JUNEAU PARKS AND RECREATION DEPARTMENT

YOUTH VOLLEYBALL COACHES' MANUAL

2023

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D: Accident Report

http://www.volleyballadvice.com/ultimate-volleyball-drills-guide/

How to contact us:

Monday-Friday, 8:00am-4:30pm, 586-5226 or e-mail amanda.lovejoy@Juneau.gov
Website: cbjkids.org

After hours emergencies – referee or gym issues during program hours only please: 321-4680

Our youth sports programs take place on the lands of the Áak'w Ḵwáan people and neighboring T'aaḵu Kwáan people

Thank you for volunteering! Without you, our programs would not be possible.
Before beginning the season, we would like to make clear the goals of our youth sports programs. These should be foremost in your minds throughout the next three months as you work with your team. A clear understanding will hopefully lead to a positive experience for both players and coaches.

Participation in sports can help children: learn to relate more effectively to other people; learn to cope with realities they will face later in life; develop lifelong patterns of healthful physical activity; and, most of all, have fun. The number 1 reason kids quit playing sports is it becomes no longer fun. Our sports programs are focused on providing a healthy recreational and social learning experience for children. They are not intended to be miniature professional leagues. Our leagues are designed to allow children to play with their age peers. This allows children to learn lessons like team leadership, developing a work ethic, and developing friendships with a wide range of skill levels. In order to de-emphasize the competitive aspects of the sport, we will not be distributing special awards to the first place teams; instead certificates will be given to <u>all</u> participants. We also ask that the coaches not buy trophies or awards for their team.

Our goal with this program is for kids to grow as people and as athletes. To do that, we ask that our coaches use a positive approach with their players. It is always easy to acknowledge the big things, like a good goal or a fast break away. But also look for and acknowledge the little things, like good hustle on the field, good sportsmanship between players or listening well to coaches. Give kids a smile, a thumbs up and tell them you saw that effort. It makes a difference to a child and reinforces their good behavior. Your influence is never neutral. Juneau Parks & Recreation believes in the Rule of One: one person, one comment, one time can change a life forever.

The Following is an excerpt from **The Rule of One: How One Person, One Comment, One Time Can Change a Life Forever, by John O'Sullivan, Changing the Game Project**

<u>Here are a few tips on how to make sure the Rule of One can positively affect your athletes:</u>

<u>Be Aware.</u> Your influence is never neutral, and we must be aware of the impact of our words and actions. Don't ever think that you do not make in impact, especially once you are in a position of authority such as a coach or parent. There are certain times that are highly emotional (end of games, after a mistake, after a great play) where your words can be a bit *stickier*. Timing is everything! Catching an athlete doing something great after overcoming adversity or a word of encouragement after a disappointing outcome can be very powerful. Similarly, the opposite can be true. A harsh word after a major disappointment rarely helps, nor does strong criticism right after a player just did something very well. **People tend to remember the things they learn right after they have a strong emotional response to an event, so understand that there are certain times to teach, certain times to inspire, and certain times to leave it unsaid for now.**

<u>Be Intentional:</u> Whenever I substitute a player, I am at midfield to shake every athlete's hand as he or she steps off, regardless of how they played. If they are doing well, it's a smile, a high five and a "well done." If they are struggling or upset, it's a smile, a high five, and a "keep your head up, get a drink, I have an idea that might help and I will be right over." **This takes a bit more effort than many coaches care to exert, but the difference it can make in the life of your athlete can be huge.** Everyone gets acknowledged. Everyone gets a reminder to focus on the process. Every time.

<u>Be Transformational:</u> Coach the person, not the sport. Some kids need a hug, and some need a metaphorical kick in the rear. Some need a quiet word, and others will respond to a shout across the field or court. It is up to you to realize what every individual needs, and do your best to deliver it to him. If you shout at the athlete who responds best to the quiet word on the side, you will not inspire. If you fail to show caring and love to the athlete who never gets them at home, you will not connect. Your delivery must match the needs of the recipient.

A transformational coach values the things that are hard to measure. It's easy to recognize athletes when you count points, goals, saves, and rebounds, but that is insufficient. Athletes need you to validate the things that are much harder to measure, but mean far more. Was she fearless? Was he a hustler? Did she bring

positive energy? Did he improve in the area you worked so hard on in practice? **A life changing "Rule of One" comment will rarely be about something easily measured such as "nice goal out there." But when you say to an athlete, "I am so proud of you, look at what you have become when you play with such energy and courage" you can change a life.**

What you choose to reward is of critical importance. It is easy to recognize and praise a player who just made a great play, but we are all less likely to reward the player who puts forth great effort but does not make the play. We encourage coaches to stress the primary importance of "effort" rather than "winning the game". Reward effort as often as you reward results. Find something positive that each child did during practice or a game and let them know.

Out of fairness to all children and all teams, please allow only registered players to participate in practices and games. If a child wants to play but has not registered, please have the child contact the Parks and Recreation Department. We will do our best to place each child on a team.
Do not "recruit" players or tell a child that he/she may play on your team because it creates expectations for the child that may discourage their participation if they are placed on another team. Any coach who trades players will be asked to withdraw from our program. All late registrants will be placed on teams still needing players.

It is extremely important that coaches contact their team members and notify each one who their coach is and when the first practice takes place. This is to be done within one day after receiving your roster. If you neglect to do so, it is our experience that kids feel left out and frustrated. Their parents will call Parks and Recreation wondering why their child hasn't been placed on a team. The only response Parks and Recreation can give them is that coaches picked up the material and should be contacting them shortly. Your cooperation in this matter is greatly appreciated by all the parents, participants and staff at Parks and Recreation.

GUIDELINES FOR YOUTH SPORTS COACHES

- Have realistic expectations that reflect the age of your team
- Be patient with different learning styles. There are several different kinds of learning (visual, logical, verbal, aural, physical, social and solitary) and kids may be 1 or a combination of several. If someone is having trouble following verbal instructions, try drawing out the practice plan. Don't be afraid to talk about it with a parent to figure out a way to help with learning.
- Remember that each child is an individual. When you talk with them, get on their level, make eye contact with each child and make a point of pointing out 1 thing they have done during the practice/game that was great.
- Create a learning atmosphere; be positive, clear and concise with instruction. Be willing to listen to suggestions and ideas
- Reward effort as well as results. Pointing out good hustle on the court or how well a pass was done, even it a point wasn't earned means as much as celebrating a win.
- If someone makes a mistake, give encouragement! If necessary, give correcting instruction in a positive way
- Establish clear expectations and a team rule concept. Have the team be part of the process and make sure everyone agrees to it.
- If a player violates team rules, don't be angry or embarrass the player. Focus on what happened and create a plan to move forward. And always be consistent!
- Emphasize that all players are part of the game; if they are on the bench, encourage them to cheer.
- Stress sportsmanship. Have players give each other fives when coming off the court/field. Emphasize that everyone is there for a reason and is essential to the team.
- Set a good example
- Create a **FUN** and **SAFE** atmosphere for your team!

Philosophy: The Juneau Parks and Recreation Department youth sports program is oriented towards providing a healthy recreational and social learning experience for children. Fun and sportsmanship are emphasized rather than competitive attitudes.

Objectives:

1) To provide an enjoyable learning experience for youth through sports, with the utmost importance placed on the wellbeing of the participant
2) To provide a program designed with rules and guidelines, which allow each participant fair treatment throughout the season
3) To provide coaches and other adult leaders with the tools to motivate all participants to improve
4) To stimulate a higher level of self-esteem for participants
5) To teach fundamentals and skills
6) To teach the team sport concept

Definitions:

1) Coach: A Parks & Recreation volunteer, at least 15 years of age, responsible for a specific youth sports team. If younger than 15, an adult 18 years or older, must be present for all games and practices. There must be at least a three 7ear age difference between the coach and the players, except for coaches in the High school age division, who must be 18 years of age and out of high school. The coach serves as the main contact between Parks and Recreation and the players, relaying information and dealing with concerns or incidents. The safety and wellbeing of the players at all games and practices is the coach's responsibility, which includes staying at a game/practice facility until all team members rides have arrived. In addition to the administrative and skill development duties, the coach sets an example for the players, exhibiting leadership qualities consistent with Parks and Recreation philosophy and program goals. Please assist the gym supervisors with the setting up of and taking down of all stands, chairs, bleachers, etc. used during games and practice times. Your cooperation is greatly appreciated! Note: If the coach is not present at the start of a game, a parent must take over as the substitute coach until the

coach arrives. If no one is willing to step in, the team without a coach will forfeit the game.

2) Recreation Coordinator: A full time employee of the Parks and Recreation Department who is responsible for the administration the youth sports leagues. These include game, practice and staff scheduling, problem solving, communication between P&R and the volunteer coaches, parents and guardians of players, and communication between the department and community schools.

3) Game Officials: a part-time employee of the Parks & Recreation department. Not all are professionally trained. Most game officials are youth ages 14-18. Every effort is made to put the best officials on the playing field at all times. The game official is the on the spot authority on any question regarding the game and in enforcing league rules. **The official's decision is final.**

Game Information

1) Schedules are published and available to coaches 5 working days prior to the first league game. The coach will be given a full copy of all league practices and games. Individual players will not receive a full schedule. It is up to the coach to pull a team schedule together and distribute to their team. Schedules are made available online at www.juneau.org/parksrec. Follow the links to Youth Sports and volleyball.

2) For volleyball, jerseys will not be distributed. Teams can choose a color of shirt to wear for games.

3) Shoes must be worn while on the gym floor. Playing in socks or bare feet is not allowed. For safety of other players, hiking shoes or boots, rain boots or shoes with marking soles are not allowed. Players will be asked to sit out the game. Gym supervisors may ask participants to do a scuff test. If a shoe marks the floor, the shoes will not be allowed on the floor. If you are looking to purchase new shoes, please try to buy those with light colored soles.

4) Teams will have no more than 4 games and/or team practices during a 7 day period. Practices are scheduled by the Parks and Recreation department. Exception: post-season tournament play for high school division. Note: there is a limit to our accessibility into the facilities. Practice time should be equal for each team in a division. Because of this, we ask that the coaches not to rent or obtain facilities for extra practices.

5) Parks and Recreation will provide game and practice equipment. Equipment must be returned to the gym supervisor after each game/practice. Coaches and players are encouraged to bring their own equipment. Please make sure players clearly mark personal property with a name and phone number.

6) Each player must play the minimum amount of time designated by the league rules. If a coach fails to have all team members play the required amount of time in a game, including all post-season tournament games, that team will penalized by a forfeit for that game. Only the Recreation Coordinator will issue forfeits. Any situation due to extenuating circumstances may be reviewed by Parks and Recreation.

7) Games and practices scheduled by Parks and Recreation due to adverse weather conditions or facility complications may be rescheduled provided necessary staff and facilities are available. For games, both coaches must agree to the reschedule.

8) Protests are not accepted. The officials' word is final.

9) Knee pads are not required, but are encouraged.

Conduct

1) Facility Rules: posted rules shall be adhered to and enforced. Failure to comply may result in a violator being asked to leave the premises. Coaches, parents and players are requested to show up no more than 15 minutes prior to any scheduled weekend games and no more than 5 minutes prior to practices. Warming up and practicing in any area of the school, except the gym, is not allowed. Please be considerate of other users in the facility; don't

interrupt another team's practice or game. Players must be picked up within 5 minutes of the end of game or practice. The coach is required to stay with any players waiting for rides to supervise and assist with making phone calls.

2) Player ejection is removal from a game and/or gym due to violation of league rules. Ejection of a player results in automatic suspension of that player for the next scheduled game. Parks and Recreation has the authority to suspend players for longer than one game, depending on the severity of the offense. Coaches who are ejected will need to appoint a substitute coach for the remainder of the game. Failure to find a replacement coach will result in a forfeit for that game. Coaches will be allowed to participate in the team's next scheduled game but Parks and Recreation can extend the suspension.

3) Code of Conduct: There is a standard of conduct expected from every person associated with the Juneau Parks and Recreation youth sports program. Game and league rules control participant conduct on the field during league play. Participants must also be responsible for their conduct during practices and when not actively participating in a game. Appropriate conduct also relates to coaches, parents, referees, and Parks and Recreation staff. Inappropriate conduct can be any of the following, but is not limited to: hitting, pushing, verbal abuse, intimidation, alcohol or drug use prior to or during games/practices and poor sports conduct, including arousing spectators against a referee, player, team or Parks and Recreation staff. The Recreation Coordinator and Youth Center manager will deal with persons acting in an inappropriate manner.

Waitlist Players

Please contact us if any players on your team have not shown up, have injured themselves, or quit so we can add late sign-ups or players off existing waitlists to your team. Team maximums are 8 players. The recreation coordinator may contact teams as the season progresses to ask if coaches are willing to take kids off the waitlist. Kids are pulled from the waitlist in the order that they registered; there will be no special requests or jumping players over another.

Miscellaneous

1) Parent/Kid scrimmages are not allowed. We believe it is too dangerous. We do encourage parents to participate in games of skill that have to do with the sport (juggling contests, relays) where the parents are not spiking a ball and jumping when children much smaller than they are, are under and around them. Please send us your ideas of ways that parents can safely be involved – we'd love to hear from you!

2) Coaching from the sidelines is strongly discouraged. Parents should restrict their verbal interactions with players to cheering encouragement and clapping. Coaches should also refrain from shouting instructions to the players. Coaching should take place during practices or on the sidelines.

3) Special requests from coaches for players are not accepted and will be disregarded. Coaches and co-coaches are allowed to have their children on their teams.

First Aid and Safety

Injuries

1) The home phone number that is indicated on the team roster should be called in case of injury. If you cannot get in touch with the parent, please call the emergency contact number. If necessary, the fire department (911) is called for medical emergencies. Parents are responsible for any and all charges resulting from a medical emergency. If you call 911, please contact the Recreation Coordinator at 321-4680

2) Accident report forms shall be filled out for all accidents and injuries. If you are ever in doubt, fill one out and contact the recreation coordinator. Completed forms shall be submitted to the Parks and Recreation staff the next working day. The forms are found in the Parks and Recreation equipment box/storage area and attached to this manual. Email forms to amanda.lovejoy@juneau.org

3) Transportation of injured players to the hospital should only be done by ambulance (parents must authorize on scene) or by parent/guardian of injured player.

General Precautions

1) Have players warm up before play. Proper warm ups reduce the incidence of injury. Warm up for duration of 5-15 minutes intense enough to increase body temperature and cause perspiration. Light jogging and ball skills are excellent beginning warmups. The warm up is not only physiologically beneficial, but also helps the player mentally rehearse techniques and tactics. Warm ups can prevent injury, increase circulation, improve coordination and increase muscle and blood temperature.
2) Have a cooldown period built into practice. This allows muscles to divest blood distributed to the various body extremities. Stretching can also prevent cramping of muscles.
3) Make sure all equipment is safe for use.
4) Develop procedures that will aid in controlling injuries
5) Develop a plan of actions and responsibilities to be implemented when an injury does occur. Know where the nearest phone is. Carry change in case the nearest phone is a pay phone.
6) After an injury, do not return the involved athlete to participation until they are truly ready.
7) Parks and Recreation has limited first aid supplies available in the equipment storage boxes at each gym. Please notify the Recreation Coordinator if we are running low on any supplies.
8) Gum is not allowed during games and practices.

Arm & Leg casts

Due to the nature of volleyball, children with arm casts will be unable to participate.

Transportation

1) Rides should be available within 5 minutes of the end of a game or practice. A coach is required to wait with the player until their ride arrives.
2) Coaches should not give rides to team members.

Gym Floor Safety

1) Dust and fuzz accumulate on the floor causing them to get slippery. Gym supervisors should sweep the floor before games start. Coaches can have access to the broom to clean the floor between games.
2) During wet weather, ask kids to leave their boots outside the gym or on the sidelines. If puddles form, ask parents to help clean up.

Blood

1) Each equipment box is stocked with a biohazard clean up kit. The facility supervisor at each gym is trained to use it.
2) Please take proper precautions when dealing with blood; wear gloves and clean the area thoroughly.

Youth Sports Team Selection Criteria

The following procedure for selection of youth sports is a result of recommendations made by participants, the recreation subcommittee and staff.

1) Youth player registration will be open for a ten working day period or until spaces available are filled, prior to assigning teams.
2) Registration must be made by a parent or legal guardian (signature is required on waiver) at the Juneau Parks and Recreation office, the Zach Gordon Youth center, by mail, fax, email or online.

3) Coaches rating from prior seasons may be utilized as an indicator of skill level
4) On a predetermined date, the Recreation Coordinator will place registered players on teams, after determining a minimum and maximum number of team rosters. Teams will be formed with the minimum number of players when possible. This will be determined by number of registrants. Team assignments will be made according to the following criteria:
    a) Age group (4^{th}/5^{th} grade, 6^{th}-8^{th} gradl)
    b) Coed
    c) Skill ability as rated by parent and coach/recreation staff
    d) Special requests will be allowed for immediate family members to be placed on the same team (brothers and sisters)
5) After team selection, team rosters will be assigned to coaches. Individual coaches will contact players. Coaches may not see or obtain knowledge of who is on their team prior to the pre-season coaches meeting. If it becomes known that a coach is attempting to recruit players, s/he may be asked not to participate in the program.
6) Specific requests for team assignments made by parents will be considered on an individual basis. Decisions related to these requests will be made by staff and will be based on the merits of what is best for the child and the program. Parks and Recreation will attempt to honor requests for transportation purposes but must retain the right to deny any request in order to maintain control over team balance. Coach requests will not be considered.
7) Registration will be open after teams are chosen but only on a space available basis. Late registrations will be placed according to skill levels needed to balance the division and the number of open positions on rosters.

Local Rules

Games may be played at Auke bay, Dzantik'I Heeni, Floyd Dryden, Harborview, Marie Drake, Kaxdigoowu Héen, and Mendenhall River gymnasiums.

Each team will be allotted one practice hour of gym time per week. Practices will be scheduled in advance by Parks and Recreation. Please report any cancellations so we can make full use of the gyms. There is a limit to our accessibility into the facilities and practices should be equal for each team in a division. Because of this, we ask that coaches not rent or obtain facilities for extra team practices.

Coaching General Volleyball Basics

1) Players may be new to volleyball and unfamiliar with terms, rules, court positions and rotating
    a. Become familiar with volleyball terms and use them consistently
    b. Become familiar with court positions and markings (see diagram below)
    c. Become familiar with league rules and translate them for your players. Help them understand how a match is played.
2) Start with basic volleyball skills and work on them consistently.
    a. Passing
    b. Serving
    c. Movement

Game Regulations

1) There is no overtime for any division
2) Forfeit and grace periods for Middle school division: when a team does not have the minimum of 4 players present, there is a 10 minute grace period (deducted from game time) to start play. Failure to field four players at the end of the 10 minute grace period results in a forfeit. After the forfeit is announced, both teams may continue to scrimmage within the scheduled time frame. The game official is available to referee the scrimmage. If a team falls below four players during the game, the official will stop the game and declare a forfeit. The game can continue as a scrimmage
3) Post Season tournament hardship: when a team loses players due to injury or players traveling out of town that brings the team below the required 4 players to play during the tournament, the coach should notify the P&R department of this hardship. The coach may request a hardship exemption, in which the P&R department will assign players (up to 4) to the team from either the waitlist or from an eliminated team. The coach will have no say in who is assigned to their team and any requests will be denied. The replaced team members may not return to play for the rest of the tournament.
4) Mandatory play time: all participants must play one half the allotted regulation game time per game (25 minutes for all divisions). Coaches should be cognizant of subbing.
    a. Exceptions to mandatory play time: a player will be required to play at least ¼ of regulation game time if s/he arrives late or is being disciplined by the coach for unexcused absences from games or practices. If you plan on enforcing this with your players, it should be a team rule that is discussed with parents and players at the beginning of the season and is enforced throughout the entire season.

The Recreation Coordinator will periodically be at games to monitor playing time. In most cases, the coach is unaware of a discrepancy in playing time – or there isn't a discrepancy at all. For this reason, don't be offended if we approach you. Instead, allow us to act as a resource in clearing up a potential problem; we're there for the kids.

Game Structure

1) All games will begin on the hour and have a 50 minute running clock. Teams will play best 2 out of 3 games. If a third game is unnecessary, teams may scrimmage for the remainder of the time.
2) All games are rally scored, meaning a point will be awarded to one team after each play. The first two games will be played to 25, with a cap of 27. The third game will be played to 15, with a cap of 20.
3) Each team must provide 1 volunteer to be a line judge (for a total of 2). The home team will keep score.
4) Each team will receive 1-30second time out per game. Timeouts do not carry over.
5) Teams will rotate before each service. Substitutions will take place from the back middle position.
6) There should be 6 players on the court, but a team may start and end a game with 4. If the other team has extra players, they can share players in order to get a game going.
7) If the ball hits the ceiling and remains on the same side of the court, the ball is still in play. If it hits the ceiling and bounces to the other side of the court, it is considered out of bounds and a point will be awarded to the other team. Dividers, bleachers, walls, backboards and wrestling mats are considered out of play. Exception at DZ: the ball sound system that hangs over the court. If a ball hits that, an automatic replay is called.
8) Home team gets first serve; away team will choose which court they would like.
9) Each team has a maximum of 3 hits on a side. Hits include unintentional contact with the ball
10) Players may cross the center court line under the net as long as it does not interfere with opponents play. Referees have the final discretion.

11) Any touching of the net is a foul with the exception of insignificant contact by a player not involved in playing the ball.
12) Substitutions will occur out of the Middle Back.
13) Players may not block or attack any serve.

Serving

1) Let serves are allowed (a ball that hits the net but still goes over the net inside the opponent's court
2) Home team has first serve; visitor will choose which court to be on.
3) Both feet of the player serving must be behind the designated line.
4) Players must wait for the whistle from the referee to serve.
5) Players may not block or attack serve.
6) No jump serves. At least one foot must be in contact with the ground during service.

Playing Court & Equipment

1) The net height will be:
    a. 6'6" for 4th/5th grade division
    b. 7'4" for all other age divisions (women's league height)
2) All age groups will use full sized boundaries of 60'x30'
3) Players waiting to sub in and coaches must stay 5 feet from the court boundaries
4) Volleyball sizes are:
    a. 4th/5th grade division will use a volley lite ball
    b. Middle and High school will use a regulation size ball
5) Knee pads are encouraged but not required
6) All jewelry must be removed. No hats, hard head bands or hard barrettes are allowed. Bracelets and watches must be removed before game starts.

Officials & Line Judges

1) Games officials will be supplied by P&R. Occasionally, officials will not be available and teams will need to officiate their own games.
2) Line judges will be supplied by both teams, one for each side.

Sportsmanship

1) Players, coaches and spectators are expected to act in an appropriate manner toward officials, other spectators and other players.
2) Unsportsmanlike behavior from team members or those associated with the team (spectators and coaches) will result in the following
    a. First offense: A verbal warning from the official
    b. Second offense: a meeting with the Recreation Coordinator
    c. Suspension from the league

3) In the event of extreme unsportsmanlike behavior, the games official will issue a red card and notify the Recreation Coordinator. The offender will be asked to leave the premises immediately.
4) Protests will not be accepted. The official's word is final.

Weather Policy

1) Unless notified by Community schools, games and practices will continue as normal
2) Games or practices are cancelled by Parks & Recreation due to adverse weather conditions or facility complications will be rescheduled PROVIDED necessary staff and facilities are available. For games, both coaches must agree to a reschedule.

Elastic Power

Parks and Recreation reserves the right to establish guidelines for any and all rules or infractions not covered in the league rules and to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.

League Structure

Youth volleyball will consist of 2 coed divisions. The divisions are as follows: Division A (4th & 5th grade), and Division B (6th-8th grade). Active team rosters should consist of no more than 8 players, though some exceptions may be made.

Division A (4th/5th grade)

1) Coed
2) Recreation oriented with an emphasis on skill building, sportsmanship and positive introduction to rules and game fundamentals
3) There will be 8 players maximum on a team, with the understanding that waitlisted players may be placed on teams with coach permission
4) Teams will have 1 practice a week and a game on Saturday. Due to a condensed season, teams will have games during the week instead of a practice.
5) Matches will begin on the hour and have a 50 minute running clock. Teams may warm up for 5 minutes before play starts. Teams will play best 2 out of 3. If a third game is not necessary, teams may scrimmage for the remainder of the time.
6) Scores are kept, but standings are not
7) All games will be rally scored, meaning a point will be awarded to one team after each play. The first two games will be played to 25, with a cap of 27. The third game will be played to 15 with a cap of 17
8) A single player will not be allowed to serve more than 5 consecutive points. A side out will occur and no point will be awarded to the other team; the team will rotate and begin service
9) A volley-lite ball is used as the game ball
10) Net height is 6'6"
11) Players may use either overhand or underhand service. The service line is the 10foot line on the court. As players gain confidence and their skills build, it is the coach's responsibility to move their player back to the regular service line.

a. If a player's serve does not go over the net, players will receive 1 re-serve per rotation **FOR THE FIRST 2 WEEKS**. Starting the third week, a player will get 1 re-serve per game before the ball is considered a side out.

b. Any serve that goes over the net, whether in or out of bounds will not receive a re-serve

c. Serving re-dos are only applicable to the player's FIRST serve of their turn. For example, if Jenny rotates to serve position and her first and second serves were successful but her third was not (it hits the net and does not go over) she will not get a re-serve.

12) Servers may only serve 5 points in a row during each service rotation. Once a server scores 5 points it is a side out to the other team. No point will be awarded.

13) For the sake of keeping the game moving, referees will not make technical skills calls. These include lifts or carries, player position faults and service foot faults. Coaches will work with players through the season to learn proper bumping techniques and positions.

Division B (6th-8th grade)

1) Coed

2) Recreation oriented with an emphasis on skill building, sportsmanship and positive introduction to rules and game fundamentals

3) There will be 8 players maximum on a team, with the understanding that waitlisted players may be placed on teams with coach permission.

4) Teams will have 1 practice a week and a game on Saturday. Due to a condensed season, teams will have games during the week instead of a practice.

5) Games will begin on the hour and have a 50 minute running clock. Teams may warm up for 5 minutes before play starts. Teams will play best 2 out of 3. If a third game is not necessary, teams may scrimmage for the remainder of the time.

6) Scores and standings are kept

7) All games will be rally scored, meaning a point will be awarded to one team after each play. The first two games will be played to 25, with a cap of 27. The third game will be played to 15 with a cap of 17.

8) A single player will not be allowed to serve more than 5 consecutive points. A side out will occur and not point will be awarded to the other team; the team will rotate and begin service.

9) A regulation sized ball will be used as the game ball.

10) Net Height is 7'4"

11) Players may use either overhand or underhand service. The service line is the regulation line.

12) It is strongly encouraged that teams use a 2 hit rule while striving for 3 hits each volley (bump, set, spike). The goal is to see growth in the players.

a. The 2 hit rule is not in effect in the following situations:

i. The ball is successfully blocked. The player needs to be at the net when they leave the ground or have contact with the ball

ii. The ball is hard driven; when the ball is below the height of the antenna and there is power behind it.

b. If teams are volleying the ball over in 1 hit on a continued basis, the league reserves the right to implement the 2 hit rule mid-season

13) Referees will make technical skills calls, like carrying or lifts.

Facility Procedures

If the gym supervisor is not present by the scheduled starting time, follow these procedures:

1) Call Amanda Lovejoy at 321-4680. This is the emergency cell phone for youth sports
2) Do not attempt to enter the gym. This is trespassing
3) Do not attempt to contact the principal of the school, as they are not responsible for P&R activities

If a referee is not present at game time, please find a parent, spectator or coach to start the game right away. Contact the emergency youth sports cell at 321-4680 to and they will try to get in touch with the referee. Follow up if the referee shows up after you have made the call.

Please remember we are guests in the gyms. In order for us to have continued use of these facilities, we must treat them accordingly. Please urge your team members and parents to cooperate.

1) All facilities are DRUG FREE ZONES and smoking is not allowed on school property (entryways & parking lots)
2) DO NOT PARK IN FIRE LINES. Illegally parked cars are subject to impoundment
3) An adult must supervise all young children brought to the gym at all times. Do not allow siblings to play in the hallways or foyer areas of the school
4) After the last game of the evening, please leave the gym promptly. Rides are to be available to all players within five minutes of game/practice end.
5) No glass containers in the gym
6) Game shoes should be carried into the gym
7) Gym shoes must be worn while on the gymnasium floor, playing in socks or bare feet will not be allowed. For the safety of other players, hiking shoes/boots are unacceptable for playing volleyball. Removal from the game is the consequence of inappropriate shoes. Gym supervisors may ask participants to do a "scuff test". If a shoe marks the floor, the shoes will not be allowed on the floor. If you are looking to purchase new shoes, please try to buy those with light colored soles.

   Community Schools Facility Supervisors are available to assist/direct youth sports coaches & participants at the facility, i.e. signing in, equipment set-up, keeping the floor dust free, and handling first aid or any other incidents that occur.

Terminology

Courtesy of Hillsboro Parks & Recreation

Starter: First 6 players at the start of a game

Match: One match consists of three sets (or games). The first two games are played to 25; the third game is played to 15. The team winning two out of the three games is the match winner.

Set/Game: One of the three games in a match.

Rotation: Players rotate clockwise every time they gain possession of the serve.

Rally: When the ball is in play and is returned to the opposing team over the net; sending the ball back and forth.

Serve (possession): Team which starts the rally. If team wins the rally, they earn a point and continue to serve. If the team loses the rally, the serve (possession) is transferred to the other team and the other team is given a point.

Serve (action): Starts a rally. Serves must be performed over hand, unless the server is injured. If the ball does not make it over the net, or it falls out of bounds, the serve (possession) transfers to the other team and the other team earns a point.

Serve Receive: When the other team has "serve". One player serves the ball over the net. The other side is then in "serve receive" which means they are in position to receive the serve.

Serving Line (Otherwise known as the baseline): Servers cannot cross this line until the ball has left their hands during a serve. Stepping on or over this line during a serve is considered a foot fault and is a side out.

10 Foot Line: Line measuring ten feet away from the net. This line is helpful to gage a hit approach. Also, a back row player may not jump and attack a ball in front of this line.

Line Judge: Person (Parent volunteer in HYV) who is stationed on opposite corners of the court and watches court boundaries for serving foot faults and balls out of bounds

Offense: When a team is handling the ball.

Defense: When a team is preparing to receive the ball from the offense.

Touch: Contact with the ball. With the exception of blocking, any time the ball comes in contact with any part of a player's body it is considered a touch. Each team is allowed 3 touches in their possession. The 4th touch is considered a fault.

Double: When a player has two consecutive touches on the ball it is considered a fault. A player may touch the ball twice in a rally, but their touches may not be consecutive.

Sideout: A change in serve possession

Pass: Contact with the ball is made on the forearms, knees bent, arms fully extended. A bump/pass is usually intended to put the setter in position to set a ball to an attacker.

Set: Ideally, the set is the second touch on a ball in a rally. The set is performed with hands overhead, off the setter's fingertips. The ball is usually set high into the air intend for the attacker to hit it into their opponents court

Pass Set: if the setter is not in a good position to set a ball, they may bump the ball to an attacker. This bump is higher than a typical bump as its purpose is to be hit.

Hit: A touch with an overhand motion by an attacker. The hit is meant to send the ball to the opponent's court quickly, and with force.

Kill: A kill is the technical term for a hit ball, not returned by the opposite team. It is a point for the team that hit.

Dig: A player passes the ball which has been attacked by the opposing team and the ball is kept in play.

Free Ball: When a team passes a ball over the net. It's called a "Free Ball" because it's easy for the defense to pass a free ball (like a free gift)

Down Ball: Similar to a hit, but with both feet on the ground. A down ball can be hit from either the front row or the back row.

Shank: When a pass does not go where the passer intends, a shanked ball usually goes out of bounds.

Shag: After a drill, when players collect the balls, it's referred to "shagging"

Right Back: Right side of court, back row.

Middle Back: Middle of the court, back row.

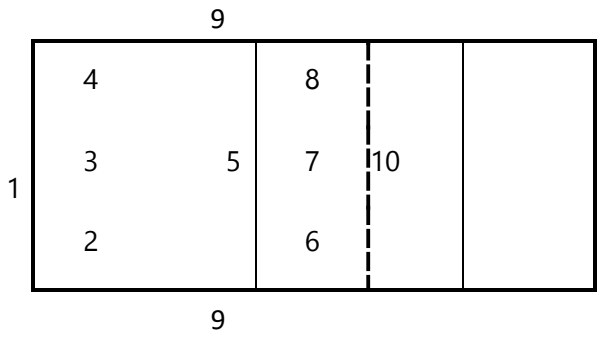
Left Back: Left side of court, back row.

Right Front: Right side of the court, front row. Usually the setter plays from the Right Front position

Middle Front: Middle of the court, front row.

Left Front: Left side of court, front row.

Setter: The setter is usually expected to get the second touch on a ball in a rally. The setter usually plays Right Front.



1	Serving Line/End Lines
2	Right back (serving spot)
3	Middle Back
4	Left back
5	10foot line
6	Right front (setter's spot)
7	Middle front
8	Left Front
9	Sidelines
10	Net

Man Overboard Drill

- This drill helps new player become familiar with positions on the court as well as volleyball vocabulary. This drill is an excellent drill to use as part of the practice warm up.

How To:

- Players all start on the court on the serving line.
- Call out various locations on the court. The players must run to the various locations called. (See diagram above)
- Every so often, throw in volleyball body positions (ie: Ready Position- players down with knees bent and arms out in front of them ready to pass the ball. Setting- players bend knees with hands above the head formed to set the ball. Hit the Deck- players practice diving to their stomachs on the ground and reaching out their arms in front of their body as if they were digging a ball.

Name It, Get It Drill

This drill focuses on communication and calling the ball.

- **How To:**

- All players spread out on one side of the court, facing the coach standing in the middle.
- Coach throws the ball up in the air, not aiming at any one player in particular.
- The player near to where the ball is thrown must call "MINE!" and pass the ball to another player, calling out the player's name they are sending it to. ("MINE! Sarah.)
- The next player must call "MINE!" and send it to the next player, calling out their name.
- Try and keep the ball going as long as you can.
- The louder the better! Many young players can be timid about calling the ball loudly at first.

The Number One Rule

This is not a drill, rather a rule implemented throughout every practice. It is a rule encouraging players to be aggressive and confident in going for every ball.

How To:

- The number one rule in volleyball is to never let the ball hit the ground!
- If a ball hits the ground without a player going for it, there is a consequence for the whole team.
- When this happens, the coach shouts out **"What's the number one rule in volleyball?"** to which the players must respond, **"Never let the ball hit the ground!"**.
- Give the players a consequence such as 5 sit ups, 5 push-ups, 5 jumping jacks, or something silly, etc. The consequence doesn't need to be hard, but just acts as a reminder.
- If a player asks why they are doing sit-ups, or complains about the whole team doing the consequence, the response should generally be "Volleyball is a team sport, sports are exercise and sit-ups make you stronger! "
- **Option:** A twist on this rule the kids really like, is to set a goal to make the coach do a consequence. In example, set a goal during a drill or practice to successfully pass two balls in a row before returning it over the net. If this is accomplished then the coach does a consequence. As they get better, make the goal harder (ie: 3 passes in a row before the ball goes back over)! There is nothing they love more than making their coach do push-ups too!

PASSING

Passing Basics

How to teach passing basics to young players. Coaches are encouraged to dedicate a portion of each practice to passing drills!

Ready Position:

- Players start with their feet about shoulder-width apart with knees bent. One foot is just slightly in front of the other, for right handed players this is their right foot. Players have their body weight on their toes, ready to move forward.
- Arms are in front of the body and shoulders are leaning forward. Arms are relaxed.

Arms and Hand Positions:



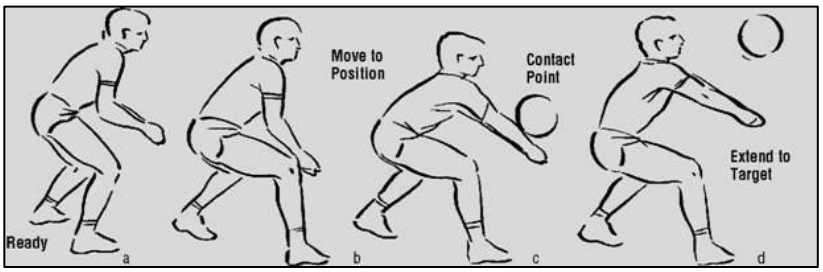
- When preparing to pass, hands come together.
- Players lay their hands flat and put just the fingers from one hand on top of the other so they form a triangle. Players then close their thumbs together so the thumbs and wrists are touching each other (see adjacent picture).
- Players can also make a loose fist with a 'thumbs up', then curling the fingers of the other hand around the fist. Be sure thumbs and wrists are together.
- Never allow players to intertwine their fingers as this can lead to injuries!

Ball Contact:

- As the ball comes to the player, they step towards the ball and extend their arms out in front of them.
- Roll elbows upwards, creating a flat surface with the forearms.
- The ball contacts the middle of the forearm in the soft flat area.
- As the ball contacts the arm, the players push their shoulders forward in a shrugging motion towards their intended target.

Verbal Coaching Cues:

- "Ready Position"
- "On your toes"
- "Bend your knees"
- "Where are your arms?"



Coach on 3 Drill

- This drill focuses on basic passing skills as well as communication and movement.
- **How To:**
- Three players start in the back row positions (Right Back, Middle Back, Left Back), the rest of the players form a vertical line off the court feeding into these 3 positions.
- Coach starts in middle front, facing the players
- Coach tosses the ball to a player who must call the ball and pass it back to the coach who then passes the ball again to another player.
- Once a player passes a ball, they rotate off and the next player in line fills their spot.
- Keep the rally going as long as you can!
- To encourage communication and movement, try tossing the ball in between two players, or slightly in front of or to either side of a player.
- **Option:** This drill can also be done with Setting. It can also be one as a Coach on 1, or Coach on 2 drill.

Two Touch Chase Drill

This drill works on reacting and moving to the ball as well as communication.

How To:

- Players form 2 vertical lines with the first player at the 10 Foot Line, facing towards the serving line.
- Coach stands in the middle of the 2 players with a ball.
- Coach slaps the ball then throws it on the ground hard so the ball bounces high.
- The two players must run to the ball and communicate who will pass the ball first.
- The first player passes the ball up for the second player to pass as well.
- After both players passed the ball, they shag the ball and get back in line.

Option: To make this drill more challenging for older players, after players go through the line once or twice, start throwing the ball so it bounces farther away, or side to side, making the players run farther, move faster, and communicate more.

Run Up Passing Drill

This drill is designed to help players move their feet forward and anticipate the pass.

How To:

- Players stand in a vertical line facing the coach about 10 feet away with the first player out and ready to pass.
- The coach slaps the ball and tosses the ball a few feet in front of the players. Players must run up to the ball and pass it up high back to the coach.
- On short low passes close to the net, players should make sure their passing arm platform is level so the ball goes straight up, rather than at an angle into the net. If they are farther back away from their target (coach), the angle of their arm platform should be lower so the ball goes up and forward.

Option: To make this drill more challenging for older players, start with easy tosses, and after a few times through, toss the ball shorter making the players react quicker.

Three Blind Mice Drill

This drill works on reacting and moving your feet to the ball. This is a favorite drill for young players!

How To:

- Three players start in the three back row positions. The rest of the players form a vertical line off the court feeding into these 3 positions.
- Starting 3 players are turned around facing away from the court. The coach stands in Middle Front.
- The coach slaps the ball then tosses it up high in the air to one of the players.
- The players may not turn around until the coach slaps the ball. Once turned around, the players react quickly and pass the ball.

Option: To make this drill more challenging for older players, after a few tosses, start tossing the ball farther away from the players, side to side, or between two players.

Serve it Up, Pass it Up Drill

This drill works on reacting to the ball and passing off of a live serve.

How To:

- Six players start on one side of the court, ready to pass the ball (serve receive). The remaining players are on the opposite side of the net, ready to serve.
- Servers serve the ball to the passers. If the serve receive passes the serve, they score one point. If the serve is not passed, servers score one point.
- Play to a set number of points (ie: 5) then rotate servers and passers.
- Mix up players in serve receive positions frequently so they are exposed to many different passing locations on the court.

Option: As skill level progresses, change the goal be more challenging (ie: passing to the setter's spot, two passes in a row, 3 passes in a row, returning the ball over the net, etc.)

SERVING

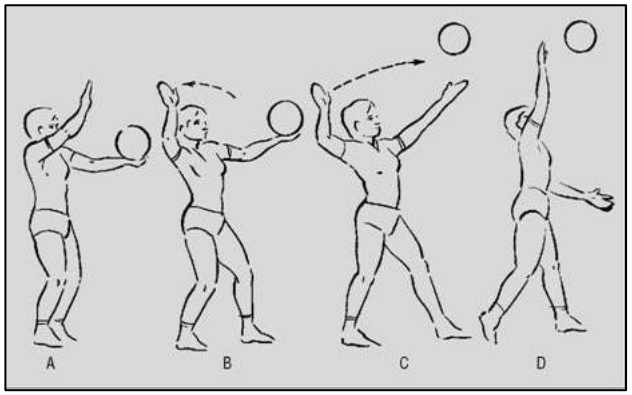
Serving Basics

How to teach serving basics to young players. Remember, in Hillsboro Youth Volleyball, we only teach kids overhand serve, as we want to develop the skill and muscle memory early on in their volleyball experience. Players may come up to the 10 Foot Line to serve. Coaches are encouraged to dedicate a portion of each practice to serving drills.

Starting Position:

- Players start with their feet shoulder-width apart with their left foot ahead of their right foot, pointing towards the court.
- The right foot should be slightly behind the left foot, pointed slightly out to the right.
- If a player is left hand, everything is exactly opposite, substituting rights for lefts.
- Players start with their left hand palm up, arm extended at shoulder level with the elbow very slightly bent, holding the volleyball.
- Players place their right hand on top of the volleyball. This helps young players steady the ball in their left hand before tossing.

Tossing the Ball:



- They toss the ball into the air with their left hand, working on keeping their arm and wrist straight and pushing the ball into the air with their hand, rather than spinning it by flicking their wrist.
- The ball is tossed about 2-3 feet in the air.
- Simultaneously, as they toss the ball, players draw their right arm back.
- The right elbow is high and hand pulls back with palm open to eye level, reaching back behind their head. (Give them the cue word "Bow and Arrow" for this portion. It helps remind them to keep their elbow high and keep their tracking hand out in front.)
- They player rotates their hips back toward the serving arm as the arm pulls back.
- Players practice tracking the toss by keeping their left arm high in the air aimed towards the ball.

Ball Contact:



- As the ball is in the air, player shifts their weight forward onto their left foot and rotate their hip forward again, bringing their arm forward, high in the air to contact the ball.
- As they bring their right arm forward to contact the ball, the left arm drops to their side.
- The ball is contacted in front of the body, centered above head level. **(See adjacent photo)**
- Players work on keeping their hand and wrist strong and open. They may need reminders to not have "noodle wrists".
- The right arm follows through to the right hip after contacting the ball. Encourage players not to let their right arm cross their body on their follow-through.

Verbal Coaching Cues:

- "Steady the ball"
- "Bow and arrow, up"
- "High-five the ball"
- "Hit the ball as hard as you can!"
- This is an important cue for players new to serving as many are often cautious in contacting the ball and need to be reminded frequently that a serve is a forceful contact.

Steps for Coaching Overhand Serving

Overhand serving may be an intimidating skill for a new coach to teach. However, by teaching portions of the skill individually, in a sequence, it can be taught successfully to young players.

Step 1- Starting Position/Steady the Ball:

- The first thing to teach and practice is the starting position.
- Players find a line on the court and stand with it between their feet.
- With a ball, players practice the starting position (as detailed in Serving Basics section).
- Once the ball is steadied in their hand, players turn their bottom hand, letting the ball drop, aiming for the line between their feet. (Note: this is not a toss. The ball is falling from their hand.)

Step 2- Tossing the Ball:

- Once players are comfortable with Starting Position, it is time to add in tossing the ball in the air.
- Mastering a consistent toss is an extremely important step in teaching young players to overhand serve.
- Before players contact the ball themselves, do tossing drills.
- Use Toss it Up Drill to teach proper ball tossing. (see on page 27)

Step 3- Arm Movement/Ball Contact:

- Once players are comfortable with Starting Position and Tossing, it is time to add in arm movements and ball contact.
- Before actually letting players toss the ball for themselves, do shadow serving drills with a coach holding the ball.
- This helps teach players proper arm movement, and focuses on where the ball should be contacted in a serve without worrying about the toss and timing.
- Use Shadow Serving Drill (see on page 28) to teach arm movement

Step 4- Combine skills

- After the first three steps are practiced in progression, players are ready to combine all individual skills into a full serve.
- Players partner up and practice serving each other, using the Back and Forth Drill.
- Use Back and Forth Drill to practice serving as a combined motion. (see on page 28)

Toss it Up Drill

Use this drill to teach accuracy and consistency with ball tossing for a serve.

How To:

- The players stand in vertical line with the coach standing in the front of the line, facing the players.
- Players find a line on the court and stand with it between their feet.
- Players then practice Starting Position and steadying the ball.
- Once the ball is steadied in their hand, players toss the ball approximately 3 feet in the air. They let it drop without contacting it.
- Players should aim for the ball to fall directly on the line between their feet.
- The toss should be a gentle push into the air. Many new players have a tendency to roll or flick their wrist when tossing the ball, putting spin on it. This is discouraged.
- Coaches stand in front of each player, extending their hand above the player's head. This gives players a target height for the toss.
- Players aim to touch the coach's hand with their toss.

Shadow Serving Drill

Use this drill to teach arm motions and ball contact without having to time a toss.

How To:

- The players stand in vertical line with the coach standing in front, facing the players.
- The coach firmly holds the sides of the ball and the players go through the motions of the serve with the coach moving the ball for them rather than them tossing.

- Their hands move up to track the ball like they tossed it. The coach raises the ball up. Players hit the ball up high while the coach is holding it, not letting go.
- Give verbal cues as players are going through the motions of serving. ("Steady the ball, Bow and Arrow-Up, High-Five"). New players can be timid to hit the ball hard. It can help to be a little silly with them.

Back and Forth Drill

This is an excellent drill to practice serving as a combined motion. Having players serve back and forth to a partner ensures a high number of ball contacts per player.

How To:

- Players find a partner and stand on opposite sides of the net. Players can start at the 10 Foot Line.
- Players serve back and forth to each other, aiming to serve directly at their partner (emphasize their follow through arm pointing directly at their partner).
- If a player serves into the net, they roll the ball under the net to their partner, rather than continuing attempts until successful. This ensures both partners are getting a high number of contacts
- Do this drill for a set amount of time (i.e.: 5 minutes)
- As players get more consistent and comfortable serving, they take a step back after successfully making a serve. If they miss, they stay in the same spot until they make their serve.
- Encourage players to continue to step back towards the serving line as their serves get stronger.

Note: This is a good drill to use as a warm up before a game. You can share the net with the other team.

MOVEMENT

Movement Basics

Movement and reacting to the ball are some of the most valuable skills a young player can learn!

How To:

- When players are on the court, encourage them to stay in their Ready Position, with weight on their toes, ready to move forward.
- All players on the court should watch the ball during play, ready to move at any time.
- Remind players often- we would rather two people go for the same ball than nobody go for it.
- Any time you can incorporate moving to a ball during a drill, do it! Toss a ball a foot or two in front of the players, or to the side, encouraging them to move their feet.
- When practicing serve receive or passing, try tossing the ball from the opposite side of the net. This helps players become comfortable with reacting to a 'live ball'.

Verbal Coaching Cues:

- "On your toes"
- "Don't grow roots"
- "Where are your arms?"

Movement Drills

Movement can be incorporated into many drills for other skills. The drills listed in the sections below are excellent for working on movement, reacting to the ball, and encouraging players to be aggressive in going for the ball.

Red Light, Green Light Drill

This classic childhood game can be modified with volleyball skills to work on reaction and movement from within a Ready Position. This drill is an excellent way to get players warmed up at the start of practice while incorporating volleyball movements.

How To:

- Players line up on the wall (or serving line) in a Ready Position stance.
- Coach stands on the side of the court, ready to call out phrases- Red Light, Yellow Light, or Green Light
- Green Light- players move forward quickly in a one-two step motion from a Ready Position, while working on keeping their bodies low, not standing straight up.
- Yellow Light- choose a skill to focus on- when Yellow Light is called, players must stop and perform that skill. (i.e.: Pretend to set a ball, or pretend to serve)
- Red Light- While moving, players must stop quickly and plant their feet in a Ready Position.
- Feel free to get tricky and call out random things (i.e.: Green Bean!) If a player does not respond to the correct command, or does not stop quickly enough when Red Light is called, the player must go back to the start. If they are past the net, they can go back to the net.
- First player to the opposite wall (or serving line) and back, wins!

Option: Feel free to modify the commands to work on various skills (i.e.: for older players, try using Yellow Light for a hit approach, or hitting the ground to dig a ball.)

SETTING

Setting Basics

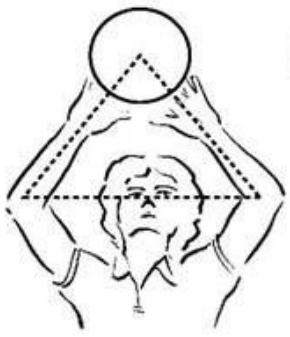
How to teach setting basics to young players.

- **Ready Position:**

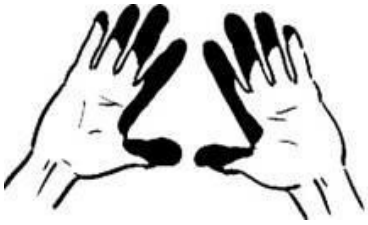
- Players start in Ready Position, similar to passing, with feet shoulder-width apart, knees bent, one foot slightly in front of the other.
- Players have their body weight on their toes, ready to move forward.
- Arms are in front of the body and shoulders are leaning forward. Arms are relaxed.

Arm and Hand Positions:

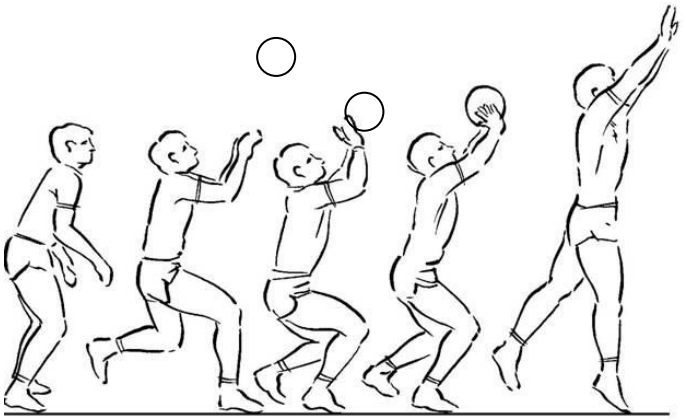
- The players place their hands around their hips with the thumbs facing the back.
- Have them pull their hands out in front of them, keeping the same form.
- Players should see their wrists are bent, fingers formed in a rounded shape with fingers spread out.
- Keeping this hand shape, hands raise above their forehead, with eyes looking up towards where a ball would be. Elbows are wide, forming a triangle with the arms overhead. **(See adjacent picture)**



Ball Contact:



- The ball is contacted with only the fingertips and the thumbs. The palm of the hand do not touch the ball. **(See adjacent picture)**
- As the ball comes towards the player, they should bend their arms as the ball touches their hands, like a spring loading.
- At first, the players catch the volleyball in the loaded position and pause for a second. This helps them get used to the movement.
- After loading the "spring", they extend their arms above their head, slightly in front of their body, pushing the volleyball out high in front of them, extending their legs at the same time.
- Hands extend up forward straight in front of their body. Wrists should not flick out sideways, which is common with new players. A helpful trick is to have players point up at the sky like they are pointing at Superman! **(See diagram on next page)**



Verbal Coaching Cues:

- "Hands up"
- "Load and explode"
- "Superman!"
- "Noodle wrists" or "Floppy fingers"
- This one is an important reminder for players who have a tendency to use stiff hands or fingers. Stiff hands can cause jammed fingers!

<u>One-Two Drill</u>

This drill focuses on ball control while setting and helps players get used to sending the ball to the Right Front (setter's spot).

How To:

- Two players start on the court in Middle Back and Right Front, with lines behind each position. Coach start in Left Front, facing players.
- Toss the ball up high to the Middle Back player. The player must call the ball and set it to the Right Front player.
- The Right Front player sets the ball to the coach.

Option: For younger players, the Right Front player may catch the ball overhead in a setting-stance first, then adjust as needed before setting it back to the coach.

Moving Train Drill

This drill focuses on movement, ball control and communication.

How To:

- Two players start at the serving line, about 10 feet apart, facing each other.
- One player tosses the ball to the other player who sets it back to her.
- They continue setting back and forth as they slowly walk down the court towards the net.
- If the ball drops players go to the back of the line at the serving line. Give the players 3 chances to start over, then after another failed attempt, they can pick up the ball and start again from where they stopped.

Option: This drill can also be done with Passing.

Keep it Going Drill

This drill is great for a high number of touches on the ball for each player.

How To:

- Each player finds a partner and stand about 10 feet apart, facing each other.
- One player tosses the ball to her partner, who sets it back.
- Continue to set back and forth.
- Set a goal for how many sets to achieve without letting the ball drop.
- Once they reach the amount, the team sits down. First team seated wins!

Option 1: This drill can also be done with Passing.

Option 2: This drill can also be done with a time limit rather a goal number of sets. This option allows a higher number of contacts for each player

Option 3: Another twist on this drill is to start all players at the same time and see how long they can keep setting back and forth before the ball drops. If they drop the ball, their team sits down. Last team standing wins!

HITTING

Hitting Basics

Hitting is a very complex movement for elementary age players. It is rarely done successfully in a game. For younger players, it is better to start with passing, serving, movement and setting basics before attempting to teach hitting. However, if players are more experienced and if you are comfortable teaching it, the footwork can be beneficial to start practicing.

Starting Position:

- Players start at the 10 Foot Line.
- Starting stance is standing with their weight shifted to their right foot underneath them and their left foot slightly behind their body, knee bent with the toe just slightly touching the ground for balance. Arms should hang loose out in front of their body.

Footwork:

- The footwork and rhythm of the hit approach should be **LEFT…RIGHT/LEFT. LEFT** (slow, reading the set speed)…**RIGHT/LEFT** (quick one-two step, explosive, plant hard).

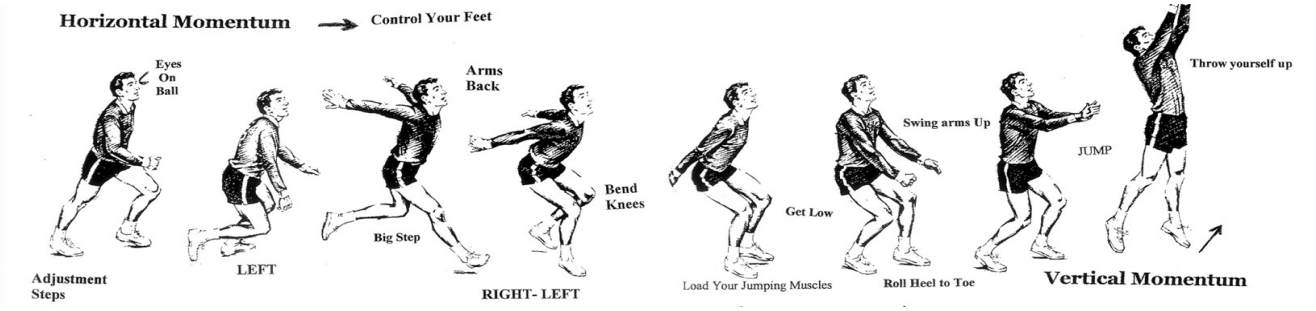
- **LEFT**- The first step is with the left foot. From the Starting Position, players bring their left foot forward and step out in front of their body with their foot pointing straight at the net. At this time their arms begin to move backwards down below their hips.

- **RIGHT**- The next step is with their right foot. While the left foot was a small step, the right foot movement is a big step and hard plant on the ground. Their right foot angles toward the Right Front position on the court (where the setter typically is located). Arms are forcibly drawn all the way back behind them (like they are flying eagles!).

- **LEFT**- The final step is with the left foot. The players bring their left foot forward quickly and plant it hard, shoulder-width away from the right foot and parallel to the right foot, pointing toward the Right Front (setter's spot). These last two steps (the RIGHT/LEFT) need to be a hard plant with two feet in a quick one-two step succession followed by an explosive jump off of both feet. Simultaneously, the player should drive both arms forward and up above their head in front of their body. **It is important for players jump straight up, without forward movement.**

Ball Contact:

- From here, the arm movement is similar to the "Bow and Arrow" motion of serving. They track the ball with their left arm, draw their right elbow back high above their head and contact the ball high in front of their body.
- Players should reach high to contact the ball on the top portion of the ball. They snap their wrist hard upon contact and forcibly swing their right arm down to the right hip.



Verbal Coaching Cues:

- "Left, Right, Left"
- "Explode Up"
- "High Elbows"
- "Follow Through"

Shadow Footwork Drill

This drill helps players with footwork and coordination of approach.

How To:

- Players line up at the 10 Foot Line.
- Go through the footwork and movement of their hit approach without a ball.
- Give them verbal cues as they go through the movement (LEFT… RIGHT/LEFT).

- Until the movement becomes natural, it is helpful to go through it in slow motion repeatedly with verbal cues.
- Do shadow drills for a set amount of time, walking around to each player and giving them feedback.

Stationary Ball Hitting Drill

This drill helps players combine footwork and arm swing/ball contact without a moving set.

How To:

- Players line up at 10 Foot Line.
- The coach stands on a chair, or holds the ball high. If the players are tall enough, hold the ball above net level, close to the net.
- Players do their full hit approach, reaching to hit the ball in the coach's hand.
- If you would like the players to hit the ball out of your hand, hold it in the palm of your extended hand and toss it two inches in the air. Drop your hand out of the way as the players jump. This helps you avoid getting smacked! Otherwise you can hold the ball firmly with two hands in front of you and players can aim to tap the ball lightly rather than hit it out of your hand.

Option: To make this drill more challenging for older players, you can start to add in a small toss during the approach. Toss the ball about two feet above the height of the net when the player takes their first step. Sometimes, it takes a few tosses to get the hang of the right height/timing.

Quick Glance of Rules

	Elementary School (4^{th}/5^{th} grade)	Middle School (6^{th}-8^{th} grade)
Ball	Volley Lite	Standard
Net Height	6'6"	7'4"
Game Play	50 minute time limit; 2 games to 25 (cap @ 27), & 3^{rd} game to 15 (cap @ 20) if needed	50 minute time limit; 2 games to 25 (cap @ 27), & 3^{rd} game to 15 (cap @ 20) if needed
Practices	1 per week	1 per week
Game Day	Saturdays	Saturdays
Game Location	Dzantik'I Heeni	Dzantik'I Heeni
Underhand Service line	10 foot line	Regulation
Overhand Service Line	10 foot line	20 foot line
Time Outs	1 – 30 second per game	1 – 30 second per game
Service Run Rule	5 serves	5 serves
2 Hit Rule	Strongly encouraged	Strongly encouraged
Substitution	Middle back	Middle back

Volunteer Coach Job Description

Title

Volunteer coach for the Juneau Parks & Recreation Department

Job Mission

To provide all the youth of Juneau with the opportunity to play in recreational sports in a positive, fun and safe environment with a focus on team building and good sportsmanship that helps children develop new friendships, self-esteem, and life-long healthy habits.

Experience & Training

Head coaches must be 18 years of age. If a high schooler wishes to volunteer as part of their community service project, they must be 14 years of age and will be paired with an adult coach. They will work in tandem for the season. Must have an interest in working with children and helping them grow as individuals. Should have some knowledge of the game and be able to perform the basic skills needed to teach.

General Statement of Duties

Teaches and coaches children ages 5-18 the fundamentals of youth soccer (indoor and outdoor), youth basketball, or volleyball. The volunteer is responsible for creating a safe and comfortable environment for all children to learn and play; is responsible for the children on his/her team during practices and games, offering a positive experience for everyone. The volunteer coach acts as a role model for good sportsmanship and fair play, acting as a leader to athletes and their families.

Responsibilities

- Oversees and manages the players and team. This means NEVER leaving a child alone after a practice or game
- Plan and supervise games and practices; occasionally act as a referee if one is not available. If unable to attend a practice or game, find a suitable substitute
- Supervise assistant coaches and team parents
- Organize equal play time for ALL participants
- Works supportively and respectfully with P&R staff, referees, Community School site attendants, other coaches and parents
- Communicates all league information; this includes games, practices, cancellations, news and any information from the Parks & Recreation department
- Provides a safe environment for all players
- Teach fundamentals of the sport to the youth athletes, as well as sportsmanship and proper behavior during games
- Conduct yourself in a good sportsmanlike manner and ensure that all players, assistant coaches and parents learn and model good sportsmanship
- Encourage the involvement of parents; this can include recruiting a "snack person", a communication helper, bench supervisor, timer and score keeper
- Responsible for equipment and jerseys assigned to the team
- Schedule and conduct any necessary parent meeting
- Put the feelings of the players ahead of your and the parent's desire to win

Qualifications

- Successfully complete the volunteer application and pass a background check
- Attend any coaching meetings
- Ability to work well and communicate effectively with children on a one-on-one basis and as a group
- Be able to establish positive relationships with parents and children, along with P&R staff
- Must not want to win at all costs
- Must display a positive attitude
- Must be enthusiastic, friendly and patient, especially with children
- Must be organized
- Must be dependable
- Must be able to model good sportsmanship and maintain self-control

Juneau Parks and Recreation Youth Sports

Code of Conduct – YOUTH Volleyball

All **coaches** and **parents** must sign this Code of Conduct. Please have parents sign before the 1st game on April 27, 2023!

There is a standard of conduct expected from every person associated with the Juneau Parks and Recreation youth sports program. Game and league rules control participant conduct on the field during league play. Participants must also be responsible for their conduct during practices and when not actively participating in a game. Appropriate conduct also relates to coaches, parents, referees, and Parks and Recreation staff. Inappropriate conduct can be any of the following, but is not limited to: **hitting, pushing, verbal abuse, intimidation, alcohol or drug use prior to, or during games/practices and poor sports conduct, including arousing spectators against a referee, player, team, or Parks and Recreation staff**. The Recreation Staff will deal with persons acting in an inappropriate manner.

- I will not yell at officials, coaches, other adults or my child while they are playing
- I will not ridicule anyone involved in a youth sporting event
- I will not curse or use abusive language
- I will not coach from the sidelines
- I will not use any form of electronic media (Facebook, Twitter, etc.) to harass, verbally assault or bully any member of the Parks & Recreation program
- I will not disrupt coaches during meetings, games or practices
- I will demonstrate good sportsmanship by being supportive of all players, coaches and officials at every game, practice or youth sport event.
- I will remember that this program and game is for kids, not ADULTS

Please sign in the space provided. You are signing that you have read the P&R Code of Conduct to your child and will share this information with any friends and family members attending P&R games and will abide by the Code for the entire season:

Team Name:	Coach Name:	Coach Signature:
Division:	Co-Coach Name:	Co-Coach Signature:

Parent Name	Parent Signature	Date

Date 4/5/19 Time: 12:00pm Court #: FD #1

Home Team Name: Spiders	Game #1		Game #2		Game #3 – if necessary		Visitor Team Name: Mountains
Coach: Beach	Home team name	Visitor team name	Home team name	Visitor team name	Home team name	Visitor team name	Coach: Penn
Team Roster: Jenny	~~1~~ ~~2~~ ~~3~~ 4 ~~5~~ ~~6~~ ~~7~~ ~~8~~ ~~9~~ ~~10~~ ~~11~~ ~~12~~ ~~13~~ ~~14~~ 15 16 17 18 19 20 21 22 23 24 25 26 27	~~1~~ ~~2~~ ~~3~~ 4 ~~5~~ ~~6~~ ~~7~~ ~~8~~ ~~9~~ ~~10~~ ~~11~~ ~~12~~ ~~13~~ ~~14~~ ~~15~~ ~~16~~ ~~17~~ ~~18~~ ~~19~~ ~~20~~ ~~21~~ ~~22~~ ~~23~~ ~~24~~ ~~25~~ 26 27	~~1~~ ~~2~~ ~~3~~ 4 ~~5~~ ~~6~~ ~~7~~ ~~8~~ ~~9~~ ~~10~~ ~~11~~ ~~12~~ ~~13~~ ~~14~~ ~~15~~ ~~16~~ ~~17~~ ~~18~~ ~~19~~ ~~20~~ ~~21~~ ~~22~~ ~~23~~ ~~24~~ ~~25~~ ~~26~~ 27	~~1~~ ~~2~~ ~~3~~ 4 ~~5~~ ~~6~~ ~~7~~ ~~8~~ ~~9~~ ~~10~~ ~~11~~ ~~12~~ ~~13~~ ~~14~~ 15 16 17 18 19 20 21 22 23 24 25 26 27	~~1~~ ~~2~~ ~~3~~ 4 ~~5~~ ~~6~~ ~~7~~ ~~8~~ ~~9~~ ~~10~~ ~~11~~ 12 13 14 15 16 17	~~1~~ ~~2~~ ~~3~~ 4 ~~5~~ ~~6~~ ~~7~~ ~~8~~ ~~9~~ ~~10~~ ~~11~~ ~~12~~ ~~13~~ ~~14~~ ~~15~~ 16 17	Team Roster: Jasmine
Ruth							Georgia
Sara							Kia
Lidia							Jackie
Mary							Taylor
Lauren							Makayla
Macey							Riley
Karen							Anna
Makenzie							Courtney

Referee:	Score Game #1	Score Game #2	Score Game #3
Winning Team: Mountains	25	26	15
Losing Team: Spiders	14	24	11

Accident/Injury Incident Report

City and Borough of Juneau

(To Be Initiated By Facility Supervisor or Designee)

Complete all queries as directed.

Section 1 – Dates and Times. Complete all.	
Today's Date: _____ - __ - ____	Date of Discovery Incident: _____ - __ - ____
Incident Date:_____ - __ - ____	Incident Time: _____

Section 2 – Injured Person. Complete all (attach additional page if necessary)		
Name of injured person:_____		
Injured person is: (please circle association to the CBJ below)		
Employee	**Volunteer**	**Other (please specify)** _____

Section 3 – Incident Description. Provide a brief, yet detailed factual description of the incident.

_____
_____
_____
_____
_____
_____

Section 4 – Parent/Guardian Information. Complete all if applicable.	
Was a Parent/Guardian/Other Emergency Contact notified? Circle party contacted and if they were or were not notified. Yes No	
Name of the person(s) notified: _____	Date/Time: _____
Parent or Guardian contact information: _____	Relationship to the injured:_____
Other Emergency Contact information: _____	
Method of Contact: _____	Name of the Person that made contact: _____

Section 5 – Medical Care. Complete all that are applicable.		
Describe any first aid treatment provided: _____ _____		
Was 911 called: Yes No	Was a Doctor contacted: Yes No	
If a Doctor was called: Who was called _____	Date/Time of contact: _____	
If known, were any of the following required: Circle if applicable		
Emergency Transport	Emergency Room Treatment	Hospitalization

Forward Completed Report to: Risk.management@juneau.org
For assistance, please call 907-586-5250

Section 6 – Police. Complete all applicable.	
Was JPD contact: Yes No	If contacted, and if known, JPD Case Number: _____
Name of the person that called JPD: _____	

Section 7 – Descriptions. Complete all applicable.

Describe the injury: (what happened, what area of the body, what was the nature of the injury, why (if known) did the injury occur)

_____
_____
_____
_____
_____
_____

Describe any damage to property:

_____
_____
_____
_____
_____
_____

Where did the incident take place? Be as precise as possible.

_____
_____
_____

Identify any adult witnesses to the incident and provide their phone numbers. Provide name of parent/legal guardian if witness is a minor:

Name: _____	Contact Number: _____
Name: _____	Contact Number: _____

Section 8 – Report Information. Complete all.

Name of the person completing this report: _____

Date the report is completed: _____ - __ - ____

Signature: _____

Section 9 – Notes. Complete as needed. Notes to Risk Management.

_____
_____
_____
_____
_____
_____

Forward Completed Report to: Risk.management@juneau.org

For assistance, please call 907-586-5250

Juneau Parks & Recreation

A Fact Sheet for COACHES

HEADS UP CONCUSSION

One of the main jobs of a youth sports coach is keeping athletes safe. This sheet has information to help you protect athletes from concussion or other serious brain injury, learn how to spot a concussion, and know what to do if a concussion occurs.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

HOW CAN I HELP KEEP ATHLETES SAFE?

Sports are a great way for children and teens to stay healthy and can help them do well in school. As a youth sports coach, your actions create the culture for safety and can help lower an athlete's chance of getting a concussion or other serious injury. Aggressive and/or unsportsmanlike behavior among athletes can increase their chances of getting a concussion or other serious injury. Here are some ways you can help keep your athletes safe:

Talk with athletes about the importance of reporting a concussion:

- Talk with athletes about any concerns they might have about reporting their concussion symptoms. Make sure to tell them that safety comes first and you expect them to tell you and their parent(s) if they think they have a concussion.

Create a culture of safety at games and practices:

- Teach athletes ways to lower the chances of getting a concussion.
- Enforce the rules of the sport for fair play, safety, and sportsmanship.
- Ensure athletes avoid unsafe actions such as:
  - Striking another athlete in the head;
  - Using their head or helmet to contact another athlete;
  - Making illegal contacts or checking, tackling, or colliding with an unprotected opponent; and/or
  - Trying to injure or put another athlete at risk for injury.

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- Tell athletes that you expect good sportsmanship at all times, both on and off the playing field.

Keep up-to-date on concussion information:

- Review your state, league, and/or organization's concussion guidelines and protocols.
- Take a training course on concussion. CDC offers concussion training at no cost at www.cdc.gov/HEADSUP.
- Download CDC's HEADS UP app or a list of concussion signs and symptoms that you can keep on hand.

Check out the equipment and sports facilities:

- Make sure all athletes wear a helmet that fits well and is in good condition when appropriate for the sport or activity. There is no "concussion-proof" helmet, so it is important to enforce safety rules that protect athletes from hits to the head and when a helmet falls off during a play.
- Work with the game or event administrator to remove tripping hazards and ensure that equipment, such as goalposts, have padding that is in good condition.

Keep emergency contact information handy:

- Bring emergency contact information for parents and health care providers to each game and practice in case an athlete needs to be taken to an emergency department right away for a concussion or other serious injury.
- If first responders are called to care for an injured athlete, provide them with details about how the injury happened and how the athlete was acting after the injury.

HOW CAN I SPOT A POSSIBLE CONCUSSION?

Athletes who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

SIGNS OBSERVED BY COACHES OR PARENTS:

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignmentor position, or is unsure of the game, score, or opponent
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or after a hit or fall.

SYMPTOMS REPORTED BY ATHLETES:

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right", or "feeling down".

NOTE: Concussion signs and symptoms often show up soon after the injury, but it can be hard to tell how serious the concussion is at first. Some symptoms may not be noticed or may not show up for hours or days.

WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK FOR?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or ensure an athlete is taken to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreasedcoordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, oragitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

CONCUSSIONS AFFECT EACH ATHLETE DIFFERENTLY.

While most athletes with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with an athlete's parents if you notice their concussion symptoms come back after they return to play.

WHAT SHOULD I DO IF I THINK AN ATHLETE HAS A POSSIBLE CONCUSSION?

As a coach, if you think an athlete may have a concussion, you should:

REMOVE THE ATHLETE FROM PLAY.
When in doubt, sit them out!

KEEP AN ATHLETE WITH A POSSIBLE CONCUSSION OUT OF PLAY ON THE SAME DAY OF THE INJURY AND UNTIL CLEARED BY A HEALTH CARE PROVIDER.
Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion. After you remove an athlete with a possible concussion from practice or play, the decision about return to practice or play is a medical decision that should be made by a health care provider. As a coach, recording the following information can help a health care provider in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body.
- Any loss of consciousness (passed out/knocked out) and if so, for how long.
- Any memory loss right after the injury.
- Any seizures right after the injury.
- Number of previous concussions (if any).

INFORM THE ATHLETE'S PARENT(S) ABOUT THE POSSIBLE CONCUSSION.
Let them know about the possible concussion and give them the HEADS UP fact sheet for parents. This fact sheet can help parents watch the athlete for concussion signs or symptoms that may show up or get worse once the athlete is at home or returns to school.

ASK FOR WRITTEN INSTRUCTIONS FROM THE ATHLETE'S HEALTH CARE PROVIDER ON RETURN TO PLAY.
These instructions should include information about when they can return to play and what steps you should take to help them safely return to play.

WHY SHOULD I REMOVE AN ATHLETE WITH A POSSIBLE CONCUSSION FROM PLAY?

The brain needs time to heal after a concussion. An athlete who continues to play with concussion has a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect an athlete for a lifetime. It can even be fatal.

SOME ATHLETES MAY NOT REPORT A CONCUSSION BECAUSE THEY DON'T THINK A CONCUSSION IS SERIOUS.

They may also worry about:

- Losing their position on the team or during thegame.
- Jeopardizing their future sports career.
- Looking weak.
- Letting their teammates or the team down.
- What their coach or teammates might think of them.

WHAT STEPS CAN I TAKE TO HELP AN ATHLETE RETURN TO PLAY?

An athlete's return to school and sports should be a gradual process that is approved and carefully managed and monitored by a health care provider. When available, be sure to also work closely with your team's certified athletic trainer.

Below are five gradual steps that you, along with a health care provider, should follow to help safely return an athlete to play. Remember, this is a gradual process. These steps should not be completed in one day, but instead over days, weeks, or months.



BASELINE:

Athlete is back to their regular school activities, is no longer experiencing symptoms from the injury when doing normal activities, and has a green light from their health care provider to begin the return to play process.

An athlete should only move to the next step if they do not have any new symptoms at the current step.

STEP 1:

Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weightlifting at this point.

STEP 2:

Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight than a typical routine).

STEP 3:

Add heavy non-contact physical activity, such as sprinting/ running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

STEP 4:

An athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

STEP 5:

An athlete may return to competition.

REMEMBER:

It is important for you and the athlete's parent(s) to watch for concussion symptoms after each day's return to play progression activity. If an athlete's concussion symptoms come back, or he or she gets new symptoms when becoming more active at any step, this is a sign that the athlete is pushing him- or herself too hard. The athlete should stop these activities, and the athlete's health care provider should be contacted. After the okay from the athlete's health care provider, the athlete can begin at the previous step.

HEADS UP CONCUSSION

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Content Source: CDC's HEADS UP campaign. Customizable HEADS UP fact sheets were made possible through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

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