



USA Volleyball Grassroots

Resource Information

In talking with many of you getting this document, we came to realize most of you did not know of the grassroots level work and material USA Volleyball has available. So, we have compiled what is on the web and are pleased to share it with each of you in our partnership in growing the game. New articles will be posted weekly, so make sure to check back for such updates to the grassroots button. Thanks for all you do and let us know what else we can add to even better our grassroots efforts. Regards, John Kessel

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Grassroots Main Page Button

<http://www.usavolleyball.org/content/index/6591>

Growing the game through USA Volleyball takes on many avenues.

Many new ideas are posted to the *Grow the Game Blog* - found at www.usavolleyball.org/blog/blog/220. There, recommendations on new books for coaches to learn from, clinic ideas, training tips and many other coaching secrets are shared. Let us know if you have an article to share in any of these areas by email us at mvp@usav.org.

This section hosts the key information and ideas to create successful programs for players and supporters of all ages. We will continue to add information to this section on a daily basis, so please check back for new content!



Player Information - Tips, ideas and links on how to be a better player

Coaches Information - Tips, ideas and links on how to be a better coach

Officiating Information - Tips, ideas and links on how to be a better official

Sports Parenting Information - Tips, ideas and links on how to be a better parent of an athlete

Best Practices Information - Ideas from regional and affiliated organizations that help grow the game

Posters - Almost 20 different skill and educational posters which you can download and print either in 9 panel form (and laminate) or on a large color plotter to have your own color poster.

Historical Volleyball Information - Knowing the history of our sport is an important part of being an all around player. Some of you can use this information to present a better article to a school class as well. Here is a collection of articles and facts that bring forward some of the history of our game. Get a leg up on your classmates here when writing that school paper on volleyball!

USA Volleyball Regional Associations - Links to each RVA and their programming

Affiliated Organizations - Like the AVCA, NIRSA, YMCA and more...

How to Join USA Volleyball?

Click here to see a map of USA Volleyball's 40 Regional Volleyball Associations, and simply contact the RVA servicing your area through the website link.

You can join to play, coach, officiate, or even just to support the sport as a chaperone or fan. Each RVA sets its registrant fee based on the costs to play in its area of the country.

Questions or ideas - Contact [John Kessel](#) or call 1-88USVOLLEY.

Coaches Information Button <http://www.usavolleyball.org/content/index/6652>

Advance your Coaching Education

The USA Volleyball Coaching Accreditation Program (USAV-CAP) provides an opportunity for professional preparation and advancement for the volleyball coach. The curriculum addresses the essential topics for the volunteer and the internationally aspiring coach. Each course level includes a special emphasis on building the foundation and creation of a well-prepared coach. This knowledge coupled with hands-on coaching experience creates an ideal learning experience.

USAV-CAP has been helping coaches further their coaching education for the past 17 years in the classroom, on the court, and via the Internet. In that time, more than 35,000 coaches have taken USAV-CAP courses across the United States. USAV-CAP is happy to have you as part of our team.

[Click here](#) to learn more about coaching education through USA Volleyball.

Support USA Volleyball and the Sport

When you join your Regional Volleyball Association (RVA), you become a registrant of USA Volleyball (USAV), just like the players on the 2008 Beijing Games gold and silver medal winning USA Volleyball teams. Based in Colorado Springs, Colo., USA Volleyball is the National Governing Body (NGB) of the sport, serving the lifetime sport of volleyball at all ages and levels, through its 40 RVAs and other affiliated members. For more information on joining your local RVA, [click here](#) to see a map of the 40 RVAs. Contact the RVA servicing your area through the website link.

ARTICLES & HANDOUTS

Many new ideas are posted to the Grow the Game Blog - found at www.usavolleyball.org/blog/blog/220. There, recommendations on new books for coaches to learn from, clinic ideas, training tips and many other coaching secrets are shared. Let us know if you have an article to share here, email us at mvp@usav.org.

[From Positive to Perfection \(PDF Download - 4 Pages\)](#)

There is a new principle which I would ask all coaches and players to incorporate in their training, something that goes against the traditional way of training as well as the easier options currently being done. After almost 40 years of coaching, I have seen the very beneficial and successful impact of focusing on this concept at every age - from youth to Olympic team. The title says it all - to first teach positive errors on the path to perfection, in every training.

[Twenty Five Questions for Volleyball Coaches \(PDF Download - 2 Pages\)](#)

While stranded in New Jersey for a couple of days in the Blizzard of 1996, after doing a USA CAP course...I began this list of questions that should guide everyone towards being a better coach...

Kessel's Handy Guide to Ruining a Player (PDF Download - 3 Pages)

The guidelines herein are possibly known by you as a committed coach, but are not properly enforced. These guidelines and suggestions will insure that you, your ego, and its desire to win will take precedence over any individual or team development situation.

PRACTICE #1. Design all drills to be controlled by the coach, never by the athletes.

Offside Hitting (PDF Download - 3 Pages)

The concept of offside skills is not new to sport. In basketball a player dribbles with either hand. In lacrosse the players must have the ability to shoot from either side. In soccer the players have to be able to put the ball in the net using either foot.

An Open Letter to all Coaching 14 and Under (PDF Download - 3 Pages)

Dear Coach - I went to a 12 and 10 & under volleyball league recently, and had flashbacks to my time playing Little League baseball as a Camarillo Eagle. I would hunker out there in "Right Field," just like the classic Peter Paul and Mary song by the same name, getting into a ready position over and over again, talking "chatter" to keep sane, and seeing a ball come my way once a game if I was very lucky. One ball an hour, maybe.

Injury Prevention Through Proper Reading and Anticipation (PDF Download - 4 Pages)

Volleyball is a unique sport in that it's both cyclic and acyclic in nature. Skills such as digging are totally random movements (acyclic). The player must instantly react and dive for the ball based on its flight path. Skills, such as spiking, are patterned (cyclic) movements. The approach, jump and spike is repeated as a pattern with consistent contact for the kill as the prime objective. These two types of movements offer unique challenges in the prevention of injury to the volleyball player. Traditional injury prevention methods emphasize the strengthening of muscles in general, and the tendons and ligaments surrounding joints through progressive overload. But being out of position in performing patterned movement skills can create stress on the body which can cause injuries both acute and chronic, which all the strength and conditioning in the world may not be able to prevent. The author explores this little-attended fact to bring attention to how good reading, anticipation and reaction skills can lead not only to top level performance but prevent injury as well.

Holding a Successful One Time Kids Skill Clinic (PDF Download - 5 Pages)

This short article presents the core framework for putting on a successful, non-traditional clinic, of varying length.

Cue words, Skill and drills suggestions and even homework examples for each skill in the game.

Coaching Coaches - 10 things to Think About (PDF Download - 3 Pages)

by Chuck Wielgus, Executive Director, USA Swimming: I have spent the past thirty years working in the sports business. I have coached basketball, lacrosse, soccer and swimming ... and I have had the opportunity to work with many other sports, including: baseball, canoe/kayak, golf, running, snowboarding, tennis, triathlon and volleyball. I have observed coaches at all levels: young coaches and experienced coaches, lazy coaches and dedicated coaches, troubled coaches and wise coaches. Like every other profession, the ranks of coaches offer a full spectrum of personalities and styles. Recently, I was asked to offer some advice to a group of young coaches. For better or worse, here were my ten tips.

Crosstraining in Volleyball (PDF Download - 3 Pages)

Most coaches are not aware of the many options to play the game of volleyball. This handout is intended to give you reference to options to the indoor 6 vs. 6 game, that you might have your players experience. New, fun and different...a break from what you do normally.

Dear Vocal Coach (PDF Download - 2 Pages)

Please read the following actual email from a dear friend, whose daughter plays volleyball. The names have been changed, and some sentences deleted, but none added/created by me, to make it be more of a generic version of what I see at USA Volleyball on a weekly basis: >>My daughter is still into VB. She leaves on Saturday for our national season ending event.

Guide to Volleyball Basics (PDF Download - 24 Pages)

WELCOME TO THE GAME OF VOLLEYBALL!

This guide is intended to help you attain a basic understanding of the game of volleyball. It was begun with the help of Jim Paglia, the Sporting Goods Manufacturers Association (SGMA) Volleyball Council and John Kessel of USA Volleyball. For more help, contact john.kessel@usav.org. You may wish to keep this booklet handy and refer to it often as you become more comfortable with the rules, procedures, and customs of volleyball. Get out and play. The more you play, the more you'll improve. Even the "backyard warrior" who doesn't intend to go beyond the occasional recreational game needs to be familiar with the basics. If you tend to play infrequently, or you're just getting into the game, you'll find it helpful to briefly skim this booklet before each volleyball outing. Soon, the rules, terminology, and various hand signals will become second nature to you. Your skills and confidence will grow rapidly once you've mastered the basics. You can also learn a great deal by watching others. Study other players' techniques and team tactics. Look to get games against better players and don't hesitate to ask a teammate lots of questions. Even the most experienced players know that communication both on and off the court makes for better volleyball.

How to Make Drills that Work for your Team (PDF Download - 3 Pages)

At almost every coach's clinic that I teach, be it local, national or international in scope, most of the coaches in attendance want to come away from that clinic with a large notebook full of drills that they can take home and use in their practices to make their team the best in the league. And why shouldn't they? They know that the teams that practice the best drills tend to become the best teams. The problem comes in defining that word "best". If the drills don't work for your team, and if they don't do the job for which they were designed, they aren't the best drills, no matter how cleverly designed they may be. There is no recipe book of drills that will do the job for your team. You, the coach, have to design the drills that are going to help your team reach its potential. So let's take a look at some of the things that will help you to make drills that work for your team.

How to Start a Jr Olympic Volleyball Program (PDF Download - 2 Pages)

a very quick starting a Junior Olympic volleyball program guide. Beginning a USA Volleyball JOV program can be both a rewarding and a frustrating experience. The sources of the rewards are rather apparent - the opportunity to see those young people grow and develop, the excitement of athletic competition, and the joy of a job well done.

My Favorite Coach (PDF Download - 2 Pages)

He knows that kids don't care how much he knows about this sport, until they know how much he cares about them.

She understands that it is even when a paycheck is included, that it is more than just winning games that she is doing with her players, and focuses on team building through off court activities.

My Favorite Player (PDF Download - 2 Pages)

After thirty plus years of coaching in this great sport, I think it is time to tell you who my favorite player is. Every coach has one you see, and I am no different. The player I am talking about I have never measured in height, but I know this player has the biggest heart of the team, and always plays up to a special stature.

It's not Where you Are, It's who you Are (PDF Download - 3 Pages)

This started as an email I sent to the top five USA Team battling to qualify as the two 2000 Beach Volleyball Teams for each gender. As the Olympic Team Leader in a sport that just now is allowing coaches, I enjoyed the challenge of preparing and forming teams from individuals and changing partnerships and to give the players all they needed to succeed on the sand in Sydney. I have used that experience again in the last two Pan American Games with our USA men and women's beach teams as Team Leader and coach. Most recently these ideas were used in Athens in 2004 as Team Leader for our first ever Paralympic Women's Sitting Volleyball Bronze Medal team, and to help kids playing volleyball who have inquired about how to deal with problem coaches and to assist those seeking to excel. Originally, I titled this article "How to Excel Under Any Coach."

Player Information Gathering form - Front Page

Combine with the page below, printing one page back to back and you have a great way to gather information on over 25 different things about each player - so you can better coach them. Remember, the kids don't care how much you know, until they know how much you care...

Player Information Gathering form - Back Page

See above

Suggested Book Readings for Youth Coaches (PDF Download - 1 Page)

Fourteen top books worth reading if you are coaching players under the age of 18.

Quality over Quantity - By Ryan Millar

Splinter Siblings (PDF Download - 3 Pages)

Dear Coach,
I am becoming frustrated with my lack of court time during matches. My coach keeps telling me that I am improving, but I keep having to get tweezers on to my splinters after each game. I have thought about changing clubs but I would prefer to stay where I am, as I enjoy the atmosphere in this club.
Cushion.

Things I have Learned the Hard Way (PDF Download - 3 Pages)

I HAVE LEARNED THAT... ...What I learn or teach in the classroom can only be truly understood by coaching in a gym. ...No matter how much I care, some players don't know how to care back, so I must teach them and remain steadfast as a role model in caring.

Use of the Court Without use of the Net Poster (PDF Download - 1 Page)

A simple one page "poster" to put up on your standards or gym walls, and share with coaching staff to remind you to start using the net in the precious couple of hours you have, from start to finish, as all reading takes place over and through the net in a game.

Training Tools for Jr. Olympic and Youth Volleyball (PDF Download - 8 Pages)

These are successful training items I have created and used in the last 35 years of coaching kids - all of which are inexpensive and thus can be done at any grassroots level. They can be used to increase the time on task/contacts per hour for class or team training, making stations or in other ways to get more than one ball in the air over your court at the same time.

How to Run a Beach Volleyball Clinic (PDF Download - 7 Pages)

This article is designed to offer volleyball coaches, sports educators, and sports camp coordinators the resources to operate a successful single day beach volleyball clinic for all ages, kids and adults. This format should fit into a 2-4 hour time frame.

My Top 166 Volleyball Drills from Around the World (PDF Download - 2 Pages)

EVERY coach asks for new drills to make their kids better, searching the web, attending clinics, reading drill books. After decades of coaching, creating and collecting, here is a list of the top 166 drills.

To Win the Gold (PDF Download - 2 Pages)

This is something I wrote and sent to all my USA Olympic Team Hopefuls for Sydney back in 2000 when I was Team Leader for the Olympic Beach Teams. Most players in the pipeline wanting to reach this level would benefit from following this same information.

The Most Important Skill in Volleyball (PDF Download - 2 Pages)

Many coaches spend a great deal of time focusing on the skills of serving, passing, setting, spiking blocking and digging. They add in a virtual verbal barrage of technique comments to each player, in practice and even in the middle of games.

The Game Teaches the Game (PDF Download - 5 Pages)

Often I open coaching courses, at any level, with the following "test" Fill in the blanks -- The game teaches _____ . I get all sorts of interesting answers like "good sportsmanship," and "team work" - but the "correct" answer I am seeking is in the title above..."the game."

[The Ten New Commandments of Volleyball \(PDF Download - 3 Pages\)](#)

As I watch new coaches begin by teaching the way they were taught, I wonder how to get these well intentioned humans to change to better ways. As most good coaches know that given a choice, they would chose the "a lot of a little" side, rather than "a little of a lot" - I offer to you the ten most important traditions and coaching methods I wish you would change to....

[What is there to do in Volleyball After High School Handout \(PDF Download - 2 Pages\)](#)

A very sad factoid crossed my desk from Athletic Business magazine. They cited a study stating that only five percent of high school varsity players still participate in their sport when they are 30 or more years old. It might make sense with football, but not for the lifetime sport of volleyball. We have Masters National Championships for the age groups that start at 30 and over, and in five year increments, go all the way up to 75 & over National! Many younger players might not know of the myriad of ways to get even better at volleyball, while also helping grow the game. Here are highlights of those ways to keep playing this sport made in America.

[Volleyball Excuse List Handout for Players \(PDF Download - 1 Page\)](#)

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..."

[Wash Scoring Drills \(PDF Download - 4 Pages\)](#)

Some History -- In 1984, when the USA men were in the process of preparing for what was to be their gold medal performance in the Los Angeles Olympics, Bill Neville, their highly imaginative assistant coach, designed a scrimmage-like game he called the "wash" drill. What set that game apart from the thousands that preceded it was the scoring concept upon which it was based. And the application of that concept in the ensuing years has helped to revolutionize volleyball training throughout the world. Thanks Bill! The Concept... The wash concept utilizes a goal-oriented scoring system in which the goal is a consecutive number of successful executions. For example...

[Creating and Growing Great Volleyball Programs \(PDF Download - 11 Pages\)](#)

Starting a successful volleyball program only takes the passion and spirit of one person to begin. This article shares decade's worth of ideas that will help any and all programs in new ways to help the game thrive. It is important to keep in mind the number one principle in this - This is a team game, for the kids...

Team Travel Ideas (PDF Download - 5 Pages)

Experienced parents, and coaches, know that travel by car is a necessary time eater of any sports program. Why not make it more fun, educational and team bonding, beyond just watching a DVD or listening to individual music players through their headsets....as a kid long ago, and a parent/coach with nearly half a century in the car traveling these United States, here is my collection of best team travel car activities that do not involve watching a DVD or Gameboy player, and that can greatly help with team cohesion and meeting group needs.

Guide to Disabled Volleyball 2007 (PDF Download - 4 Pages)

From minimal disability to major handicaps, statistics indicate seven percent of any population is disabled. This guide gives you the opportunity to promote volleyball to those with whom you may cross paths who are disabled and want to play our great game! Volleyball easily fits with the motto, below, of Disabled Sports/ USA. *If I can do this, I can do anything!* Along with wheelchair basketball, sitting volleyball has become one of the most widely played and most popular sports in the disabled society. In some parts of the world the matches are televised. Disabled and in wheelchairs - the newest addition to disabled volleyball.

Player Information Button <http://www.usavolleyball.org/content/index/6636>

When you join your Regional Volleyball Association (RVA), you become a registrant of USA Volleyball (USAV), just like the players on the 2008 Beijing Games gold and silver medal winning USA Volleyball teams. Based in Colorado Springs, Colo., USA Volleyball is the National Governing Body (NGB) of the sport, serving the lifetime sport of volleyball at all ages and levels, through its 40 RVAs and other affiliated members. For more information on joining your local RVA, [click here](#) to see a map of the 40 RVAs. Contact the RVA servicing your area through the website link.

[Youth Volleyball Rules for 2-4 Player Teams \(PDF Download\)](#)

USA Volleyball has a full rule book annually updated - called Domestic Competition Regulations - which follow the rules of the International Volleyball Federation (FIVB). This set of rules is designed to simplify these regulations for youth play for 3-11 year old teams who should be playing less than the six person game.

[Am I Too Short to Play Volleyball? \(PDF Download\)](#)

"It is not how tall you are, it is how GOOD you are." - Marv Dunphy, 1988 Olympic Gold Medal volleyball coach

[Cloth/Balloon Volleyball \(PDF Download\)](#)

A pattern and instructions for creating a simple cloth covered, balloon volleyball for children.

[Beach Volleyball Basics \(PDF Download\)](#)

With Beach Volleyball is a very popular and fast growing sport all over the world. At the same time it is asport recognized by major international sport associations such as the International Olympic Committee and the International Volleyball Federation. Beach Volleyball is a fun game that can help you accomplish your goals of becoming a world-class athlete. The doubles game can also be played on the grass, using the same portable net systems and rules.

[You Will Be a Better Player If You Coach \(PDF Download\)](#)

The title of this article sums it up. How our USA coaches might better implement this fact is the focus of this article, for it can also make a huge impact on the development of talent in both the youth levels, and disabled programming of our nation.

[What is There to Do in Volleyball After High School? \(PDF Download\)](#)

A very sad factoid crossed my desk recently from Athletic Business magazine. They cited a study stating that only five percent of high school varsity players still participate in their sport when they are 30 or more years old.

[Play Better Indoors by Playing Outdoors \(PDF Download - 2 Pages\)](#)

It is time to give the players a break from all of your coaching-while increasing the numbers of touches they get on the ball-by letting your summer program get all of your JOV athletes playing outdoors in two-, three- and four-person competitions. Let them play! Just have them fill out a tournament list while playing in the B or A divisions all summer long against adults. DO IT! Then send your best to Jr. Olympic Beach Volleyball Nationals.

[What to do After an Ankle Sprain \(PDF Download - 3 Pages\)](#)

Ankle sprains are the most common acute injury in sports. They are also the most common injury in volleyball. Although they can occur in a number of ways, in volleyball they are most often the result of landing on the outside part of the foot (inversion injury). This causes a sprain of the outside (lateral) ankle ligaments. Frequently, a player may jump at the net and land on an opponent's foot, causing his/her weight to roll over the outside part of his/her own foot. If this force overwhelms the ankle stabilizing muscles, the lateral ankle ligaments are stretched and injured. After an acute ankle sprain, immediate steps should be taken to control swelling and inflammation. These steps are most effective if begun within minutes of injury, and will allow for easier rehabilitation and earlier return to play. An easy way to remember these is to use the pneumatic RICE, which stands for Rest, Ice, Compression, and Elevation, respectively.

[Dear Stupid Player - \(PDF Download - 3 Pages\)](#)

Last night my phone rang, with a dear friend calling to say his daughter, a player training with our national team, had missed her flight and could I go get her. Team players that we are, we know the answer is of course yes, as my own kids now have a reason to get out of the pajamas and into the car for yet another adventure. When we picked her up, she was very apologetic and all...while we were simply happy to see her.

Then she said a phrase I hear far too often..."I am such an idiot." Followed by a call to her folks, wonderful people I have known for decades, to let them know she was with us, when she said, "I know you will hate me, but I forgot the telephone number."

[Kessel's Volleyball Excuse List \(PDF Download - 1 Page\)](#)

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.

[Play One on One to be Great \(PDF Download - 2 Pages\)](#)

The short version of this article is simple - have fun playing more one on one, and you will be better - because you learn most by contacting the ball over a net.

[Please Use the Net \(PDF Download - 2 Pages\)](#)

How can we get our coaches and players to change from the powerful tradition/habit of half-court-not-over-the-net training seen at all levels, to using the net all the time? Maybe if I just use that important word mom taught me, please, it will work? Coaches, please use the net. Please use it from start to finish in practice, as it is not there usually when they go home and practice with that one other volleyball loving friend. Please use it for warm up, passing drills, not just hitting drills.

Recipie for an Elite Player (PDF Download - 1 Page)

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

Can You Do It (PDF Download - 1 Page)

This is a five-minute timed test to determine the general and specific knowledge of volleyball athletes, in particular their speed in decision making and their abilities to react to instruction within familiar performance requirements.

A Conditioning Program (PDF Download 2 Pages)

It is important for you to maintain a high level of fitness in order to compete at your physical capability. Being in shape, like getting proper nutrition is one of the fundamental skills that sport can help incorporate into your life now that should never stop.

Creating a Boys Volleyball Team at Your School (PDF Download - 3 Pages)

Learn some basic steps to bring boys volleyball to your school.

Cross-Training and Training Options in Volleyball (PDF Download - 5 Pages)

Most coaches are not aware of the many options to play the game of volleyball. This handout is intended to give you reference to options to the indoor 6 vs. 6 game, that you might have your players experience. New, fun and different...a break from what you do normally.

FUNdaMENTAL Volleyball (PDF Download - 3 Pages)

The fundamentals of volleyball provide you with a sound foundation from which to create the things that you need to become the best volleyball player you can be. In volleyball the true winners are those players who always put out their best effort, no matter how they feel or what the score turns out to be.

Volleyball Word Find (PDF Download - 1 Page)

Your favorite word find game with a twist...volleyball!

Volleyball Phobia (PDF Download - 1 Page)

We all have fears. Joe "the Truth" Harmon has done much research in this area.

[Volleyball Food Challenge \(PDF Download - 2 Pages\)](#)

With some players, every relationship between food and volleyball is very simple -- "I eat, therefore I am." Nonetheless, certain foods have direct correlation to the game, and I challenge you to not cheat (practice for the SAT/ACT tests here) and to see if you can figure out the food that goes with the definitions.

[Kessel's Volleyball Lessons By Mail \(PDF Download - 1 Page\)](#)

Please do not throw this letter away, as you have so many others before this. We have an offer for you can't refuse - the chance to learn the sport born in America - volleyball. We know you have seen power volleyball played and want to do it too.

[Volleyball Trivia Questions \(PDF Download - 7 Pages\)](#)

See how many trivia questions you can answer correctly on your favorite sport!

[Training Tools for Jr. Olympic and Youth Volleyball \(PDF Download - 11 Pages\)](#)

These are successful training items I have created and used in the last 35 years of coaching kids - all of which are inexpensive and thus can be done at any grassroots level. They can be used to increase the time on task/contacts per hour for class or team training, making stations or in other ways to get more than one ball in the air over your court at the same time.

[Training Without a Net or Friends \(PDF Download - 4 Pages\)](#)

Volleyball is a game to play with friends, same gender or coed - even reverse coed...It does not matter if those you train with are only 7 years old, or your grandmother, as long as they can provide you with the unique angles of the game, you'll be learning fine. The other essential key for learning the right habits for game play, is a net.

[Thoughts on Defense in Volleyball \(PDF Download - 1 Page\)](#)

"There are days when you can't get the ball to hit the floor, no matter how hard you try," my volleyball coach once told me, "But there is no excuse for not playing good defense."

I've known those days when every attack is a fight. Every idea manufactured. Days when invention and smoothness and originality disappear. When nothing is new or bright or wonderful. The air is the same. In those days I start to press and everything gets that much more difficult. The feel of offense is gone. And with it, the power, the ease, the brilliance that play brings.

[Thoughts For Setters \(PDF Download - 3 Pages\)](#)

These are basically the ideas on setting of one of the most knowledgeable volleyball personalities in the world, Doug Beal, coach of the 1984 U.S. Olympic Men's team. Since 1970, he has studied, played and taught setting on the international level as both a player and a coach.

Thoughts and Guidelines on Service (PDF Download - 2 Pages)

A great speaker tells a story about the time before he became a great speaker. He would feel nervous and unsure of himself before an audience of men of power and dignity. So he would overcome this by imagining them sitting before him dressed only in their underwear.

The Uniqueness of Volleyball (PDF Download - 3 Pages)

This article should be explained to (and understood by) all parents in your program, as volleyball is known as a sport that is not a "parent-pleaser."

The Most Important Skill in Volleyball (PDF Download - 2 Pages)

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These are successful training items I have created and used in the last 35 years of coaching kids - all of which are inexpensive and thus can be done at any grassroots level. They can be used to increase the time on task/contacts per hour for class or team training, making stations or in other ways to get more than one ball in the air over your court at the same time.

Team Travel Ideas (PDF Download - 5 Pages)

Experienced parents, and coaches, know that travel by car is a necessary time eater of any sports program. Why not make it more fun, educational and team bonding, beyond just watching a DVD or listening to individual music players through their headsets....as a kid long ago, and a parent/coach with nearly half a century in the car traveling these United States, here is my collection of best team travel car activities that do not involve watching a DVD or Gameboy player, and that can greatly help with team cohesion and meeting group needs.

Suggested Player Book Readings (PDF Download - 2 Pages)

USA Volleyball Skills Contest (PDF Download - 9 Pages)

In 1967, in response to the United States Olympic Committee's challenge to all sports groups to expand and intensify their developmental efforts, USA Volleyball developed a volleyball skills contest and implemented it on a regional basis. The YMCA of the USA updated this skills contest with USAV staff help for use during their volleyball centennial celebrations. We are now sharing it with all volleyball organizations to use as they wish.

To Win the Gold (PDF Download - 2 Pages)

This is something I wrote and sent to all my USA Olympic Team Hopefuls for Sydney back in 2000 when I was Team Leader for the Olympic Beach Teams. Most players in the pipeline wanting to reach this level would benefit from following this same information.

Splinter Siblings (PDF Download - 2 Pages)

Dear Coach,
I am becoming frustrated with my lack of court time during matches. My coach keeps telling me that I am improving, but I keep having to get tweezers on to my splinters after each game. I have thought about changing clubs but I would prefer to stay where I am, as I enjoy the atmosphere in this club.
Cushion.

Parent Information Button

<http://www.usavolleyball.org/content/index/7190>

Welcome to USA Volleyball's parenting resource section. With our Regional Volleyball Association (RVA) and Affiliated Organization partners, there are many links and documents to help you be the best parent you can be in and out of the gym.

Readings, Video Links and Books

Gifts for a Volleyball Player (PDF download - 3 pages)

Addresses the things a parent can get for their athlete in order to help the player be the best player they can become.

Top 12 Volleyball Drills for Parents - (PDF download - 3 pages)

A USA-CAP III article on the 12 "drills" a parent can do to be a better volleyball sports parent.

So You Want to be a Better Spectator (PDF download - 2 pages)

A single page reminder used annually in the USAV Junior Olympic Volleyball program about how to be a better fan.

The Agony of the Parent (PDF Download 2 Pages)

As I watch parents and coaches agonizing over defeat, and in the rapture of victory, I think two key things are missing. 1. The parents need help in enjoying all matches, losses as well as victories. 2. We are good at the lessons of winning, but we simply do not teach enough how to gain/learn from losing.

The fact that so many seem to forget, but an essential, key fact that is true in the hundreds of thousands of volleyball matches played world wide each day...is simple. Half the teams playing.....LOSE! For those wanting percentages, all matches result in 50 percent of the teams in each contest ending up as the loser. Every day, for over 100 years, this has been happening...

What Families Need to Know about the Olympics/Paralympics - (PDF download - 8 pages)

The primer for family members who have an Olympian/Paralympian headed to the games.

Expectations Lose to Reality of Sports Scholarships (Web link - 5 pages) - Bill Pennington of the New York Times writes a length report on sports scholarships in general.

An Introduction to Opportunity Expanding Sports - (PDF download - 15 pages) Dave Epperson, Volleyball Festival Founder, writes about this perspective which has been constructed to promote the development of parent abilities to contribute to the creation of contentious-free and opportunity expanding team communities that are safe, sane, less stressful and more inclusive.

The Magic Hockey Helmet and More - A great video on parent spectating observations from a 9 year old hockey player from Canada, a must see, [linked in a recent USA Volleyball blog posting](#).

Vision of a Champion - By Anson Dorrance - When volleyball parents ask what are good books to get for their players to read, even together, this tops the list specific to being a team player. It is about being a great soccer teammate, but the parallels are still the same. Example from the book that came from Anson heading home after work one evening and seeing Mia Hamm training all by herself. He then wrote her the following note and gave it to her at practice the next day *"The vision of a champion is someone who is bent over, drenched in sweat, and the point of exhaustion, when no one else is watching."*

A Man's Search for Meaning - by Viktor Frankel - When former players graduate, this is my first choice to give them, with a note of our shared history and hopes for their future added. Example quote from the book - *"We who live in concentration camps can remember the men who walked throughout the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing; the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way."*

A Nation of Wimps - [NationofWimps.com](#) explores the growing evidence that childrearing in America has taken a bewildering turn.

Parent Code of Conduct

As a Parent, I will:

- remain in the spectator areas during all games.
- not advise the coach on how to coach, who to put in the game and/or who to take out of the game.
- respect the integrity of the officials and not advise them how to call the match.
- model sportsmanship for my child by treating all coaches, officials, tournament directors and players of either team with courtesy and respect.
- encourage hard work and honest effort that will lead to improved performance and participation.
- emphasize the cooperative nature of the sport.
- not coach my child during the game.
- encourage athletes to participate in volleyball drug, tobacco and alcohol free.
- attend all volleyball events alcohol and drug free
- cheer for my child's team.
- encourage my child to participate for enjoyment as well as competition.
- applaud good and fair play during matches.
- be in control of my emotions.
- learn the rules of the game to help me better understand what is happening on the court.
- Understand that physical or verbal intimidation of any individual is unacceptable behavior
- be supportive of all attempts to remove verbal or physical abuse from organized volleyball activities, including language.
- Understand that conduct that is inappropriate as determined by comparison to normally accepted behavior is unacceptable.
- protect the ability to continue using the facility by following all the rules of the facility, such as NO FOOD, DRINK OR COOLERS IN THE GYM, smoking in designated areas only, throwing all trash in an appropriate receptacle, etc.
- protect athletes from sanctions and/or suspension by producing accurate documentation
- honor financial commitments.

With thanks to the Arizona USAV RVA office.

Partners in Sports Parenting

Positive Coach Alliance - The PCA is an organization based in Palo Alto, Calif. Dedicated to enhancing the sports experience for coaches, players and parents alike. Founder Jim Thompson has several books out for coaches and a great one also for parents called *Positive Sports Parenting: How "Second-Goal" Parents Raise Winners in Life Through Sports*. USA Volleyball partners with PCA for "National Conversations on Good Coaching" - [see this blog link for more](#) about this connection .

PCA's "Double Goal" Coaching, "Second Goal" Parents, and "Triple Impact" Competitor programs can be on their web site at <http://www.positivecoach.org/>.

Specific PCA Parenting material worth looking at:

Guidelines for a Coach-Parent Partnership - Check out these PCA tips on how you can best support and work with your child's coach(es).

Empowering Conversations - Get ideas about how to talk with your child about his or her sports experience (even after a tough loss).

Sports Parent Guidelines for Honoring the Game - Gain insight into how you, as a parent, can contribute to an "Honor the Game" culture.

The Positive Coach's Bookshelf - Check out these great books on positive coaching and related books by members of the PCA National Advisory Board.

Promise of Good Sports - PGS was founded by Dave Epperson, who with his wife Bernice, started the wonderful Volleyball Festival tournament over 25 years ago. Along with former Stanford basketball teammate Dr. George Selleck, this leadership development organization has many great articles to help guide programs and parents about the promise to be found in good sports.

www.parentsforgoodsports.org

Their top four parenting books are:

From the Bleachers With Love: Advice to Parents With Kids in Sports

by David Canning Epperson, Ph.D. and George A. Selleck, Ph.D., Alliance Publications, 1999

This book helps parents take advantage of sports' full range of possibilities for teaching life's lessons and strengthening the family and community. Beginning with the six keys to positive sports parenting, Drs. Epperson and Selleck guide parents through 52 principles designed to help parents deal with some of the challenges and problems that arise when their children become involved in sports.

The goal of the book is to encourage dialogue between parents, children, and other members of the sports community, as they work together to create a more positive and uplifting sports environment.

Beyond the Bleachers: The Art of Parenting Today's Athletes

By David Canning Epperson, Ph.D. and George A. Selleck, Ph.D., Alliance Publications, 1999

Designed as either a stand-alone book or as a companion to *From the Bleachers With Love*. *Beyond the Bleachers* offers case studies, activities and exercises that help parents and children work together to implement the principles of positive sports parenting in their lives. John Wooden, UCLA's legendary coach, calls *Beyond the Bleachers* "the definitive 'play book' for sports parents."

Playing the Game of Life

By George A. Selleck, Ph.D., Diamond Communications, 1996

Through personal anecdotes, interviews with sports figures, and insightful application of psychology, philosophy, and life experience, Dr. Selleck examines both the special world athletes inhabit and the role that world plays in shaping their lives. Selleck explores the values sports can teach and shows what those involved with athletes - parents, coaches, sports administrators - can and should do to ensure that athletes walk off the field with more than just a knowledge of how to play a game.

A Woman's Touch: What Today's Women Can Teach Us About Sport and Life

By David Canning Epperson, Ph.D., Diamond Communications, 1999

In his book, A Woman's Touch, Dr. Epperson uses anecdote, evidence and testimony to bring to light the beginning of a new era in athletics, a melding of male and female perspectives that will guide sports policies and practices into the 21st century. Whether you belong to the Culture of Conquest, the Culture of Care, or fall somewhere in between, this is one book no one involved in the sports experience - and no student of sociology or women's studies - can afford to miss.

Publications can be ordered by fax, phone, or email from:

Parents for Good Sports
19855 Southwest Freeway, Suite 200
Sugar Land, TX 77479
Phone 281-207-1070
Fax 281-207-1071
russell@volleyball-festival.com

Character Counts - The Josephson Institute focuses on player and parenting leadership and ethical development, primarily through sport. Their many great materials can be found at:
<http://josephsoninstitute.org/index.html>

Parents Association for Youth Sports - PAYS is a branch of the National Alliance for Youth Sports and the National Youth Sports Coaches Association - NYSCA has an extensive parenting program which can be found at: <http://www.nays.org/parents/>

Youth Enrichment through Sports - This Mastery Approach to Parent Education in Sports, a researched based self instruction program on a DVD. The primary focus is on encouraging parents to provide a mastery motivational climate that emphasizes a definition of success as self-improvement, giving maximum effort, and enjoying the activity for its own sake instead of defining success as winning and besting others. <http://www.y-e-sports.com/ParentEducation.html>

Successful Sports Parenting - US Skiing and USA Swimming have a CD Rom called Successful Sports Parenting which provides information and tools that parents can use to work together with coaches and administrators to support the development and success of young athletes from the novice to elite levels.

Officiating Information Button

<http://www.usavolleyball.org/content/index/7189>

USA Volleyball is always on the lookout for new referees and provides many opportunities for education and training in this area. Here are some materials to help get you started. Please [contact your local regional volleyball association](#) for more information.

[Download 2009-2011 Volleyball Rules \(FULL VERSION\)](#)

[Download 2009-2011 Beach Volleyball Rules \(FULL VERSION\)](#)

Official Site for USA Volleyball Referee Training and Education - <http://www.volleyballreftraining.com/>

Officiating at the Junior National to International Levels (PDF - 7 Pages)

From local officiating, to traveling the world, officiating is another option in volleyball that many move towards. Here is a look at the higher levels... USAV Junior National and USAV National referees are certified by the National Commissioner for Referee Certification & Evaluation and the National Commissioner for Junior National Referee Certification & Evaluation, upon the recommendation of the Certification and Evaluation Committee.

Recruiting New Officials - (PDF - 1 Page)

The USA Volleyball Florida region recently developed a creative way to recruit new officials.

Posters Button

<http://www.usavolleyball.org/content/index/7200>

Five Medal Poster (Coming Soon!)

Celebrating the history making achievements of USA Volleyball teams in Beijing 2008. The volleyball men's gold and women's silver, the beach women's and men's gold, and the Sitting Volleyball Women's Paralympic team silver medal are all highlighted with player's celebration in a special 5 medal USAV logo poster. Use as an award certificate background, team meeting poster, and just to connect to these great teams and their success which starts with coaches, players and parents like you.

Nutrition in Volleyball Poster

The USAV Sports Medicine and Performance Commission member Iradge Ahrabi-fard... has created and shared this very informative volleyball specific nutritional poster for coaches, parents and players alike.

ABCs of Volleyball Poster

Each letter of the alphabet starts a quote or idea worth discussion and understanding by all playing our sport. Put it up on the gym wall and refer back to it as part of the culture that exists in the gym you are training in.

Youth Volleyball Poster

The key skills, officiating hand signals and information about the game are shown in this poster, which shows how disabled, older and youth players all share the same core technique. It can be download in 9 parts, to make a large poster, by clicking [here](#), or by just one smaller poster by clicking [here](#).

FIVB/NORCECA/USAV Skills Posters

TWELVE posters, six of each key skill featuring the USA Gold medal men and six featuring the Gold medal Russian women. Each poster shows a sequential drawing, and 10 or more sequential shots of the world best of the skill demonstrating, along with accompanying text. On the USA Men's side, passing shows Bob Ctvirtlik, spiking Karch Kiraly, setting Jeff Stork, blocking Doug Partie, serving Craig Buck and Dave Saunders and defense, Eric Sato and Troy Tanner. These images should be up on the wall of any gym being used to train volleyball, as they are worth the thousands of words in just great pictures. Very large downloads per poster, we suggest you get them printed on an architect's color plotter, and laminate them to help them last.

- #1 - Serving (Man)
- #1 - Serving (Woman)
- #2 - Setting (Man)
- #2 - Setting (Woman)
- #3 - Passing (Man)
- #3 - Passing (Woman)
- #4 - Spiking (Man)
- #4 - Spiking (Woman)
- #5- Blocking (Man)
- #5- Blocking (Woman)
- #6 - Defense (Man)
- #6 - Defense (Woman)

Sitting Volleyball Posters

Skill series of each technique and game play ideas/rules are shown in this poster. Another must have up on the gym wall, to help kids see the parallel world of these the Paralympic and Olympic versions of the sport, and to help remind us all to look out for and help disabled players of all ages and sport interest.

Best Practices Button

<http://www.usavolleyball.org/content/index/7197>

BEST PRACTICES IDEA SHARING

This section is where best practices ideas are shared for USA Volleyball Regions, Jr. Olympic Volleyball Clubs and Affiliated Organizations. ***If your club or region has a new idea that is helping grow the game, please email mvp@usav.org, summarizing your idea in a paragraph, or page, and we will likely post it here for all to gain the help of your best practices idea.*** Most ideas below are ones which RVAs and Clubs can both share and implement.

Starting in August 2009, new ideas will be added to the top of the page, following the MVP CD information with the date added in front of the article.

Starting a successful volleyball program only takes the passion and spirit of one person. This section shares dozens of such new and key ideas that will help any and all programs in new ways to help the game thrive. As you gain ideas to grow your program through the materials of USA Volleyball, make sure to connect to USAV, with each player, teacher, and parent. We will continue to create new ideas, programs and role models through our National Team programs, both Olympic and Paralympic, and want to be connected to every person in the volleyball family. We need your help to do this.

The programs we all assist should be part of your RVA, school or club program's newsletter/communication system as well. If you are a school team, offer special nights or free passes to your competitions for these non-traditional groups to connect to you. Connecting and follow up - the key to helping grow the sport. ***You can sign them up by clicking here.***

Costs and transportation for many of these ideas needs to be determined by what is best for your region. Getting the organization to bring the kids to your training is certainly the easiest. Bringing your players to some of the training options, and using the group's facilities to save money for your program, is another.

MVP CD DISTRIBUTION *(RVA/JOV Club/AO Programming)*

The Million Volleyball Participant (MVP) CDs are being used by thousands of programs to help grow the game - they exist for JO Boys, JO Girls, Youth, Beach, Collegiate, Players and Disabled development. They contain animated drills, posters, videos, and dozens of articles, including this article Regions have copied the CD and given them to every club, or every school in their state. Clubs have used them to bridge the gap that sometimes exists between their program and the scholastic and other member organizations. They are given out at short coaching and player clinics. Marty Miller out of the Iowa Region has his young players write a thank you letter to their PE Teacher for helping them, and as a gift, they give the teacher a MVP CD, a great example of empowering the kids rather than adults doing all the work. Regions mail them to anyone interested in starting new programs, as the recipients get decades worth of experience and ideas at virtually no charge. These kinds of outreaching all are part of servicing the programs and growing the game.

8.26.09 BOYS 14 & UNDER SLIDE SHOW EXAMPLE *(RVA/JOV/AO Programming)*

Joe Diethorn from Colorado Performance put together a wonderful song/picture journey of his 14 and under BOYS team en route and at the 2009 Jr. Olympic Volleyball Championships in Atlanta. We have viewed it and shared it, and when grassroots leaders say "It makes me want to coach a Boys 12 and under team." We think all interested should get a chance to view it. It lasts over 10 minutes. You see boys playing girls as in the RMR Region, up to 14 & under, they can play girls on the 7'4" net, they just play up two age groups (12s to 14s, 14s to 16s etc.) - [CLICK HERE](#) for the link. Thanks Joe.

(5.1.06 - Update to 9.1.09 coming soon!) STARTING AN RVA BEACH VOLLEYBALL PROGRAM *(RVA/JOV Club Programming)*

The Arizona RVA presented this powerpoint on how they have grown their beach volleyball program, which now has months of programming and is seeing players winning Jr National Beach Championship age groups and representing the USA in international competition. Eric Hodgson and the AZ RVA staff share their ideas in this presentation made originally several years ago to the Youth and Junior Olympic Volleyball Division of USAV. An updated version will be coming by fall. [CLICK HERE](#) to download the powerpoint as a pdf file, 1.75mb in size)

8.24.09 GETTING MORE TRAINED OFFICIALS *(RVA/JOV Club Programming)*

Match point awarded to the Florida Region for this great idea to help get more officials from the grassroots and affiliated organizations involved in USA Volleyball's programming. When faced with a shortage of officials for USAV Jr. Olympic Volleyball and adult competition, the coaches, staff and other leaders each got copies of this business sized card, and handed them out to any official they saw working, and to others thinking about becoming an official. They more than doubled their number of new trained USAV officials in one year. Kudos to James, Steve, and all the Florida leadership! [Click here](#) to see an image of their card used.

8.22.09 RED RIBBON WEEK *(RVA/JOV Club/AO Programming)*

Contact local schools to offer to produce volleyball assemblies during Red Ribbon Anti-Drug Week. Promote a healthy lifestyle by playing volleyball in a gym, in the yard, or on a beach. Volleyball is an anti-drug and a lifelong sport that you can enjoy with your friends. The assemblies would include a short drills and skills session using volunteers from the crowd. Then a game between experienced players and the teachers or mixing inexperienced student volunteers with experienced players. The games should be short. Beach balls in the stands make for a fun experience for the students not involved with the games. Following the assembly is an ideal time to visit each classroom to promote programming that you are offering. Some schools will even pay to have the assembly produced.

8.22.09 NOVICE RECREATION PROGRAM *(RVA/JOV Club/AO Programming)*

Form teams of novice players based on age from elementary and middle schools. High school players are the coaches of the younger teams and practices are overseen by the adult coaches. Charge a minimal amount to cover costs of promotions, t-shirts, and awards. Hold hour long practices twice a week for six weeks. At the conclusion of the practices the high school players will coach their team against the other teams in a "City Championship" event. [Get more details of this program here.](#)

8.22.09 INCREASING AWARENESS FOR BOYS VOLLEYBALL *(RVA/JOV Club/AO Programming)*

Include boys' volleyball teams at major girl's events. Designate a court or two for boys or men to use during the girls tournament. Coordinate with high school, club, or collegiate programs to get their guys involved. Charge nothing or minimal amounts for those teams to participate. You should provide contact information about clubs and teams in the area where interested boys can get involved. [Get more details of this program here.](#)

COACHING TO LEARN *(RVA/JOV Club/AO Programming)*

That which you teach, you learn. You will be a better player if you coach...both these statements are something every coach and teacher agrees are true. Yet if you query nearly every Jr. Olympic Volleyball Club, or high school program, as to how much during their season do they let their athletes coach kids as part of practice, they answer is invariably "Never..." or "In our summer camps we do..."

One of the videos on the MVP CDs is of Lions Cup - the elementary school championships of Japan. In my time working with the Japanese schools, I was amazed to see practices after school being led first by the 4th-6th graders, as they coached the 1st-3rd graders for 30-45 minutes. Then the younger kids would leave and the school coach would work with the older kids for the second half of practice. Half their training time found these older elementary kids learning by teaching the sport to others.

What some clubs have started to greatly benefit from is the same concept; letting their older kids during their season and practice, routinely coach kids younger than themselves. A club of 4 teams would train younger kids, for one hour once or twice a week. The club might have their 18s teach within their club, helping those kids who are going to follow in the footsteps of their program. That is a great thing, but even more impactful is to reach out to youth outside your program. For example, make the first Tuesday of the month, for half a practice, time for your 18s players to coach kids who come to their practice from other kids groups, who want to learn/experience good volleyball. The next Tuesday the 16s teach the same program group of young kids, and so on through the month before the cycle begins again. To the kids coming, every Tuesday is volleyball training, while to your program, each team only does this once or twice a month. Add in a Friday night 3-hour jamboree event once a month, or one on Saturday morning to make an all morning "practice" and you have a great youth program feeding the future of our sport, while helping your players be better as well.

KIDZ KOURT *(RVA/JOV Club/AO Programming)*

Kidz Kourt is a USAV program to involve USA volleyball player's younger brothers, sisters & friends in a fun and educational volleyball experience while at a tournament. All kids from 3 to 12 years of age that are interested can be involved. The goal is to introduce young kids to the skills of volleyball through recreational play, making them become aware to the lifetime possibilities of this exciting team sport. Kidz Kourt can take place in any area deemed suitable and safe. Examples include:

- a. An extra court;
- b. An unused meeting room in the convention center or gymnasium that is clear of tables and chairs;

All that is needed is a safe space, a net, and some version of a light volleyball, along with a supervising adult to instruct and guide their games. If you are playing at a college, see if the padded wrestling room is available!

LITTLE BROTHERS-LITTLE SISTERS-LITTLE FRIENDS *(RVA/JOV Club/AO Programming)*

Using the "teach to learn" volleyball principle, your program is requested to start including once or twice a week training of around an hour, for the younger children of the families in your program, and their friends. The team sizes can vary between two, three or four - and teams need not be the same numbers of players to compete (i.e. three person teams can play vs. four person or two person teams). The courts of course should be smaller and the volleyballs lighter than regulation. At times, the older players should step in and play with teams, primarily in the setter position so they can improve errant passes and deliver better off the net sets to the younger kids.

FAMILY VOLLEYBALL OPTIONS *(RVA/JOV Club/AO Programming)*

In the 1980s, Family Volleyball was promoted by USAV and sponsored by Sugar Free Jello. The game was 4 vs. 4 and teams could be comprised of mom and/or dad and their children and child's friends, if there were not enough family members. As the sport has grown in the junior age groups, new ideas for families have evolved.

Father and Mother's Day doubles competitions are growing in popularity both outdoor league division and tournaments. Vail's King of the Mountain event is a good model - Friday afternoon, juniors get a clinic on playing the doubles game with the rule differences and playing fast fun five minute games against as many other junior teams as time permits - Saturday, the juniors play age group doubles, while parents watch or visit the area - Sunday (Father's Day), Father Son and Father Daughter competition takes place in 18 & under and 15 & under divisions. Father's with two or more kids are allowed to substitute the kids freely, even point by point, as long as the oldest child's age division is competed in. Daughters can play in the son division, at the oldest child's division, while sons can play in the Father Daughter division as long as they are two years younger than the age group.

Other programs have sprung up doing Parent Toddler volleyball, much like the Day Care model listed further down in this article, using balloons, balloon balls and superlight balls like the 70 gram First Touch by Molten. Family night volleyball takes on many forms - the chance to give the parents their own date nite, as the kids play in pools of three competition is one form. At the other end, having a full participation by all family members for example groupings of K-3rd grade, 4-6th grade, middle and even high school. They learn officiating, do fun games and team building exercises, and play on teams with one or both parents, with a no jumping rule for the parents often used. Sitting volleyball, the Paralympic sport, is also an option. Scoring can be regular rally scoring, or "best 2 out of 3" point scoring (where the official/scorekeeper tosses in 1-2 balls after the served rally ends, so that serving does not dominate the game). Another program idea is to have the kids do clinics or even league play, while the parents are given sessions separately by the program staff - teaching the purpose of the drills being done, insights in the skills, and other programming and training ideas. Some programs have found parents being taught in these sessions to move into an assistant coaching role within the season. The ideas do not stop at high school, but other programs have family competitions at the collegiate level, and in club alumni games, as well as post college.

ADD BOYS *(RVA/JOV Club/AO Programming)*

Since much of the sport at the youth level is directed at girls, adding boys, in either a coed training fashion, or as a team, is also strongly encouraged to enhance a program. Your program can do this by helping the middle and elementary schools to add girls AND boys teams for inter-school training and competition. Your players and parents can help guide, coach and train the school leagues.

Adding a single boys team to the mix of your team training and area competition also adds a lot. This is best first done at the 10-14 year old level, where the boys compete on the girls' height net. The boys can play same age group, or up one or more age groups, depending on what the rules of the competition are and what is best for your program. These little brothers and other boys need your program to get the chance to play this wonderful sport of a lifetime.

POOLS OF THREE COMPETITIONS *(RVA/JOV Club/AO Programming)*

This format is an important middle ground of maximizing play per event, and can be used in several ways. Single match league events, as found in most commonly in kids sports, generally take less than an hour to compete, plus travel time to and from the event. Standard tournaments of pools of four take 10-or more hours to compete, with half the pool getting just three matches, about three hours of play, during the entire day. In pools of three tournaments, you can stage 3-4 groups in a single long day, with the competitors getting three matches in a 3-4 hour time span. In pools of three seeding rounds, a tournament, such as a Father/Daughter day long event, can break out the teams into finishing flights of 2-0, 1-1 and 0-2 pool record teams, and provide a much better finish to the event for all competing. In pools of three league play, you can stage a league niter, with as many matches played in a normal weekend tournament for most, on a weeknight, from 5:30-8:30, still getting kids and families time for homework after school, dinner and family time. Hold it on a Friday night, and you can even start a bit later, with less impact in family life. Indeed, when such city leagues are held, the parents can get a movie night or time to shop, while the kids are playing or refereeing non-stop.

You can also set aside once or twice a month longer practices from 8am to 12:30pm. The first three hours your teams run the three team pool tournament for younger kids - for 3,4, or 6 person teams, providing refereeing, direction and coaching. Then your team practices for 1.5- 2 hours. Still half the time of a tournament, and packing in both teaching to learn and learning to play in the same half day. This same three team pool concept can be used to run "short" tournaments for more local area teams, where the family only has to give up half their Saturday or Sunday, not their whole day as four and five team pools create. Of course, an event can be six teams on two courts, with a one match cross over happening after the pool is over, the losing team of the first round staying to referee the final match.

It is also the experience of some regions, like Heart of America, that some teams want to play hard and long - so they have events with pools of six on three courts- with no referees, just the old way of "honor calling" each contact and the play. The teams get in FIVE matches, in essentially a the same number of hours. This is a different form of a half day tournament.

ROUND ROBIN ALL COURT COMPETITION (RVA/JOV Club/AO Programming)

Many programs are not aware of the easiest way to create a round robin competition. The same concept that is shown below, can be used to make entire gyms of courts become one big round robin event, where games are played in 1-10 minute time spans, depending on the numbers of courts and teams in the round.

For a four team round schedule

1v4 - 1 (highest seed if known) vs. 4 (lowest seed if known)

2v3 - 2 (second highest seed if known) vs. 3 (third ranked team)

Then KEEP team #1 in the same place - on the court or in the schedule and rotate the rest of the teams counter clockwise...so the next round is

1v3

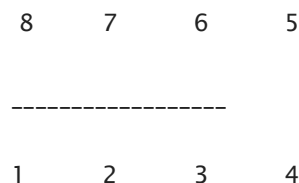
4v2

and finally

1v2 (the highest seeds battling at the close of the round)

3v4

Now that that concept is seen, you can do the same on a single court, divided into four kids courts for eight teams by a double net longways down the middle of the regulation court. The courts are about 4 meters wide by 4-6 meters deep.



When you whistle to end the game and move to the next "match," after 1-10 minutes of play (ties at the whistle play one more sudden death point), you would then get

7 6 5 4

1 8 2 3

And so on....

ADD EXTENDERS TO BADMINTON COURTS (*JOV Club Programming*)

If you use a gym which has badminton standards and courts available, raising the nets gives you GREAT kids volleyball courts for 7-14 year olds. You simply buy thick walled PVC pipe of the right diameter that can slide over the top of your badminton standard, and be stopped after sheathing the standard a certain distance. Now put the badminton net up to a good volleyball playing height for the age group you are working with, and play using the badminton court lines as your court lines. They are wonderful two, three and four person courts for kids and for older kid to warm up and train on. If your badminton standards are portable, you can move them to the endlines of the normal badminton courts, tie two badminton nets together, or use a rope, and run them down the center of the badminton court. Now you have THREE little kids volleyball courts. These littler kids may not even need the standards to be extended, as the badminton net height is perfect for letting them spike and even block and have fun on a lowered net. The endline is the new kids court sideline, and the 2-meter badminton lines are the other sidelines. The sidelines are thus the new endlines, or you can extend them with markers to be longer if desired.

CREATE WALL STANDARDS (*JOV Club/AO Programming*)

The BEST and least expensive way to double the number of nets in your training area is to put up wall rope standards. What you do NOT want to do is put an eyebolt in at the "right height" but instead to put one eyebolt up high, at 10 feet or so, and another one on the floor baseboard. Then simple trucker's knot a rope from the top to the bottom eyebolt, flush against the wall. Now you can tie your double long net/rope (as you are going down the middle of your regulation court, at a distance of at least 70 feet or more) to the rope on the wall. To change the net height, just slide the net rope attachment knot higher or longer up the wall rope. Slanting this rope from one wall to the other for varying ages (and height players) is also encouraged.

START JR. OLYMPIC BEACH PROGRAMMING (*RVA/JOV Club/AO Programming*)

As a separate discipline, kids and adults can play for any USAV beach program you create, with generally no club restrictions. A USAV membership lasts through October 31st. RVAs have an outdoor/summer and outdoor league membership options, so new players can join USAV at a reduced charge, or you can use one event memberships in the \$5-10 range per event. Let them play, grass or sand, two vs. two - guide them but give them a break from coaching, and let the game teach the game, by playing and problem solving on their own. Self-referee, self score, self teach, and have tons of fun.

SHORT COURT (*JOV Club/AO Programming*)

Short court, playing inside the 3 meter line to start - full width, doubles or triples and even as a warm up for four to six persons - with teammates rotating in, and the team rotating after every net crossing is yet another great warm up game and competition.

VARY THE NET HEIGHT (*JOV Club/AO Programming*)

Changing the net height, or the net, can make for many great options, much like the extending of the Badminton nets noted above. In many of these options, you can *slant* the net/rope, with one side being higher than the other, to allow for kids of different heights to have different challenges.

The first option we suggest is to lower the net or rope, and play the game of sitting volleyball. String rope about a meter high down the center of a regulation volleyball court, with the regular net not up. If you have put up rope standards on the walls down the middle of the court for other training as noted above, you can just use those to anchor the nets/ropes to. If not, you can have two kids holding the rope sitting in chairs, and changing the chair sitter/holders every few minutes.

What you have are THREE almost regulation sized sitting courts - which are 6 meters wide by 5 meters deep on each side. The endline and 3 meter lines are now the sidelines for courts #1 and #3, while the 3 meter lines become the sidelines for middle court #2. The rope running down the center of a 9 meter wide regular court, means the endlines now are 4.5 meters, just half a meter off regulation, and fine for everyone playing, no need to extend it. Tie a sock or a let a flag football flag hang down over the court edge as the "antenna" and kids will play for a long time. It teaches you to play overhead much better, and the shortened court speeds up your reaction time. Play teams of 4, 5 or 6.

The next option is to get into a tennis court. Most the world plays outdoors on concrete if they are lucky, or on dirt. These fenced in courts are GREAT outdoor training places for youth and junior volleyball. String TWO nets or a long rope, linked together down the middle of the tennis court, anchoring to the fence, and leaving the tennis net up as a divider net for the two courts. Chalk on the court any sized court you want, just have a 2 meter buffer zone between courts, and from the sideline to the fence. Kids programs are easily run in such a training area, weather permitting.

You can also just have the kids play over the tennis net, letting them really pound and spike like Calvin and Hobbes. Give them one bounce. Playing over a table with a balloon ball even works. Letting the younger boys hit on a women's height net is important when kids are young, as they want to have the fun of spiking down, so all lowered nets allow this and "capture" kids the way the dunk does in basketball.

Finally, put the net or rope up higher. For girls, putting it up to men's height means the players learn arm swings that hit the ball in over an about 8" high block, the height the majority of younger players get their blocking hands above the net. When I played with the Denver Comets pro team, my coach/teammate Jon Stanley (father of 2004 Olympian Clay Stanley), had us hit over a pair of linked badminton nets which were strung from antenna to antenna. This long net was about two feet high on the sideline, and dipped to 18 inches in the middle for those quick hitters. We all learned an arm swing that hit over a two foot high block and into the court, a VERY valuable way to swing for a spiker.

BUILD A SAND/GRASS COURT (*JOV Club/AO Programming*)

Many parents call USA Volleyball asking for advice for the best way to advance the skills of their child. As there is no personal equipment to really buy to improve one's performance, the answer comes down to playing the game more. Thus the best equipment to buy is a court - portable or permanent. On sand or on grass. Then, let the kids play. No coaching just let the game teach the game. Let them have fun, create their own games and scoring, solve their own officiating problems. Arranging for a regular time and place for everyone to bring their own courts, so you create a multi-court gathering, will make things even more fun. If you have a large grass area, cross 2x4s into a tall "X" as a standard, widening the bottom legs to make it lower or narrowing the leg distance apart to raise it. Then run either just rope, or linked inexpensive nets from being staked into the ground, across the field for a distance (with more "X" standards to hold things up if needed), and then stake it back down. Invite kids from different schools and programs to come over and let them all play mixed, coed or single gender, and create their own games, leagues and scoring options.

One great example of this is seen in the Van Zweiten family of Florida. They built a lighted sand court in their back yard, and since then have sent three of their sons to National High Performance camps and FIVB international beach events. One son was selected as the best high school boys indoor player in the state, and that same year went on to win a silver medal in the FIVB World U19 Beach Championships. Their youngest won, at age 10, the U15 Regional beach title and participated in the National HP Camp. This chance to contact the ball each time it crossed the net, by playing doubles, and to read and learn to play over the net, greatly improved every area of their indoor play. Karch Kiraly, selected by the FIVB in 1995 as the greatest player in the world in the first 100 years of the sport, started by playing doubles volleyball with his father, against adults. He did not begin the indoor game of six person, with far fewer contacts for learning, until he was older. By then, he had had tens of thousands of over the net, gamelike reading, ball contacts, making a solid foundation to build his world class indoor talents upon.

HAVE AN AREA OR STATEWIDE VOLLEYBLOOM DAY *(RVA/JOV Club/AO Programming)*

Get with the USAV RVA and work to set aside a day in the fall or spring, when every member of your program goes out on the same day to teach the game to a new group, no matter how small or large. Connect with any group of people, kids or adults Teach balloon ball in a Senior Center or to a Day Care - Help the PE teachers teach the game better with your new ideas from the CDs and this article. Leave copies of a MVP CD with each group, since you can copy the CD inexpensively and freely. Be their local expert or mentor. If every USAV member connected with just 5 other kids or adults, we would hit the Million Participant mark!

ADOPT A STARLINGS USA PROGRAM *(RVA/JOV Club/AO Programming)*

There are some 40 Starlings USA programs, for economically disadvantaged area youth, around the USA. This group is a Member Organization of USA Volleyball, like the Girl Scouts, and other youth groups, but volleyball is the way life's lessons are taught. Connect with one in your area, or consider helping start a new program. USAV/RVA Grant monies and/or reduced fees are available to help with this growth area. Go to www.starlings.org for more information.

START AN ELEMENTARY SCHOOL OR MIDDLE SCHOOL STATE/CITY CHAMPIONSHIPS *(RVA/JOV Club Programming)*

If you built it, they will come, is the concept from the movie Field of Dreams. The same is happening in states and larger cities around the America, as USA Volleyball leaders create season ending events for school teams. The key ways for this to be a big success is to first find an available multi-court playing site, as having everyone playing under one roof is crucial. The event needs to be at the end of the traditional school season volleyball period for your state or city - be it fall, winter, or spring. If volleyball is not offered as a school program, contact the PE teachers and ask them to field and train a coed or single gender group for a few weeks to then compete in your Championships against the other schools.

STATE GAMES *(RVA/JOV Club/AO Programming)*

The National State Games are held every other year, while most states have annual state game competition in volleyball. You can schedule playing in these events for your program, as they provide a great way to meet new volleyball players and programs from all over your state. If you live in a state, which does not have volleyball in the State Games, please consider contacting your State Games office and volunteer your program's assistance to add volleyball, including USAV one event membership, to the sport offerings. Options of course include offering 6 person indoor, four person on grass, doubles on sand, coed and single gender, youth and adult. Go to www.stategames.org for more information on this programming opportunity.

BJERRING/COMPETITIVE CAULDRON TOURNAMENTS *(JOV Club/AO Programming)*

This format takes your whole team or group, and has them change partners each week to play doubles with everyone else, who also has a new partner for that round. Playing short games to 10 points or just 5 minutes, a team of 12, playing doubles has six teams, taking five rounds. Play can be done on two narrow courts per net (with a 2 meter buffer between the two courts), that go full length, with two teams out "refereeing" each game. If you can run two nets down the middle of a regulation court as noted in this article and done for youth games, you can put up four courts and have all playing each round. After that partnership round is over, track the number of wins and losses in each of the five rounds by each individual. Over time - as it will take 11 different mini-tourneys to get to play with all 11 teammates, you will see who plays the best, no matter who their partner is. Some programs pick their top six starters based on this information, other coaches come to learn that certain players need to be on the court due to their "winning" capabilities, even if their technique is not as perfect as a coach might desire. A separate Competitive Cauldron spreadsheet template is available from USA Volleyball for one, two and three person tournament formatting.

FOUR AND THREE PERSON LEAGUES *(RVA/JOV Club/AO Programming)*

Every program primarily focuses on the 6-person game to maximize their court space and player numbers they feel. However, there is a way to get even more players on the same court space, while doubling the amount of learning. Make the team sizes no more than four a team, with only one to two subs. If a team is short a player, have them lose the point when that "ghost" player's turn for service happens, but don't make the team forfeit. Put up the down the middle of the court double nets, use the 3 meter and endlines as the court sidelines, and, space permitting, extend the regular sideline to a deeper endline with court tape, corner dot markers or just an agreed to other sport boundary line.

DAY CARE PROGRAMMING *(JOV Club/AO Programming)*

Two options here - one is to provide the youth CD information, and help Day Care centers create small "volleyball courts" in their facilities, using the ideas of rope courts, badminton courts and the like for courts, and balloons, beach balls, balloon balls, playground balls, and light volleyballs to play with. Arrange a day to send each player out with a parent to each day care you find in the yellow pages, and have them teach the day care provider and kids the ideas for making youth volleyball fun.

The second idea is to invite the Day Cares to your practices, if you hold early practices right after school, much like the other Member Org connections. Create a Day Care City Jamboree, where your program and facility hosts all of them on a day the older kids are not in school, such as a teacher work day. If that does not fit, in the summer, have a 3-5 day Day Care Summer camp sessions, as part of either a camp you run in June or July, or for high school programs, as a week in your pre-season. Run it either from 9-12 or 1-4pm (mornings are better for littler kids due to afternoon heat).

USAV LEAGUE/YOUTH MEMBERSHIPS *(RVA/JOV Club/AO Programming)*

One little used insurance option for many of these "league" programs is the USAV League insurance. The insurance can be used for events taking up no more than four hours in one day, and lasting no more than 16 total hours of competition. The intent is to get teams/programs connected to USA Volleyball, and covered by insurance, who only play once or twice a week for an hour. Costs are lower for teams of two, three and four person, over the six-person package. USAV decals can be given to every participant for less than 10 cents a person. The per person cost is determined by the USAV Region, but an average per person cost is often less than \$5 for the entire league. The many Teach to Learn programs covered here, with young kids coming to learn, can fit perfectly into this league membership, so every player, and your program is covered by insurance at a very reduced cost per child. An eight-week "Kidz Kourt" League could happen with one hour on Tuesday training, and one hour on Thursday games. It can also happen with 4-5 weeks of one hour training once a week, followed by a three hour League tournament, then 4-5 more weeks of once a week one hour training and a "season ending" three hour league Finals.

More recently, USA Volleyball has created a annual youth membership option to RVAs for players 11 & under, which still gives the Volleyball USA magazine subscription and full annual insurance, for \$15 or less. This membership does not count towards the full membership 12 and under bid numbers, and thus is not for players/teams who wish to play in the national championships. It is for local, regional and intra-regional competition

USAV MEMBER ORGANIZATION PARTNERING *(RVA/JOV Club/AO Programming)*

Cub Scouts, Brownies, Girl Scouts, Boys and Girls Clubs, YMCAs, Park and Rec, and many other non-fully connected to USAV youth activities groups, are seeking your program's expertise - your players to be coaches, your facilities or theirs to be a place to teach their kids the lessons of volleyball, mentally and physically. Here again, our job is to make it best for the kids, make it fun, and to teach them to love the game and all its wonderful uniquenesses. Help then create what they need to make the sport fun in their facility. There are custom USAV MVP CDs available from the USAV Membership Development department for several of these USAV Member Organizations.

PARENT/CHILD TEAMS COMPETITION *(JOV Club/AO Programming)*

Your program should create a tradition of hosting competition in some format or another, a kids and parents competition. For a club, this could take place any weekend that makes sense within your overall planning. For a Region or large city, this can be most fun on the weekends of Mother's Day and Father's Day. Weather permitting; this can be done on grass or sand courts, or for some regions, indoors for Mother's Day. Doubles is most common but triples - where a team is a family group with substitutions allowed for other family members is an option. Pools of three, flighting out to 2-0, 1-1 and 0-2 groups for the next round of the event. As many families have more than one child playing volleyball, your regulations for the doubles tournament option should allow the team to substitute one child for another. Just make sure the team plays in the higher age group bracket, or a brother and sister combination plays in the Parent/Son division.

PHYSICAL EDUCATION TEACHING *(RVA/JOV Club/AO Programming)*

How PE teachers instruct, provides another model which volleyball programs should be implementing more at the grassroots level - that is, one teacher for 40 kids. While the normal volleyball program ratio of coach to athlete is about 1:10, consider implementing volleyball programs where the kids are taught more by the game, and only one to two adults for supervision and direction are required. Set up 10 grass courts, or eight tennis court volleyball courts, and let the kids teach their friends, let them learn through play. Create different game option stations, where scoring and the rules vary on each small court, and rotate the kids thru the stations. Make gamelike rope pass/set/hit stations in the corners of the gym to get the kids contacting the ball more and thus learning faster.

Certainly one of the best ways to help a pipeline is to have your program spend time helping the elementary and middle school teachers of your area, make volleyball the most fun segment of all the sports they introduce and teach. That is why USAV has the MVP CDs you can copy and give out all you wish, at no charge for any of the materials on the disc. Helping these teachers of sport implement many of the ideas in this article and the others on the CDs is also encouraged.

THIRTY KIDS AND TWO VOLLEYBALLS *(JOV Club/AO Programming)*

These are suggestions to create as fun and valuable a training situation for programs that only have one to two volleyballs, one "net" and one court, a common situation for many teachers in the world. . The core changes you should consider begin with doing stations. You can get 24 kids active, by playing four groups of six, playing over the regulation net with one group, while playing triples over a rope with another group. Taking two 2x4s and making them into an "X" and staking the rope into the ground, you can make

lots more "nets" on the flat areas. Continue to teach the game to the other eight or more kids who do not have a ball, by creating conditioning stations, invisible ball station, or beach or soccer ball stations.

REWARDS *(JOV Club/AO Programming)*

At appropriate times, deserving kids could be rewarded based upon Hustle (a spray painted gold spark plug), improvement (A gold butterfly, showing the change and growth), character and skills (again you can spray paint. The "best" teammate might be given a collegiate area or even USA National team replica jersey to wear for the next practice or series of practices. Give glow in the dark stars or other figures to the kids for shining so brightly on the court or accomplishing a new skill. They will turn off the lights in their room every night, and remember when you caught them doing things right and rewarded them. Have officials, coaches, administrator's give away the popular plastic bracelets with program logo/web site as thanks for doing a great job in tournaments. Create topical awards, based on the news and movies of the month, such as Jody Webber's kids out of Oklahoma creating the seagull award- taken from the seagulls in the Finding Nemo Movie who always said "Mine, Mine, Mine"- they used that movie reference to teach the kids to call the ball. If you can afford it, giving top kids in these areas their own volleyball is a huge push for your future.

SCORE FLIPPERS & SELF REFEREE *(RVA/JOV Club/AO Programming)*

While National events and competition deserve two quality referees and official scorekeeping, it triples your manpower needs and increases costs. For most of the ideas presented here, having a player keep score by just flipping the scoreboard is plenty. You can also get away without even having a scoreboard, but instead having each server call out the current score, before serving. Having one referee is also enough, and many of these ideas will run great with the players self calling. Indeed, given a choice between having a referee or a score flipper, most kids would rather self referee, calling their own as part of learning and interacting, and not having to worry as much about calling out the score, as the flipper does that. Keep the costs down, and keep the kids thinking by getting the playing teams to do all the officiating, it is good at the grassroots level.

NIGHT COMPETITION *(RVA/JOV Club/AO Programming)*

Dusk to Dawn tournaments, normally coed for two to four person teams are popular in some of the faster growing regions like Intermountain. They are played on lighted softball fields, creating nets with crossed 2x 4s of 6 foot length as standards, or of course using the excellent portable court systems for sale.

Another very fun idea for all ages, which a program can do is to put the materials together for "Glow in the Dark" competition. The 24 inch black light fluorescent tubes in holders are about \$25 each on ebay from party/disk jockey stores. You will need at least four of them, mounted into vertical stands if you want be able to move them around to various venues.

The Ohio Valley Region, where they have the largest Jr. Olympic Girls numbers, and also boys high school volleyball, wisely noted that "Football is for Friday nights in the fall; basketball is for Friday nights in the winter, we need to make volleyball for Friday nights in the spring." Take these ideas herein, and create a tradition of Friday nights being volleyball in your area, from 5-10pm. If you are doing junior events like 6 teams on three courts, or three team pools, the parents will also be able to have something special - a night out as a couple without having to get a baby sitter for their child!

VOLLEYMALL COMPETITION *(RVA/JOV Club/AO Programming)*

Go to where the kids are if your club or RVA has Sport Courts. Arrange time to do clinics and competition, and net off an area in the main large courtyard area of your local mall. Joe Garcia of USA Wallyball has been working on getting a portable plexiglass court for the same use in malls. Put up the portable mesh netting and a court with water barrel weighting, and you can get kids to play in front of peers, parents and grandparents. You should look into doing this also based around "wellness programming" and fitness for kids either during or after school, an area the Intermountain Region of USAV is leading the way in.

SUMMER CAMPS *(RVA/JOV Club/AO Programming)*

This idea is the most common one performed by colleges, high schools and club programs, with players coaching. Ideas in running a great summer camp, culled from some 400 camps run all over the world and all 50 states in the USA, are found in the USAV Summer Camp information packet, email mvp@usav.org for more.

Thanks for considering and implementing these ideas - and remember, connect everyone to USA Volleyball, as we want to grow the sport for one and all.

Historical Information Button <http://www.usavolleyball.org/content/index/7191>

Knowing the history of our sport is an important part of being an all around player. Some of you can use this information to present a better article to a school class as well. Here is a collection of articles and facts that bring forward some of the history of our game. For more information on our sport, we also encourage you to visit the Volleyball Hall of Fame, in Holyoke, Mass., the city that the game was created in back in 1895. Visit their website at <http://www.volleyhall.org/>

Rules of Volleyball: 1897 (PDF download - 2 pages)

Ever want to know how we came to use the term "side out?" Did you know the game was created to be played in nine innings, and over a 6'6" net for men. This is word for word what William G. Morgan, the YMCA creator of the modern game, wrote as the official rules.

Historical Timeline - (PDF download - 5 pages)

Bullet points of the major events in Internatioanl and USA Volleyball history.

History of Rule Changes - (PDF download - 4 pages)

Adapted and updated to 2006, from "A Summary of Seventy-Five Years of Rules" by William T. Odeneal, which appeared in the 1970 Annual Official Volleyball Rules and Reference Guide of the United States Volleyball Association, this covers rule changes starting in 1900.

A Century of Volleyball (PDF Download - 4 pages)

This year, 1995, marks the one hundredth anniversary of the invention of volleyball. William G. Morgan, a physical director of the Young Men's Christian Association, in Holyoke, Massachusetts, had the responsibility of developing activities for local businessmen who desired organized games to play for recreational purposes after busy workdays. Basketball, invented in 1881 by James Naismith, proved to be too strenuous for many businessmen. By 1895, Morgan creatively devised an alternative to basketball. Calling it "Mintonette," he incorporated the net from badminton, the ball from basketball, the concept of innings from baseball, and the use of the hands from handball. Keeping the ball in play by hitting the ball over the net with the hands, each team forfeited the ball when three outs were scored.

A History of Volleyball Relations Between the Russian and American People (PDF Download - 6 pages)

During the two decades immediately following World War II, while the governments of the United States of America and the Union of Soviet Socialist Republics escalated the Cold War the American and Russian people were escalating a warm sport relationship that was promoted by mutual respect for the other's sportsmen and sportswomen who were competing against each other in major sporting events and sharing in the pursuit of the Olympic ideal of "Citius, Altius, Fortius."

It can be stated, without room for serious contradiction, that this sporting relationship between the peoples of the two superpowers was the initiator of and eventually one of the most important factors contributing to the termination of the Cold War, Sport exchanges set a tone for friendship and cooperation that carried over into other areas of mutuality between the two peoples and allowed the governments to enter into those other cooperative ventures that helped to end the cold war.

The First Volleyball Camp (PDF download - 1 page)

This is the story of the first volleyball camp held in the USA , at the Columbus YMCA June 14-16, 1968.

Amazing Moments in Olympic History - Karch Kiraly (web link) - Voted the World's Best male player in the first 100 years of the sport by the International Volleyball Federation (FIVB) This is a USOC article on the new assistant coach of the women's national team.

USA Volleyball Annual Reports - Each year USA Volleyball publishes an annual report for its members. A list of those currently available are found by clicking the link.

History in Books

The Untold Story of William G. Morgan, Inventor of Volleyball (84 pages) - This book was written by Joel Dearing, Springfield College Head Coach and Professor, this link is to the order form for this historical book

USVBA Diamond Jubilee Celebration (324 pages) - Written by Glen Davies, this history/record book chronicles 75 years of achievements by USVBA/USAV leaders, players, coaches, officials and members in words, results and hundreds of photos.

Volleyball Centennial (325 pages) - Written by Byron Shewman, this book chronicles in anecdotal fashion, the personalities and key events of volleyball's first 100 years in the USA.

FIVB Fortieth Anniversary - 1947-1987 (175 pages) A look at the first 40 years of the International Volleyball Federation, where only two presidents, Paul Libaud and Ruben Acosta, grew the sport from 12 founding International Federations to over 200.

100 Years of Global Link - 1895-1995 (232 pages) The full international version of volleyball's first 100 years, including the century's all star players, coaches, and teams.

Spike (155 pages) - Written by gold medal head coach Doug Beal (now CEO of USAV), this book tells the story of the first gold medal winning USA Volleyball team in history. With 32 action photo pages, the men's team win in the 1984 Olympics is captured from the beginning steps to the final success.

Sands of Time (1,300 pages) - A three volume book series by Art Couvillon documenting in some 3,000 pictures, the history of the beach game from its origins in 1915 at the Outrigger Canoe Club in Honolulu, HI to 2004. Each book is filled tournament accounts and their results.
<http://www.volleyballbooks.net/productCat17957.ctlg>

Volume #1: 1895-1969; Volume #2: 1970-1989; Volume #3: 1990-2004

BLOG Button <http://www.usavolleyball.org/blog/blog/220>

We Coach the Way We Were Coached

Wed Aug 26 15:08:00 -0400 2009

Each fall for high school, then later when Junior Olympic volleyball clubs begin, training takes place that shows that the science of our sport has not impacted the cultural traditions of this same sport. Well intentioned and even trained coaches enter gyms all over America, and... [READ MORE](#)

Paralympic Sports Clubs & Military Sports Programs

Mon Aug 10 18:02:00 -0400 2009

I traveled some this summer doing mostly weekend clinics around the USA primarily for coaches and PE teachers at the youth level. I journeyed from Lander, Wyoming, to Long Island, New York, and places like Phoenix for the newly relocated Volleyball Festival, and Atlanta for the Boy's Jr.... [READ MORE](#)

Back to My Iowa Grassroots

Wed Jul 29 11:22:00 -0400 2009

I have come back to the place that my coaching of coach's journey really began, to a land where nighthawks cry at dusk. Indeed, the 17 year cicadas are now on their third generation since those times, and still vibrate out their amazingly loud ascending and descending song from... [READ MORE](#)

OPPORTUNITYISNOWHERE

Mon Jul 20 16:39:00 -0400 2009

This is one of my favorite "words" ever, and given the economic situation impacting us all, leads us into the reason for this grow the game set of options - for I see things as now here, never nowhere...There has never been a better time to grow volleyball, as not only are we a sport for a... [READ MORE](#)

Landslide

Thu Jul 16 10:19:00 -0400 2009

What do Tori Amos, Smashing Pumpkins, Dixie Chicks, The Dance, and Stevie Nicks/Fleetwood Mac all have in common? Whether acapella, acoustic guitar, solo piano, or more - each have sung the powerful song "Landslide" in a beautiful way, and those songs I have been playing over and over on my... [READ MORE](#)

More Volleyball From Vanuatu

Mon Jul 13 11:06:00 -0400 2009

Espiritu Santo...Wrecks to Rainforest -- Vanuatu, Discover untouched seclusion and beauty...that is what Carte de Luganville - the map of this town says.... To see and do here? World class diving, SS President Coolidge, Million Dollar Point, pristine coral reefs...game fishing....adventure... [READ MORE](#)

Beachroots Volleyball in Vanuatu

Thu Jul 09 13:38:00 -0400 2009

I have come back to where my grandfather, father and a guy named James Michener once travelled and worked. My grandfather John Fitzgerald, based out of the Tahiti, fighting to eradicate the dreaded Elephantiasis disease from all the thousands of islands, for the World Health... [READ MORE](#)

Ryan Millar, Olympic Gold Medal Setter....

Tue Jul 07 12:50:00 -0400 2009

Of late, one of my favorite "trivia" questions for volleyball coaches is who set the gold medal match point for the USA Men's team in Beijing? Most guess of course Lloy Ball, the four time Olympic setter who so skillfully bettered ball after ball and gave his hitters the sweet set they desired.... [READ MORE](#)

Joy in Volleyball

Fri Jul 03 05:00:00 -0400 2009

Today, the USA Junior Olympic Boys' Volleyball Championships here in Atlanta began the first of many National Titles with the finals of the 12-and-under division.[READ MORE](#)

Volleyball and Fly Fishing

Wed Jul 01 16:58:00 -0400 2009

I got a new Orvis Helios 3wt recently. Made from the same carbon fiber they use on the Apache helicopters, it is feather light at 1.75 ounces total, and strong as heck, for casting into the afternoon winds along my favorite little streams. The science of technology amazes me, yet in our sport it... [READ MORE](#)

Father's Day and Volleyball

Fri Jun 26 11:21:00 -0400 2009

My father was my role model in countless ways, and I have done my best raising my kids as a single dad to follow in his World War II veteran footsteps. Fly Fishing, backpacking, skiing, and more, my kids have also done. It may also come as no surprise that both my kids love to play... [READ MORE](#)

Tennis Anyone?

Thu Jun 25 14:20:00 -0400 2009

Warming up on the beach with your partner has two very powerful messages that indoor players and coaches need to listen to so that more kids find success earlier in the challenges of our sport.

First is the tradition/culture of Dig/Pass-set-hit to warm up with... [READ MORE](#)

Olympism and the New White House Office of Olympic, Paralympic and Youth Sports

Wed Jun 17 16:52:00 -0400 2009

The White House yesterday announced the forming of the Olympic, Paralympic and Youth Sports office. I sent out news of this last night to some friends and leaders with the correct phrasing in my opinion of the new formation of the Youth, Paralympic and Olympic Sports office. More than a few... [READ MORE](#)

The Loser's Club and Playing Blind

Wed May 27 17:59:00 -0400 2009

One of the things about YouTube is the way contests I would never have had the chance to "see" are now things I can enjoy and learn from. The clip below by a blind piano contestant, who just made the top 12 of this year's Van Cliburn, share today... [READ MORE](#)

The Talent Code - Deep Practice, Ignition and Master Coaching

Thu May 14 13:45:00 -0400 2009

Sorry for the long break in postings - with two kids in teen sports (volleyball and lacrosse) both in state playoffs and finals almost upon us (and proms, who can forget THAT cultural right of passage...) and getting ready for the important USA Volleyball annual meetings, time to free range think... [READ MORE](#)

Stand By Me

Tue Apr 07 17:26:00 -0400 2009

Just back from National AAHPERD Convention, big success, thousands of PE teachers learning new ideas, and will share that in a separate blog. I spent most my time with the Brazilian Director of Coaching Education and another Brazilian coach, and got caught up in their samba... [READ MORE](#)

TED March Teaching Madness

Mon Mar 30 14:42:00 -0400 2009

Technology Education Design posted some very important clips this month, which I feel every leader growing our sport must view, to be both a better teacher, and to give you more energy to do the wonderful things each of you are doing in that task. Three different areas, all vitally... [READ MORE](#)

Disabled Sports and You

Wed Mar 18 18:22:00 -0400 2009

Today thru Sunday the USA Sitting Men and Women's teams will be training and competing at the Colorado Crossroads against Canada. Come by and meet these four wonderful teams if you are in Denver. This morning Fred Wendelboe, long time USAV leader, forwarded me a link to a great story about... [READ MORE](#)

Appropriate Coaching

Wed Mar 18 12:46:00 -0400 2009

Appropriate coaching is an important part of being a good coach. Some thoughts about the use of running and other physical punishment follow. I will go back a bit in time to when the term coach was used to move VIPs, who could afford to ride, rather than walk or ride a horse, from one place to... [READ MORE](#)

National Conversations on Good Coaching

Mon Mar 09 11:03:00 -0400 2009

Almost a year ago, Positive Coaching Alliance (PCA), a Stanford University-based non-profit organization dedicated to transforming youth sports and USAV Affiliated Organization, joined with USA Volleyball and seven other of the nation's top youth sports groups -... [READ MORE](#)

The Tragedy of the Commons

Tue Mar 03 16:42:00 -0500 2009

I am starting with a look back into an article that remains timely in this day and age, Garret Hardin's 1968 piece called "The Tragedy of the Commons." Many decades ago, I graduated from Colorado College with a degree focusing on bionomics. My thesis, "Towards a Resourced... [READ MORE](#)

To Sit or Stand During Matches?

Fri Feb 27 10:39:00 -0500 2009

This week I got an email from a coach, who asked a great question - sit or stand during match play? Bill, a coach in GEVA, and Peter, from the USOC who I collaborate a lot with on the science of volleyball, have kindly said I can use our email discussion in today's blog, so here goes:... [READ MORE](#)

The Art of Strategy

Wed Feb 18 16:07:00 -0500 2009

One of the things that I find fascinating is the "volleyball canyon" regarding the mental game. To read about more of these gaps between what the game itself contains, and what coaches train in practice, click here to read "Volleyball Canyons to Bridge." In this... [READ MORE](#)

Volleyball Stars to the End

Wed Feb 11 15:54:00 -0500 2009

As the volleyball family grows, so do the numbers of inspirational stories, and of tragic losses. This past week I have received three emails regarding the passing of talented Jr. Olympic volleyball players: One an accidental suicide, another who fought valiantly to the end with cancer, and... [READ MORE](#)

Ancora Imparo

Tue Feb 10 19:23:00 -0500 2009

Lately my former teammates from my Italian Pro League days in the early 1980s, have been resurfacing into my life through Facebook of all places. Paulo Rossi, my setter, is now a coach, Massimo Raffaldi, is a doctor, and Giuseppe Gallina - whose family owned the most delicious pastry stop... [READ MORE](#)

How to Make Coaches Great

Fri Feb 06 10:25:00 -0500 2009

One of the sites I frequent often is posting new videos this week, as the TED conference for 2009 is happening right now. Yesterday I was talking with Andy Pai from our Coaching Education Program department, and realized he did not know of this website, which I share at every CAP, IMPACT ,... [READ MORE](#)

The Magic Hockey Helmet and More

Mon Feb 02 13:02:00 -0500 2009

I spent over half an hour this morning on the phone with a parent, who had been ejected from his daughter's 12-and-under volleyball tournament yesterday. He has a daughter who plays another sport, where referee heckling is part of the culture and he is struggling with learning the culture... [READ MORE](#)

How We Make Decisions

Fri Jan 30 16:28:00 -0500 2009

Most of you reading my work over the years understand the importance I place on improving the most important skill in our sport - reading. As in reading the opponent, anticipating, judging what is going on etc. Stu Sherman took me back over 20 years ago to when his brother Craig, on his way... [READ MORE](#)

HP Clinic Lessons Shared

Mon Jan 26 10:57:00 -0500 2009

So we are in the fourth day of this year's USA Volleyball High Performance Coaches' Clinic and CAP I,II, III sessions here at the Olympic Training Center. Hugh McCutcheon, Tom Hogan and Peter Vint headline a group of our sport's most passionate people in presenting ideas to teach... [READ MORE](#)

The Leave a Ball Behind Program

Fri Jan 16 18:11:00 -0500 2009

Today I packed up some volleyballs to send to the deserving programs of the Special Olympics in Jamaica and to coach Wiyaka Chasing Hawk, who is making volleyball happen for kids on the reservation at the Cheyenne River Project in Eagle Butte, S.D.

These donated balls came from the USA... [READ MORE](#)

A Coaching Challenge and Reality

Mon Jan 26 12:23:00 -0500 2009

Just back from Milwaukee where over 60 coaches shared two full days of a CAP course. I got up at 3 am to catch a 6 am NW flight there and spent a very interesting part of Friday with the Badger Region Board of Directors and Junior Leaders, sharing ideas on growing the game...

Jenny... [READ MORE](#)

Passion, Burnout and Teaching

Mon Jan 26 12:24:00 -0500 2009

I just watched a very powerful **ESPN Outside the Lines** story on a very special athlete, Elena Della Donne. I strongly urge all Junior Olympic volleyball directors and coaches to watch it, as well as read the story. It has three important threads woven together - burn... [READ MORE](#)

More Street Volleyball Please

Mon Jan 26 12:25:00 -0500 2009

Hanging out at this year's NCAA Volleyball Championships in chilly Omaha, Neb., one cannot help but be warmed by the wonderful hospitality of the Cornhusker Nation and Great Plains members. Wednesday night, thanks to Sue Mailhot, commissioner of this region &ndash - which leads all 40... [READ MORE](#)

Growing the Game in Oklahoma

Mon Jan 26 12:26:00 -0500 2009

Today's must read is by none other than Malcom Gladwell again - an excellent new article in the New Yorker on effective teaching and "predicting" success that you can access it [<A&HELLIP; class=read_more href="/blog/post/380" Read More](#)

Capitalization Rates, Birthdates and More in Gladwell's new Book [Outliers](#)

Tue Nov 18 13:35:36 -0500 2008

One of the first things that came out of our USOC conference for me was to hear from Dr. K Anders Ericsson that Malcom Gladwell was coming out with a new book. Sure enough, I went online and ordered *Outliers*, due out in a week. It will go along side his other GREAT reads titled - *Tipping...* [READ MORE](#)

USOC Seminar on Development, Enhancement and Sustainability of Expert Performance in Sport

Mon Jan 26 12:27:00 -0500 2009

Starting tomorrow, a USOC Seminar I have been looking forward to for months, is finally happening. Take a look at this schedule! For those who have taken IMPACT, the names Schmidt and Ericsson have been seen for over 20 years throughout the motor skill section of the manual. The title... [READ MORE](#)

IMPACT and Clinic Thoughts

Tue Nov 18 10:52:04 -0500 2008

Having just done three IMPACT Webinars and a clinic for the Columbia Empire Region, including watching Saturday nite's 6A Oregon State Championships Showdown between Jesuit and West Linn...some core thoughts come to mind with what I am sharing, and want to pass along to all.

My Top 3... [READ MORE](#)

Turning Five Medals into More Participants

Mon Jan 26 12:28:00 -0500 2009

Greetings Volleyball Family - The tremendous success of our teams in Beijing, including the Paralympic Sitting Women's team winning a silver medal last month, now opens this chance to share ideas with everyone on growing our sport together. This weekend, the Youth & Junior Olympic Volleyball... [READ MORE](#)