



Coaching Volleyball

Coaching Volleyball, developed by the NFHS in partnership with USA Volleyball and the American Volleyball Coaches Association, provides basic information about designing practice sessions, technical skills, rotational systems, serving and receiving organizational concepts, defensive systems, blocking options, team selections, and rules and match management. Video demonstration of all volleyball skills and drills are provided as an integral part of the course.



Course Objectives

- Drill and practice design – including specific, measurable goals and how to replicate game situations
- Teaching fundamental serving and passing skills – verbal cues, standing float serve, forearm pass and overhead pass
- Teaching fundamental defensive skills – attacking, blocking and digging
- Learn offensive and defensive rotational systems
- How to evaluate and select players
- Match protocols and rules of the court – player positioning, service order, substitutions, libero player, time outs and lineups

Units

- Serving and Passing Skills
- Attacking, Blocking and Digging Skills
- Team Systems: Offense
- Team Systems: Defense
- Team Selections & Rules and Match Management

More

- Unlimited access to course & resources for one year from date of purchase
- Use to fulfill  or  certification requirements
- Approved by NFHS for 5 course clock hours

More Information at **nfhslearn.com**!