



# TOP 10 TIPS

## Coaching Youth Volleyball By N. Dorsey

### #1 POINT SCORING POINTS THE WAY

Pass and Serve, Pass and Serve, Pass and Serve. No matter what age the game is won and lost in point scoring and side out. Spend time perfecting these tools.

### #2 THE WEAKEST LINK DETERMINES THE STRENGTH OF THE CHAIN

Ball control - EVERY single player on your team needs to be trained to have ball skills. We cannot rely only on "defensive" players to have these skills if we want to be successful. The hardest teams to beat are the ones where there isn't a hole on the court anywhere.

### #3 CAN WE GET REAL HERE? ... REALITY IS STRESSFUL

Conduct goal-based drills - allowing you to mimic the reality and "stress" of a real game-like situation.

### #4 STIR THE INGREDIENTS HARD AND FAST

The recipe includes fast-paced practice-run drills that also condition so that when game-time comes, it all slows down - games will be a cakewalk after the ingredients are properly mixed and fully baked.

### #5 "E" & "A" - THE RIGHT TICKET TO SUCCESS

Energy and Attitude - expressing strongly how the kids have control over these two things. The more they focus on channeling the appropriate energy, the better your team will be.

### #6 VOLLEY BALL TEAM - NOT A BARBARIC HORDE

Humility - this incorporates many things... thanking officials after EVERY game, leaving a place cleaner than we found it, carrying ourselves with integrity on and off the court. We come, we compete with respect, courtesy and dignity... victors or vanquished... all the same... with chins high.

### #7 LADIES - GOTTA FEEL GOOD TO PLAY GOOD - GUYS GOTTA PLAY GOOD TO FEEL GOOD

The ladies won't care what you know until they know that you care. The fellas come in from the other direction - BUT THEY ARE ALL KIDS. We coach because we love kids. They need to know and understand that - regardless of gender!

### #8 THEY ALL GOT GABBERS - THEY NEED TO LEARN TO USE 'EM!

Communication is key in all team sports - players must communicate well on the court... it helps to score points.

### #9 Q. SYNONYM FOR COACH? A. TEACHER!

Training players to be students of the game is critical. Court IQ is huge, but they cannot develop this skill without help from the coach. Watch film and break it down, watch opponents play at tournaments and discuss how they can apply the things they are seeing to their own game.

### #10 RIDDLE - AN IMPORTANT THREE LETTER WORD THAT RHYMES WITH "SOME"

Have some practice FUN, son... and daughter too. Learning and improving at the game of volleyball should be enjoyable. Make sure the kids are having a good time... until the job is done, son... and daughter too!

#### EMERGENCY

In a crisis call "911" immediately

● If considering self-harm, call "988"

The National Suicide Intervention Lifeline

#### SEXUAL MISCONDUCT

To speak to a counselor,

Call (800) 656-4673

RAINN

#### BULLYING/HAZING, VIOLENCE, ADDICTIONS & SUBSTANCE ABUSE

For helpful resources,

[thebmsproject.org/Safety](https://thebmsproject.org/Safety)

#### CHILD ABUSE

To report suspected child abuse,

Call (800) 422-4453

Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).