



USA Volleyball
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Recipe for an Elite Player

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Dear Coach -

Remember that the difference between ordinary and extraordinary is that little extra. A great player is best cooked up with the following selections.

- 1 large heart
- 2 strong legs
- 1 empowered brain
- 2 soft and strong hands
- 3 eyes
- a touch of humor
- a dash of compassion
- a pound of "ganas"
- a team benchful of support
- a courtful of love of the game

Make sure the player you are helping create has three eyes, two for anticipating and reading what is about to happen, focused on the action, not the ball, and one creative eye. Of all the things in this recipe, stirring in a love of the game is the most important ingredient.

Note - Size does not matter, but proportions do. The average person has 66 pounds of muscle and about 3 pounds of brains - which explains a lot of things. Elite players have a higher percentage of both heart and smarts.

Empower brain by letting the developing player make mistakes without fear of comment from chef de court. Mix all ingredients on the court and allow for the chaos of the game to stir things up. Pay particular care when including your support in the mix towards discovering each player's uniquenesses. Keep the creative eye hidden but involved.

Add in a touch humor. – As other great chefs have noted:

They laugh that win. - Shakespeare

Against the assault of laughter, nothing can stand. - Mark Twain

Laughter is the shortest distance between 2 people. - Victor Borge

We are here for just a spell, so get a few laughs. - Will Rogers

A man rarely succeeds at anything unless he has fun doing it. - Anon.

He who laughs, lasts. - Anon.