



Firm Foundation VOLLEYBALL *Academy*

Player Handbook

**January
2016**



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.

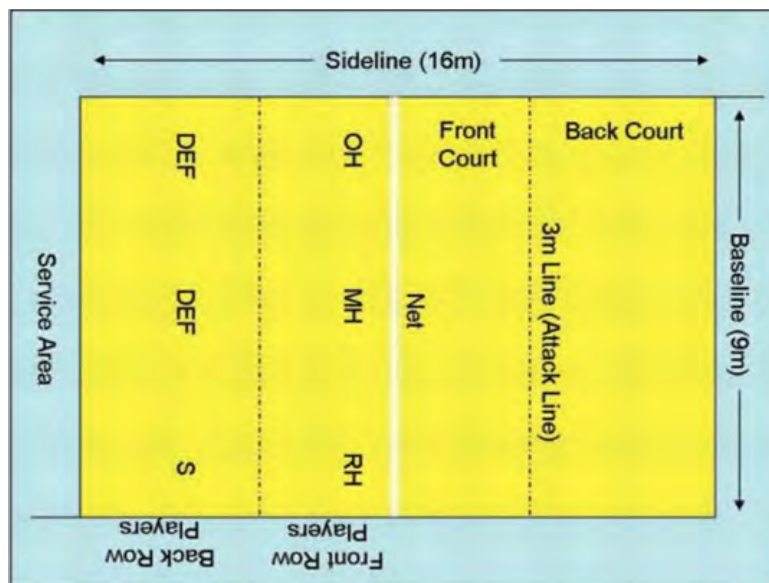
Libero

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.



Week 1

Confidence

Definition: A feeling of trust and belief in yourself, another person or thing.

“Even though they had never beaten the Stephenville team, Julie had confidence that her team had been working hard and could win the match!”

“Such confidence we have through Christ...not in our abilities alone, but in God who gave us our abilities.” - 2 Corinthians 3:4-5

How will you practice CONFIDENCE this week?

Weekly Challenges

Skill Challenge Drills: (3 times each, 3 times this week)

1. Partner Compass Passing (10 each location)
2. Pass & Set to Self (20x)
3. High Pass / Low Pass (10x)

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

30 Second Drills

1. Lunges
2. Tuck Jumps
3. Low to High Plank

Healthy Eating Challenge: (3 times this week)

Replace a sugary dessert for some fruit with yogurt or peanut butter.

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Week 2

Passion

Definition: Any powerful or compelling emotion or feeling, as in love or hate.

“Dorothy was widely-known as a passionate player. Practice, games, win, or lose, Dorothy was always trying her best, always encouraging, and always upbeat - because she loved the game.”

*“I know your deeds, that you are neither cold nor hot. I wish you were either one or the other!”
- Revelation 3:15*

How will you practice PASSION this week?

Weekly Challenges

Skill Challenge Drills: (3 times each, 3 times this week)

1. Partner Passing (30x)
2. Shuffle Passing (30x)
3. Setting while lying down (1 min.)

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

30 Second Drills

1. Jumping Lunges
2. Wall Sits (1 min.)
3. Shuffles

Healthy Eating Challenge:

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

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Week 3

Committed

Definition: **Following through with a pledge, promise, or obligation made to yourself or with others.**

“Zoe definitely didn’t feel like doing her practice drills at home, but her mother reminded her that she had committed to her coach that she would.”

“Commit to the Lord whatever you do, and He will establish your plans.” - Psalm 37:5

How will you practice being COMMITTED this week?

Weekly Challenges

Skill Challenge Drills: (3 times each, 3 times this week)

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

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

30 Second Drills

1. Mountain Climbers
2. Jumping Lunges
3. 15 Air Squats

Healthy Eating Challenge:

Eat a fruit or vegetable at every meal this week.

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Week 4

Positive

Definition: An attitude that focuses on what is good and hopeful about a person or situation.

“Even though they were down 2 sets to 1, Laurie’s team stayed positive, encouraging each other and they eventually came back to win the match.”

“But the Israelites encouraged one another and went back to their stations, ready for the battle.”
- Judges 20:22

How will you practice being POSITIVE this week?

Weekly Challenges

Skill Challenge Drills: (3 times each, 3 times this week)

1. Approaches with and w/out Transition (10x)
2. Ball Attack off toss (15x)
3. Serving in-a-row (5 without a miss)

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

1. Line Hop Sequence (20 secs. each)
(2 Ft-Front/Back, Side/Side; Scissor-F/B; Left/Right-F/B, S/S)
2. 15 Push-ups
3. 10 Get-Up Sit-Ups

Healthy Eating Challenge:

Eat something for breakfast every day this week.

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Week 5

Accountable

Definition: **Being responsible to someone or for some action.**

“Some of the players and parents were complaining that a bad call by the referee caused them to lose their match. The coach called everyone together and told them, don’t blame the referee - we are responsible for losing that match. We had 10 serving errors and 22 hitting errors. The referee only made one error. We are accountable for that loss!”

“So then, each of us will give an account of ourselves to God.”
- Romans 14:12

How will you practice being ACCOUNTABLE this week?

Weekly Challenges

Skill Challenge Drills: (3 times this week)

1. Partner Pepper (10 min.)
2. Partner Defense (throw ball to dig) (10 min.)
3. Barrel Rolls (15)

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

30 Second Drills

1. Jumping Jacks
2. Burpees
3. 6 Get-Up Sprints

Healthy Eating Challenge: (3 times this week)

Eat a green vegetable at least 3 times this week.

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Week 6

Humble

Definition: **Not being proud or arrogant. Being courteous and respectful.**

“The Lady Jumpers had just won the state championship! But the crowd gave them an even bigger cheer when they showed they were still humble enough to pick up the trash around their bench before they left.”

“Be completely humble and gentle; be patient, bearing with one another in love..” - Ephesians 4:2

How will you practice being HUMBLE?

Forever Challenges

KEEP PLAYING AS OFTEN AS YOU CAN!

INDOOR, GRASS, SAND – WHATEVER – JUST KEEP PLAYING!!

ALWAYS REMEMBER

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

To succeed in anything you must stay teachable and work hard!

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