


**FIRM**  
**FOUNDATION**  
**SPORTS ACADEMIES**

# FIRM FOUNDATION *Valleyball Academy*



**Player Handbook**  
**January 2018**



# 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 *rightsie 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.

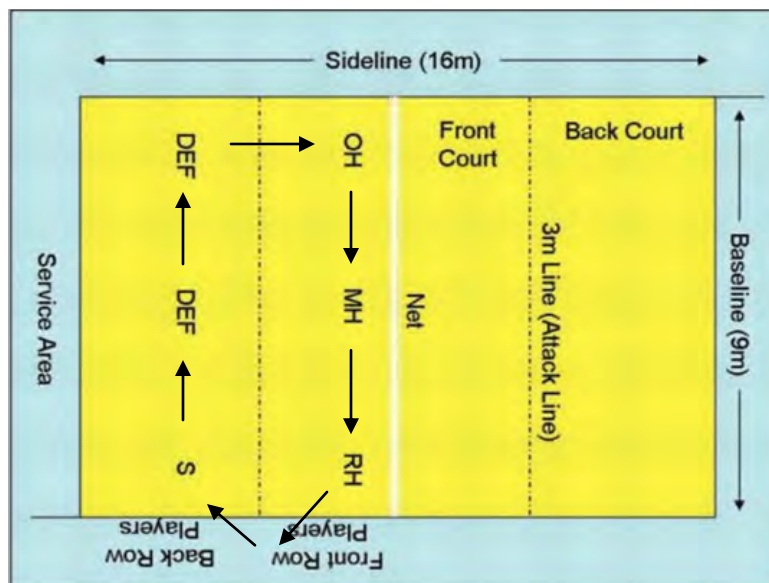
## Libero

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

# Discipline

Definition: Doing what needs to be done even if you don't want to do it, because you see the greater goal.

"Keri really wants to make the 7th Grade A Team. As a requirement, everyone on the A Team must consistently make overhead serves. Keri shows great DISCIPLINE by getting early to practice to work on her serves, even when she'd rather sleep in!"

*"We don't enjoy discipline when we get it. It is painful. But later, after we have learned our lesson from it, we will enjoy the peace that comes from doing what is right." - Hebrews 12:11*

How will you practice DISCIPLINE 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)

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

**30 Second Drills**

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

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Healthy Eating Challenge:** (3 times this week)

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

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|

# Week 2

# Responsibility

Definition: being accountable for your own actions & not blaming something or someone else for your mistakes.

“Erin overslept and missed early morning practice. Instead of blaming her parents for not waking her up, she took RESPONSIBILITY and accepted the punishment for missing practice.”

*You must each accept the responsibilities that are yours. - Galatians 6:5*

How will you practice RESPONSIBILITY 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.)

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Healthy Eating Challenge:

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

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|

# Week 3

# Leadership

Definition: Using your actions and your words to inspire and encourage others to work hard and do the right thing.

"They had lost their last game and were currently running sprints. After, what felt like hours of running, Amanda noticed the girls were beginning to tire. With as much enthusiasm as she could muster she yelled, "Come on girls, we can do this!" Amanda's show of LEADERSHIP gave the girls the push they needed to finish strong."

*"You are young, but don't let anyone treat you as if you are not important. Be an example to show the believers how they should live. Show them by what you say, by the way you live, by your love, by your faith, and by your pure life."*  
- 1 Timothy 4:12

How will you practice being LEADERSHIP 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.)

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

30 Second Drills

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

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Healthy Eating Challenge:

Eat a fruit or vegetable at every meal this week.

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|



# Week 4

# Compassionate

Definition: feeling or showing sympathy and concern for others.

"Laurie watched as the new girl on the team was struggling with learning the different plays. Feeling sympathetic towards the girl, Laurie offered to help her learn all the plays and stuck with by her until she did. Her coached thanked her for helping the new girl learn the plays and for having a COMPASSIONATE heart."

*"Be kind and loving to each other. Forgive each other the same as God forgave you through Christ." - Ephesians 4:32*

How will you practice being COMPASSIONATE 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

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Healthy Eating Challenge:

Eat something for breakfast every day this week.

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|

# Week 5

# Faithfulness

Definition: Keeping your promises and doing what you are supposed to do.

"Sadie's team was having trouble remembering to bring their gear on game days. Her Coach asks her to be in charge of reminding everyone to bring their gear. As a show of FAITHFULNESS to her coach, Sadie calls all her teammates the night before games to remind them to bring their uniforms. As a result, no one had to sit out the remainder of the year for not bringing their game day gear!"

*"People who can be trusted will have many blessings, but those who are just trying to get rich in a hurry will be punished." - Proverbs 28:20*

How will you practice being FAITHFULNESS 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)

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

**30 Second Drills**

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

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Healthy Eating Challenge: (3 times this week)

Eat a green vegetable at least 3 times this week.

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|

# Week 6

# Trustworthiness

Definition: Earning the trust of others by consistently doing what you say you will do.

“Patty’s team made a pact that they were going to give up their favorite treat for the duration of the season. At the end of the season their coach celebrated their TRUSTWORTHINESS by throwing them a party with all their favorite treats”

How will you practice TRUSTWORTHINESS?

---

---

## 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*