

Youth Volleyball Coaches Handbook



Brighton Recreation Center

555 N 11th Avenue

Brighton, CO 80601

303-655-2200

Table of Contents

• Youth Sports Contact Numbers	Pg. 1
• Coaches Code of Ethics/How to treat Officials	Pg. 2
• Coaching Guidelines	Pg. 3-4
• First Aid, Safety	Pg. 5
• Youth Volleyball Rules	Pg. 6-11
• Stretching & Warming Up	Pg. 10
• Youth Volleyball Practice Drills	Pg. 12-14

City of Brighton Youth Sports Contact Numbers

Amanda Aburto, Sports Supervisor	303-655-2208
Tyler Duckworth, Sports Coordinator	303-665-2281
Vacant, Sports Coordinator	303-655-2203
Brighton Recreation Center	303-655-2200
Sports Hot Line (Weather/Cancellations)	303-655-2210
Ambulance/Emergency/Police	911
Police Non-Emergency	303-655-2304

Schedules & league information can be found at:

www.teamsideline.com/brightonco

City of Brighton Coaches' Code of Ethics Pledge

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering that there is a large range of emotional and physical development at all age groups.
- I will do my best to provide a safe playing situation for my players.
- I will promise to review and practice the basic first aid principles needed to treat the injuries of my players.
- I will do my best to organize practices that are fun and challenging for ALL of my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players and the opposing team.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth sports coach and that the game is for children, not adults.

How to treat the Officials

- Are you aware that most youth referees are learning just like your child? They are members of our community who have come up through our programs just like your child is doing.
 - And did you know they often do twice the work as a professional referee...most college/professional games have a referee and two (sometimes three) additional referees to assist them! Most of our youth games have one or two referees who do it all!
- **Never, and we mean never, criticize a referee for making a mistake or bad call. It is disrespectful and not conducive to the lessons our program strives to teach our youth.**
 - In addition, would you want a spectator criticizing your child in that manner? Please put yourself in their shoes! We hope your child will become a referee in the future...so, think about how you would feel if that young referee was your own child! Also, it is very likely that the referee's family may be sitting next to you!

Youth Coaching Guidelines:

Why have you volunteered to coach?

- ☑ **Sincere belief that sports contribute to better growth and development physically, mentally and emotionally**
- ✓ Sincere desire to help youth have fun through sports participation
- ✓ To help offset bad influences youth are exposed to
- ✓ Enjoy children and working with them
- ✓ Belief that good leadership is needed more than ever before
- ✓ To give others what has been given to me; Dedication and effort to help each athlete become a better person and athlete

An effective youth sports coach will:

- ✓ Be interested in youth as people. Each is an individual. Treat each youth as you would like to have your own children treated
- ✓ Be aware at all times that you are dealing with younger youth, not high school, college or professional athletes.
- ✓ Treat the sport as a game while maintaining a fun atmosphere.
- ✓ Help each child both on and off the court.
- ✓ Achieve a balance between fun and improvement.
- ✓ Work to understand motivating young athletes. Aim to inspire, motivate and understand children.
- ✓ Understand the attention span of children at each age level.
 - Rule of thumb: Children can give you 1 minute of their undivided attention for every year old they are.
 - Example: at 8 year olds, they can give you about 8 minutes of undivided attention.
- ✓ Exercise caution and safety in every drill.

Protecting Our Youth from Potential Predators

As Coaches it is important to:

1. Recognize that you are part of a network of people committed to protecting kids in youth sports! As a coach you have taken the NYSCA's Coaches Code of Ethics and have signed the Volunteer Youth Coaching Contract.
2. Never be alone with a youth volleyball player except in the case of an emergency. Coaches should not meet with participants without parents or other participants accompanying them.
3. Be aware of body contact. Coaches should limit the amount of contact made with their participants and create healthy boundaries that make all participants feel safe.
4. Do not host sleepovers or events outside of practice. Team building activities are encouraged but should take place only at approved Youth Sports locations. Our program prohibits coaches from hosting events outside of practice without the parents being present at all time.

As Parents it is important to:

1. Create a buddy system for your child when you are not around. There is safety with numbers and your child needs to know it's important not to be alone.
2. Encourage open communication with your child, even when it may be an uncomfortable topic. If someone inappropriately touches or speaks with your child, your child may become embarrassed and become reluctant to tell you. Making sure they know how important it is for them to inform you.
3. Listen to your gut feelings. Child predators avoid children who have vocal adults looking out for them.

Safety & First Aid

Prevent accidents by:

- Making sure players have proper equipment and the equipment is being used properly
- Make sure the court is safe and clear of safety hazards (water spills, dusty floors, slip possibilities)
- Do not allow “horseplay” during practices or games
- Concentrate on fundamentals of the game that can prevent injuries
- Make sure all practices and drills have supervision ☑ Have basic first aid supplies available

If you have a situation that requires medical attention:

- Contact the player’s guardian immediately for direction
- Call 911 if you feel it is necessary
- Submit an Accident Report to the Recreation Center (blank reports located in this manual)

Minor Injuries:

- Offer water, bandages, or ice, (no more than 20 minutes at a time and do not put ice in direct contact with the skin).
- Do not ask the participant to return to activity until both you AND they are comfortable

Major Injuries:

- Keep calm and keep participants calm ☑ Contact parent/guardian immediately
- If not a 911 emergency, wait for parents’ direction regarding how to proceed
- Do not hesitate to call 911 if the situation is serious. It is up to YOU to call if the situation is serious enough to do so, even if you’ve not heard from a parent/guardian
- Complete and submit an incident report to the Recreation Center, blank reports located in this manual.
- Do not transport a participant. Never administer anything other than water and bandages.

City of Brighton Youth Volleyball Rules

Court & Players

- All teams will play with 6 players on the court when enough players are available.
- Court Dimensions are 30 X 60 feet and Net Height is approximately 6 feet.
- Balls may be played off of the ceiling on a team's own side and as long as that team has hits remaining. Any backboard hanging in a vertical direction over a playable area will be out of bounds. But, if in the judgment of the official the ball would have remained in play if the backboard had not been there, a replay will be called.

Rotation, Substitution & Playing Time:

- Coaches are not required to submit written line-ups or rosters to the official before games. However, coaches will be responsible for determining a line-up for each game and will then be responsible for lining their team up before the start of the game.
- Continuous substitution (rotation) is required for each team. It is recommended that the substitute enter into the serving position or the left front position, but this will be left to the coach's discretion.
- Substitutes must be made after each side-out and must be in the same order throughout the game.
- Coaches are required to play all players equally. All players must be given the opportunity to start the game. Coaches are recommended to start players in the same position as where they were when the prior game finished.
- A team will rotate into its first service. The non-serving team at the beginning of the game should place their server in the right front position.

Scoring & Time

- All matches will be 3 games to 15 points (must win by 2) or 15 minutes whichever comes first. Three games will be played regardless of the winner of the first two games.
- A team is allowed two thirty second time-outs per game. An additional thirty second time-out will be awarded to both teams if the score reaches 14 –14.
- Teams are allowed two minutes in between games.
- Each match will be allotted one hour to play. If teams finish playing their match in less than hour, they will be allowed to use the court for the remaining time.
- Blocking and attacking the serve is illegal.
- An automatic side out will be awarded to the receiving team when the serving team has scored 5 straight points in one term of service.
- The umpire will have sole discretion when determining the legality of hand sets, attacks, and other plays on the ball.
- No rally scoring

**Refer to the CHSAA High School Volleyball Rule Book for any other situation not mentioned in these rules.

Serving Line

- 8-9 yr old division will serve 8 ft from the net. 10-11 yr old division will serve 2ft in from the service line. 12-13 yr division will serve outside of the court perimeter.
 - If a player chooses to serve overhand, the player must move back to complete an overhand serve.

Stretching & Warming-Up

Stretching and warming up can prevent injury to players. Coaches will want to develop a pregame and pre-practice warm up and stretching regimen. The following points are important when having players warm up.

- Cover all muscle groups including hamstrings, calves, neck and back.
- Try to make it relevant to the sport you're coaching. Exercises that focus on sport related movements serve the dual purpose of getting the kids loosened up and simulating game action.
- Keep the exercises light. You want the kids to get loosened up gradually. Remind them to go at no more than half speed in the beginning. You don't want them going full speed throughout the entire warm-up so that by the time the game begins, they're fatigued.

Stretching

- Passive stretching is the most beneficial for children. Passive stretching allows children to move into a position slowly, without discomfort. Remind kids they should only feel mild tension and not pain. For example, players should slowly bend down and touch their toes and count to five and return to an upright position.
- Don't allow horseplay during these exercises. Focus attention on stretching.
- Emphasize slow movements. Younger children can complete just a couple of repetitions of each stretch. This repetition also helps ingrain in them at an early age the importance of always stretching before performing an activity.
- **Join in!** As the coach, you're running around and teaching and instructing during the course of the practice, so joining the kids for the stretches is a good idea for you and your assistants. This participation further instills the importance of warming up to the youngsters and helps you avoid being sidelined with a strained or pulled muscle. For a

practice or scrimmage, ask the parents to come out and join too, it's always fun for players to see their parents participate

Volleyball- General Information

Volleyball requires skills of mobility, balance and jumping. Focus on teaching the following skills:

☐ **Serving** ☐ **Forearm Passing** ☐ **Overhead Passing (Setting)** ☐ **Hitting** ☐ **Blocking**

Teaching players to toss the ball properly will be some of the best time ever spent. Once players can toss the ball properly, you'll have more time to coach and instruct.

Tossing

Tossing is important, yet often overlooked, part of running effective drills. Tossing the ball with no spin makes learning and performing other new skills much easier. Once players learn to toss, they can run their own drills under your supervision.

With your feet shoulder-width apart, demonstrate a soft, two-handed toss from below the waist to a partner who catches it just above the head. Emphasize that there is no spin on the ball and the toss is high and soft. Have each player practice this with a partner who is about 10 feet away. This will take a lot of practice so be patient.

Serving

Besides putting the ball in play, the serve can be an effective way for a team to score points quickly. A good server can boost his or her team to victory. The server may choose to server underhand or overhand. In youth volleyball, the server is usually better off mastering the underhand serve first.

Underhand Serve

The underhand serve allows beginning players to put the ball in play. It is easier to master control than the overhead serve because it doesn't involve a toss.

The player should start with their weight on the back foot and the ball held in front of the toe by the non-hitting hand. The eyes should be focused on the ball until contact made with the heel of the hand. Transfer weight from the back to the front foot as the arm swings to contact the ball. Follow through with the hitting arm toward the top of the net. The hitting arm and back leg should be in line with the follow through.

Overhand Serve

The overhead serve is more challenging for beginning players because it requires being able to toss consistently. The toss is the key to successful overhead serving. A ball tossed too high, too low, too far in front, or too far in back will cause the server to chase the toss and move out of alignment. The ball should always be in front of the hitting shoulder. Have players focus on the toss until it becomes consistent on each repetition.

The player should point their body at the target area and keep their weight on the back opposite leg from the ball. The elbow of the hitting arm should be at about ear level and away from the head. The toss should be 12 to 18 inches above the extended tossing hand and in front of the hitting shoulder. Weight should move forward as the shoulders and hips come through and the player prepares to contact the ball. The heel of the hand should contact the ball with the arm fully extended and the wrist stiff. The hitting arm should swing fast. The hitting arm should follow behind the hitting leg and not cross in front of the body after making contact.

Forearm Passing

The forearm pass is for receiving serves and spikes, for digging balls that are no more than waist high, and for playing any ball that has gone into the net. There is no swing of the arm to the ball but rather the player allows the ball to come to their arms.

The forearm pass begins with a good ready position. Have your players stand with their feet shoulder width apart, toes turned in slightly, and the right foot just slightly ahead of the left. As they bend at the waist and flex the knees, their weight should shift slightly forward onto the balls of their feet. They should keep their heads up and follow the ball while keeping their knees bent and their weight over the balls of their feet. The palms and thumbs of the hands should be facing close together and pointed towards the floor. The arms are extended away from the body in about a 45 degree angle. Prior to contact flex the legs. After contact, the arms follow through and direct the ball to the target.

Overhead Pass (Setting)

The overhead pass is any pass contacted above the player's head. The best known overhead pass is the set, which is usually the second contact made in setting up an attack. The players should stand with their feet shoulder width apart, the right foot slightly in front of the left. The knees are bent slightly and the weight is on the balls of the feet. The players should raise and cup their hands above the forehead, waiting for the ball. The wrists are cocked back and the fingers are spread and relaxed, four to eight inches from the forehead, as if holding a volleyball. Contact the ball in the middle of the forehead, the pads of the fingers, not the palm, should contact the ball. Whenever possible the player should square their shoulders to the target. As contact is made, the player extends the arms and legs up.

Hitting

Once your players have the skills to set up a teammate for an attack (spike), they will enjoy the excitement that great team play generates. Spiking is the primary skill used to attack the ball, and it is usually the third contact in the three-contact offense.

The hitter (spiker) must be several steps from the net to have room for an approach to hit the ball explosively. The player should be standing in a relaxed position with arms comfortably at the sides. They should be at the side of the court, about 8 to 12 feet back off the net, waiting for the set.

The most common attack approach is a four-step pattern. Left-handed players start step 1 with the left foot, right-handed players begin with the right foot. The player needs to explode from step 2 to step 3 to set up the quick foot plant into the jump. The arms extend and swing straight back, as high as possible on the third step. As the fourth step begins, the arms drive forward in a full sweeping motion to help drive the player off the ground to attack the ball. In contacting the ball think of the arm as a whip and the hand as the tip of that whip. The snap of the whip begins in the shoulder. The elbow of the hitting hand should be drawn back, high and away from the shoulder. As contact is made, the hand should be firm and open, hitting the top half of the ball with the palm. Contact the ball at the one to two o'clock position. Follow through quickly. In the follow through the arm should remain on the same side of the body. The player cannot touch the net with any part of the body.

Blocking

Good blocking involves ability in timing and in reading the offensive hitter's intentions. Players should understand that regardless of size, all players can play an effective role as a blocker. The objective in blocking is to block a hard-driven spike back into the opponent's court or to deflect it high into the air on the blocker's side of the court. Without the block, an offensive team's spike will most likely earn a point or a side out. Players should stand facing the net with their hands held shoulder width apart at head level. The hands should be open with fingers spread and the palms facing the net. The knees are slightly bent and the weight is on the balls of the feet. As the blocker jumps to block, the hands should surround and smother the ball. The blocker's fingers are spread and angled to deflect the ball toward the floor. The hands do not waive or flail at the ball. The blocker moves along the net in a step-close step footwork pattern. The feet do not cross. Players should stay away from the net and off the centerline.

Volleyball - Setting

Hand Position

Put your hands above your head and put your index fingers and your thumbs together to make a window with your fingers. Position your hands so that if a ball small enough to go through this window went through the center of it, the ball would hit you right between the eyes.

Now put your other fingers together (keeping them straight and only touching at the finger tips-down to the first knuckle). As you pull your fingers apart, you will feel as though a ball would fit in between your hands perfectly as they become a certain distance apart. This distance will be the position you will start your hands in before you contact the ball.

Hand Action

The ball must only contact your fingers and never the palm of your hand. The points of contact on your fingers when setting the ball should be similar to the contact points when you had your hands together earlier. The ball should contact your thumbs and first two fingers with an equal amount of force, while your last two fingers on both hands may contact the ball sometimes (for extra control), but with less force. Therefore, do not pull your last two fingers back out of the way--keep them there for those sets that will require more control on the release.

Keep your wrists flexible. The more flexible your wrists are and the stronger and faster your forearm muscles are, the better setter you are. Your elbows should be slightly bent at the time of contact and your hands should be in the ready position discussed earlier as the ball contacts your fingers.

Lay on your back and hold the ball in your hands and move only your wrists to throw the ball a few inches into the air, you'll have to adjust the angle of your arms so that the ball won't shoot behind you, but will go straight up in the air and land back in your hands.

Throw the ball with your wrists only, catching the ball back in your hands and pause to make sure that the ball lands softly and your hands are in the correct position at the time of contact. In order to allow the ball to land softly, you must time the contact in such a way as to retract your wrists at the same speed the ball is coming. Continue working this drill until there is no slapping sound when the ball hits your hands.

Arm Action

While still laying on your back, start the movements discussed above. The arm action starts as the wrists move to throw the ball back into the air. Don't make the mistake of cushioning the ball with your wrists and arms (this will constitute a throw and is not allowed). As you push with your wrists to release the ball, extend your arms simultaneously. As you do this, the ball will go much higher requiring you to become even better at cushioning the ball as it lands in your hands

Drills

4 x 2 Pepper Drill

- Purpose: Practice ball control with a wide variety of contacts.
- Procedure: Put players in pairs. Player one hits the ball down to player two. Player two digs the ball to themselves, tomahawk's to themselves (overhead contact), then left fist only, right fist only, sets to themselves, then player two hits the ball down to player one, who repeats

10 Ball Wash Drill

- Purpose: Teach back row attacking and defending back row attacks.
- Procedure: Drill can be initiated by a free ball (suggested for just starting out) or a serve. Play balls out with only back row hitters allowed to attack. Team must win two points in a row to rotate, usually the free balls or serves are given to alternate sides.

Coverage Drill

- Purpose: Teaches the team to cover hitters.
- Procedure: Line-up 6 players in their normal set on one side of the court (receiving). Line-up two blockers in each of the three blocking zones on the other side. The coach tosses a ball to the receiving side who plays on the ball. With so many blockers, chances are the return will be blocked, forcing the receiving side to cover the hitter

Eye Check Drill

- Purpose: Works on getting the setter to see what is happening on the other side of the net.
- Procedure: Set-up a tosser in the back-row, a setter and hitter in the front row and the coach on the other side of the net. The tosser, tosses the ball to the setter. During the toss the coach holds up either rock, paper or scissors. The setter must look at the call and say what the coach is holding before setting the ball. Setter sets the ball to the hitter.

Greed Drill

- Purpose: Teach team concept and attitude of doing their best to win every point and get every ball.
- Procedure: Two teams of six players. Each team starts with 12 balls. Each team serves two ball at a time, alternating sides, then rotating. The team that wins the rally gets to keep the ball. The team that finishes with the most balls wins.

Net Save Drill

- Purpose: Teach the defender to dig the ball out of the net on the return.
- Procedure: This can be played on both sides of the net simultaneously, thus allowing for group competition. Line up a group on each side of the net. Have a line of defenders to save the ball off the net, a setter, and a hitter outside. The coach throws a ball into the net and the defender tries to bump the ball to the setter, who sets the ball outside (just catch the ball). A point is awarded if the set ball is actually hittable. This is a difficult drill, but develops an important fundamental tool. Play a game to between 5 and 10

Overhead Toss Drill

- Purpose: Helps develop the toss for the overhead serve
- Procedure: Right handed players, stand with left foot slightly forward. Hold the ball in the left hand and extend the arm straight out from the body at a ninety degree angle. (Left-handed players will do the exact opposite). With a firm wrist, arm toss the ball 18 inches high but let it fall to the ground. The ball should fall to the spot on the floor just inside of the lead foot and in line with the hitting shoulder. The toss is crucial to a successful serve because an improperly tossed ball will cause a poor arm angle resulting in a bad serve. Remember when serving-on a bad toss you should let the ball fall to the ground, and then attempt again.

Rapid Set Drill

- Purpose: Works on setting the ball.
- Procedure: Two players (#1 and #2) stand on the opposite side of the net from a third player. Player #2 stands where the setter would line up (front middle preferably) and player #1 stands in a back row position on the same side. Player #3 lines up on opposite side of the net as #1 and #2 and tosses the ball over the net to player #1 who passes it to the setter (player #2). The setter bounce passes the ball under the net back to player #3. Meanwhile player 3 throws the second ball immediately after player 1 passes the first ball. The drill is fast paced and designed to get a lot of passing done in a short period. Note: player #3 should toss the second ball before player #2 has caught the first. That way the drill is executed rapidly.

Serve Receive Transition Drill

- Purpose: Works on the transition from serve to receive to hitting.
- Procedure: Two groups of five players set up on each side of the net, three passers, one setter, and one server. Alternate serving from each side. The passer passes to the setter, the setter sets the person who passed the ball, the hitter calls on appropriate set call for where they are after the pass.

Serve Reception Drill

Purpose: Works on the transition from serve receiving to hitting.

Procedure: 3 players on one side (hitters), 4 players on the other side 3 passes and one target. Starting from left to right the hitters give the passer in line with them, a down ball. The passer must decide whether to forearm pass or overhead pass each ball to the target. Alternate down the line of hitters. Set a goal for number of good passes.

Set-Set-Hill Drill

Purpose: Works on setters transitioning to the net as quickly as possible and then setting outside.

Procedure: This drill starts with three players lying face down on the end line. A Setter, Middle back player and an outside hitter. The Coach slaps the ball and then tosses it over the net to the middle back player. Setter transitions all the way to the net. Outside hitter transitions to start of approach, and the Passer sets the ball to the target. (Not where the setter is, but where the setter should be.) Setter sets to the outside. Outside hitter hits.

Six Touch Pepper Drill

Purpose: Works on practicing ball control with a wide variety of types of contacts.

Procedure: Put players in pairs. Player one hits the ball down to player two. Player two digs the ball to themselves, tomahawk's to themselves (overhead contact), then left fist only, right fist only, sets to themselves, then player two hits the ball down to player one, who repeats.

Target Practice Drill

Purpose: Practice controlling the serve.

Procedure: On the other side of the net set up 6 main targets at the front right and middle positions, as well as the back left and middle positions. Coach chooses target to aim for and server tries to hit the target on the serve. The team can be divided in half and this can be turned into a competition with points awarded to how many serves strike the chosen target area. Make sure to keep wrist firm throughout the serve. Contact with heel of hand through the middle back of the ball. The contact should sound like a "thud" not a "slap" sound. Hand follows ball to the target. Finish with hand alongside or within bodyline

Two vs. Two Drill

Purpose: Teaches teamwork. Both players must work together to stay on the court.

Procedure: The court is divided up in half and the back line for this game is the 10 foot line. The game is played within the 10 foot line on one half of the court. The whole team partners off and 2 players are on one side and 2 players are on the other. Using only underhand serves, one team serves to the other and play begins. Once a team wins a side out, the losers must leave the court and the new challengers come on to face the winning team. Challengers serve. This game is fast paced and a fun way to get everyone involved.

City of Brighton Youth Sports Contact Numbers

Julie Hayden, Sports Coordinator303-655-2203

Tyler Duckworth, Sports Coordinator303-655-2281

Brighton Recreation Center.....303-655-2200

Sports Hot Line (Weather/Cancellations)303-655-2210

Ambulance/Emergency/Police.....911

Police Non-Emergency.....303-655-2304

www.teamsideline.com/brightonco