



CENTRAL SPORTS

VOLLEYBALL

*Central Sports exists to promote the
discovery of Jesus through sports.*

Team Name: _____

Practice Day/Time: _____

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CENTRAL SPORTS

Central Sports focuses on these three things: fun, growth, and respect.

- **Fun-** We want the kids, parents and you, the coach, to have fun. We want learning about Jesus to be fun. He is the creator of fun, so why wouldn't we have fun learning about Him?
- **Growth** - We want kids to be better players at the end of the season than they were at the beginning of the year. We want the players', coaches' and parents' relationship with Jesus to be deeper that it was when the season started. If they don't know Jesus, we want them to get to know Him.
- **Respect-** We want players and coaches to play to win, but at the same time not win at all costs. We want players and coaches to respect the opponent. We want you to have the same reaction in winning and in losing. Jesus taught us to love others, so we need to love the other team.

Sports Offered

January-February : Basketball, Cheerleading

March-May : Soccer

August- November : Flag Football, Volleyball

Practice/Game Cancellation Policy

Volleyball does not normally have weather related cancellations. However, if for some reason a cancellation does occur, emails will be sent out to the league and cancellation notices will be posted to the Central Volleyball Facebook page

(<https://www.facebook.com/groups/cbcupwardvb/>).

IMPORTANT DATES

Meet the Team: _____

First Week of practice: _____

First Game: _____

Last Game: _____

Deadline to request award medals: _____

Gym unavailable on this day (dates): _____

Teams that affected by this day (dates) can practice the Friday of that week.

***You **MUST** notify Bill Wise if you plan to practice on that Friday!

COACHES: REQUIREMENTS

Application & Background Check

All coaches must complete an application and background check. This includes assistant coaches and fill-in coaches. If you know you will miss a game and need a fill-in coach for a game, please make sure they have completed and turned in the appropriate paperwork.

Ministry Safe

As a coach, you MUST complete the Ministry Safe Sexual Assault Awareness Training. This is to protect the players, you as the coach, and Central Sports. There are videos and a test at the conclusion of the training. The entire training should take no longer than 45 minutes. This training certification lasts 2 years. If you have taken the Ministry Safe Training at another church, please send your certification to familyactivities@centralbcs.org. If your training expires during the middle of the season, you will be asked to complete a new training prior to the start of the season. We thank you for taking every step possible to protect the kids that we love.

COACHES: EXPECTATIONS

We want you to grow in the knowledge, skills and passion for stewarding players to Christ through the sport of volleyball. When you coach, we want you to instill character in the players. This only comes from a relationship with Jesus and a constant renewing of your mind with the things of Him. (Rom. 12:2)

Coaching can have more purpose than teaching players how to serve or pass. As a coach, you can teach your players about the truths of God: that He loves us and wants to know us, along with the sport. We want to come alongside and equip you to share Jesus with your players.

As a coach, we want you to be a positive role model – encourage and respect your players and the game by communicating clearly and consistently, listening to your players, and knowing the sport.

Keys to Coaching

- Teach the game through drills – The ability to execute proper drills enhances skill level and improves athletic foundations. Your practices should utilize drills that enhance skill development.
- Teach the rules of the sport – For the players to grow in the sport, they must understand and apply the rules of the game. Take time to explain rules and why they are important.
- Instill sportsmanship with a competitive spirit – In sports, winning and losing are part of the game, just as it is for life. Knowing how to handle both in a positive way builds character in young athletes. Teach your players to play hard and play to win, but also teach them to put others before themselves with a positive attitude and sportsmanship.
- Communicate effectively – In order to teach the rules, explain drills, and teach sportsmanship, you have to be an effective communicator. Likewise, good communication and organization are crucial in keeping parents informed throughout the season. This includes keeping them up to date on practice and game times and having a plan in place each and every practice.

Central Sports Coaches' Dress Code

- Central Sports Coach shirt or sleeved t-shirt
 - NO tank tops, muscle shirts, crop tops or spaghetti straps
- Athletic or walking shorts
 - NO yoga pants, compression pants, compression shorts, leggings, jeggings, etc., unless covered by shorts.
- Tennis/athletic shoes
 - Come dressed for practice the way you want the kids dressed for practice; set the standard and example.

COACHES: RESPONSIBILITIES

Attend Coaches' Training

- Attend training
- Pick-up shirt, roster, and handbook

Contact Your Team

- Introduce yourself (and your assistant coaches if applicable)
- Inform parents of:
 - Team name & age division (for the parents with multiple children playing)
 - Practice nights (day of week, time)
 - Meet the Team details
 - First Practice date
 - First Game date
 - Knee pads
 - Dress code for practice & games
 - Practice atmosphere
 - Game day atmosphere
 - Line judges

We encourage you to request a confirmation so you know your parents receive the information.

Attend 'Meet the Team'

Location: Family Life Center Gym (FLC Gym)

1st-3rd grade division: 6:00-6:20 pm

4th-6th grade division: 6:30-6:50 pm

- Introduce yourself
- Tell them when the first practice is (day of week, time)
- Tell them where the first practice is (all practices will be the same)
- Tell them what to bring to practice; knee pads, water bottle, learning attitude
- Ask for a team parent to handle snack sign-up (if wanted/needed)
- Ask for help coaching if wanted/needed (must fill out paperwork/Ministry Safe training)
- Let them know when/if you will be out
- Hand out team rosters

IF YOU AND YOUR ASSISTANT COACH WILL NOT BE AT 'MEET THE TEAM', PLEASE LET YOUR TEAM KNOW THAT THEY DON'T NEED TO ATTEND. PLEASE LET US KNOW AS WELL!

Conduct Practices

- Be prepared for your practices! Conduct drills that teach skills.
- Be prepared for devotions! The players will get out of it what you put into it.
- Use positive reinforcement only; no punishment! Please no burpees, push-ups, etc.
- No scrimmages during the first two weeks of practices.

Coach Games

- Be prepared for the game! Have your lineup ready and captains picked. Make sure players are given equal game starts, playtime, and coin tosses.
- Be involved! Engage with players from the bench.
- Be an encourager! Always have uplifting words for your players. Praise them in the post-game locker room.
- Do not argue with the refs/scorekeepers. Remember that they are volunteers! Please set a good example for your players.

Award End-of-Year Medals

End-of-the-Year Medals are given after the last game of the season. This highlights your player's strength; it is not a "most improved, MVP, or best player" award. Multiple players can receive the same award. You will email Central Sports with a list of the awards you need. There are 10 award categories:

- Offense, Defense, Passing, Serving, Hustle, Sportsmanship, Leadership, Character, Effort, Encourager

You will receive a reminder from Central Sports to provide your medal count & categories.

Please be aware: if you miss the deadline, you will NOT receive any medals for your team.

VOLLEYBALL AT CENTRAL

General Rules of Volleyball

- Ball that lands on the line is in.
- Serve that does not go over the net is a point for the other team.
- Ball that lands out is a point.
- Serve that strikes the net and goes over is a live ball.
- Serve that strikes the antennae or goes outside of the antennae and lands in or the other side, is out.
- Ball in play that strikes the ceiling/sound equipment/basketball goal, etc. but remains on your side is a live ball.
- Ball in play that strikes the ceiling/sound equipment/basketball goal, etc. and goes over the net to the opposing team is considered obstructed and a dead ball; point for the other team.

Rules Specific to Central Sports

- Player rotates in at server position only and rotates through all positions on the court.
- Player may not serve more than 3 points in a row (side-out awarded).
- Rally scoring
- Zone serving (see following entitled section).
- No chanting during the opposing team’s serves.
- Serve that is missed (‘whiffed’) is replayed.
- One time out per game
- Lifts are called for the 4th-6th grade division
- Devotion for all teams and parents given at the beginning of each game

| | 1st-3rd Grade Division | 4th – 6th Grade Division |
|------------------------|--|---|
| Ball Size | -Volley Lites | -Standard Size |
| Game Format | -Two 18 minute games -No score kept | -2 sets (games) to 25 points -1 set (game) to 15 points -Must win by two points |
| Zone Serving | -2 ft zones – 12 total zones -Serve is allowed from in front of 10 ft line -After two successful serves, moves back to next zone for third attempt -Start serving in last successful zone | -5ft zones – 5 total zone -Serve begins at 10 ft line -After each successful serve, moves back to next zone -Start serving in last successful zone |
| Overhand Serves | -Behind 30 ft line | -Behind 25 ft and 30 ft line (Zones 5 or 6) |

Play Time/Line-up Rotation

- Every player rotates in at server position and rotates through all positions on the court to ensure equal playtime.
- Evenly divide (as much as is possible) game starts
- Evenly divide (as much as is possible) coin toss callers
- If a player is late, you can have them sit out until their turn in the rotation or you can slip them in right away. Just be consistent!
- Start of game – if your team didn't win the toss, you must rotate before serving

Equal Line-up

| | Game 1 | Game 2 | Game 3 | Game 4 | Game 5 | Game 6 | Game 7 | Game 8 |
|-----------|--------|--------|--------|--------|--------|--------|--------|--------|
| Player 1 | X | | X | | X | | | X |
| Player 2 | X | | X | | X | | | X |
| Player 3 | X | | X | | | X | | X |
| Player 4 | X | | X | | | X | | X |
| Player 5 | X | | | X | | X | | X |
| Player 6 | X | | | X | | X | | X |
| Player 7 | | X | | X | | X | | |
| Player 8 | | X | | X | | X | | |
| Player 9 | | X | | X | | | X | |
| Player 10 | | X | | X | | | X | |
| Player 11 | | X | | | X | | X | |
| Player 12 | | X | | | X | | X | |
| Player 13 | | | X | | X | | X | |
| Player 14 | | | X | | X | | X | |



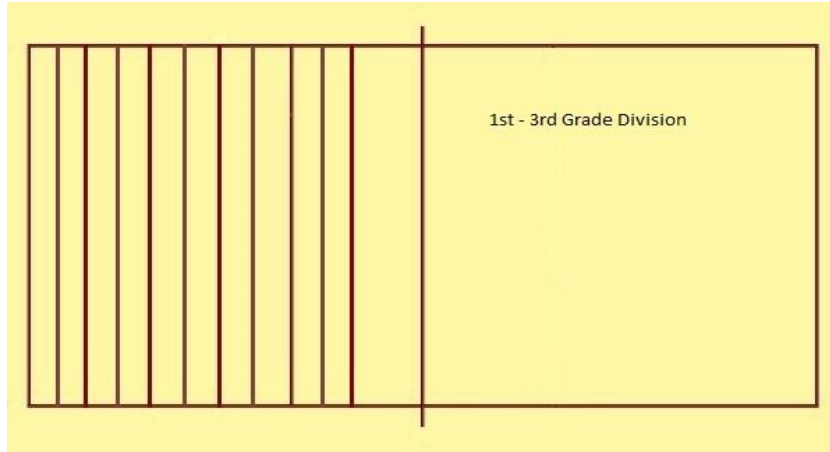
Unequal Line-up

| | Game 1 | Game 2 | Game 3 | Game 4 | Game 5 | Game 6 | Game 7 | Game 8 |
|-----------|--------|--------|--------|--------|--------|--------|--------|--------|
| Player 1 | X | | | | | | | X |
| Player 2 | X | X | | | | | | |
| Player 3 | X | X | X | | | | | |
| Player 4 | X | X | X | X | | | | |
| Player 5 | X | X | X | X | X | | | |
| Player 6 | X | X | X | X | X | X | | |
| Player 7 | | X | X | X | X | X | X | |
| Player 8 | | | X | X | X | X | X | X |
| Player 9 | | | | X | X | X | X | X |
| Player 10 | | | | | X | X | X | X |
| Player 11 | | | | | | X | X | X |
| Player 12 | | | | | | | X | X |
| Player 13 | | | | | | | | X |
| Player 14 | | | | | | | | |

Zone Serving: 1st – 3rd Grade Division

Lines that are 2 feet apart will be taped on the court; creating 12 serving zones.

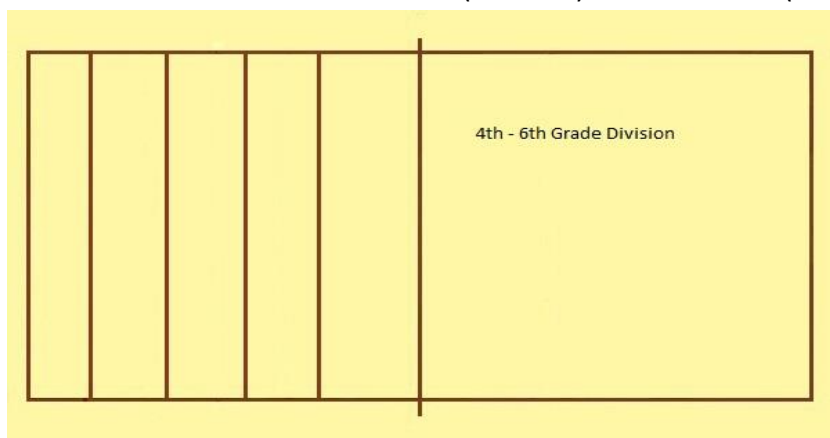
- Each player should begin in a zone that is the furthest from the net that they can consistently, successfully serve. 1st-3rd grade division can begin anywhere, including in front of the 10ft line.
- If the player has two successful serves, then the player will move back one zone for the third serve attempt.
- When the player rotates around for their next serve attempt, they start in the last zone in which they were successful.
- Overhand serves from the 30 foot line (back line)



Zone Serving: 4th – 6th Grade Division

Lines that are 5 feet apart will be taped on the court, creating 5 serving zones.

- Each player should begin in a zone that is the furthest from the net that they can consistently, successfully serve. 4th-6th grade division will begin at 10ft line.
- If the serve is successful, player moves back to the next zone for next serve attempt. The player will move back one zone for every successful serve attempt until they side out (3 serves) or possession turns over.
- When the player rotates around for their next serve attempt, they start in the last zone in which they were successful..
- Overhand serves from the 25 foot line (4th zone) or 30 foot line (back line/5th zone)



Practice

- Practice nights: Monday, Tuesday, or Thursday
- Practice times: 5:30-6:30 pm or 6:30-7:30 pm
- Volleyball courts are shared for practices.
- Please wait outside the gym until your practice time begins.
- Devotions are at the midway point of your practice. An intern will announce balls down.
- Positive reinforcement only; no punishments such as burpees, push-ups, etc.
- No scrimmages during the first two weeks of practice.

PRACTICE BREAKDOWN

- *Pre-Practice Huddle (3-5 minutes)* – Cover specific rules and the basics of the game. Teach and review proper techniques for each skill needed for practice drills.
- *Warm-up Activity (3-5 minutes)* – Provide players the opportunity to practice individually and slowly warm up their muscles.
- *Practice skills through drills (20 minutes)* – Use drills that reinforce skill development. Focus on only one to two skills per practice.
- *Mid-practice huddle (5-7 minutes)* – Share the practice-specific devotion for each week. An intern will come in and announce devotion time at the mid-point of practice.
- *Scrimmage or games that teach (20 minutes)* – Guide players in using the skills they are learning through scrimmaging.
- *Post-practice huddle (5 minutes)* – Communicate game times, picture times, etc. After practice is a great time to engage in conversation with parents.

SKILLS TO TEACH/LINKS TO DRILLS

- Rules (In/Out of bounds, 3 hits, Rotation)
- Communication (mine, back, out, etc.)
- Ready position
- Serving (underhand and/or overhand)
- Passing
- Move Those Feet
- Setting
- Hitting
- Offensive (when serving) player positions
- Defensive (when receiving) player positions
- Links
 - <http://www.theartofcoachingvolleyball.com>
 - <http://athleticlift.com/volleyball-drills-for-kids/>
 - <http://www.jvaonline.org/beginner-drills>
 - <https://www.livestrong.com/article/188507-fun-volleyball-drills/>
 - <https://www.teamusa.org/USA-Volleyball/Features/2015/June/23/Growing-Kids-Volleyball>

There are many more ideas, videos, drills, etc. out there. Just search for “Volleyball Drills for ages insert age/grade here”.

Game Day: 1st – 3rd Grade Division

Prior to Game

- Set your lineup
 - Equal start time/play time for every player
- Choose a bench
- Warm-up until ref signals 'balls in'
- Choose your 'Captain(s)' – they call the coin toss.
 - Coin toss winner chooses to serve or receive
 - Make sure everyone takes a rotation at 'Captain'.

During Game

- Two 18 minute games (no clock stoppages) with a 2 minute break
 - Do not leave the court.
- This age division does NOT swap sides of the court

After the Game

- Line up and shake hands (high-fives)
- Dismiss to the locker room (classroom) on your side of the gym
 - First classroom for 1st-3rd grade division
- Pass out team snack
- Positively congratulation/critique your team

Game Day: 4th – 6th Grade Division

Prior to Game

- Set your lineup
 - Equal start time/play time for every player
 - Turn in your lineup (in serving order), with player jersey #s, to the scorekeeper's table
 - If your line-up changes between sets (games), then you will need to provide those line ups as well
- Choose a bench
- Warm-up until ref signals 'balls in'
- Choose your 'Captain(s)' – they call the coin toss.
 - Coin toss winner chooses to serve or receive
 - Make sure everyone takes a rotation at 'Captain'.

During Game

- Two games to 25 and one game to 15
 - Must win by 2 points
 - Swap sides of court between each game

After Game

- Line up and shake hands (high-fives)
- Dismiss to the locker room (classroom) on your side of the gym
 - Second classroom for 4th-6th grade division
- Pass out team snack
- Positively congratulate/critique your team

EXAMPLES

Example Intro/Meet the Team Email:

Howdy parents!

We are so excited to have your daughter on the **{TEAM NAME}** volleyball team at Central Sports! Our heart is to teach these young girls fundamental volleyball skills, guide them in practicing good sportsmanship, and deepen their understanding of God's perfect love for them. We are joyfully praying over your daughters and this season together!

***Meet the team is {DAY of WEEK}, {DATE} from {TIME}** at the Central Church Family Life Center. This is a come-and-go event. We look forward to meeting you and your precious girls that night!

***Our practice time will be on {DAY of WEEK} from {TIME} at the Central Church Family Life Center. Our first practice is on {Day of Week}, {Date}.**

*It is IMPERATIVE for your girls to be ON TIME to all practices and games. We only have 1 hour a week to practice so every minute counts!

*Your daughters will need a good pair of athletic shoes and kneepads for the season. Youth-sized kneepads are available in town at Walmart and Academy. Athletic shorts must be worn over any tights/leggings. Shirts should cover the midriff.

*Games will begin Saturday, **{Date}**. We will send you the game schedule as soon as it is released.

{Indicate how you will communicate throughout the season. This coach uses the Remind App; you may use your preference just let the parents know.}

*A Remind group will be set up and used as the primary mode of communication for the team. You are not required to download the Remind app in order to be part of the group. The phone number you provided during registration will be added to this group. If you do not receive a message about the Remind group within the next 24 hours, reply to this message to let us know. If you have additional phone numbers you would like added to the group, please let us know that as well (e.g. spouse, grandparent).

Please let us know if you have any questions. Go **{Team Name}**!

These examples are provided to assist you with wording. You do not need to copy them word for word.

Make sure to adjust dates, time, and team names!

Make sure that you include the team name & age division in the Subject Line!

Example Weekly Team Email:

Central Sports Volleyball - Wildcats, Week of 10/8

PRACTICE

Thursday, Oct 11, 6:30 pm

Please have the girls ready to go at 6:30 pm
Make sure they have a water bottle, have visited the bathroom,
and are wearing tennis shoes
NO spandex unless it is covered by other shorts; no spaghetti straps/tank tops

GAME

Saturday, Oct 13, 8:00 am

Arrive by 7:45 am - if you will not make the game, please let me know ASAP
Visit the restroom prior to the game. Bring a water bottle!

***SNACKS - {Parent Name}

If you have any questions, please do not hesitate to contact me.

*****UPCOMING*****

PRACTICE

Thursday, October 18, 6:30 pm

GAME

Saturday, October 20, 8:00 am

Snack: {Parent Name}

PICTURES

Saturday, October 20, 9:30 am

PRACTICE

Thursday, October 25, 6:30 pm

GAME

Saturday, October 27, 12:00 pm

Snack: {Parent Name}

NO PRACTICE

Thursday, November 1

This is an example of a weekly communication sent out on Sunday or Monday.

The UPCOMING events listed out the whole season (practice, games, pictures, snacks, etc).

Example Serving Zone Chart

| Player Name | Zone 1 | Zone 2 | Zone 3 | Zone 4 | Zone 5 |
|-------------|--------|--------|--------|--------|--------|
| Player A | | | | | |
| Player B | | | | | |
| Player C | | | | | |
| Player D | | | | | |

| Player Name | Serving Zones |
|-------------|---------------|
| Player A | |
| Player B | |
| Player C | |
| Player D | |

Example Lineup

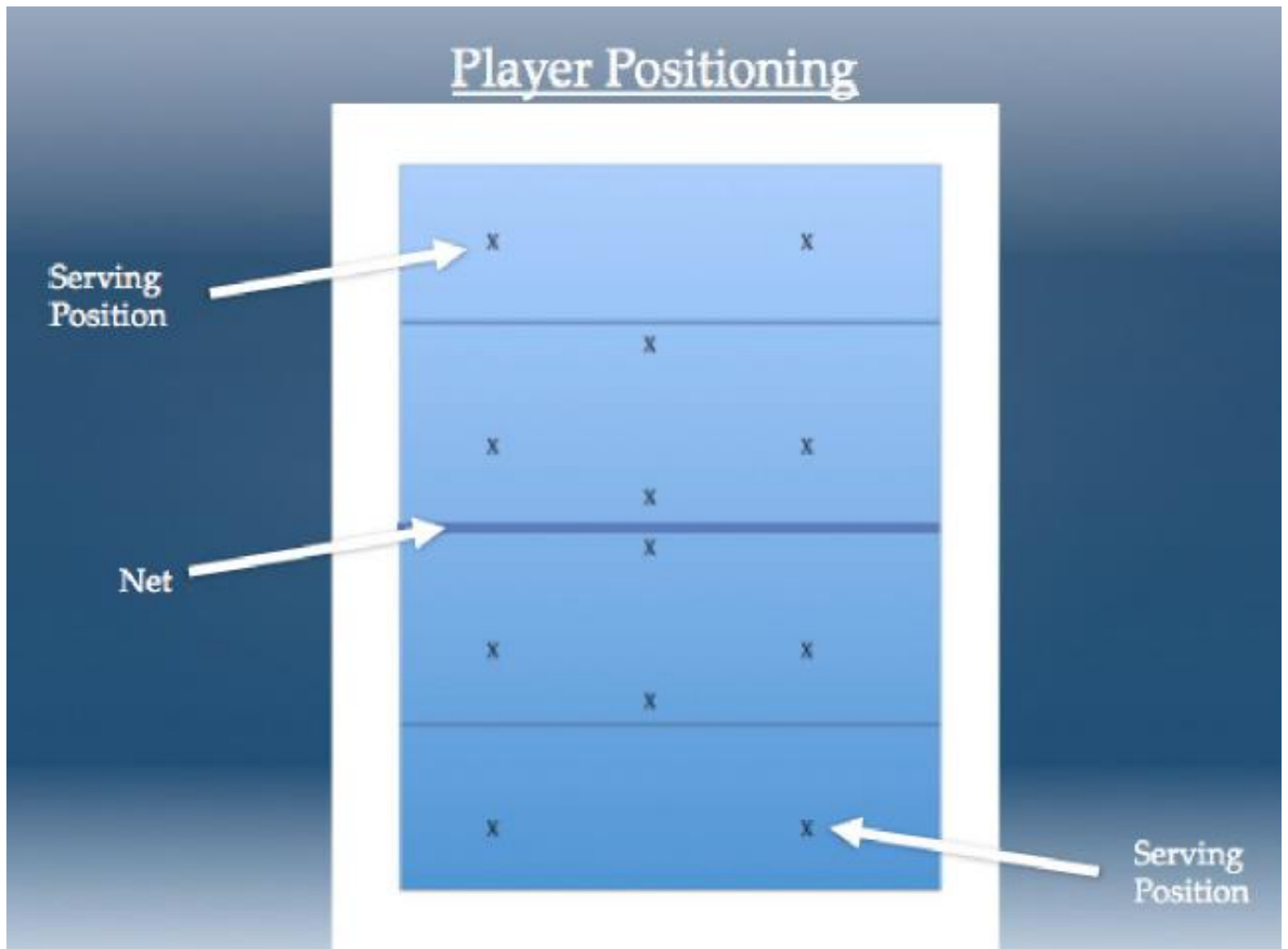
| Player Name | Jersey # |
|-------------|----------|
| Player A | |
| Player B | |
| Player C | |
| Player D | |

Please provide the lineup in serving order.

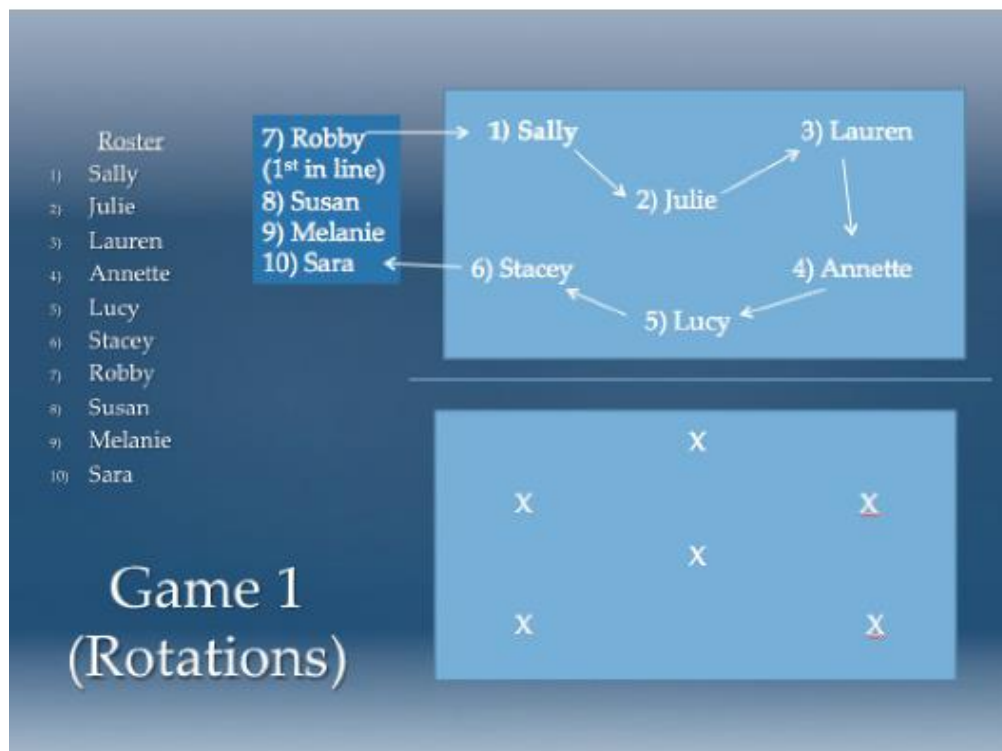
If your serving order changes between sets/games, please provide a new lineup.

DIAGRAMS/VISUAL REFERENCES

Player Positioning



Game / Line-up Rotation



Roster

- 1) Sally
- 2) Julie
- 3) Lauren
- 4) Annette
- 5) Lucy
- 6) Stacey
- 7) Robby
- 8) Susan
- 9) Melanie
- 10) Sara

6) Stacey
 (1st in line)
 5) Lucy
 4) Annette
 3) Lauren

7) Robby

8) Susan

9) Melanie

2) Julie

1) Sally

10) Sara

X

X

X

X

This is where the player in right back from the first game will play in the second game.

Game 2

Roster

- 1) Sally
- 2) Julie
- 3) Lauren
- 4) Annette
- 5) Lucy
- 6) Stacey
- 7) Robby
- 8) Susan
- 9) Melanie
- 10) Sara

6) Stacey
 (1st in line)
 5) Lucy
 4) Annette
 3) Lauren

7) Robby

8) Susan

9) Melanie

2) Julie

1) Sally

10) Sara

X

X

X

X

Middle front is the area the players should aim to pass the ball to.

Game 2

WEEKLY DEVOTIONS

- Be prepared each week for devotional. Know the scripture; don't just read it off the paper. Bring your Bible.
- Make the devotional your own; personalize it. Talk about situations your players will understand. Relate it to the game, school, home life, etc.
- Ask for questions! If you don't know the answer, tell them you will get back to them with an answer and do it!
- Remember: YOU may be the only 'Jesus' they see!

