



# Firm Foundation VOLLEYBALL *Academy*

*Player Handbook*

**March  
2016**



www.abileneyssa.org  
Your community "Home Office" for Youth Sports

***"Building Character through Volleyball!"***

# 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.

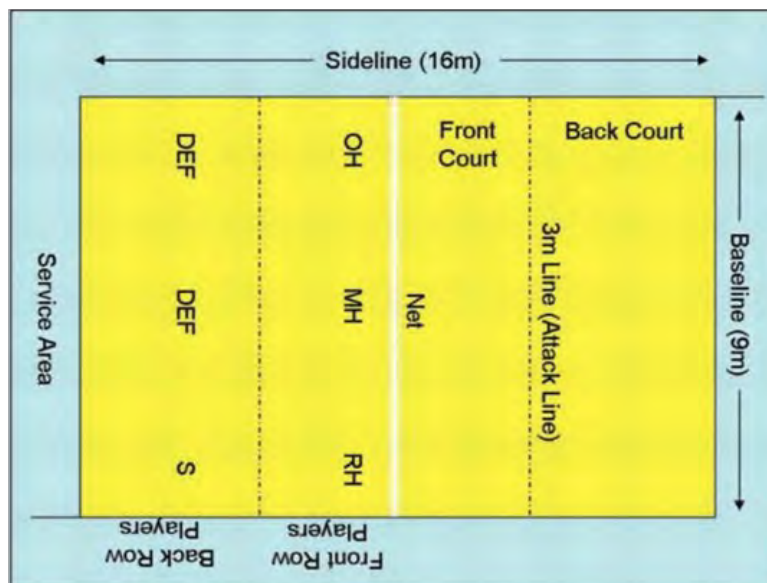
## Libero

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

# Adaptable

Definition: **Able to adjust oneself readily to different conditions: an adaptable person.**

“Mary was tall for a 7th grader, allowing her to play as a hitter but, when she got to high school she was the shortest girl on the team. She was moved from a hitter to a setter, so she needed to be adaptable to be able to play.”

*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, whether well fed or hungry, whether living in plenty or in want. - Philippians 4:12*

**How will you be ADAPTABLE in the next volleyball sessions?**

**What 2 things do you love most about volleyball? (Be specific)**

## Weekly Challenges

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

1. Volleyball juggling (5 min.)
2. Wall passing (10 min.)
3. Pass/set to self
4. Play at least 20 mins. of grass or sand games (2x)


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

### 30 Second Drills

1. Jump Rope (Normal, 1 Foot, Double R/L, Speed)
2. Mountain Climbers
3. Inchworm Walks (1 min.)
4. Create a family exercise game.


**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

## Courageous

Definition: **Mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty; brave.**

"Even though the next point could cost them the game, Janelle was courageous when she went up to serve!"

*Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.*

- Joshua 1:9

How are volleyball players **COURAGEOUS**? (Give 2 specific examples)

Who are your 2 favorite volleyball players to watch and why?

## Weekly Challenges

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

1. Passing Sequence (pass/set/left arm/right arm)
2. Compass Partner Passing
3. Shuffle Passing
4. Serve and Dash


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

**30 Second Drills**

1. Jumping Jacks
2. Shuffles
3. Plank high 5's
4. Hula Hoop Dance


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

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**Drink water or milk instead of soda or sugary drinks for the day.**

# Week 3

# Consistent

Definition: **Being fixed or firm in mind, purpose, affection or principle; unshaken; unmoved.**

**"Mandy knew that tryouts were right around the corner, so everyday at the same time she would do her practices and workout to get ready!"**

*Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.*

*-1 Corinthians 15:58*

**How does being CONSISTENT apply to volleyball?**

**What have you learned the past 2 weeks that makes you love volleyball more?**

## Weekly Challenges

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

1. Deep & Short Passing
2. Setting while lying down (partner)
3. Volleyball juggling
4. Play 20 mins. of grass or sand volleyball


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

**30 Second Drills**

1. Jump Rope Sequence
2. Lunges, Tuck Jumps, Air Squats
3. Superman Hold
4. Create your own family workout obstacle course (3 stations)


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

**Eat a fruit or vegetable at every meal for the day.**

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# Week 4

## Grit

Definition: **Passion for a long-term goal combined with the perseverance to achieve it.**

"Although, she struggled with her digs now, through her True Grit to get better, Kayla would become one of the best Liberos in the state!"

*By your endurance you will gain your lives. -Luke 21:19*

**How can you be a GRITTY volleyball player?**

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**What are your favorite ways to exercise and why?**

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## Weekly Challenges

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

1. Wall Pepper (pass/hit)
2. Approaches with Transitions
3. Serve and Dash
4. Get-Up Setting


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

**30 Second Drills**

1. Burpees (5 mins.)
2. Run 1/4-1/2 miles
3. Tricep Dips
4. Jumping Lunges


**Healthy Eating Challenge:**

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

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# Week 5

## Optimistic

Definition: **Concentrating on the best conditions of any situation.**

**"Even though Michelle had missed her last block, she concentrated on what she did wrong, and when we went up to block again we was optimistic that it would be a good block!"**

*But if we hope for that we see not, then do we with patience wait for it.  
-Romans 8:25*

**What are ways that athletes can stay OPTIMISTIC?**

**What are the most important things you've learned during the Academy?**

## Weekly Challenges

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

**1. Passing Sequence w/Tipping**

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**2. Partner Digs w/Barrel Rolls**

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**3. 10 Run Thru (straight & cross)**

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**4. Teach someone else a volleyball skill you've learned.**

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

**30 Second Drills**

**1. Deep Squat Block Jumps**

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**2. Inchworm Walks (1 min.)**

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**3. 6 Get-Up Sit-Ups**

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**4. Create your own family Olympics (volleyball + 2 more sports)**

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**Healthy Eating Challenge:**

**Eat a green vegetable at least 3 times this week.**

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# Week 6

# Resilient

Definition: **The capacity to prevent, minimize, or overcome the damaging effects of adversity.**

**“Sara was cut from her high school volleyball team, but, due to her resilient nature and one to never give up, she practiced hard, made the club volleyball team and went on to play on a Division 1 college team!”**

*We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed - 2 Corinthians 4:8-9*

**What are ways that athletes can stay RESILIENT?**

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## 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*