

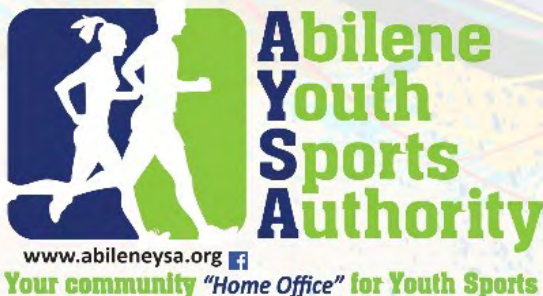
# PLAYER HANDBOOK



## ***Firm Foundation***

# **VOLLEYBALL ACADEMY**

***“Building Character through Volleyball!”***



***March 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 *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.

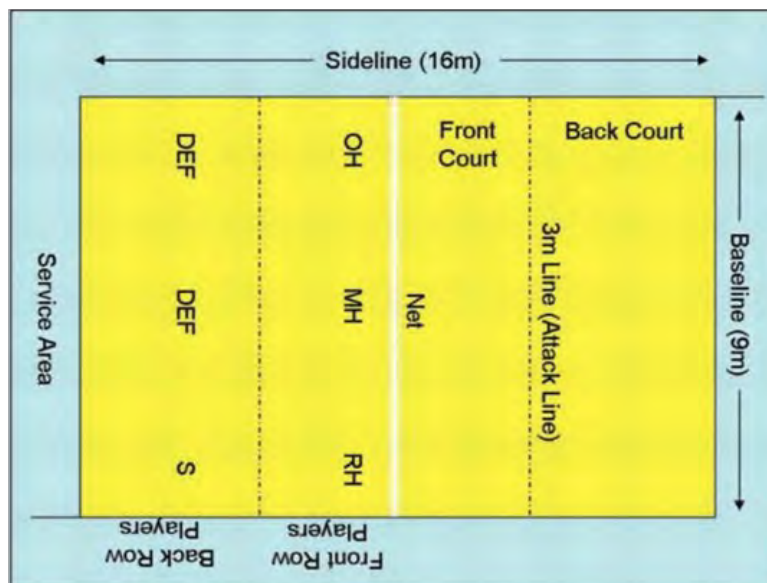
## Libero

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

# Diligent

Definition: **Focusing my time and energy to complete each task assigned to me.**

“Shelly was participating in a weekly volleyball camp, where her coach gave her homework to take home every week. As she diligently practiced and did her homework at home, Shelly got better with her volleyball skills!”

*You shall diligently keep the commandments of the Lord your God, and his testimonies and his statutes, which he has commanded you. - Deuteronomy 6:17*

How will you be DILIGENT 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)

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**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.

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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

## Knowledge

Definition: **the fact or condition of knowing something with familiarity gained through experience or association**

“When the coach spoke about a skill, none of her players interrupted because they knew she had the knowledge to teach them a new skill.”

*The heart of the discerning acquires knowledge, for the ears of the wise seek it out. - Proverbs 18:15*

**How can volleyball players gain KNOWLEDGE? (Give 2 specific examples)**

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

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## 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

# Patience

Definition: **The ability to remain calm without complaining for long periods of time or during difficult trials.**

"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!"

*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. - Galatians 6:9*

How does having PATIENCE 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

# Unselfish

Definition: **someone who puts the feelings and needs of others first, and thinks of others.**

“Andrea held a starting position on her volleyball team and asked one of the girls struggling at practices if she wanted some help outside of practice. The girl was grateful for Andrea’s Unselfishness in wanting to help her get better to make the team.”

*Each of us should praise our neighbors for their good, to build them up. For even Christ did not please himself but, as it is written: “The insults of those who insult you have fallen on me.” - Romans 15:2-3*

**How can you be an UNSELFISH volleyball player?**

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

## 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

# Integrity

Definition: **Living an honest life, and doing the right thing even when no one is watching.**

"Kelly showed she had integrity by completing all the take home tasks that her volleyball coach assigned over the summer break."

*Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.*

—Proverbs 10:9

**What are ways that athletes have INTEGRITY?**

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

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## 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

# Wisdom

Definition: **ability to apply knowledge, experience, understanding or common sense and insight**

“Sara was upset when her coach told her she needed to work on her serving. Her mom gave her wise advice by saying that her coach was pointing out where she struggled so she can improve the skill to use it in games more.”

*The way of fools seems right to them, but the wise listen to advice. –Proverbs 12:15*

What are ways that athletes can be WISE about Volleyball?

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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*