



## Sandy's Teaching Ideas

The following are suggestions that I encourage you to do when planning and teaching in each practice session:

### TEACHING:

1. Show, and then tell! Not tell and Show.
2. Talk as little as possible. Allow the student to practice. Remember, after two minutes the player does not hear anything anymore. Set your watches and see how you do.
  - a. Model as much as possible, show the player!!!
3. Game like drills seem to have more transfer. I still like to use progressions when teaching basic skills. Using the following sequence is helpful:
  - a. Demonstrate the entire skill (i.e. whole part whole)
  - b. Teach progressions
  - c. Whole skill - allow practice and trial and error
  - d. Movement drills - more practice
  - e. Sequential drills - i.e. pass, set, attack etc.
    - 1) Random practice - just as the game occurs in competition
  - f. Game like situations - MORE PRACTICE
  - g. Game situations
  - h. Success ALL-AWESOME PLAYER, if not repeat
  - I. See #10 Drill design for ideas after completing the teaching of progressions
4. Teach Key Words and use them in your teaching.
5. State specifically what the player did correctly,
  - a. i.e. "That was an excellent right, left plant" instead of "Good job".
6. Use lots of "WE" statements, meaning here at Texas Image "we do", instead of putting the player on the defensive about what their coaches are teaching at home. Also, use I statements instead of you statements. (I.e. I see your arms swinging pass your chin, instead of you are swinging your arms too much when you pass.)
7. Be positive, use non-threatening phrases such as: "try this instead" rather than "that is not right, do this, etc."
8. Demonstrate as much as possible, model as much as possible.
9. Do not show your frustration to the player, **BE POSITIVE, BE SUPPORTIVE!!!!**
10. Drill Design - (*Various Ideas from John Kessel*)
  - a. Use as much game like drills as possible
  - b. Use a pass, set, and attack drill as much as possible when practicing attack
  - c. Work in transition as part of every drill if possible
    1. Ex: 80% of attacking should be practiced after the blocker retracts and then becomes the spiker, as opposed to a serve reception or free ball formation.
  - d. Allow for an acceptable degree of success in every drill
  - e. Stay out of the drills, including tossing, as much as possible
  - f. Never touch the net and avoid running under the net
  - g. Limit all single partner drills after the progressions
  - h. If you must toss the ball, vary the ball toss positions, timing; toss heights, but not the mechanics
  - i. Always stress movement to and through the ball; targets should try to catch the ball before it hits the floor
  - j. Stop the drill while intensity remains high

- k. Stop drills short of fatigue, as fatigue is detrimental to learning
- L. **End the drill on a positive note**
- m. Use Kessel's idea of BASE Drills (Build All Skills Efficiently)

- 1) Make players move to touch the ball
- 2) Start the drills from various places on/off the court, again more game like
- 3) Combination of skills (coaches of younger groups, be patient)
- 4) Criteria or goal oriented drills:
  - a) "X" number
  - b) "X" in a row
  - c) Rotate on a successful attempt
  - d) How many out of "x"
  - e) Targets
  - f) Plus/minus games
- 5) Competition
- 6) Allow comparison
- 7) **Stay out of drills**
- 8) Model often
- 9) Develop self-back into the drills

- 11. Learn the players' names as quickly as possible. This is a powerful tool to learning.
- 12. Teach specifics, both in terms of technique and drills.
- 13. **Volleyball is a forward game.** Teach this concept to the players as soon as possible.
- 14. Stress individual excellence. The players need to recognize and strive for their own achievements, instead of comparing themselves to others.
- 15. Encourage each player to try things they have never done before. (I.e. use their hands to pass free balls, attack from behind the 10-foot line, jump serving both with a spin serve and float serve, setting quick sets, etc.)
- 16. Warm the players up with plenty of movement and agility drills. Use range of motion exercises instead of stretching, soreness limits the degree of range of motion the player will have.
- 17. Use the cool down to review the sessions' key words and phrases. Note improvements, and let the practice ask questions or talk about their teams.
- 18. As stated before, keep players moving during practice sessions. Stress the importance of shagging, tossing, and handling balls during drills. Teach your practice how to toss and shag balls, etc.
- 19. **DEMAND SUCCESS AS WELL AS CELEBRATE SUCCESS!!!!** Most practice needs to realize the benefits of slapping hands or receiving a compliment for a fine performance. Try to end each drill with each practice being successful for his or her level.
- 20. Some additional points about coaching volleyball:
  - a) Athletes first, winning second
  - b) Be consistent
  - c) Volleyball belongs to the players. Always put the welfare of the player, team and the game ahead of your personal gain.
  - d) Model sportsmanship at all times in practice, competition and keep your communication as positive as possible
  - e) Learn about your players (as much as possible) and their individual needs
  - f) Emphasize performance & process over outcome
- 21. **EVALUATION OF PRACTICE SESSION:**
  - 1. Did the players have fun?
  - 2. Were attempts evenly distributed?
  - 3. Did the players get to perform their strengths?

4. Did they get to work on their weaknesses?
5. Did the bottom players (#10, 11, and 12) feel important?
6. Were the shaggers always busy?
7. Were you clear, yet brief with explanations?
8. Did you provide good models?
9. Did you maximize meaningful contacts?
10. Were the drills as game-like as possible?
11. Was their room for feedback?
12. Did you stay out of the actual drill?
13. Did you individualize key words?
14. Did you refrain from flooding the players with information?
15. Did you allow for three trials with two receiving no feedback?
16. Were you positive, especially at the end?
17. Did you prepare & perform to your best capability?