

OVMS Girls Volleyball 2023-2024

Tryout September 5,6,7 from 3:10 - 5pm in OVMS Gym
Practices Begin Sept. 8th from 3 - 4:30pm in OVMS Gym

*Optional workshop for 8th grade girls only with Coach DeBono
August 29-30 from 3 to 5 pm in OVMS Gym*

Volleyball is a big commitment. We will meet everyday after school during our season until 4:30 p.m. with the exception of game days (you will get the game day schedule the week of).

We are supporters of multisport athletes. That being said, if you have a prior commitment that will cause you to miss more than two hours (one day) per week, this may not be the team for you. **Volleyball is a team sport meaning individual choices will have team wide consequences.** Please keep this in mind.

Tryouts always bring a wide range of emotions. All too often, fear of the unknown stands between an athlete and success. The following is intended to help guide your training throughout the summer, so you can show up well prepared and confident next fall.

What To Expect at Tryouts

You will be evaluated on essential skills that include: serving, passing (serve/receive), setting, hitting, court awareness, and HEART! While technical skills are important, “heart” is crucial. **You must have a strong work ethic and an underlying belief that you can succeed.** High achievers are dedicated to working hard even when they don’t enjoy some of the tasks because they are committed to the efforts necessary to reach their goals.

There are many things you can do in the comfort of your own home to get ready. I recommend one hour of practice, three nights per week and I have included a number of videos and tips that will highlight proper technique and training exercises to help you on your journey.

Please keep in mind that struggling with one or more of these tasks does not necessarily mean that you will not make the team. Again, this is only meant to guide your training to allow you to be prepared and confident. Good luck everybody - work hard!

By the end of summer you should strive to do the following:

- 7th grade
 - Serving
 - Underhand serve should be successful 4/5 times.
 - Overhand serve should be successful 2/5 times.
 - Passing
 - Passer will move to the ball 5/5 times.
 - Passer will pass to target zone 3/5 times off of a slow underhand toss.
 - Setting
 - Player will set to target area 3/5 times from middle front position off of a slow toss.
 - Hitting
 - Player will use a three step approach 4/5 times.
 - Player will demonstrate proper arm mechanics 4/5 times.
 - Player will put together a three step approach and arm mechanics 4/5 times.
 - Court Awareness
 - Players will understand position roles in a 4-2 Serve Receive.
- 8th grade
 - Serving
 - Overhand serve should be successful 4/5 times.
 - Passing
 - Passer will move to the ball 5/5 times.
 - Passer will pass to targeted zone 4/5 times off of a medium toss or hit.
 - Passer will angle platform to target.
 - Passer will dive (barrel roll) for a ball when necessary - play aggressively.
 - Setting
 - Player will transition from passing position to setting hands/overhead pass when the ball is approaching above shoulder level (see passing video “RECEIVE / PASS - Terry Liskevych Episode 2” at 3:33 min).
 - Player will set to targeted area 3/5 times off of a medium toss/hit.
 - Hitting
 - Player will use three step approach 5/5 times.
 - Player will demonstrate proper arm mechanics 5/5 times.
 - Player will put together foot approach and arm swing 5/5 times.
 - Player will make a good contact with the ball 3/5 times.
 - Hitting the ball into the net is OK. We can fix that :)
 - Court Awareness
 - Players will understand position roles in a 4-2 and 5-1 Serve Receive.

Helpful Training Tools

Serving Practice: tie a string between two objects at 7'4" tall to create a makeshift net. Stand 30 ft from the "net" and serve away!

Watch the videos and pay particular attention to these highlights: a good toss, right arm back, proper shift of weight from back leg to front, **firm hand** and wrist, center of ball contact, and contact happens directly in front of body.

Recommended Training Videos:

- Phenomenal Overhand Breakdown to Serve More Aces (6:16 min)
<https://www.youtube.com/watch?v=jeWsWW-QNJU>
- Skill Development Drills: Serving (4:03 min)
<https://www.youtube.com/watch?v=fOZGk1KfWeI>
- Coaching Tips: Volleyball: Serves - Terry Liskevych Episode 1 (3:57 min)
<https://www.youtube.com/watch?v=6JwWDsD86q4>
 - Note: nobody is expected to have a jump serve! There just happens to be one in Liskevych's video.

Passing Practice: passing can be practiced by yourself through the use of a wall or with a partner. Watch the videos and pay particular attention to these highlights: a relaxed medium position, **move feet to the ball**, make a solid platform, and angle arms towards target.

Recommended Training Videos:

- RECEIVE / PASS - Terry Liskevych Episode 2 (4:34 min)
<https://www.youtube.com/watch?v=X05hbdSxU9w>
- Developing Consistency in Serve Receive & Passing - Travis Hudson (4:05 min)
<https://www.youtube.com/watch?v=tPuCLs-RQNo>
- AVCA Video Tip of the Week: Keys to Playing Great Individual Defense (6:34 min)
<https://www.youtube.com/watch?v=0DzAkcAZAU4>
- AVCA Video Tip of the Week: Drills for Platform Control (3:54 min)
<https://www.youtube.com/watch?v=gfWh23JJG5k>

Setting Practice: watch the videos and pay particular attention to these highlights: get to the target area (middle front) then find the ball, slightly stagger stepped, both hands at eye level, ball shaped hands, palms finish in the direction you are setting the ball, and hips towards target.

Recommended Training Videos:

- The Basics of Volleyball - Setting (3:59 min)
<https://www.youtube.com/watch?v=HFO3JFaXqQk>
- Audrey Flaugh Setting School (20:41 min)
<https://www.youtube.com/watch?v=0t1T0tEqHQQ>

Hitting Practice: watch the videos and pay particular attention to these highlights: a good hit starts with a three step approach. Also, guide arm (left) up, right arm does a swimmer pull backwards with a **relaxed wrist** and full arm follow through, and left arm finishes towards heart.

*The second video is a bit long-winded and uses “fancy” equipment, but the proper body mechanics are broken down very well. Putting a ball into a laundry sack/net and hanging it will also provide an acceptable target. Please ask your parents before you do this. Safety first!

Recommended Training Videos:

- Teaching the Basics of Hitting (7:27 min)
https://www.youtube.com/watch?v=_EXwruyLHIs
- Volleyball Drills - Volleyball Arm Swing Training (21:21 min)
<https://www.youtube.com/watch?v=fkAAOA76JTA>

Court Awareness: there are many videos of 4-2 and 5-1 serve/receive on the internet, but this is best taught in a face-to-face interaction. We will cover this at tryouts. Just do your best! We will be looking for players who stay focused and on task during instruction, take direction well, keep their cool, and most importantly: **DO NOT** give up when facing a challenge.