



# VOLLEYBALL ACADEMY 1

## PLAYER HANDBOOK



@Abileneyouthsports



@Abileneysa



@AbileneYouthSA



Abilene  
Youth  
Sports  
Authority



# Hey Everyone!

## Welcome to AYSA!

We haven't had a chance to meet yet, but our names are Antigone and Antony, and we're twins! All our friends just call us Tig and Tony, and since you are going to be a part of this AYSA program with us, then you are definitely our friends!



Every ant has a role and a responsibility in their colony.

Ants are well organized. They know how to pursue their goals.

Ants can lift more than 20 times their own body weight—they are not afraid of a difficult workload.

Ants get the job done. If a job is hard, they work together to solve problems.

**FACTS ABOUT ANTS**

# The Story of The ANT

"One morning I wasted nearly an hour watching a **tiny** ant carry a **HUGE** feather across my back porch. Several times it was confronted by obstacles in its' path and after a momentary pause it would make the necessary detour. At one point the ant had to negotiate a crack in the concrete about 1 inch wide. After brief contemplation, the ant laid the feather over the crack, walked across it, and picked up the feather on the other side and then continued on its' way. I was fascinated by the ingenuity of this ant, one of God's smallest creatures. It served to reinforce the miracle of creation. Here was a minute insect, lacking in size yet equipped with a brain to reason, explore, discover and overcome."



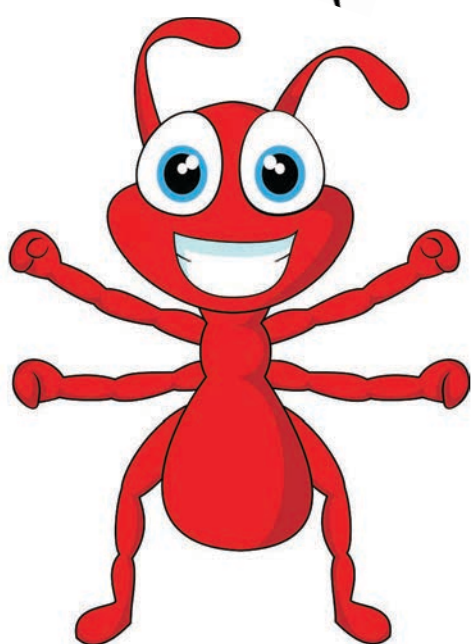
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I told you that God had mighty plans for us! Here is proof! But we are not the only creatures that God uses to do unique things and to be a strong team. He uses you too! And you have been especially made in His own image. As we continue on our journey together through this workbook, you are going to learn how to use all the talents that God has given you!

As we work together through this book, we will have a word of the week to help us stay focused on positive things in our life. We will also be learning how to set goals and to stick with them. There will be some challenges for you to do and also some ways that you can get your family involved in learning this sport with you at home.

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LET'S  
GET TO  
IT!!

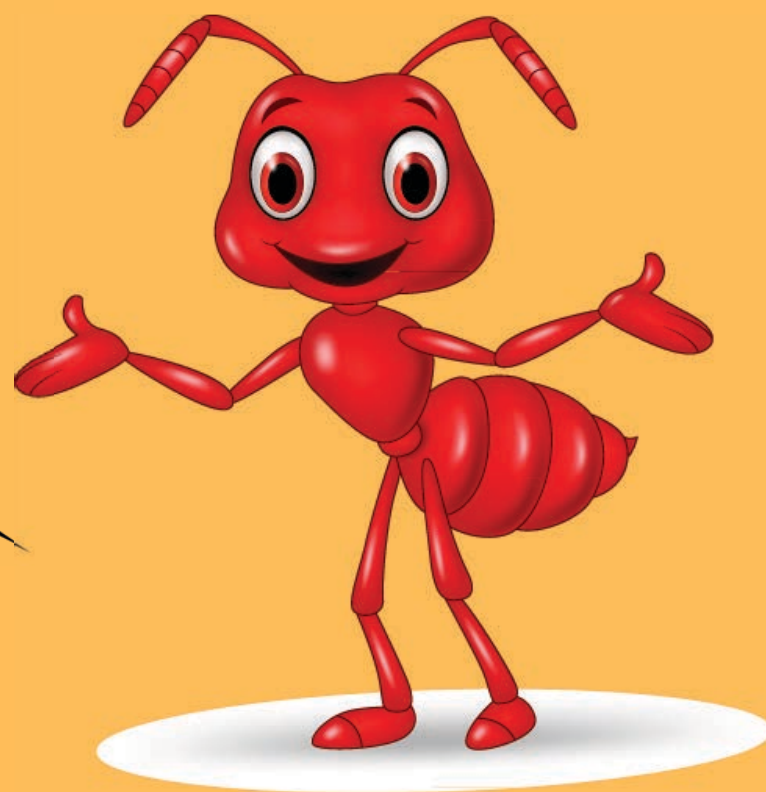




# WEEK 1

## -Imaginative-

The ability to come up with mental images or new and creative ideas



What do you love MOST about volleyball?

**Check off the days you DID complete the challenges**

### SKILL CHALLENGE

**Volleyball Juggling**

**Wall Passing**

**Pass/Set to Self**

**Play at least 20 minutes of grass or sand games**

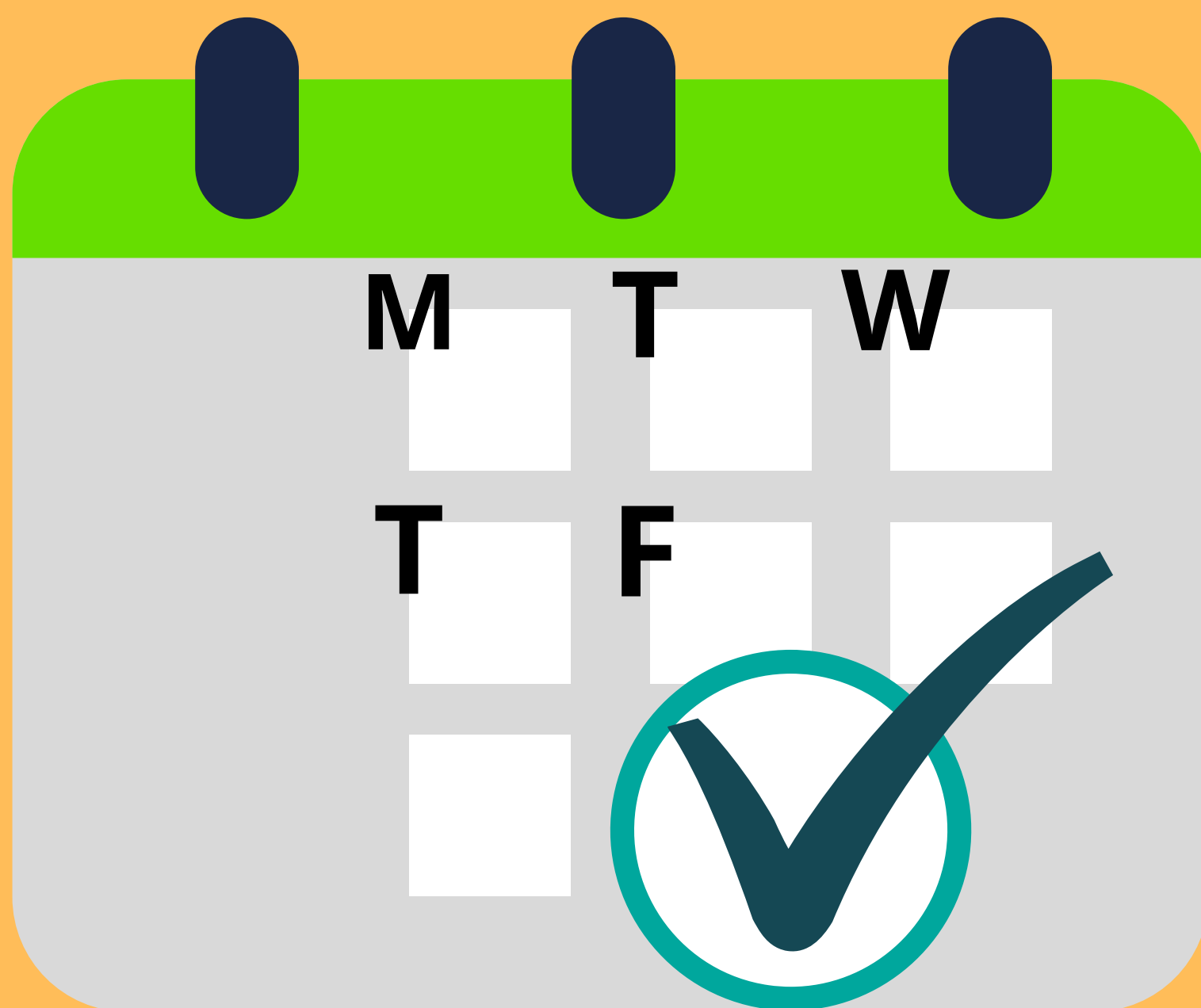
### CONDITIONING CHALLENGE

**Jump Rope (normal, 1 foot, Scissors, side to side)**

**Mountain Climbers**

**Inchwork Walks (1 minute)**

**Create a family exercise game**



### HEALTHY EATING CHALLENGE

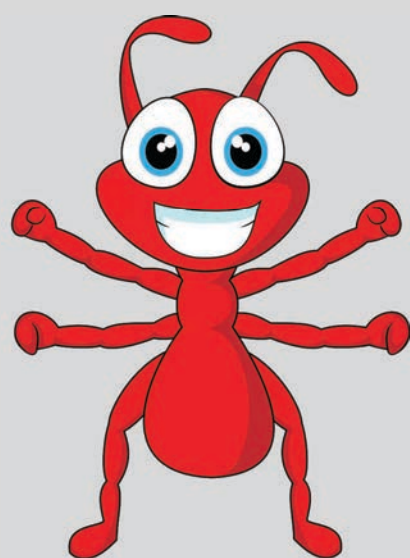
**Replace a sugary dessert for some fruit with yogurt or PB.**



How will YOU be imaginative this week?

**Ephesians 3:20-21**

**"Now to Him who is able to do above and beyond all that we ask or think according to the power that works in us—to Him be glory."**



Tig, do you think  
these kids can find  
all of the words??

D	D	A	A	T	B	O	M	M	V
J	I	N	T	L	W	W	I	O	H
W	S	G	A	T	I	M	Z	P	T
Q	E	S	B	S	A	B	Y	D	X
K	R	P	Y	E	S	C	E	V	S
R	V	I	I	V	V	I	K	R	Z
Z	E	K	P	H	V	H	S	D	O
F	A	E	A	G	M	O	Y	T	F
P	D	J	S	Y	X	D	V	Q	L
Z	Z	M	S	U	G	M	E	G	E

assist

libero

attack

spike

serve

pass

dig

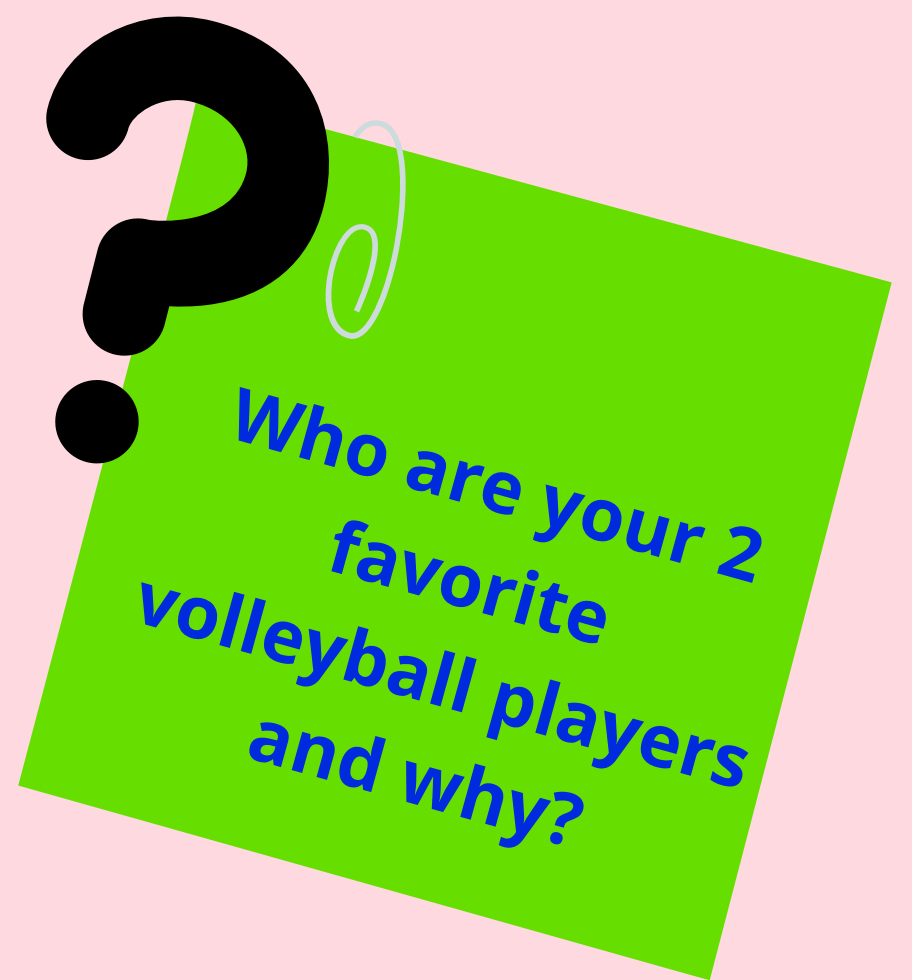
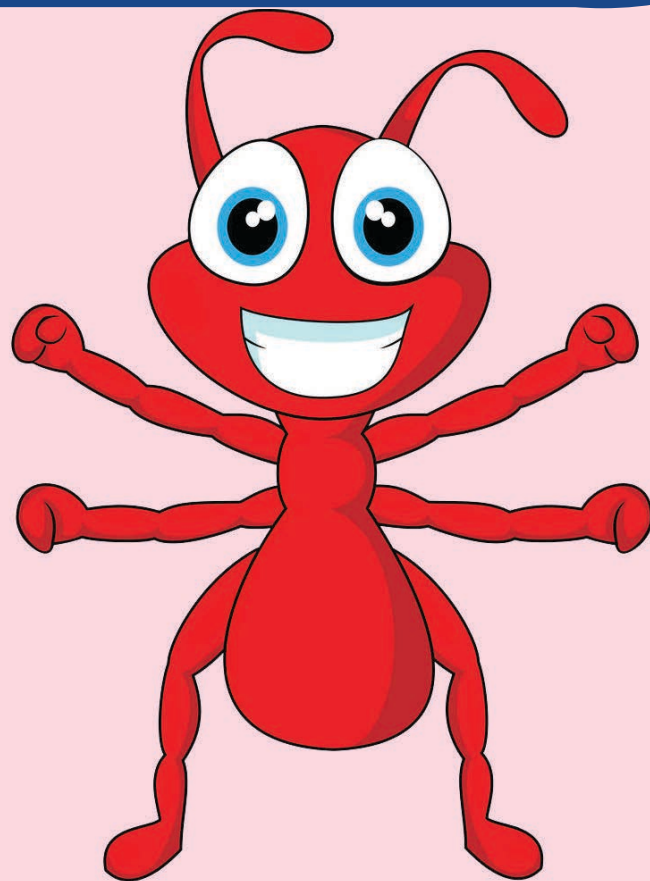
I think they can  
Tony! I always  
believe in my  
friends!!



# WEEK 2

-Brave-

Choosing to face new experiences or difficult situations, even when they might be scary!



**Check off the days you DID complete the challenges**

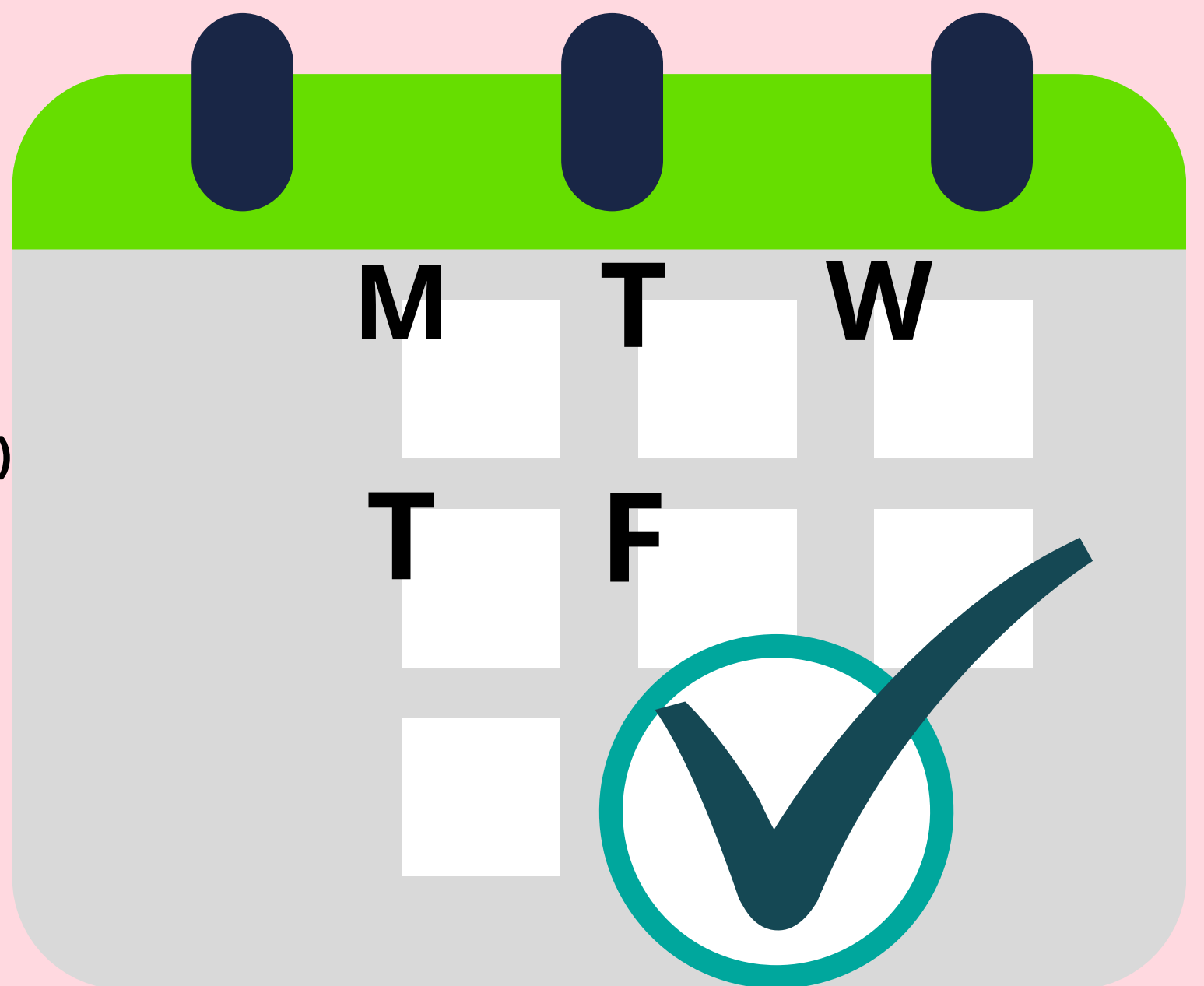
## SKILL CHALLENGE

Passing Sequence (pass/set/left arm/right arm)

Compass Partner Passing (partner tosses front, right, back, left)

Shuffle Passing (shuffle left/middle/right)

Serve and Dash



## CONDITIONING CHALLENGE

Jumping Jacks

Shuffles

Plank High 5's

Hula Hoop Dance

## HEALTHY EATING CHALLENGE

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



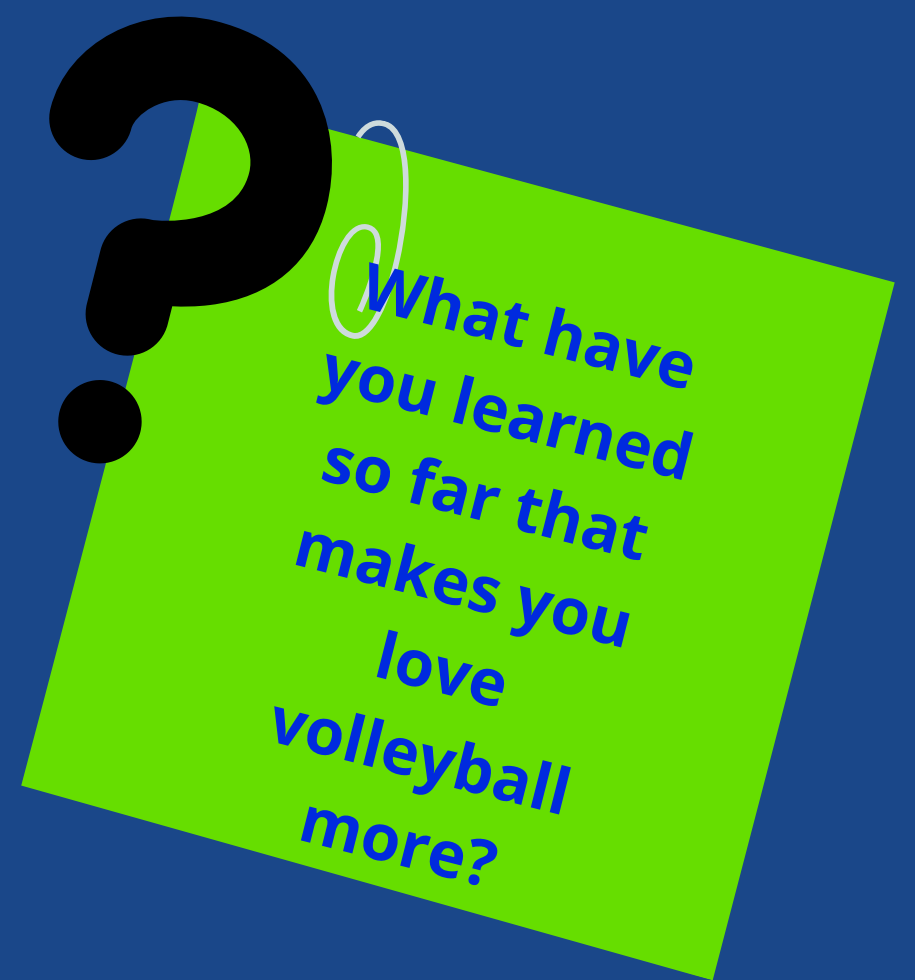
Joshua 1:9—"Be strong and courageous. Do not be afraid, do not be discouraged, for the Lord your God will be with you wherever you go."



# WEEK 3

## -Thankful-

Feeling or  
expressing  
thankfulness or  
gratefulness.



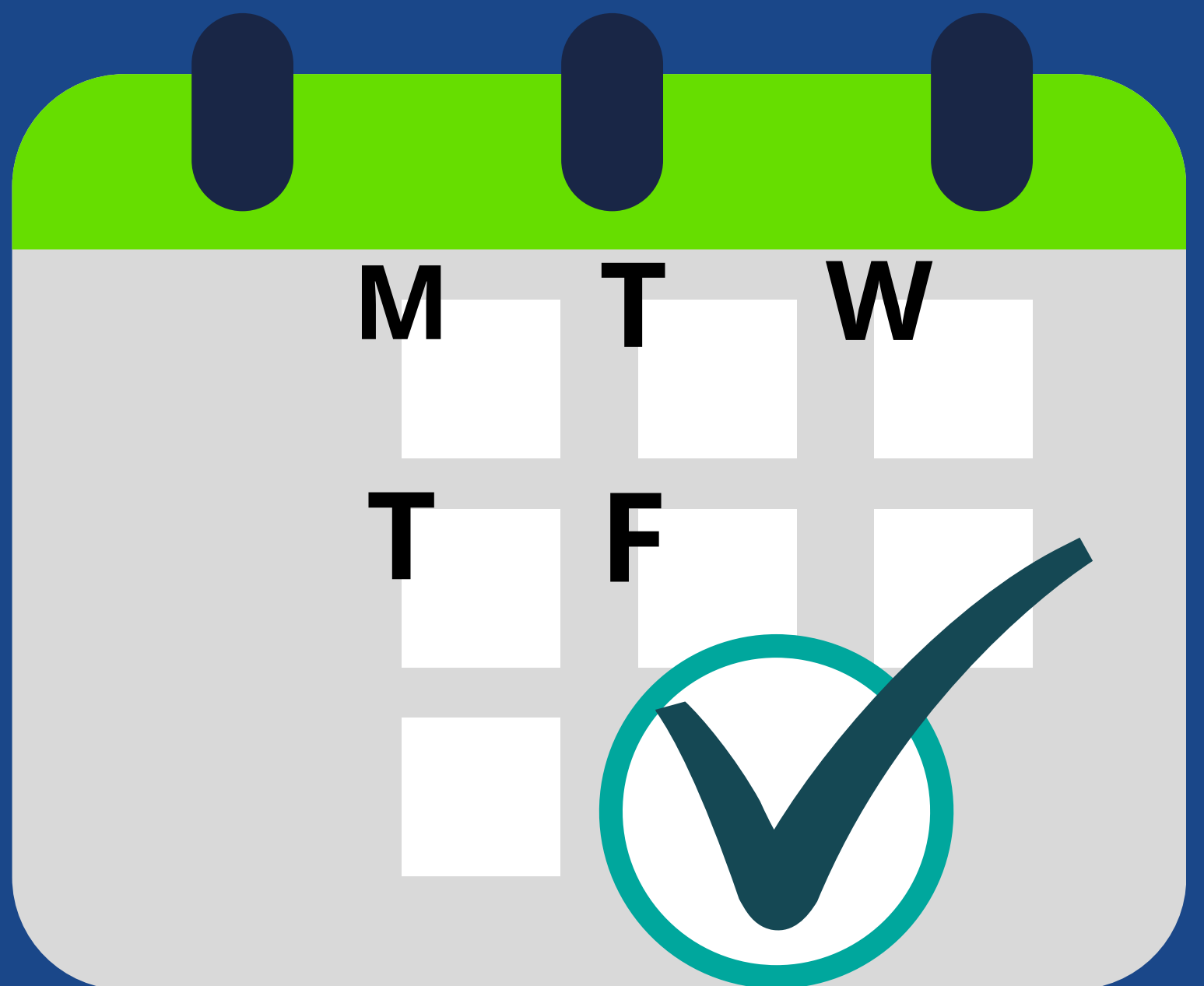
Check off the days you DID complete the challenges

### SKILL CHALLENGE

Deep & Short passing  
Setting while lying down (partner)  
Volleyball Juggling (left arm twice,  
right arm twice, set twice)  
Play 20 minutes of grass/sand  
volleyball

### CONDITIONING CHALLENGE

Jump Rope Sequence  
Lunges, Tuck jumps, Air squats  
Superman Hold  
Create your own family workout  
obstacle course (3 stations)

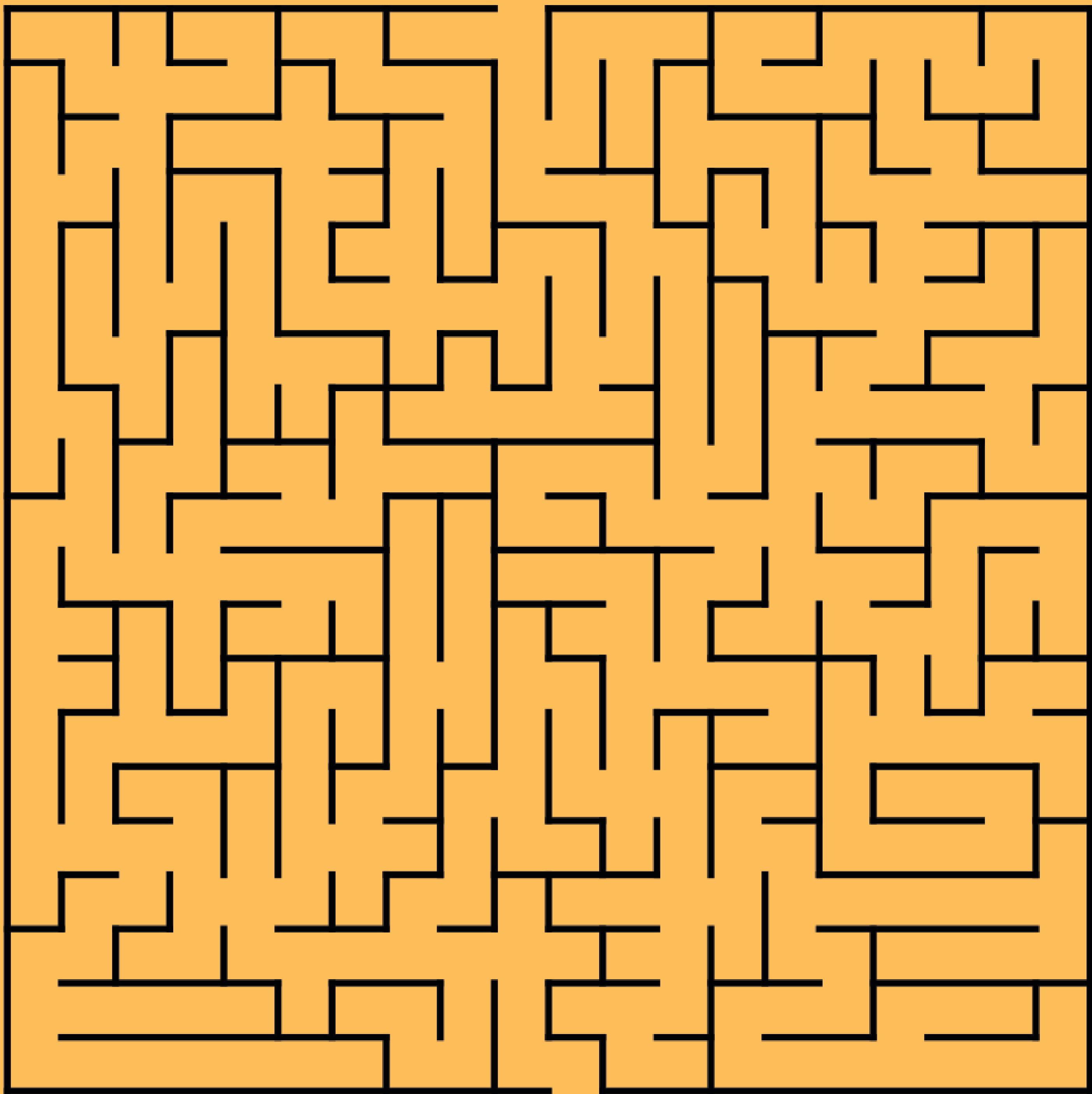


### HEALTHY EATING CHALLENGE

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



1 Thessalonians 5:18—"Give  
thanks in everything, for this is God's will  
for you in Christ Jesus."



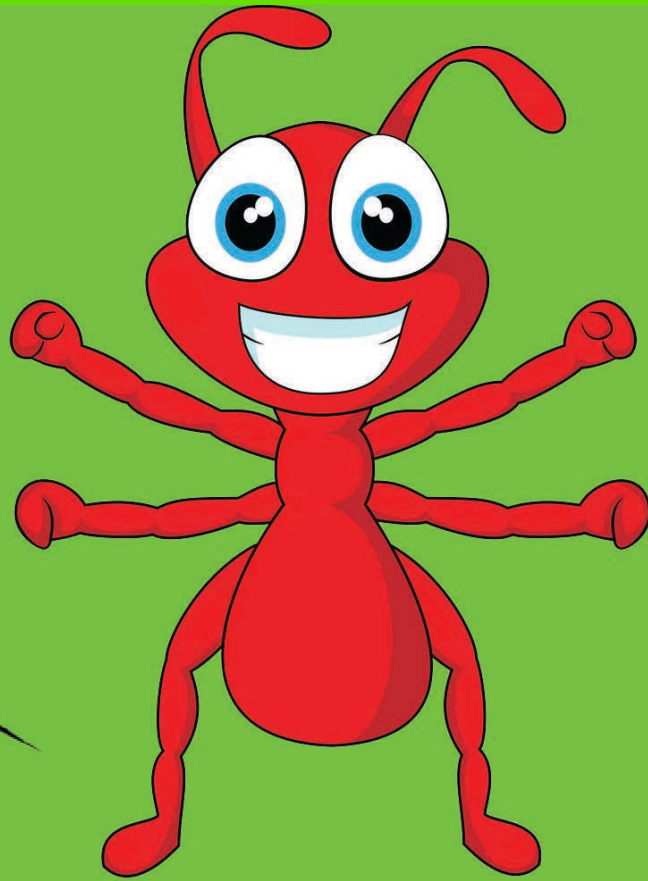
**CAN YOU SOLVE THE  
MAZE??**



# WEEK 4

## -Resourceful-

Capable of dealing with difficult situations quickly and imaginatively.



What are your favorite ways to exercise and why?

Check off the days you DID complete the challenges

### SKILL CHALLENGE

Wall Pepper (pass/hit)

Approaches with Transitions

Serve and Dash

Get-Up Setting: start setting the ball, lower yourself to the ground while continuing to set, get all the way lying on your back, then come back up to a full standing position.

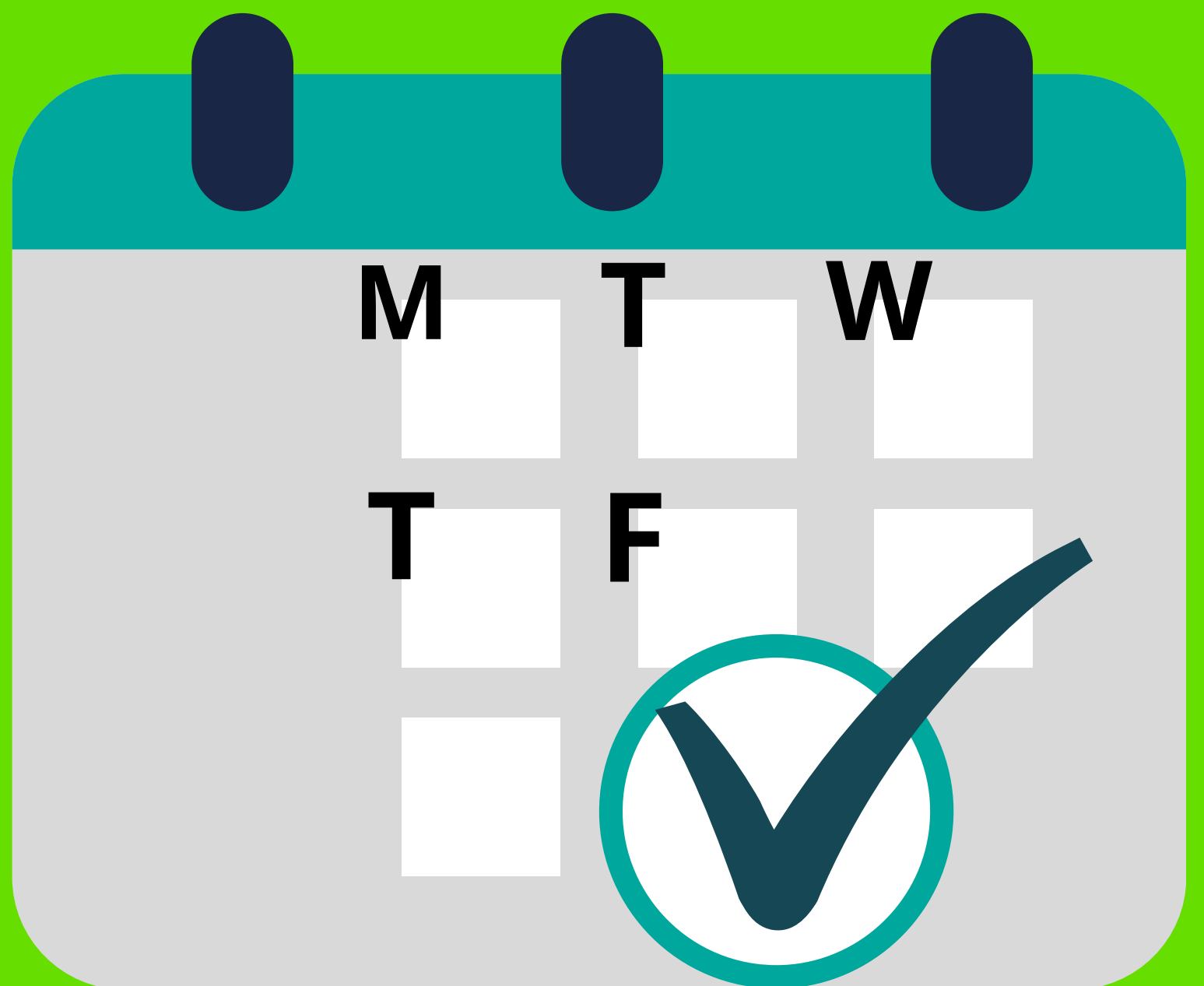
### CONDITIONING CHALLENGE

Burpees (5 minutes)

Run 1/4-1/2 mile

Tricep Dips

Jumping Lunges



### HEALTHY EATING CHALLENGE

Eat something for breakfast every day this week.



How will YOU be resourceful this week?



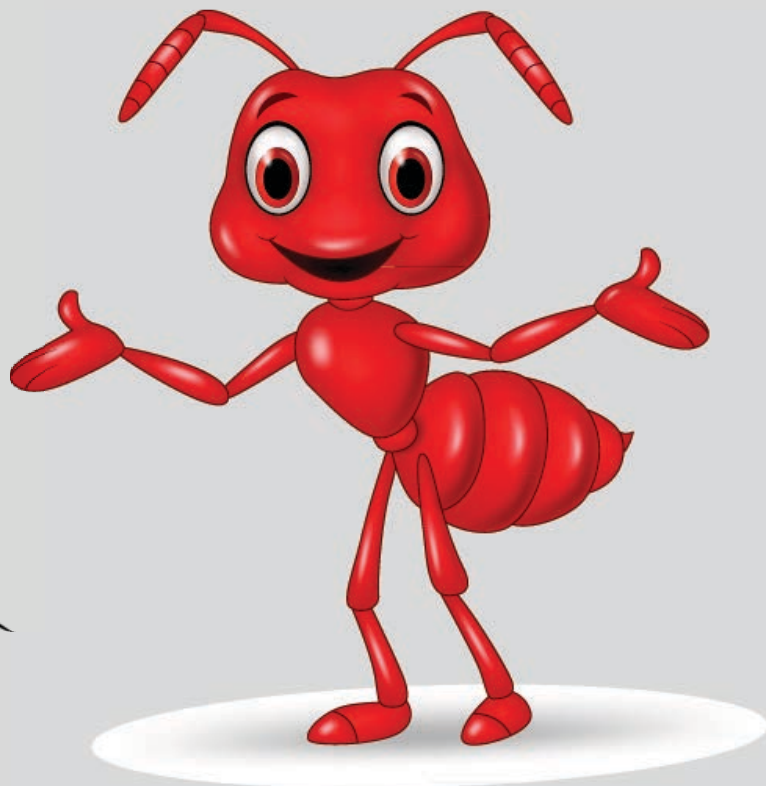
Ephesians 2:10—"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."



# WEEK 5

## -Determined-

Free from doubt about doing something. Not weak or uncertain.



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

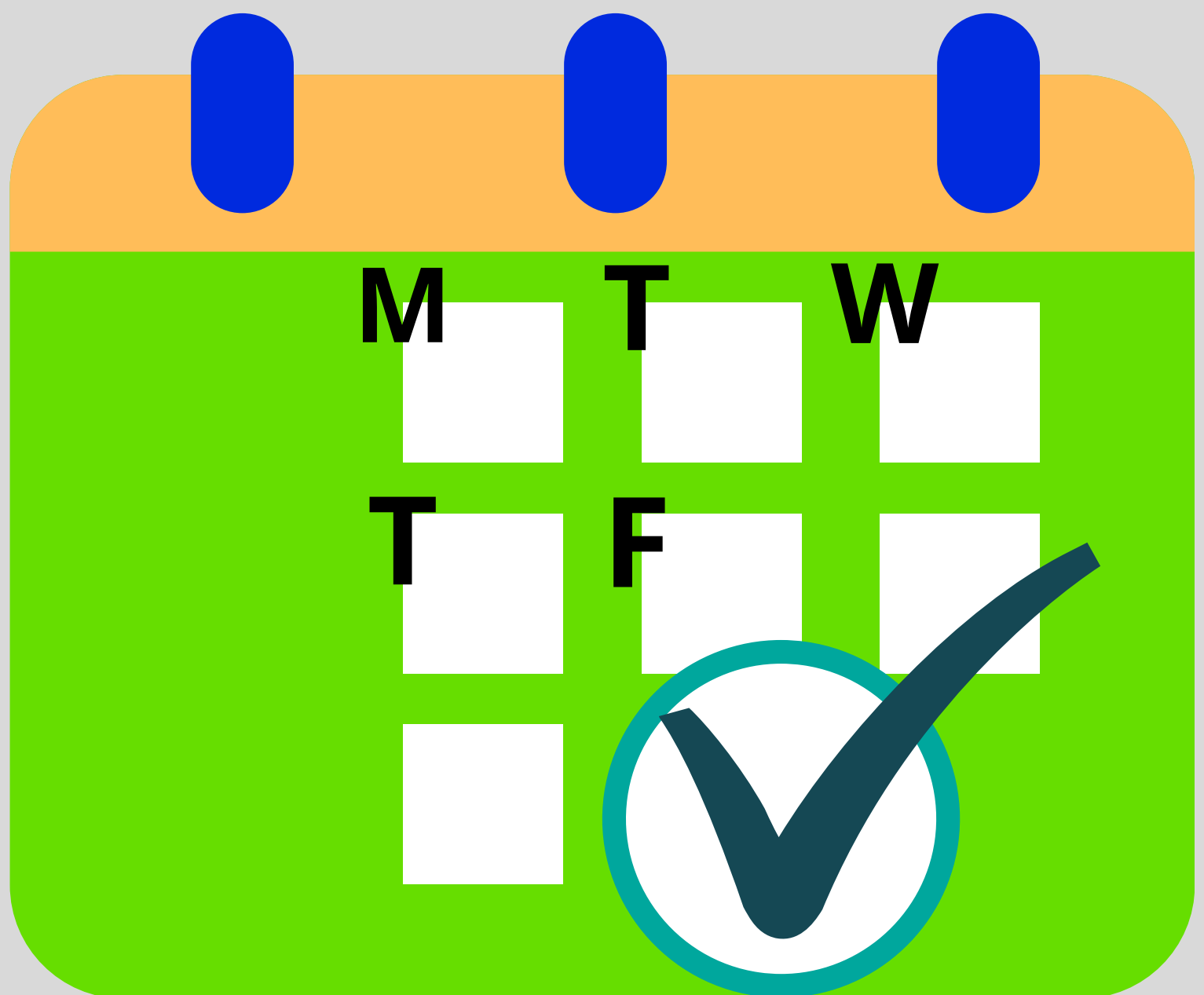
Check off the days you DID complete the challenges

### SKILL CHALLENGE

Passing Sequence w/ Tipping  
Pass to self twice, tip w/right then left hand  
Partner Digs w/Barrel Rolls  
10 Run Thru (straight & cross)  
Teach someone else a volleyball skill you've learned

### CONDITIONING CHALLENGE

Deep Squat Block Jumps  
Inchworm Walks (1 minute)  
6 Get-Up Sit-Ups  
Create a family Olympics (volleyball plus 2 more sports)



### HEALTHY EATING CHALLENGE

Eat a green vegetable at least 3 times this week.



How will YOU be determined this week?



Hebrews 12:11—"Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it."



# WEEK 6

## -Curious-

### NEVER FORGET:

Your value as a person is  
**SO MUCH MORE** than what  
you can do on the court!

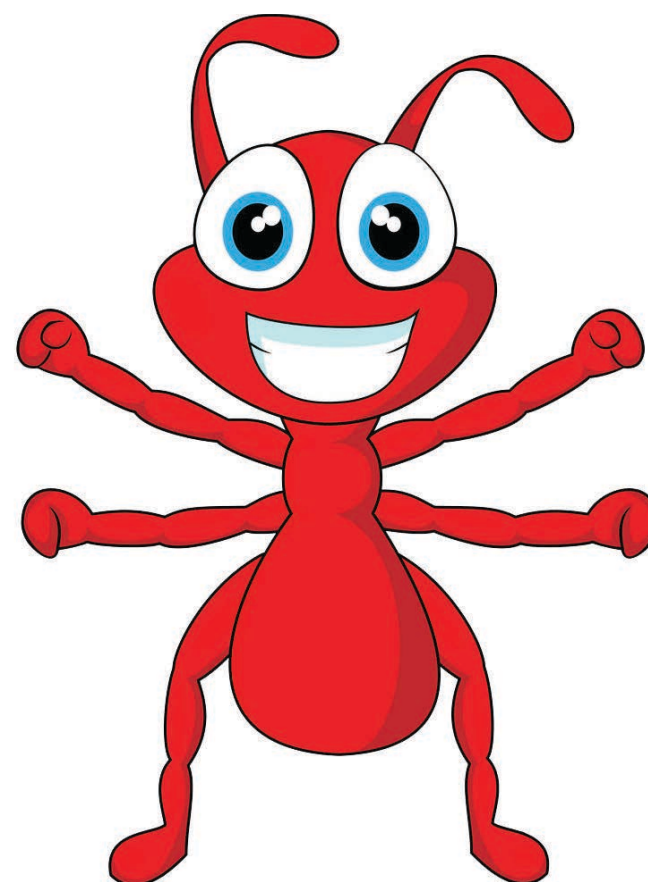
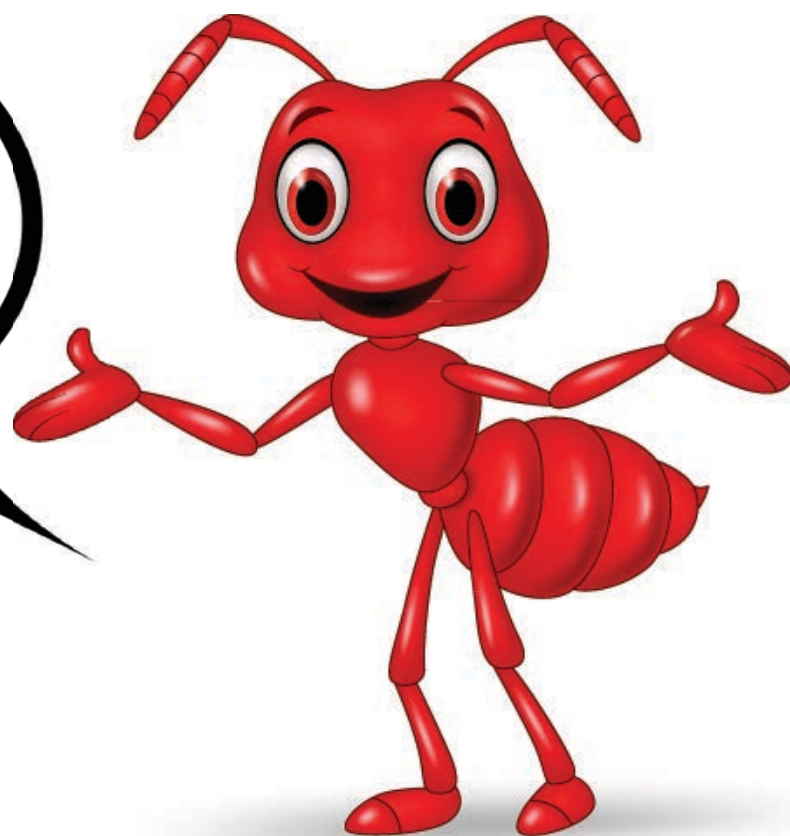
"Never get tired of doing  
the right things!" - 2  
Thessalonians 3:13

Proverbs 3:6—"Seek His will in  
all you do, and He will show you  
which path to take."

### 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!

What did you  
learn the past 6  
weeks?



How will **YOU**  
be curious from  
now on?

### Forever Challenges

**KEEP PLAYING AS OFTEN AS YOU CAN!!**

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

**Thank you guys for hanging out with us the past 6  
weeks. We are HONORED to call you a friend!  
Remember, You can learn a lot from ants! God has  
designed us to be super unique, just like  
you!!**