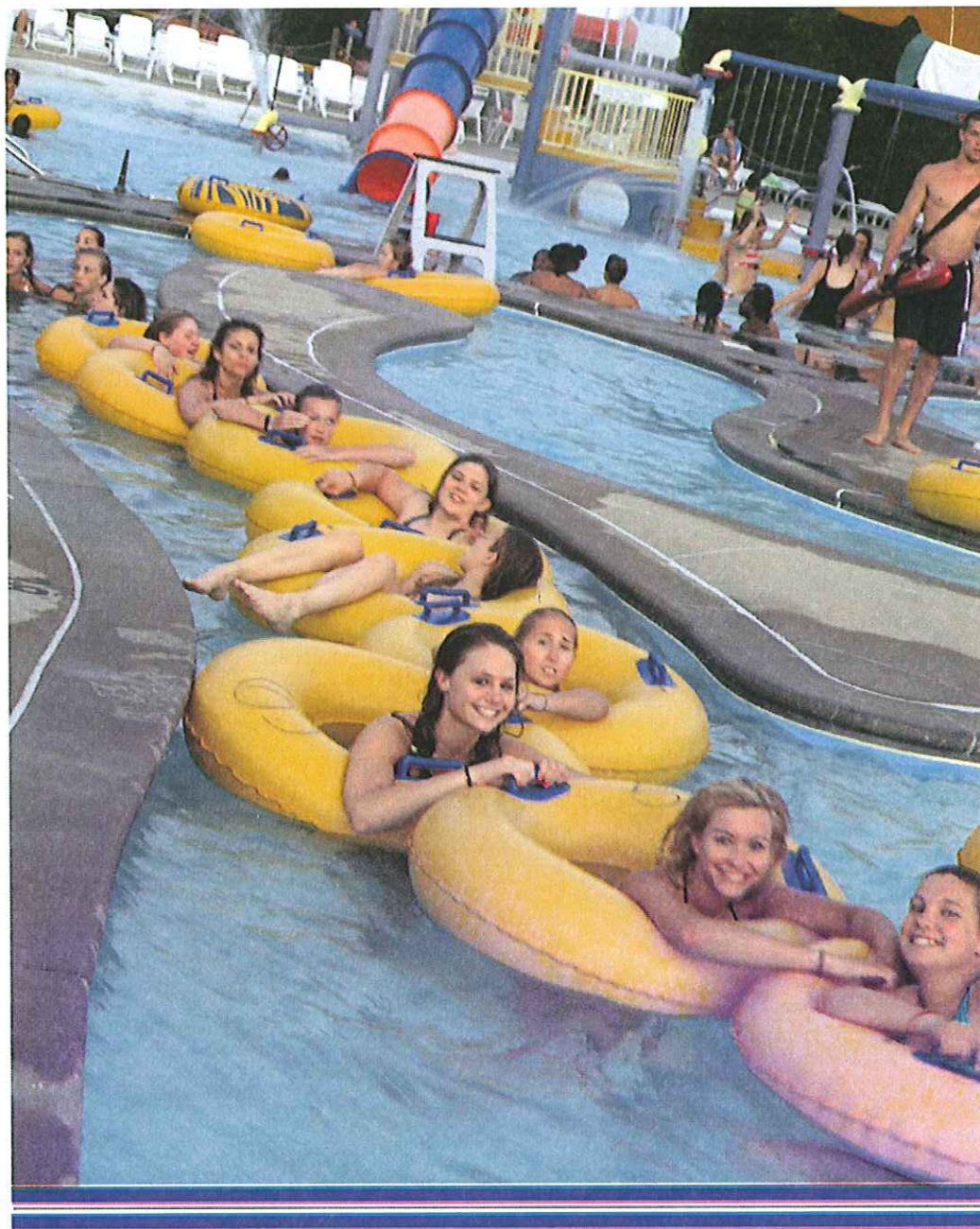


INSPIRATIONAL



www.lickingcamps.com

I love this for a
check on perspective.

Rich Henry
Pierce City

OPPORTUNITY

IS NOWHERE.

What do you see? "No where" or "Now here"?

Coaches Book Contribution

Keil Pittman, Blue Valley High School
Courtesy of Joan Petrick

Name of Activity:

Volleyballoon

Purpose:

To do something fun at practice that promotes teamwork

Supplies Needed:

- 1) At least eight players
- 2) Two sheets—preferably king-size; the bigger the better
- 3) Ten water balloons—maybe more depending on how well they do
- 4) One volleyball court with a net—regulation height or higher works well too

Instructions:

- Step 1—divide players into teams of four, five, or six depending on numbers
- Step 2—distribute one sheet to each team
- Step 3—each player must hold on to some part of the sheet
- Step 4—place a water balloon on one team's sheet (whoever serves first)
- Step 5—working together, the team must use their sheet to toss the balloon over the volleyball net landing it somewhere in their opponent's court
- Step 6—the receiving team must work together to catch the balloon with their sheet and return the balloon when ready
- Step 7—play continues until balloon pops and a point is awarded
- Step 8—games are usually to five or so

Have fun!

STOCKMARKET GAME

Coach TAMRA
Landers
(MILK)

(Good communication game)

MATERIALS:

Slips of paper with numbers of them (put each number on two different pieces of paper.)

PLAYING THE GAME:

- Hand out the folded pieces of paper
- Throw out enough balls for each pair of girls minus 1 ball
- YELL "The stock market is open"
- The players can look at the numbers
- Once they find their partner they have to hold hands and run to a ball and sit down.

Take a ball out each time until only one pair is left

Positive Self-Talk

University of Southern California Volleyball

I. FEAR OF FAILURE

(Bad) I hope, What if, Not good- Be aware of negative thoughts. Try to stay focused on the present. Do not worry about what has happened or may happen.

(Good) "I know I can." "Bring it on." "I can pass this ball."

Focus on what you have control over.

1. Utilizing confidences
2. Utilizing motivational cues
3. Focusing on technical aspects.

II. MAKING A RUN OF MISTAKES

(Bad) Forecast or perceive what others think.

- Focus on what you have control over.

(Bad) Catastrophizing- "If I don't make this play then we will lose."

(Bad) "I'm not a good player."

- You wouldn't be here if you couldn't play.
- Wipe away the last mistake.

Fundamentally based technical efficiency.

III. RECEIVING CONSTRUCTIVE CRITICISM

(Bad) "I know", "I'm trying", "Coach keeps telling me the same thing over and over again." Perceive that they are being yelled at.

*Hear the coaching point, not how it was delivered.

Faking it, Coping routine

-develop a coping routine to deal with the initial frustration and self doubt.

(Good) Clench fist and release, Deep breath to relax

- Strive for perfection, don't expect it.

IV. DEALING WITH FANS AND OPPONENTS

Prepare for the “tough places” to play. Players may say, “Don’t listen to the crowd”. “Don’t” is the alert word. It makes you think about what you don’t want to do.

Get a routine for pre-serve

(Good) “I’ll show them” works for a player who strives for pressure.

Do what you do well!

- Accept as a challenge
- Mental imagery on how it will be like to execute the skill

V. ENTERING THE GAME AS A SUB

Prepare for entering the game

Sub should:

- Enter the match motivated and energized
- Give energy to teammates
- Be able to pump themselves up

Be the best bench in the state with providing energy. Every player knows they are appreciated. Watch the match, your positional player, your opponent. Subs should try to mentally insert themselves into the game.

VI. SERVING UNDER PRESSURE

- Heave and Hope. Hope it goes where it is suppose to go.
- Do or Die. If this serves does not go in, they are done.
- Flexed. See the tension, let go of the tension. Pre-serve routine.
- Hot –n- Cold. Serves tough all the time or can not seem to get the serve in.
- Counter. Keeps a tally of stats. OK as long as it is not mistakes,
- Too Mechanical. Analytical.

VII. REFOCUSING AFTER TIME OUTS AND BREAKS

Take care of personal needs first, then focus in on Coach instruction. Players will get more out of time outs if they prepare to listen before hand.

Re-group/Re-focus/Re-energize.

VIII. SPEED OF PLAY

“Game seemed to be at break neck speed.” Higher anxiety, higher tension. When players let their anxiety and tension take over they will lose concentration and focus. **Focus on the next ball**. When you feel the game getting away try to narrow your focus. Use some kind of phrase that helps you to narrow your focus. Try A-B-C routine, next ball, relax (breathe), a technical cue (top of the thumbs to the target, first pass-high pass).

STOCKTON LADY TIGER VOLLEYBALL

ATTITUDE

“ The longer I live, the more I realize the impact of attitude on life. Attitude to me, is more important than facts. It is more important than the past, then education, than money, than successes, what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one thing we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...We are in charge of our Attitudes.

FIRST GAME

This is your first game, team
I hope you win.
I hope you win for your sake
not mine.
Because winning is nice.
It is a feeling like the whole
world is yours.
But it passes, this feeling
and what counts is what you've learned.

And what you learn about is life
That is what sports is all about
Life.

The whole thing is played out
in an afternoon or evening.
The happiness of life.
The miseries.
The joys.
The heartbreaks.

There is no telling what will turn up,
There is no telling whether we will
bring you out in the first few minutes
or whether you will stay in for the longhaul.

There is no telling how you will do.
You might be a hero
or you might be absolutely nothing.
There is just no telling.
Too much depends on chance,
On how the ball bounces.

I am not talking about the
game, team.
I am talking about life.
But it is life that the game
is all about.

Because every game is life
And life is a game.
A serious one.
Dead serious.

But that is what you do with
serious things.
You do your best.
You take what comes and you
go with it.

Winning is fun. Sure,
But winning is not the point.
Wanting to win is the point.
Not giving up is the point.
Never being satisfied with
what you have done
is the point.
Practicing and playing
"to the Max" is the point.

Now GO You Devils,
and play to win.
Never let it be said
you could have given more.
And if that's true...
You WON!

Bill Churchill
Rock Island H.S.
Rock Island, Ill.

Tournament Format for Practice Score Sheet (For 9 Players)

Round 1:
2-3 vs. 4-6
5-8 vs. 7-9

Round 2:
1-3 vs. 4-7
5-9 vs. 6-8

Round 3:
1-4 vs. 6-9
2-5 vs. 7-8

Round 4:
1-5 vs. 3-7
2-6 vs. 8-9

Round 5:
1-6 vs. 3-8
2-7 vs. 4-9

Round 6:
1-7 vs. 3-9
2-8 vs. 4-5

Round 7:
1-8 vs. 3-4
2-9 vs. 5-6

Round 8:
1-9 vs. 3-5
2-4 vs. 6-7

Round 9:
1-2 vs. 3-6
4-8 vs. 5-7

| Player # or name | R1: | R2: | R3: | R4: | R5: | R6: | R7: | R8: | R9: | Total scores |
|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|--------------|
| Player 1 | X | | | | | | | | | |
| Player 2 | | X | | | | | | | | |
| Player 3 | | | X | | | | | | | |
| Player 4 | | | | X | | | | | | |
| Player 5 | | | | | X | | | | | |
| Player 6 | | | | | | X | | | | |
| Player 7 | | | | | | | X | | | |
| Player 8 | | | | | | | | X | | |
| Player 9 | | | | | | | | | X | |

Game Setup and Rules: **Need timer, floor marking system, extra antennae, score sheet, pencil & whistle to signal start & stop.*

- One volleyball court is split in half on the floor and down the middle of the net to allow two games to be played at the same time.
- Each set is played 2 vs. 2 for a minimum of 2 min. per round. (Add more time if desired)
- Assign each individual player a number ie. Sally is Player 1, Jessie Player 2 and so on.
- Players will have an opportunity to play with and against everyone.
- Teams must keep track of points/score during each round.
- At the end of each round the team's final score will be recorded for each individual in the boxes above.
- For example: If team 2-3 scored 5 points and team 4-6 scored 2 points, both 2 & 3 would get 5 points next to their name and players 4 & 6 would each get 2.

The player sitting out can time the match for two minutes and promptly call the beginning and end of each match. (I sometimes will time/record games and have the player sitting out, condition on the side for 2minutes). If a ball is already in play before the 2 min. whistle is blown, players will continue to play out the rally until the play has ended. The individual with the highest score at the end of the round is the tournament WINNER. A great way to build competition w/ lots of game like touches etc...A favorite!

Annette Leathers
Training Center Christian School
Garden City, Missouri 64747

My coaching advice comes from a small school perspective. Your team's focus has to be on executing your skills to the best of your ability and counting every point earned as a victory. Our goal is to exit the court each match having played hard and making sure that, if we loose, we were beaten by our opponent, not by ourselves.