
Tips for Coaching Youth Volleyball

Thompson Rivers Parks and Recreation



Coaching Tips

Volleyball Coaching Tip No. 1: Gather Information

If you're an inexperienced coach, then you might feel overwhelmed by the challenge of coaching young players. But believe, it will get better with time.

Experience teaches you the best way to deal with young players and how to organize everything so your team runs smoothly like a well-oiled engine. So go out there and get some much-needed experience.

Also, reading books on coaching will help you with the basics of coaching when you're just starting out. You'll need that if you don't want to quit out of frustration.



Volleyball Coaching Tip No. 2: Organize Everything

You may not be the type who likes organizing things, but you will have to force yourself to learn this skill as a coach. Being organized with your schedule, how you will conduct drills, etc. keeps things easy to manage. You'll always know what you should do at a certain time.

Here's a suggestion: map out your team's schedule for the rest of the year. Include the pre-season, the in-season and the post-season in the entire calendar. Then divide them into more manageable pieces and create mini-schedules.

- An example: you'll spend the first two weeks of the year auditioning your players to see which positions you can assign them, as well as giving them time to get to know each other better. Then on weeks three and four, you'll start teaching them the basics of the game, from serving to hitting. You get the idea.

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- Before you know it, you'll have the entire year completely mapped out. You'll know what to do, and you can track the progress of your team based on the schedule.

Volleyball Coaching Tip No. 3: Know How to Deal With Players

You won't read it in a lot of books, but here's something you should know: coaching young players is different from older players.

Unlike adults, kids can mostly grasp only the most general ideas about certain concepts. So when you're teaching them about passing, for example, just teach them the general idea of passing the ball first before delving into the mechanics involved in it.

When you teach them the general idea first, they'll understand what you're telling them much easily, and that's key to running a successful practice session.

Another thing you should remember is that volleyball is still just a game for kids. And as a game, they're meant to enjoy it. So let them have fun when they're practicing. They'll be able to remember concepts of the game easier when they're having fun.

Again, it can be a nightmare coaching young volleyball players, but only if you don't know what to do. It's recommended you invest some time in getting to know the sport, this helps to give you a better understanding of the game. From kids, so you can ensure a successful season.



Volleyball Coaching Tip No. 4: Sportsmanship

No matter how competitive we can get, this is just a game. Nobodies' life or livelihood is riding on what happens in a game or at practice. Our job as youth coaches is to teach the game and its elements to our players while building their confidence and self esteem. The most valuable life lesson that our players should get out of the game is sportsmanship.

Coaching Tips for Practice

Volleyball Practice Tip No.1: Create an Effective and Doable Practice Plan

Time really is of the essence when it comes to volleyball. It's one of the most valuable assets a coach and a team has. Time determines how much your team can grow, so it's best to create an effective practice plan that the whole team can sustain and manage. Set some time for warm-ups, volleyball drills/exercises that are theoretical and actual, team-building/bonding and cool-down exercises. Always keep in mind to maximize the whole day as much as possible without forcing the players to stay the whole day. Check the schedules of the players and then create your practice plan from there. If all things work, stick to the practice plan. If not, you can always change it.

Volleyball Practice Tip No.2: Dynamic Warm-Ups

Warm-ups are undoubtedly one of the most important phases of volleyball practices. These pre-game activities fire up the body to be able to perform at its fullest. But some volleyball players may tend to forget and neglect the importance of this activity. Negligence to engage in warm-ups will result not only in poorer performances, but it may also cause significant injuries such as extreme muscle stretches and body aches and cramps.

Dynamic warm-ups not only power up the body for the coming activity but it also stretches almost every part of the body instead of just select parts. Always engage in dynamic volleyball warm-ups before every practice and match.

Volleyball Practice Tip No.3: Practice Versatility

Yes it's important for volleyball setters to spend some time practicing their setting techniques. And volleyball hitters should spend time working on their hitting techniques. But specialization can hamper development in other areas.

When it comes to volleyball, it is vital for each and every player to know and be knowledgeable and skillful in all the roles not only in hitting or in setting or in defense.

Implement drills that not only heighten your players' role in the game but also those that help increase their prowess and knowledge in the other roles. This will help especially with substitutions.

Volleyball Practice Tip No.4: Practice What Matters

Focus, agility and decision-making are some of the most important things to focus on in practice. Engage in volleyball drills that will help heighten these areas.

It will not only greatly minimize errors during games but having these elements mastered makes the odds of your team winning better. It is best to give about 85% of your practices for the development of these important volleyball matters.

Links to Drills and Videos

<https://youtu.be/OW2KSrgo5ss> - *Serving*

<https://youtu.be/yJEQr5LhbSc> - *Passing*

<https://youtu.be/TI5l0uIxxOc> - *Passing*

<https://youtu.be/X05hbdSxU9w> - *Serve Receive Passing*

<https://youtu.be/HF03JFaXqQk> - *Setting*

<https://youtu.be/prSfG7gN7Js> - *Setting*

<https://youtu.be/EXwruyLHIs> - *Hitting*

https://youtu.be/08guf-U_jYY - *Hitting*

<https://youtu.be/4KBw-81DOKo> - *Defense*

<https://youtu.be/q6d08jXUREQ> - *Defense*

