

# ABILENE HIGH SCHOOL VOLLEYBALL TEAM STRUCTURE BOOK

Head Coach: Mike Jantz

Assistant Coaches: Deni Tanzer, Casey Bell

To the AHS Volleyball member:

Welcome to the Abilene High School Volleyball Team. We have compiled this booklet so that you will understand what is expected of you as a high school volleyball player. We have outlined such things as team rules, expectations, and suggestions that we feel will make you a positive contributor to the success of our team.

Volleyball is a terrific sport. It is a combination of individual skill and teamwork that can result in very exciting and competitive fun. Competitive volleyball requires many things. Included in this are the desire to play, the willingness to work with others, the ability to improve with practice, and the desire to win. Hard work, dedication, and this desire will make you a better volleyball player and our team successful. We challenge you to be the best you can be.

It is your responsibility to read the following material. If you have any questions please ask. We also encourage you to have your parents read this booklet. We look forward to working with you and wish you the best of luck as a high school volleyball player and member of our team.

## COWGIRL PHILOSOPHY

We believe that as a cowgirl volleyball player there are three areas of development that will not only allow you to be the best volleyball player you can be, but, also develop characteristics that will allow you to be successful in the more important game of life.

These three areas include academics, physical well being, and character.

## ACADEMICS

We can learn a great deal through the sport of volleyball. That will be a focus of our team. However, volleyball is an extra-curricular activity - in order to participate one must take care of business in the classroom. Because practices, matches, and tournaments will occupy your time during the season, it is important that you prepare for your classes and stay atop of your responsibilities in the classroom. The following are worth considering when one is a student-athlete:

**ATTITUDE** - Give your teachers, classmates, and coaches the same respect that you expect. As a member of the AHS volleyball team, you are expected to be courteous, studious, and positive when in the classroom. Do your best. Strive to excel in the classroom and gain the highest grades possible. If you are having problems in

class see the teacher and a coach immediately. If there is a team member in the same class, seek help. Teammates work together - both on the court and in the classroom.

**Attendance** - Be on time and up-to- date with your classes. If you have to be absent for a class, get your make-up work done quickly. Take advantage of seminar period. Being in class and on task is the best way to learn. Be the best student you can be.

**Attention** - Be alert and focused while in class. Ask questions, participate in discussions, and get help if you need it.

By following these simple suggestions you will give yourself the best opportunity for success in the classroom. If you let things slip, eligibility comes into play. We want you on the volleyball

court contributing to your team. Be good students, you only get to be an AHS student for four years. Make the most of the opportunities during your high school years.

**Physical Well Being** - One of the best things you can do for yourself is to take care of your body. It is the only one you have. In order to perform at your best level you must be in shape. In our program we will focus on being physically fit. Practices will be demanding on your body. Once you get into shape, stay there. Don't be lax in your workouts (drills or conditioning exercises), they are a part of our program that will let you be the best volleyball player you can be. Two items that you control that will help you stay physically fit are sleeping and eating. Get plenty of rest and watch what you eat. Also, eat healthy and don't skimp on meals - your body will use the nutrients that you give it during volleyball season.

**Athletics and Character** - Athletics is definitely a character builder. The type of character you exhibit will be stronger if you take into consideration the following:

- a. Develop a self-discipline that allows you to be both a leader and a follower. !
- b. Always exhibit good positive sportsmanship
- c. Always show respect - for your teammates, opponents, officials, equipment, etc.
- d. As members of this program you represent Abilene High School. You are in the public's eye. Youngsters will look up to you. Be positive role models for our youth and show pride in your school.

Develop the desire to win and go for it.

Volleyball is a team sport - place your team above personal glory.

Spirit - Show enthusiasm and spirit at all times for AHS.

TEAM RULES - The following rules will allow you and our team to have the best opportunity possible for success. Understand them and follow them.

1. Practice attendance is MANDATORY.
2. Three acceptable reasons to miss practice

are:

- a. Illness - contact a coach.
- b. Serious Injury.
- c. An extenuating circumstance (death in the family)

Examples of items that would not be excused would include hair appointments and shopping trips. Try to schedule dental and doctor appointments when there is not a conflict with practice.

First unexcused absence is the loss of one match. Second unexcused absence is dismissal from the squad.

2. Practice will start at 3:30 sharp unless otherwise stipulated. Be on time. Tardiness will be dealt with. You should be ready to practice at 3:30, that means shoes and knee pads on and focus should be on volleyball at 3:30!!

3. Pay attention during practice. Your focus during practice will be on volleyball and getting better, not on what happened in school during the day or what's happening on the week-end.

4. Give 100%.

5. Jewelry is not allowed under Kansas State High School rules. Also, no body paint. Do not wear it to practice. Also, trim fingernails and pull your hair back so it is out of the way.

6. Lockers will be provided. There is no reason for you to be in the halls after practice. Bring what you need with you to practice and lock it up. Do not bring valuables to school.

7. A curfew on Friday nite is in effect for all players suiting up for tournaments on Saturdays.

8. All players not suiting up for a home tournament will be expected to help with the tournament.

9. All players will return on school transportation from an away match. Athletes may ride home with their parent if the parent signs them out before leaving with the coaching staff. Athletes may not leave with anyone other than their parent unless arrangements have been made in advance with the school administration.

10. No alcohol, no tobacco products, no drugs. School policy applies here as well as the coaches discretion to also institute punishment.

11. Game Day Dress - Seniors have the call on game day dress. They are  
!!! responsible for letting the squad know what is expected.

12. Lettering - In order to earn a varsity letter a player must play in 60% of the varsity matches, Finish in the Top Ten in any NCKL statistic, participation in post-season play, or coaches decision. A player must finish the season in good standing in order to letter.

13. Cell Phones – Cell phones will not be allowed in the gym during practice time and will not be allowed during competition nights and tournaments.

## Player Commitment :

1. Arrive on time with a purpose!
2. Outwork your competition! We practice twice as much as we play, so we practice twice as hard as we play. Practice is where you learn new skills, break bad habits, and earn the right to play during a game.
3. Study volleyball. Do your homework. If you don't, it will show. Share what you learn.
4. Support your teammates. If you get a drill and they don't, be positive and help them out.
5. Respect your uniform. It should have floor burns, maybe a little blood, but never ketchup from the cheeseburger you ate.
6. Respect your equipment. Know where your volleyball bag is and what is in it.

7. Respect your training and team through big effort and great attitude. Be positive or be gone for the day.
8. “Can’t” is not a word we honor in our program. “Try” works a whole lot harder.
9. Push yourself to get better every day. In practice do run everywhere; if you are tired, trot.
10. On practice day, our goal is perfect practice. If we have two perfect practices, and we lose on game day, we still won 2/3 times. If we lose, and don’t hit our practice goals, we are 0/3 for the week.
11. Always respect and honor the work of your opponents.
12. Play like a hero; this means never give up!
13. Keep your perspective. Stay level-headed and focused. If you lose your cool, your drive, or your concentration, you will be

subbed.

14. Make a commitment to physical fitness and recognize that you are a competitive athlete.

15. Play like a team - ALL FOR ONE AND ONE FOR ALL!

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## SPORTSMANSHIP - FOR ATHLETES, PARENTS, AND FANS

Taunting of the officials by any person is unacceptable. We need the officials on our side during close matches. Do not do anything that will jeopardize their opinions of our program.

No derogatory language of any kind will be tolerated.

In victory, we will recognize the efforts of our opponent. In losing, we will do the same. Both can teach us valuable lessons.

Do not talk badly about other players or the coaching staff. It is rude and causes team dissension.

Treat others as you would like to be treated in similar situations.

Let volleyball be a positive experience for all involved. Gossip, negativity, and disrespect are harmful.

Obey the rules of the facility you are in.

Ask questions before you make assumptions. Represent excellence.

### Passing Skills

#### \*Ready

- If the ball is in play, shoulders are low
- Scout the server in serve receive

#### \*Eyes and Anticipation

- Watch the bottom half of the ball
- Anticipate the ball's flight path

#### \*Front the Ball

- Beat the ball to a spot **behind** where it would land

- Stop moving prior to contact

- Transfer weight back foot to front

#### \*Platform to Target In Body Line (preferred)

- Create a flat platform with thumbs together and pointing down

- Elbows in and direct platform angle to the target (setter)

- Strug or push a slow moving ball and absorb the velocity of a fast moving ball

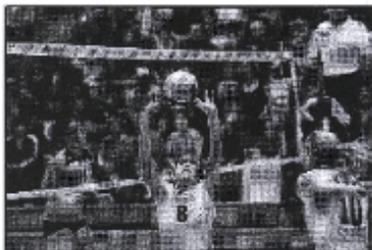
- Freeze platform to target after contact

#### \*Platform to Target Out of Body Line

- Inside hip and shoulder face target

- Tilt platform by dropping insider shoulder

- Freeze to target



### Setting Skills

#### \*Ready

- Knees flexed and on balls of feet

#### \*Feet to the Ball

- Hips and Head must be under the ball before hands come up

- Ball would bounce off forehead

#### \*Face or Square up

- Receive the ball while facing target

- Hop step with feet (left-right) as hands come up

#### \*Quick Draw

- Hands snap up in shape of the ball

- Thumbs toward face, fingers spread

#### \*Extend

- On contact, arms, hands, legs extend toward the target

- Contact is brief & extension is quick

- Follow through or freeze to target with thumbs in ("superhit")

"Dream on, dream on, dream until your dream comes true." - Aerosmith

### Attacking Skills

- \*See the pass and the set
- Wait as long as possible before approach
- Three step approach for everything
- \*Fast Feet or Fly to the Ball
- Footwork for right-handers is Left, Right, Left in rhythmic motion
- Accelerate into takeoff
- \*Explode (refers to jump or takeoff)
- Heel too plant with hips to strong hand side
- Use arms to lift off the ground
- Arms come up on jump with hitting elbow going back (no lower than shoulder)
- \*Reach and Snap
- Arm swing is similar to throwing
- Rotate shoulders and abdomen for power
- Throw hand high and contact with open hand
- Finish swing with strong wrist snap or "pull"
- Change shots with thumb up or thumb down
- \*Cushion
- Land softly by flexing knees on contact
- Land on two feet if possible



### Blocking Skills

- \*Ready Position
- Knees flexed and hips loaded, eyes on hitters (identify front row)
- Narrow arms-length from the net
- \*Front the Hitter
- Eyes = "ball, setter, ball, hitter"
- Watch hitters approach angle
- Line up with your nose on her arm
- \*Explode & Penetrate
- Use full jump to stretch hands to hitters arm BEFORE they swing
- Hands reach across the net
- Hands in "butterfly" shape
- Press and flex abs for strength
- \*Finish
- Follow-through by pushing down
- Outside hand presses to middle
- \*Cushion-Land softly with knees flexed and hands high

"There is no happiness except in the realization that we have accomplished something." - Henry Ford

### Serving Skills

#### **\*Routine**

-Prepare for every serve the same way

#### **\*Ready/Present**

-Weight on back foot (ready to transfer)

-Ball lined up with serving shoulder

-Elbows flexed slightly

-Ball between waist and shoulder height

#### **\*Lift-Step-Hit**

-Face the target with shoulders

-Emphasize rhythm of "lift, step, hit"

-Lift or toss is height of your reach

-Step with opposite foot (like throwing)

-Hand slightly higher than elbow, elbow not lower than shoulder

#### **\*Palm to Target & Hand in a Cast**

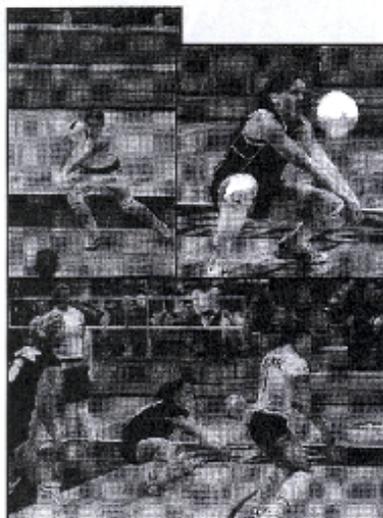
-Hand is open and palm contacts midline

-Contact ball with firm wrist and STOP

#### **\*Look Down Your Arm**

-Serving shoulder and palm face target on follow-through

-Server could wave to the target



### Floor Defense Skills

#### **\*Attitude is Everything**

-Be courageous and enthusiastic

-Expect the ball EVERY TIME

#### **\*Ready Position is Low Athletic**

-Weight evenly distributed (balance)

-Hips low and over feet

-Don't lean back!

-Arms slightly flexed and in front

#### **\*Road and Face the Attacker**

-Feet stopped when the hitter swings

-Don't be directly behind the block

#### **\*Body/Hips to the Ball or PUSH**

-Feet push hips to the ball

-Start low and stay low to move with head and eyes level

#### **\*Under the Ball**

-Shove hands under the ball to pop it up (target is middle of the court)-Reactions and rolls occur AFTER

contact with the ball and only when necessary (stay on your feet)

**"You may have to fight a battle more than once to win it." Margaret Thatcher**

## **Ten Traits of a Great Teammate**

1. Gives Praise for a job well done.
2. Gives Encouragement for a mistake made.
3. Puts the Team First.
4. Is Courteous and Polite, but Competitive.
5. Owns a mistake, Learns from it, and Takes steps to correct it.
6. Shows Enthusiasm.
7. Enjoys the Success of Others on the Team.
8. Gives 100% Effort, 100% of the time.
9. Shows and Demands Respect.
10. Loves the Game and Appreciates the Opportunity to Play.

### **The Team I Don't Want to Play**

*If I was hungry and had to earn my next meal through victory, there is one team I don't want to play:*

1. The Team I don't want to play NEVER GIVES UP when behind in the score.
2. The Team I don't want to play NEVER LETS UP when ahead in the score.
2. The Team I don't want to play SEEKS NO SHORTCUT.
3. The Team I don't want to play is COHESIVE.
4. The Team I don't want to play makes FEW mistakes.
5. The Team I don't want to play RESPECTS EVERYBODY.
6. The Team I don't want to play FEARS NOBODY.
7. The Team I don't want to play seeks EXCELLENCE not VICTORY.
8. The Team I don't want to play is CONFIDENT but not ARROGANT.
9. The Team I don't want to play is ENTHUSIASTIC.
10. The Team I don't want to play LOVES COMPETITION.
11. The Team I don't want to play has NO FEAR of FAILURE.
12. The Team I don't want to play has NO FEAR of SUCCESS.
13. The Team I don't want to play is FOCUSED.
14. The Team I don't want to play TAKES RISKS but is not undisciplined.
15. The Team I don't want to play WILL NOT BEAT ITSELF.
16. The Team I don't want to play is MENTALLY TOUGH.
17. The Team I don't want to play is PHYSICALLY FIT.
18. The Team I don't want to play VALUES PREPARATION.
19. The Team I don't want to play COMMUNICATES WELL.
20. The Team I don't want to play has players who are SELF-MOTIVATED.

**\*BE THAT TEAM!**

MAKING YOURSELF A BETTER VOLLEYBALL PLAYER DEPENDS ON  
YOU!

10 DRILLS YOU CAN DO WITH YOUR VOLLEYBALL

1. Pass or set to yourself a desired number of contacts (or alternate pass and set).
2. Pass or set to a wall a desired number of contacts (or alternates pass and set).
3. Pass or set to yourself, slowly take a knee, sit, lie down and get back up.
4. Pass or set to yourself while shuffling – Right, Left, Forward, and Backwards.
5. Pass or set to a wall while shuffling – Right, Left, Forward, and Backwards.
6. Serve to a spot on the wall approximately net height (pass rebounds to yourself).
7. Toss to yourself and hit against a wall.
8. Toss to yourself, approach, and attack (or tip) against the wall.
9. Pass and set to yourself, approach, and attack (or tip) against the wall.
10. Pass and set to yourself, approach, and attack to wall, pass the rebound ...

10 DRILLS YOU CAN DO WITH YOUR VOLLEYBALL & A PARTNER

1. Toss and pass or set back to the tosser a desired number of repetitions each.
2. Pass or set back and forth a desired number of repetitions.
3. Alternate passes and sets back and forth for a desired number of repetitions.
4. Pass or set back and forth with one person moving between two spots.
5. Pass or set back and forth with both people moving between two spots.
6. Overhand throw and dig back to the thrower - desired number of repetitions.
7. PEPPER – Ball rotates pass, set, hit – dig, set, hit – dig, set, hit...
8. PEPPER – EACH PLAYER pass to self, set to self, hit to partner ...
9. PEPPER – “Continuous downballs” to each digger, desired number of repetitions.
10. PEPPER – “Small Circle” – pass, set, tip rotation (Stay close together).

BASE DEFENSE!

!  
Net!  
!  
!  
10 ft. line! !  
!

## COWGIRL DEFENSE

Base defense is the position on the court we get to every time the ball crosses the plane of the net into our opponents court. It creates balance on our court so we will be able to defend any ball that comes over on the first or second contact. If the ball does not come over the net on the 1<sup>st</sup> or 2<sup>nd</sup> contact, then we will move to our defensive set-up to read the attacker.

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! setter! ! LF MF !

! !!!

! !!!

! !!!

! !!!

! LB!!!

!! RF!!

!  
!

!

! RB

LB and RB are critical in making sure that we ball. They need to be very conscious of ball flow on the other side. Their primary role is to protect the middle of our court .

The front row must always know if the setter is front row or back row on the opposing team. If she is front row, she can dump the ball on the second contact. LF and MF must honor her ability to do this by being extra ready to defend her contact. That is why you see the LF and MF on both sides of the setter in the diagram above.

You will notice that MB is outside the court in base defense. It is our goal to try to get at least one foot outside the court every time the ball goes over the net so that when we are attacked at we know where the court starts and ends. It will also keep the MB from getting too far into the court on long rallies. Of course, MB must be able to get to this position without every turning her body away from the ball.

WHAT'S IN A POSITION?

!!!

! !!MB

can defend a

1<sup>st</sup> contact ball

or a 2<sup>nd</sup>contact

!

!

! !

!!

!!

!!

MF = middle front LF = left front

RF = right front MB = middle back LB = left back

RB = right back

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There are five main categories of players that make up a volleyball team. We have listed each of them below and what we think makes up a great player for that position.

## LIBERO

!!

!!

Mentality

Physicality !

Game ! Mechanics!

fearless, knows that every ball is an opportunity, okay with making errors, self-accountable, not easily stressed out, competitive

quick, great hand-eye coordination, skilled at centering the ball, can repeat behaviors consistently, quick recovery, great instinct

desire to touch every first ball, understands that passing serve receive is primary and playing defense is secondary, one of the best servers on the team, great communicator

hates to lose, courageous, willing to take risks, unyielding optimism, strong backbone, okay with stress, confident, competitive

quick feet, best athlete on the team, can make decisions quickly, great shape, kinesthetic awareness, great balance, good special awareness

communication is primary role, can be an offensive threat, knows the strengths of her teammates and delivers balls that use them, makes quick decisions under duress, can consistently set the same zone, belief system is an extension of coach's, understands game tempo and how it can create a threat to their opponent, great communicator

like to dominate the opposing blocker, hard workers, relentless, like to block, sense of urgency, competitive

quick feet, great lateral movement, quick arm swing, good vertical jump, good peripheral vision, strong shoulders and back

know where opposing setter is, create attack angles, close block

relentlessly, understands how the block betters her teammates defense, aggressive attack approach, great communicator

## SETTER

! Mentality Physicality

! Game!! Mechanics!

### MIDDLE HITTER

Mentality

Physicality

Game Mechanics

## OUTSIDE HITTER/LEFTSIDE HITTER

Mentality

Physicality

Game Mechanics

## RIGHTSIDE HITTER

Mentality Physicality

Game

terminator, maximizes the potential of every situation, hates to lose, unforced errors make them work harder in practice, aggressive, ability to see the big picture, ability to make adjustments on the spot, competitive

great timing on attack, relaxed posture during stressful situations, one of the best athletes on the team, great body control, one of the best passers on the team, quick feet and great response time

primary attack in at-risk situations, has multiple shots, great court v vision, understands the numbers game, can be deceptive to the opponent, knows the opposing teams defensive setup, great communicator

patient, reflection of the setter, humble, total team player, efficient, competitive, understands that defense is primary for her

strong shoulders, great reach, good hands, aggressive approach, great vision of attack lines, good vertical approach and block jump

stay in the rhythm of game with less attack contacts, best blocker,

Mechanics! see the attackers approach line and close it, first line of defense against opposing attacker, great defender, understands her potential to side out, deliver a set

## TRANSITION DEFENSE

DEFENSE is played when the opposing team is attacking at us. There are 3 lines of defense on our court : 1) the block 2) LB and RB 3) our

libero. If you look at your base defense set-up you will see the 3 lines very clearly.

! LF! !

!!

!!

MF! RF! RB!

MB! !

Line 1 Line 2 Line3

LB!

We need to be ready for all sorts of balls that come over the net at us. The following list is in order (by speed over the net) of contacts you can expect your opponent to send over the net.

- 1.over-pass from opponent (over on 1<sup>st</sup> contact)
- 2.setter dump (over on 2<sup>nd</sup> contact)
- 3.freeball- either a set or pass over the net (over on 3<sup>rd</sup> contact)
- 4.downball or roll shot
- 5.tip
- 6.outside 5 set (high outside set)
- 7.rightside 9 set (high right side set)
- 8.hut set (short outside set)
- 9.middle 2 (high middle set)
- 10.1 tempo sets (back 1, front 1, 31, etc.) – quick sets

It is important to know the order because it allows you to make assumptions about how to play the ball up on defense.

**TRANSITION DEFENSE! !** There are 3 court set-ups you need to be familiar

!!!! with. When they are hitting at us, they can hit from the middle, left, or right. The following diagrams show where we should go in

transition defense (**directly after the ball leaves the hands of the opponents setter**) for each of the attacks.

LEFT!!!! RIGHT!!!! MIDDLE !

!! MF/RF!! LF/MF!!!! LF!!!!

! RF!!!! RF!!!!!!!!!!!!

!

!!!!!!!!!!!! LB!!!

LF/MF

!! RB!!LB!!!! LB!!!!!!

! RB!!!! RB

MB!!! MB!!!! MB \*MB lines up with the

**\*\*It is important to understand that these are positions are not permanent. We move from them to get all balls up.**

attack of the middle attacker on

the opposing team

## **Practice Expectations**

### **A. Be coachable**

### **B. Performance**

1. Eye Contact
2. Assume Positive Intentions

3. Actively Try What you are being asked to Change
4. Acknowledge Instruction
5. Acknowledge Instruction with a “yes, coach”, “okay”, etc.
6. Ask the Coach Clarifying ?’s6. Communication at ALL Times
7. Trust the Coaching Staff
8. Be a COWGIRL!!

## **C. Practice Needs**

1. Water Bottle
2. Hair out of Face and Secure 11. Be Positive or Go Home

3. Appropriate Spandex

4. Appropriate Shirt

5. Long Socks

6. Knee Pads

12. This is NOT about You, It is about “US”

13. Become a Skilled Player

1. Don't be Late (10 min, early) 2. Horseshoe

3. Balls in Carts

4. Hustle Between Drills

5. Coach Decides Team Water

Breaks

7. Work with Different Partners 8. Atmosphere of Energy and  
and

Optimism

9. Work Hard

10. Laugh at your Mistakes

NAME \_\_\_\_\_

Each individual is asked to set both team and individual goals.  
Goals give you something to work for. I ask that each team

member set personal and team goals for the upcoming season.  
Please fill out the rest of this page with your goals.

PERSONAL GOALS 1.

2.

3.

4. 5.

TEAM GOALS 1.

2.

3.

4. 5.

Please answer the following: What do we, as AHS volleyball coaches, need to know about you in order to better coach you?