations to avoid risk to your players' safety or stop the practice or game until safe conditions have been restored.

Proper Supervision and Record Keeping

To ensure players safety, you will need to provide both general supervision and specific supervision.

General Supervision is being in the area of the activity so that you can see and hear what is happening. You should be immediately accessible to the activity and able to oversee the entire activity, be alert to conditions that may be dangerous to players and to take actions to protect them, and be able to react immediately and appropriately to emergencies.

Specific Supervision is direct supervision of an activity at practice. For example, you should provide specific supervision when you teach new skills and continue in until your athletes understand the requirements of the activity, the risks involved, and their own ability to perform in light of these risks. You need to also provide specific supervision when you notice players breaking rules or a change in the condition of your athletes. As a general rule, the more dangerous the activity the more specific the supervision required. This suggests that more specific supervision is required with younger and less experienced athletes.

As part of your supervision duty, you are expected to foresee potentially dangerous situations and to be positioned to help prevent them from occurring. This requires that you know Volleyball rules that are intended to provide for safety. Prohibit dangerous horseplay and hold practices only under safe weather conditions. These specific supervisory activities will make the play environment safer for your players and will help protect your if a mishap does occur. For further protection, keep records of your season plans, practice plans, and players' injuries. Season and practice plans come in handy when you need evidence that players have been taught certain skills. If an injury of any significance occurs at practice or during a game, please contact the Athletic Recreation Supervisor within 24 hours.

Water, water everywhere

Encourage players to drink plenty of water before, during and after practice. Because water makes up 45 percent to 65 percent of a youngster's body weight and water weighs about a pound per pint, the loss of even a little bit of water can have severe consequences for the body's systems. And it doesn't have to be hot and humid for players to become dehydrated. Nor do players have to feel thirsty; in fact, by the time they are aware of their thirst, they are long overdue for a drink.

Cold

When a person is exposed to cold weather, their body temperature starts to drop below normal. To counteract this, the body shivers and reduces blood flow to gain or conserve heat. But no matter how effective the body's natural heating mechanism is, the body will withstand cold temperatures better if it is prepared to handle them. To reduce the risk of cold-related illnesses, make sure players wear appropriate protective clothing, and keep them active to maintain body heat. Also monitor the wind chill.

Severe Weather

Severe weather refers to a host of potential dangers, including lightning from thunderstorms, the potential for tornadoes, hail, heavy rains (which can cause injury by creating sloppy field conditions) and so on.

Although severe weather isn't quite as much of a concern for indoor sports, you should still beware of severe weather such as snow storms and tornado watches/warnings. Cancel practice when under either a tornado watch or warning (yes, even if practice is indoors). If for some reason you are practicing or competing when a tornado is nearby, you should get inside the lowest floor of a building away from windows if possible (generally a lower level bathroom without windows is safest).

Supplemental Materials

This link below can be used as a base for coaches. We have separate supplemental documents available that will go into the specifics of the rules and procedures of the leagues, give game and practice tips, including specific activities grouped by target age level and type of skill (eg passing, ball handling, shooting, etc). Thank you so much for volunteering your time this season. We are looking forward to helping provide you with what you need to have a successful season.

[What Is a Volleyball Practice Plan? – Better At Volleyball](#)