

PLAYER HANDBOOK



Firm Foundation

VOLLEYBALL ACADEMY

January 2017

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.

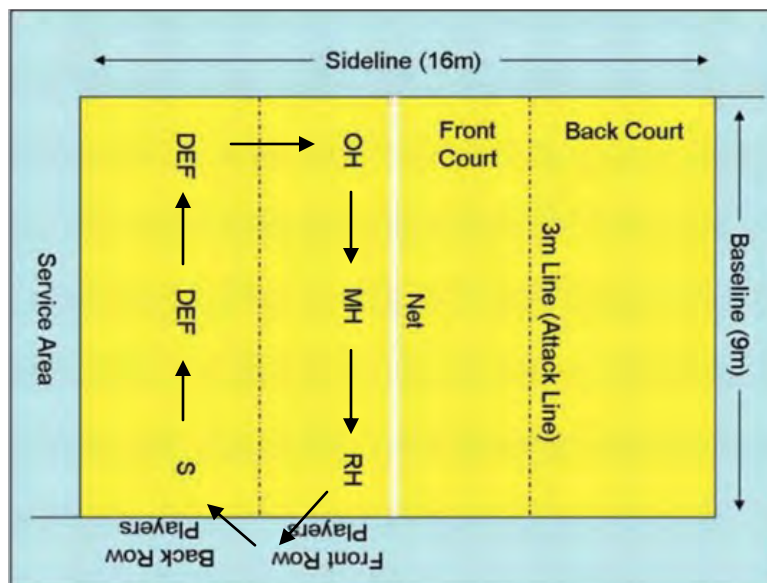
Libero

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

Trust

Definition: **Reliance on the character, ability, strength, or truth of someone or something.**

“Even though they had never beaten the Lubbock team, Julie TRUSTED her teammates to work hard and give all they had to win the match!”

*“Trust in the Lord with all your heart and do not lean on your own understanding.”
Proverbs 3:5*

How will you practice TRUST 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)

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

30 Second Drills

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

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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

Sacrifice

Definition: **Surrender something for the sake of something else.**

“Dorothy was given tickets to hear her favorite band in a concert, but she SACRIFICED and gave her tickets to someone else because she knew her volleyball needed her for their match on the same night.”

“And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.” - Ephesians 5:2

How will you practice SACRIFICE 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.)

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

30 Second Drills

1. Jumping Lunges
2. Wall Sits (1 min.)
3. Shuffles
4. Create a family exercise game

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Healthy Eating Challenge:

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

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Week 3

Flexible

Definition: **Ready and capable to adapt to new, different, and changing requirements.**

“Zoe was the team’s best hitter, but she was their only setter, so the coach asked her to be FLEXIBLE and help the team win by playing setter.”

“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation.” Philippians 4:12

How will you practice being FLEXIBLE 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.)

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

30 Second Drills

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

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Healthy Eating Challenge:

Eat a fruit or vegetable at every meal this week.

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Week 4

Respectful

Definition: **Expressing high regard and attention to someone or something.**

“Laurie was the starting Libero, but she was still a freshman and was RESPECTFUL to her older teammates by asking their advice since they had more experience than she did.”

“Pay to all what is owed to them...respect those to whom respect is owed, honor to whom honor is owed.” - Romans 13:7

How will you practice being RESPECTFUL 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)
4. Teach someone else a volleyball skill you’ve learned

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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

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Healthy Eating Challenge:

Eat something for breakfast every day this week.

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Week 5

Obedient

Definition: **Willing to do what someone tells you to do or to follow a law or rule.**

“Coach Sabrina told the girls she really wanted them to practice their drills every day at home. Tammy really liked and respected her coach so she decided to be OBEDIENT and did all her drills every day.”

“Remind them to be obedient to rulers and authorities...to be ready for every good work...”
Titus 3:1

How will you practice being OBEDIENT 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)

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

30 Second Drills

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

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Healthy Eating Challenge: (3 times this week)

Eat a green vegetable at least 3 times this week.

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Week 6

Perseverance

Definition: **The quality to continue trying to do something even though it is difficult.**

"No matter how hard she tried, Marsha could not get an overhand serve over the net. She felt like quitting, but she PERSEVERED until she finally got 5 serves over in a row."

"But the one who endures to the end will be saved." Matthew 24:13

How will you practice PERSEVERANCE?

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