



Coach Education
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Coaching Volleyball

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

Unit 1: Overview

- Introduction
- Motor Skill Learning Review
- A Game of Threes!
- Maximizing Net Usage and Ball Contacts
- Drills
- Practice Design
- Play Games to Warm Up
- What About Stretching?

Unit 2: Skills: Serving and Passing

- Key Principles
- Serving- Learn It!
- Serving- Teach It!
- Forearm Pass- Learn It!
- Forearm Pass- Teach It!
- Overhead Pass- Learn It!
- Overhead Pass- Teach It!

Unit 3: Skills: Attacking, Blocking and Digging

- Attacking- Learn It!
- Attacking- Teach It!
- Blocking- Learn It!
- Blocking- Teach It!
- Digging- Learn It!
- Digging- Teach It!

Unit 4: Team Systems: Offense

- Offensive Rotational Systems- Overview
- International 4-2 System
- Serve Receive Organizational Systems

Unit 5: Team Systems: Defense

- Overview
- Defensive Systems of Play
- Blocking Options
- Hitter Coverage System

Unit 6: Team Selections & Rules and Match Management

- Team Selections
- Rules and Match Management

Unit 7: Course Summary

- Course Summary
- Credits

Resources: Volleyball Facility Risk Assessment Checklist; Volleyball Injury Prevention; Tips for Maximizing Net Usage and Ball Contacts; Drills and Drill Categories; Teaching Reminders Checklist for Coaches; Drill Guidelines: Problem? Solution! Drill?; Practice Plan Checklist; Practice Plans: Master Coaching Plan/Daily Coaching Checklist; Practice Planning Tool; Generic Practice Plan; Drill Worksheet; Norms of Behavior; 5 Warm Up Games; 10 Muscle Groups Every Volleyball Player Must Stretch; The Effects of Stretching on Power Output for Volleyball Players; Multiple Different Skill Drills; Organizational Systems; Serve Reception Alignments; Defensive Systems of Play and Options; Hitter Coverage; Considerations When Planning Tryouts; Team Selections Checklist; Test Battery Examples; Formats for Game Play Evaluation; Taking the Sting out of Cuts; 12 Essential Drills for Parents; 15 Tips for Dealing with Difficult Parents; Overlap Information; Rules & Match Management; and many more