



## **Program Guide**

**1.0**

**1/29/2005**

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## Introduction

Lost Boys Volleyball is a pilot program. We started it because we were unable to find a program for our son, Mitchell (now 8 years old), who loves the sport. As a pilot program, we are bound to learn a thing or two as we proceed. We thank you for your patience, suggestion and assistance as we strive to our very best to provide a positive and fun volleyball experience for your son.

Our program operates under the Rocky Mountain Region of the United States Volleyball Association (USA Volleyball). The United States Volleyball Association (USVBA) is the National Governing Body (NGB) for the sport of volleyball in the United States and is recognized by the Federation International de Volleyball (FIVB) and the United States Olympic Committee (USOC). The vision of the USVBA is to be acknowledged as the world leader in volleyball. More information about USA Volleyball can be obtained at their web site [www.usavolleyball.org](http://www.usavolleyball.org) or though the Rocky Mountain Region's web site at [www.rmrvolleyball.org](http://www.rmrvolleyball.org).

## Bruce and Kimberly Decker

Bruce and Kimberly have been playing volleyball together for over 15 years. Bruce and Kim have coached youth volleyball and other youth sports. We play regularly in local leagues and tournaments. Our daughter, Jessica, plays for the Black Forest Volleyball Club on the 16's team and our son Mitchell has played volleyball for several years.

## Our Facilities

Keven and Melissa John are the owners and directors of Black Forest Volleyball Club. They have graciously allowed us to use their beautiful facility at no cost to us while their teams are away at Sunday tournaments. They have also been generous with their time, knowledge and enthusiasm.

If you have a positive experience with us, please consider sending a thank you note to Keven and Melissa. Without them, **The Lost Boys** would also be homeless!

### **Black Forest Volleyball Facility**

7104 S Dillon Ct -- Englewood, Co 80112

[blackforestvolleyball@yahoo.com](mailto:blackforestvolleyball@yahoo.com) (Keven John) [mtrainum@yahoo.com](mailto:mtrainum@yahoo.com) (Melissa John)

## The Lost Boys Philosophy

The Lost Boys Volleyball is geared to the unique needs of young male athletes. We are committed to building the confidence and self-esteem of our athletes. We believe that competitiveness, hard work and fun can and should co-exist.

We believe in building fundamental skills by making our drills and exercises as game-like as possible. We believe that the only way to perfect a skill is to perform it so we keep our team sizes small so that the boys get more skill-building ball touches in every session.

We believe in teaching athletes how to think for themselves and to manage their own training. We will not only teach them skills but we will show them why a skill is important in their development as a overall volleyball athlete.

We demand that players, coaches, parents and spectators treat each other with respect.

We understand that sports are a metaphor for life and the lessons learned on the court can be applied in every area of life. We will reward athletes not just for mastering a skill but for their hard work, ethics, confidence, enthusiasm and determination.

We will look for the positive in every experience, good or bad, and always strive to better ourselves and our team.

*(portions taken from Black Forest Volleyball Club's mission statement)*

## Contacts

Contact	Work	Cell	Email
Bruce Decker	720.733.0459	303.905.4110	bdecker@s7.com
Kim Decker		303.905.4115	Kimberly.decker@uchsc.edu

### Mail:

The Lost Boys Volleyball  
Bruce and Kimberly Decker  
8780 Steeplechase Drive  
Franktown, CO 80116

## Sessions

Sessions will be each Sunday at the Black Forest Volleyball Facility at 3:30PM (subject to change or cancellation)

## Gym Rules

- RMR/USAV Membership required with all forms (medical release, LBVB Waiver and RMR/USA Volleyball membership form complete)
- Kids no food. Parents can bring food with caution
- Water only, no sodas, colored liquids
- Bathrooms – please keep tidy
- No climbing walls
- Don't touch equipment unless directed by coach
- Check and clean your shoes before stepping on court
- Avoid walking on Court with dirty shoes
- Office is off limits
- No hanging on nets, climbing standards, etc
- No kicking balls or dodge-ball
- No swearing, fighting, taunting, etc.
- No unsafe activities in gym – use common sense

## Lost Boys Rules

- Must show respect for all other players, coaches and parents at all times.
- Cannot use the words "Can't" and "Sorry"

## Required Equipment

- Shorts, Shirt, Socks, Court Shoes, Knee Pads
- Volleyball (regulation sized, lightweight or featherweight)

## Registration Check-List

	RMR/USAV Membership Form Completed
	USA Volleyball Medical Release
	Lost Boys Volleyball Waiver
	\$60 Check to Bruce Decker

## Practice Checklist

	Shorts
	Shirt
	Socks
	Court Shoes
	Knee Pads
	Volleyball
	Water Bottle

## Absence

We understand that with out busy schedules that conflicts are sometimes unavoidable. We would like to have regular participation from all of our athletes so that we can all have fun and grow our skills together. In each session we teach important skills that we build upon in the next so missing a session can put your son behind the curve. If you do need to miss a session, please let us know so that we can plan accordingly. In some instances, we might ask your son to come a few minutes early to the next practice so that we can 'catch him up' on the skills that he missed.

*If you need to miss a session, we just ask that you call and let us know so that we can plan*








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## Awards and Recognition

Throughout the program, boys can earn badges in the three areas of Skill, Effort and Knowledge. A badge is an iron-on patch that is placed on the Lost Boys Volleyball T-shirt. The badges give the boys a goal to work towards, allows them to show-off a bit and gives the coaches a clue as to which skills the boy has developed or is lacking. A boy can earn up to one badge for each skill and one marksman badge for each applicable skill.





## Skill Awards

Skill awards are placed on the back of the T-Shirt in a single horizontal line just below the “Lost Boys Volleyball” logo. See the diagram later in this document for placement directions

Iron-On	Description	Criteria	T-Shirt Location
	<p>The <b>HIT</b> skill is awarded when a boy learns his approach, arm swing, reach, and snap. Skill must be demonstrated to a coach in practice</p>	<p>Demonstrate approach, arm swing, reach and hit to the satisfaction of the coach.</p>	<p>3</p>
	<p>The <b>SET</b> skill is awarded when a boy learns how to move to the ball, receive the ball at head level with properly cupped hands then setting the ball with full arm extension. The <b>MARKSMAN</b> badge can be added for demonstrating superior skill and accuracy.</p>	<p>Demonstrate movement of feet, proper hand position to receive ball, proper hand shape and proper extension of arms to set the ball. Marksman added for setting four consecutive balls into target</p>	<p>3</p>
	<p>The <b>PASS</b> skill is awarded when a boy learns how to move to the ball, pass with a proper platform and minimal arm swing to a defined target. The <b>MARKSMAN</b> badge can be added for demonstrating superior skill and accuracy</p>	<p>Demonstrate proper platform, proper posture, proper foot movement, proper arm movement. (determined by coach). Marksman added for passing four consecutive balls into target.</p>	<p>3</p>
	<p>The <b>SERVE</b> skill is awarded when a boy learns how to serve using overhand, underhand, round-house or jump serve. The <b>MARKSMAN</b> badge can be added for demonstrating superior skill and accuracy</p>	<p>Demonstrate any serve (overhand, underhand, roundhouse, jump) with proper footwork, controlled toss and proper arm swing. Must serve over net four consecutive times. Marksman added for hitting serve target.</p>	<p>3</p>
	<p>The <b>DIG</b> skill is awarded when a boy learns how to move aggressively to pass a ball that is outside of his immediate reach. Diving is <u>not</u> encouraged at this level. This is test of reaction and quickness.</p>	<p>Demonstrate ability to move feet, and get into position quickly to pass a difficult to reach ball.</p>	<p>3</p>
	<p>The <b>BLOCK</b> skill is awarded when a boy learns proper block posture, jump technique and hand position.</p>	<p>Demonstrate a proper block of volleyball that is hit by coach in a drill situation. Includes proper posture, low hand position, jump and high hand position.</p>	<p>3</p>
	<p>The <b>MARKSMAN</b> add-on badge is placed just below and touching the skill on which it is added. <b>MARKSMAN</b> can be added to the following skills: <b>SERVE, SET and PASS</b></p>	<p>See above skills for more info</p>	<p>4</p>




## Effort Awards

Effort awards are also placed on the back of the shirt below the SKILL awards in any order you wish. The exception is the “**Monster Play**” award which should only be attached to the sleeve in any order or pattern you wish. Only the “Monster Play” award is placed on the sleeve. A boy can earn an unlimited number of Effort awards.

Iron-On	Description	Criteria	T-Shirt Location
	The <b>3-TOUCH</b> effort is awarded when a boy participates in a three touch play during a game. It is one of the most prized awards because it demonstrates team play and mastery of the important volleyball skills	Participate in a three-touch play during a game.	5
	The <b>SPORTSMANSHIP</b> effort is awarded for a number of reasons. If a boy helps another player, adds to the positive experience of the team or is a otherwise shows good sportsmanship, he will earn the <b>SPORTSMANSHIP</b> effort award.	Determined by coach.	5
	The ouch badge isn't really an “award” and it certainly isn't given for self inflicted wounds but occasionally hard effort results in a lump or two. The Ouch award, hopefully, takes away some of the sting and encourages a boy to keep working hard.	Determined by coach.	5
	The <b>MONSTER PLAY</b> award is worn <u>only</u> on the T-Shirt sleeve and will be rewarded for exceptional demonstration of skill or effort during a game. A boy can earn as many <b>MONSTER PLAY</b> awards as his shirt sleeves will hold.	Determined by coach.	6

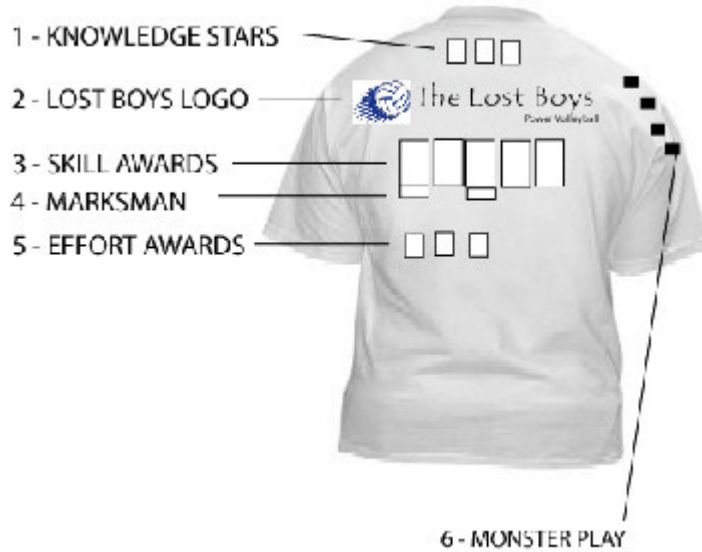
## Knowledge Awards

Knowledge tests can be taken to earn knowledge awards. The following three tests.

Iron-On	Description	Location on T-Shirt
	Passing the one-star knowledge test earns one star to be placed at location 1 on the T-Shirt. The one star test covers basic volleyball knowledge including basic terminology, parts of the court, etc.	1
	Passing the two-star knowledge test earns a second star to be placed at location 1 on the T-Shirt. The two star test covers volleyball skill knowledge and basic rules	1
	Passing three-star knowledge test earns a third star to be placed at location 1 on the T-Shirt. The three star test covers volleyball advanced knowledge including volleyball rules, rotations, position names, and advanced skill knowledge.	1

## Award Iron-On Location

Awards badges are iron on decals for the T-Shirt. The following diagram illustrates the locations where various awards are placed.



## Iron-On Directions For Hand Ironing

Household irons vary in the temperatures that they produce. The high COTTON setting should be used as a starting point. If you notice lack of adhesion between your transfer and the fabric, try a higher setting. If you notice discoloration of your transfer (which is the transfer being scorched), try a lower heat setting.

1. Preheat the iron on the high COTTON setting for at least 8 minutes. Remove any water in your iron, do not use steam. Iron your transfer on a table or countertop DO NOT iron on an ironing board, glass or metal surface.
2. Place a pillowcase on the ironing surface with the open end hanging over the edge and smooth or iron it flat so that there are no wrinkles.
3. Place T-Shirt on the pillowcase so that the target area is centered on the pillowcase. Preheat the article for a few seconds to remove any excess moisture from the T-Shirt and then allow the fabric to cool.
4. Trim away any blank areas around the transfer image and round any sharp corners. Place the image to be transferred face down on the T-Shirt in the desired position.
5. Adhere the transfer to the T-Shirt by using heavy pressure on the iron and slide the iron over the surface of the transfer until it sticks to the fabric.
6. Using small, circular motions and firm pressure, continue ironing the transfer for 45-60 seconds (less time for very small transfers). Make sure that you iron over every part of the transfer and keep the iron moving at all times.
7. **For a MATTE finish, peel HOT** by waiting for 3-5 seconds and remove the transfer paper using a smooth, even motion for a matte finish

**For a GLOSS finish, peel COLD** by waiting for 2 minutes, then stretch the fabric at the corner to detach the paper at the edge and remove the transfer paper for a gloss finish.

## Home Practice

Home practice is the key to excelling at any sporting endeavor. Volleyball is no different. Boys who practice their skills regularly at home are sure to excel in our program. Volleyball training can be done alone, with a partner or with a group. Remember that the fewer the participants in a drill, the more times that a single person will touch the ball in that drill. The key to learning is to touch the ball as many times as you can.

When you practice, it is good to try to simulate situations that you will find in a game. Practicing a skill in a non game-like situation can encourage unwanted bad habits and should be avoided. For instance, some players practice their spike by tossing the ball and then hitting at the floor without any net to cross. If one wants to become the world champion at *floor hitting*, then this is a good drill but if you wish to become a good volleyball player, you need to practice hitting over an object that simulates a net. In many parts of the world, players can't afford a net but they can find a piece of rope. If you don't have a net or room to setup a net, then string up a rope, clothesline, or other similar object and, presto, you have net and you can accurately simulate hitting it a more game-like situation. A piece of rope strung across a garage, driveway, lawn, fence or any other object (choose a safe location of course). Here are some good home drills:

## Drills

### **Solo Drill: set, set bump...**

Toss a volleyball above your head, set the ball to yourself twice then bump the ball with your forearm platform then set twice. Repeat as many times as you can counting each time you bump. This drill teaches platform, ball control, and setting.

### **Solo Drill: Serve**

Serving over a rope can be time consuming since you have to chase the ball between each serve. If you have a wall, garage door (check with your folks before choosing a wall to use), or other wall that you can serve against, you can use it. Make sure that there is a line (a piece of tape will do) placed at net-height so that you can simulate having to serve over a net.

### **Solo Drill: Pass**

Passing against a wall does not simulate a true game-like situation. It is better to pass with a another person over a net. If you have no practice partner, then mark the net height on the wall with a piece of tape and pass above the line. This will, at least, simulate passing over the net. If you have a two walls in a corner, then try passing above the tape mark and make the ball hit both walls then pass it back. This will teach reaction and is better than passing to a single wall surface.

### **Dual Drill: Bump, set, hit**

Over a net (or rope), toss the ball to your partner. You partner will bump the ball to himself, set the ball to himself then lightly hit the ball back to you. You will then do the same thing back to your partner.

### **Dual Drill: Pepper**

This can be done with or without a net or rope and is a common warm-up drill for club players. Stand facing your partner with about 10-15 feet between. Toss the ball to your partner. You partner will bump (forearm pass) it back to you. You will set the ball back to your partner. Your partner will lightly hit the ball back to you. You will bump the ball back to him. He will set the ball to you and you will hit to him. This is repeated until an error is made. Stay low, move your feet and see how long you can keep this drill going. It can be a lot of fun!

*Other drills will be discussed during the program but these should give you some good guidelines as you encourage home practice.*