



# Firm Foundation

# VOLLEYBALL *Academy*

*Player Handbook*

# 2015



**Abilene  
Youth  
Sports  
Authority**

[www.abileneysa.org](http://www.abileneysa.org)

Your community "Home Office" for Youth Sports



# BASIC PLAYER POSITIONS

## Setter

The setter is the player on the team that sets the teams attackers. A setter position is similar to a quarterback in football or a point guard in basketball in the sense that the setter runs the teams offense. Some teams may choose to have multiple setters run the team offense.

## Outside Hitter

Teams outside hitters are usually the primary attackers on the team. These hitters attack balls that are set to the left side of the court. Outside hitters may also be referred to as *outside blockers*.

## Rightside Hitter

Team's right side hitters hit from the right side of the court and are usually not the primary attackers on the team. Rightside hitters may also be referred to as *rightside blockers*.

## Middle Hitter

Team's middle hitters hit balls set at the net in the middle of the court. Middle hitters are sometimes the primary attackers on the team. Middle hitters are commonly used as a decoy to freeze or confuse the opposing teams blockers.

A middle hitter is also referred to as a *middle blocker* or just *middle*. Middle blockers are often in charge of front row players to coordinate team blocking strategy.

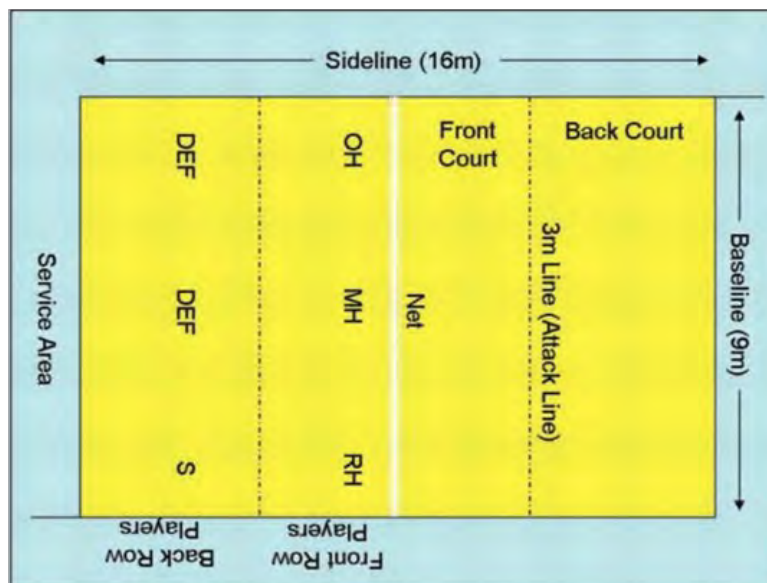
## Libero

The libero plays a special roll in team defense and passing. The libero is the player on the team that can come into the game and replace any player on the back row.

The libero may be put in the game to pass for a weaker passer or to help cover the court by making great defensive plays. The libero may also serve in one rotation.

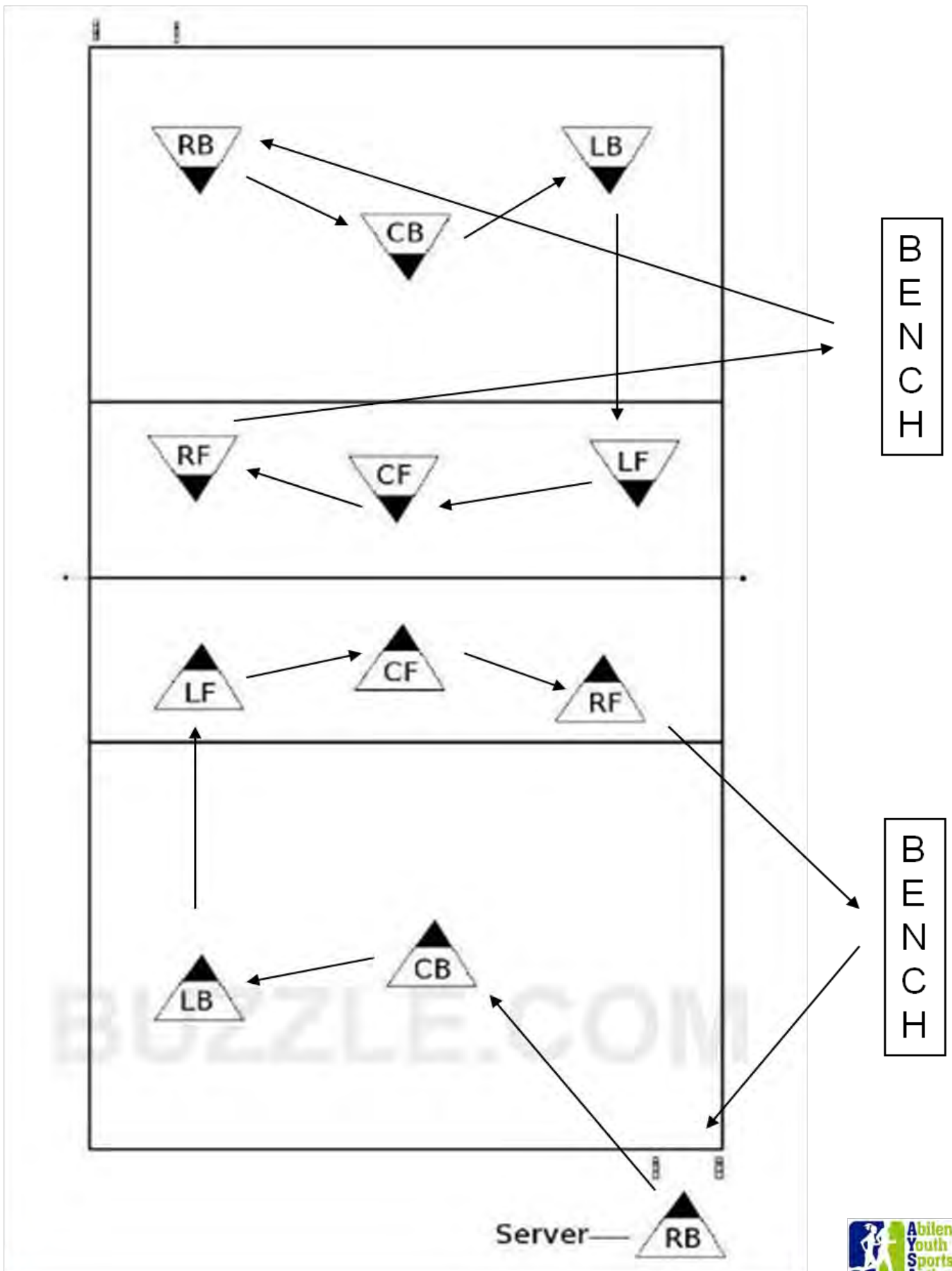
## DS

DS stands for defensive specialist and this player only plays on the back row. Different from the libero this person must be subbed into the rotation.



# BASIC ROTATIONS

*(Receiving team rotates after every side out)*





# OUTLINE

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Week 1:

*Trust*

Week 2:

**Sacrifice**

Week 3:

**Kindness**

Week 4:

*Peace*

Week 5:

**Joyful**

Week 6:

**Perseverance**

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week 1

# Trust

**Definition:** Having a confident expectation of something or someone; hope.

**Example:** After Sadie's 8th grade year, the High School Volleyball coach met with all the future 9th grade girls and gave them a workout schedule for the summer. The coach asked all the girls to promise that they would do every scheduled workout during the summer and had them sign their names that they would do it.

There were many many times during the summer that Sadie didn't want to work out, but she wanted to gain the TRUST of her new coach, so she did every workout.

When 9th grade volleyball started Sadie was amazed at how much stronger she felt and how good she was playing. After the first week of practice the coach told Sadie "You are doing really well. I knew I could TRUST you to do the summer workouts. Congratulations, you made the JV team!"

***"Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much."***

**- Luke 16:10**

# Better Game Weekly Challenges

## Week 1

How will you practice TRUST this week?

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**Skill Challenge Drills:** (2 times each, 2 times this week)

1. Compass Passing

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2. Pass & Set

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3. High Pass & Touch the Ground

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**Conditioning Challenge Drills:** (2 times each, 3 times this week)

**30 Second Drills**

1. Mountain Climbers

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2. Line Hops (forward, side-to-side, 1 foot)

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3. Shuffles (slow & fast)

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**Healthy Eating Challenge:**

Replace a sugary dessert for some fruit with yogurt or peanut butter, at least once this week.

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week 2

# Sacrifice

**Definition:** To give up your own desire, goal or advantage for the sake of something or someone else.

**Example:** Kelsie's 7th grade volleyball team was really struggling early in their season. Something was definitely off and they were just not clicking.

Kelsie's coach caught her after practice and told her that she needed her to play Setter instead of Hitter. Kelsie LOVED hitting and felt like she could even make a college team as a hitter. After thinking about it, she knew she was also the best setter on the team so she agreed to SACRIFICE her personal desires to make the team better.

It worked! After Kelsie started setting the team went undefeated the rest of the season and won the City Championship. Kelsie was so glad she SACRIFICED for the team!

***“There is no greater love than this, to sacrifice your life (desires) for the good of your friends.”***

**- John 15:13**

# Better Game Weekly Challenges

## Week 2

How will you practice SACRIFICE this week?

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**Skill Challenge Drills:** (3 times this week)

1. Shuffle Passing (30)

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2. Angle Passing (30)

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3. Setting while lying down (1 min.)

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**Conditioning Challenge Drills:** (2 times each, 3 times this week)

**30 Second Drills**

1. Lunges (forward, side)

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2. Tuck Jumps

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3. Low to High Plank

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**Healthy Eating Challenge:**

**Drink water or milk instead of soda or sugary drinks at every meal this week.**

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week 3

# Kindness

**Definition:** Being generous and compassionate to others.

**Example:** Michelle was really having trouble in her English writing class. It seemed like no matter how hard she tried she just couldn't write a good paper. Her grades were getting worse and she wasn't her normal cheerful self on the volleyball court either.

Her teammate Joanna noticed something was wrong, so after practice she asked Michelle what was wrong. After Michelle told her everything Joanna said she was being way too hard on herself and offered to help Michelle with her writing. With Joanna's KINDNESS and encouragement Michelle wrote one of her best papers, getting an A+.

Michelle was so thankful that Joanna was KIND and helped her - and that afternoon she was back to cheering on her team on the court.

***“Those who are kind benefit themselves, but the cruel bring ruin on themselves.” - Proverbs 11:17***

***“Worry weighs down the heart, but a kind word cheers it up.” - Proverbs 12:25***

# Better Game

## Weekly Challenges

### Week 3

How will you practice **KINDNESS** this week?

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**Skill Challenge Drills:** (2 times each, 2 times this week)

1. Deep & Short Passing (30)
2. Target Partner Passing (30)
3. Get-Up Setting (1 min.)

**Conditioning Challenge Drills:** (2 times each, 3 times this week)

**30 Second Drills**

1. Jumping Lunges
2. Stair Step-Ups
3. Wall-Sits

**Healthy Eating Challenge:**

**Eat a fruit or vegetable at every meal this week.**

week 4

# Peace

**Definition:** Having a calmness; not being troubled even in the midst of trials.

**Example:** Tucker was playing in the state championship volleyball match, the biggest match of her life. Her team won the first 2 sets and were way ahead before losing the next two sets.

The match was very close and the crowd was very loud. The 5th set was back and forth and Tucker felt herself and her teammates getting really nervous. She remembered how much God loved her and that He did not give her a spirit of fear but a spirit of PEACE.

At that point Tucker told herself to calm down, it was just another a match, and to relax and have fun. The rest of the match she had an indescribable PEACE and calmness and played her best match ever. Her teammates noticed how much PEACE Tucker had, and they started calming down and playing better too. Guess who won the state championship!

***“Turn from evil and do good; seek peace and pursue it.”***

**- Psalm 34:15**

# Better Game Weekly Challenges

## Week 4

How will you practice PEACE this week?

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**Skill Challenge Drills:** (2 times this week)

1. Approaches without transition (10)
2. Approaches with transition (10)
3. Ball Attacks off toss (10)
4. Backyard Serving using a target (10)  
(Hula Hoop, Jump rope in a circle etc.)

**Conditioning Challenge Drills:** (2 times each, 3 times this week)

**30 Second Drills**

2. Burpees
3. Bounding Steps
4. Get-Up Sit-Ups

**Healthy Eating Challenge:**

**Eat something for breakfast every day this week.**

week 5

# Joyful

**Definition:** The emotions of great delight or happiness.

**Example:** Laurie woke with a start and looked at her clock. She had done it again! That was the third time she had woken up early and still had quite a while before she had to be at practice. Today was the first day of two-a-days, Laurie's' favorite time of year. She was very excited and happy.

Ok, maybe she wasn't too excited about going through two-a-days but, what made her JOYFUL was that it was volleyball season, she would get to play volleyball with her friends and work together as a team to win!

***"Be joyful in hope, patient in affliction, faithful in prayer."***

**- Romans 12:12**



# Better Game Weekly Challenges

## Week 5

How will you practice being JOYFUL this week?

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### Skill Challenge Drills: (3 times this week)

1. 10 Run thru's (straight & cross) ☐☐☐
2. Knee dives with a barrel roll (10) ☐☐☐
3. Bear Crawl dives with a barrel roll (10) ☐☐☐

### Conditioning Challenge Drills: (2 times each, 3 times this week)

1. Push-Ups (1 min.) ☐☐☐
2. Deep Squat Blocking Jumps (1 min.) ☐☐☐
3. 6 Get-Up Sprints  
(alternate stomach & back) ☐☐☐

### Healthy Eating Challenge:

Eat a green vegetable at least 3 times this week.

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week 6

# Perseverance

**Definition:** Continuing with a course of action or a purpose in spite of obstacles or difficulties.

**Example:** Amanda tried out twice for the club volleyball team in her home town, and both times did not make the team. While she was sad that she did not make the team she worked really hard with a private coach and for her school team. Working hard to reach her goal.

The day of the club tryouts had come again. She watched the girls ahead of her nervously, but when it was her turn she did her absolute best. After the tryout she waited around with all the other girls to see the list.

Before she could look at the list, the coach called her over. He thanked her for trying out again, and told her it was obvious she had worked really hard.

The coach said because of her PESEVERANCE to overcome the disappointment of not making it twice before, he was very happy to tell her she made the team!

***“Let perseverance finish its work so that you may be mature and complete, not lacking anything.”***

**- James 1:4**

# Better Game Weekly Challenges

## Week 6

How will you practice PESEVERANCE this week?

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### **Message from AYSA & Your Academy Coaches:**

#### **ALWAYS REMEMBER -**

**There are no shortcuts to becoming a better player, a better teammate, or a better person!**

**Learn the right fundamentals and put in the work to keep getting better in every area of your life!**

#### **NEVER FORGET -**

**Your value as a person is SO MUCH MORE than what you can do on the court!**



*"Never get tired of doing the right things!"*  
*-2 Thess. 3:13*