



# Kessel's Volleyball Excuse List

## - John Kessel, USA Volleyball Director of Membership Development and Disabled Programs

This list is intended to simplify the problem of selecting the proper alibi to suit the occasion. While some athletes are so bad that they need no excuse, most will at some time or another be in need of an explanation for why their spike at match point hit the back wall 42 bricks high. The start of this checklist was first shared with me by Sharon Peterson of NAIA powerhouse Hawaii-Hilo, to whom I give my thanks.

"Excuses are like belly-buttons, everyone has one," is a saying that we often rely on in volleyball. This list will go a long ways to taking the pressure off your players. Blank spaces are provided in certain instances, for those who have some element of creativity. I have found some players rely on certain alibis so often that it is far easier to just number the key excuses, and then, when some performance necessitates an excuse, your player can simply yell, or state "Four!" or "Sixteen." This saves us all time. It also brings to mind that the most important number in volleyball seems to be the number "2." You'll see it used often in this list, and in the gym in other ways, as in, "I'm too tired" or "It was too far..."

- Ate too much
- Was weak from lack of nourishment
- Not enough time to warm up
- Warmed up too long
- Not enough practice time
- Too much practice
- Need my yogurt
- Too much sleep
- Couldn't sleep last night
- Too much weightlifting
- Not enough weightlifting
- We run too much
- Am a slow learner
- They were bad sports
- Am saving myself for the \_\_\_\_\_
- Coach doesn't like us
- Coach doesn't like me
- Worried about my finances
- Boy/girlfriend was mean last night
- Girl/boyfriend too friendly last night
- Didn't think
- Thought too much
- Am not allowed to play my game
- Referees called too tight
- Referees called too loose
- Lousy referees
- Gym was too bright
- Gym was too dark
- Too warm
- Too cold
- Didn't like the balls they used
- Shin Splints
- Blisters
- New shoes
- Shoes are too old
- Can't play with so and so
- Cramp in my leg
- Cramp in \_\_\_\_\_
- Had a killer test today
- Have a killer test tomorrow
- Can't play during holidays
- It was something I ate
- My bra/jock strap was too loose
- My jockstrap/bra was too tight
- Felt faint
- Got a bad sideache
- Too many games
- Not enough games
- Got lost
- Coach left me in too long
- Coach took me out too soon
- The floor was too slippery
- The floor didn't slide at all
- The light was right in my face when I set
- The light was right in my face when I hit
- Too tough of competition
- Not enough competition
- Cheap trophies
- Too many depending on my performance
- Nobody cared about my performance
- Am not really liking organized athletics
- Really only play for the exercise
- Just didn't feel like playing
- Felt great, and that is a bad sign
- Couldn't get excited about the game
- Was overanxious
- My coach is a \_\_\_\_\_
- Can't stand too much success
- Not enough space around the court
- Can't play after bus rides
- The balls were too hard
- The balls were too soft
- Can't play in a different time zone
- We couldn't serve a ball
- Can't play after a plane ride
- The sets were all too far off the net
- The sets were all too close to the net
- All the sets were off target
- They served too tough
- They didn't make a mistake
- We got to the gym too soon
- We got to the gym too late
- Didn't have on my lucky underwear
- Nobody could pass
- My coach reminds me of my mother/father, and I hate them both
- My coach is a foreigner who doesn't understand Americans

Fill in the blank back page with any other excuse your coach should know about....Good luck!