



**CENTRAL**  
**SPORTS**

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**VOLLEYBALL**

# IMPORTANT DATES



Meet the Team: **Tuesday, August 27**

**1<sup>st</sup>-3<sup>rd</sup>: 6:00-6:20 pm      4<sup>th</sup>-6<sup>th</sup>: 6:30-6:50 pm**

Practices begin: **August 31**

Games Begin: **September 19**

Last Game: **November 7**

Deadline to request award medals: **October 17**

No practice will be held on: **Tuesday, October 13**

Teams that are affected by this date can practice the Friday of that week.

\*\*\*Please notify Bill Wise if you plan to practice on Friday, October 18 by Monday, October 14.

# EXPECTATIONS

- Grow in the knowledge, skills and passion for stewarding players to Christ through the sport of volleyball
- Be purposeful when coaching
- Be a positive role model
- Dress Code
- Assistant/Substitute Coaches

# RESPONSIBILITIES

- Attend Coaches' Training
- Contact Your Team
- Attend 'Meet the Team'
- Conduct Practices
- Coach Games
- Award End-of-Year Medals

# COMMUNICATION

- Make sure you have the correct phone numbers and email address for each parent
- Verify someone is assigned to snack duty for each week
- Recruit help for calling lines during the games
- Send a weekly email to the team / parents regarding game times.
- You can never give them too much information!!

# END-OF-YEAR AWARDS

- Given at the end of the year
- Highlights your player's strength
- Multiple players can receive the same medal

Categories: Offense, Defense, Passing, Serving, Hustle, Sportsmanship, Leadership, Character, Effort, Encourager

**You must turn in your medal count to [familyactivities@centralbcs.org](mailto:familyactivities@centralbcs.org) by October 17!**

# REMINDERS

- Devotions during practice at half-time. Intern will announce balls down. Devotions should take 5-8 minutes. Be prepared for devotion!
- Positive reinforcement only!  
No push-ups, burpees, etc.
- No chanting during the opposing team's serve.
- Each team needs to recruit someone to call lines during the game (4<sup>th</sup>-6<sup>th</sup> grade)

# REMINDERS, continued

- Wait outside the gym until your practice time
- No scrimmaging first two weeks of practice
- Time outs – one per game
- Lifts are called
- Please do not leave the court between games
- Foot Faults (4<sup>th</sup>-6<sup>th</sup> grade)

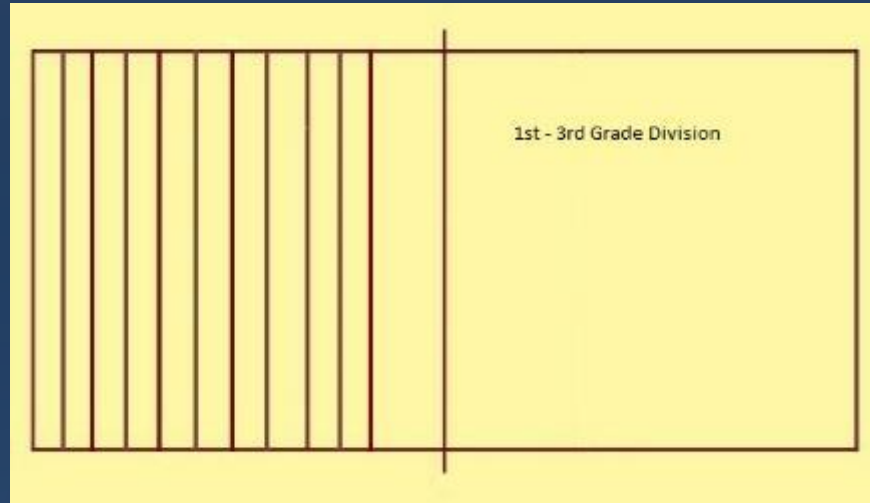


# PLAY TIME/LINE-UP ROTATION

- Every player rotates in at server and rotates through all positions to ensure equal play time.
- Evenly divide games starts & captains (coin toss callers); as much as is possible.
- During 2<sup>nd</sup> & 3<sup>rd</sup> games, you can restart your line-up, begin where you left off or use a new line-up; be consistent.
- If a player is late, you can either have them sit until they come up in the line-up or you can slide them in on the next rotation; be consistent.

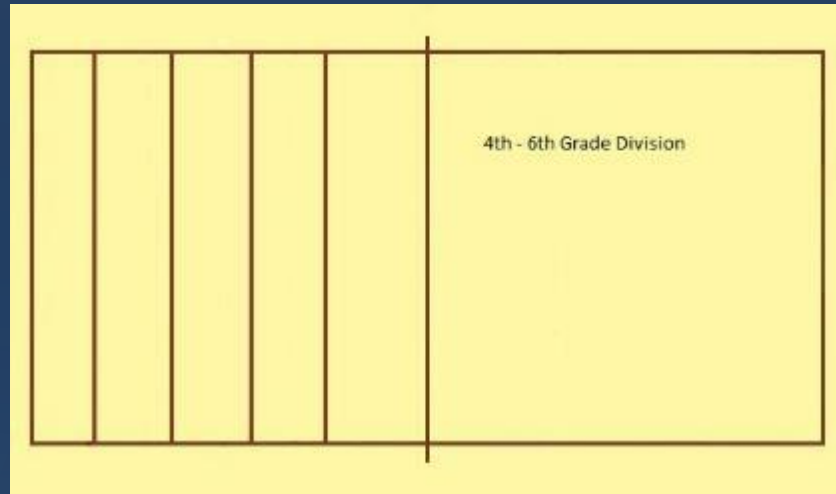
|           | Game 1 | Game 2 | Game 3 | Game 4 | Game 5 | Game 6 | Game 7 | Game 8 |
|-----------|--------|--------|--------|--------|--------|--------|--------|--------|
| Player 1  | X      |        | X      |        | X      |        |        | X      |
| Player 2  | X      |        | X      |        | 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      |        |

# ZONE SERVING – 1<sup>ST</sup> – 3<sup>RD</sup>



- Lines are 2ft apart
- Players may start in front of 10ft line
- After two successful serves, they move back one zone for the third serve.
- When the player rotates around for the next serve, they start in the last zone in which they were successful.

# ZONE SERVING – 4<sup>TH</sup> – 6<sup>TH</sup>



- Lines are 5ft apart
- Players may start at the 10ft line
- After EACH successful serve, they move back one zone.
- When the player rotates around for the next serve, they start in the last zone in which they were successful.
- Foot faults will be called

# CHANGES - 2020 SEASON

- Overhand service for 4<sup>th</sup> – 6<sup>th</sup> grade, 25 ft line

# COVID CONSIDERATIONS

- Ask your parents to social distance at practice or wear masks (intro email/Meet the Team)
- Wear mask during devotions (players)
- 15 minutes / 6ft apart
  - Try to social distance during drills
  - Set a timer for 10 minutes; rotate
  - Ask parents to help with distancing
- Player tests positive
  - Notify [familyactivities@centralbcs.org](mailto:familyactivities@centralbcs.org)
  - Do NOT share the name of the player with the team

# BE PRAYED UP

- This will be challenging.
- This will be rewarding.
- The players will have questions you may not be ready for or know how to answer.
- Parents may complain. If you run into this type of situation, please let us know.

WE ARE PRAYING FOR YOU!

# Coaches' Clinic

# 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 is out.
- Ball in play that strikes the ceiling/basketball goal/sound equipment but remains on your side is a live ball.
- Ball in play that strikes the ceiling/basketball goal/sound equipment 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

## 1<sup>st</sup> – 3<sup>rd</sup> Grade:

Game 1 is 18 min

2 minutes break

Game 2 is 18 min

## 4<sup>th</sup>-6<sup>th</sup> Grade:

Game 1 to 25 points

Game 2 to 25 points

Game 3 to 15 points

\*games must be won by 2 pts

- 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.
- Rally scoring
- Zone serving
- No chanting during the opposing team's serves.
- Serve that is missed ('whiffed') is replayed.
- Egregious lifts called (referee's discretion)
- Devotion for all teams and parents given at the beginning of each match
- One time out per set

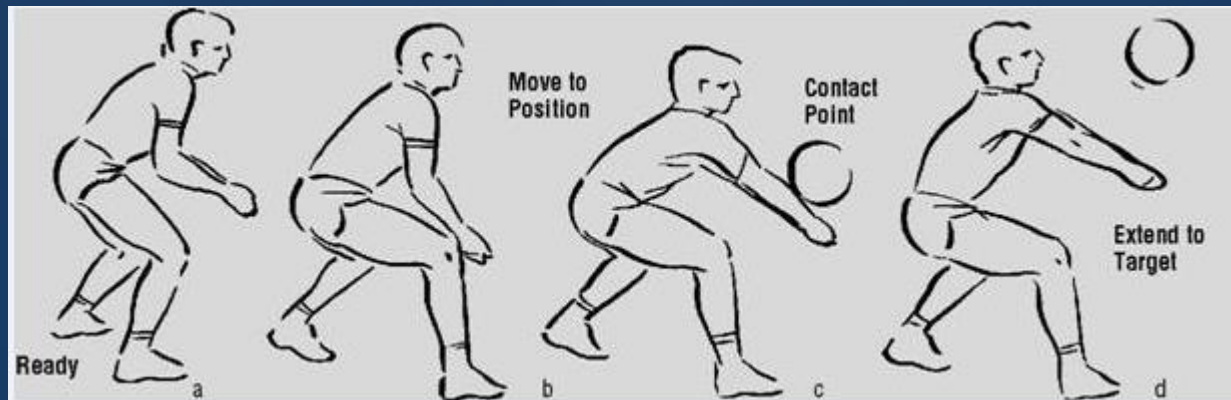
# TECHINICAL VOLLEYBALL SKILLS/DRILLS

- Ready Position
- Player positioning
- How to serve
- How to pass
- How to set



## READY POSITION

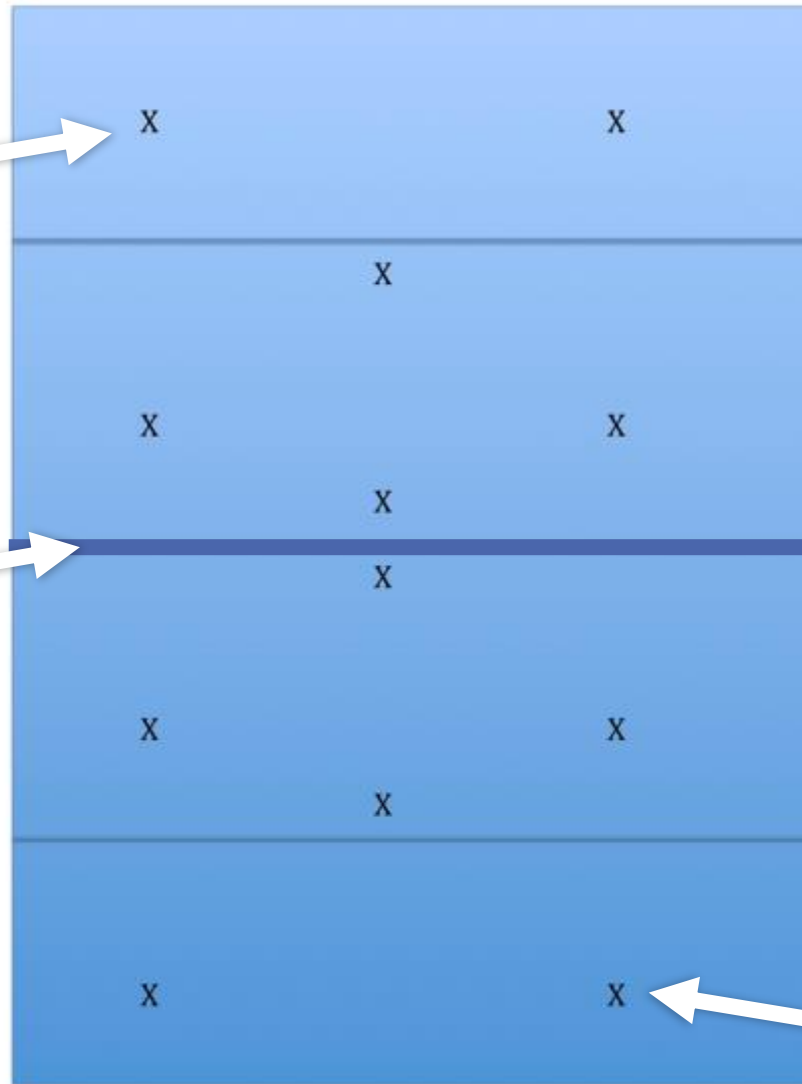
- Legs shoulder width apart with knees bent.
- Weight on you toes and ready to move towards the ball.
- Arms out in front instead of on your knees.
- Be ready to pass the ball if it comes to you.



# PLAYER POSITIONING

Serving  
Position

Net



Serving  
Position

## Roster

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

- 7) Robby  
(1<sup>st</sup> in line)
- 8) Susan
- 9) Melanie
- 10) Sara

1) Sally

3) Lauren

2) Julie

6) Stacey

4) Annette

5) Lucy

X

X

X

X

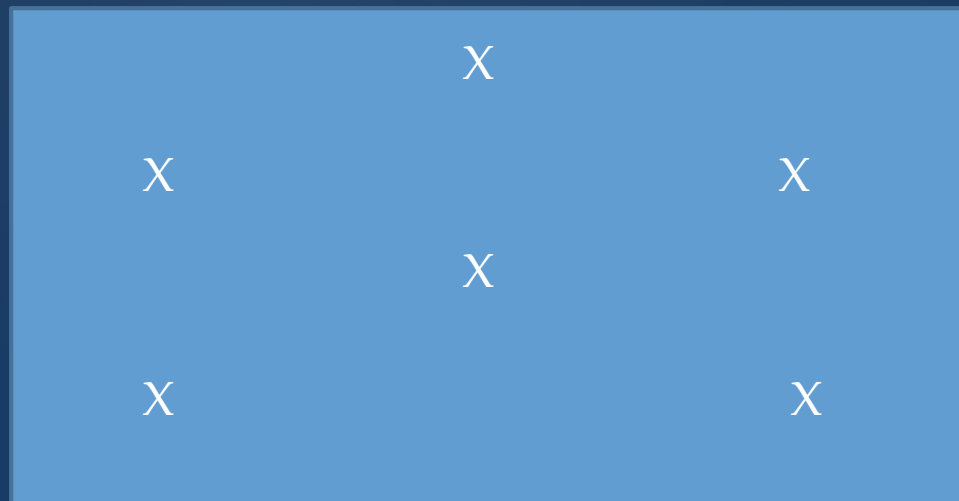
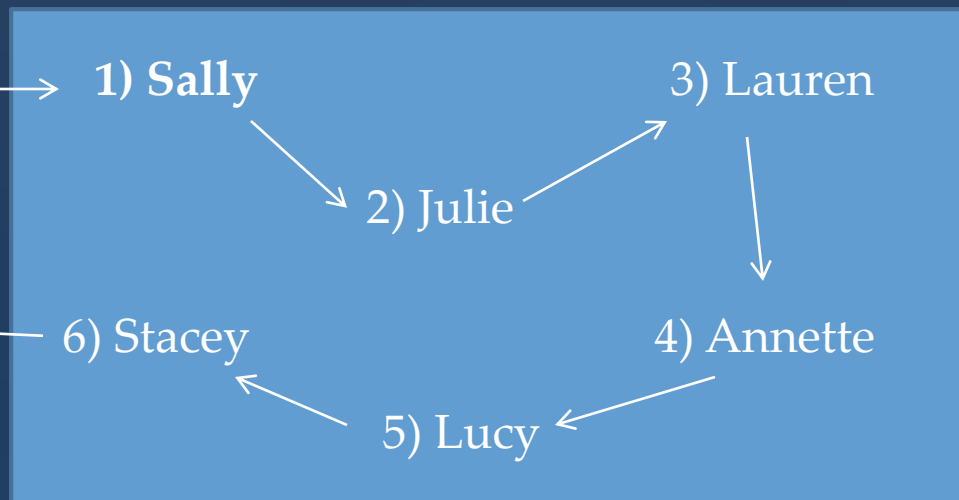
X

X

# Game 1

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

7) Robby  
(1<sup>st</sup> in line)  
8) Susan  
9) Melanie  
10) Sara



# Game 1 (Rotations)

## Roster

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

6) Stacey  
(1<sup>st</sup> in line)  
5) Lucy  
4) Annette  
3) Lauren

7) Robby

9) Melanie

8) Susan

2) Julie

10) Sara

1) Sally

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

X

X

X

X

X

X

# 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  
(1<sup>st</sup> in line)
- 5) Lucy
- 4) Annette
- 3) Lauren

7) Robby

9) Melanie

8) Susan

2) Julie

10) Sara

1) Sally

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

X

X

X

X

X

# Game 2