



# SHCA Volleyball Program

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The SHCA volleyball program aims to improve the physical ability and skills of the student athletes while supplying a fun and rewarding activity to all the participants.

The volleyball program takes part in a Diocesan girl's league in the Fall and Diocesan boy's and coed developmental leagues in the Spring. There are three levels – Coed Developmental, Junior Varsity and Varsity. The girls program runs from early August to the end of October, with match play starting at the beginning of the school year. The boys and coed developmental leagues run from mid-February to late May, with match play starting in mid-March. The teams normally practice 2-3 times a week. The Athletic Association usually sponsors one home tournament for the Girls Varsity level in late September or early October (Spikefest Tournament). The JV and Varsity teams may also take part in outside tournaments throughout the season.

At all levels parents must notify coaches ahead of time if a team member is not going to attend a practice or match. Parents should give coaches as much advance notification of the absence as possible.

Also, at all levels athletes will learn the importance of and practice basic conditioning (Running, Sprints, Pull-Ups, Push-Ups, Sit-Ups, Burpees, etc.).

Each volleyball team **must** have the following to take part in the program:

1. A volunteer **Head Coach** with the proper clearances to coordinate practices and run the team at matches. The Athletic Director appoints the Head Coach with the school principal's approval.
2. At least one volunteer **Assistant Coach** with the proper clearances to help with practices and matches and to take control of the team in the absence of the Head Coach. The Head Coach may propose Assistant Coaches and the Athletic Director approves them.
3. A volunteer **Team Parent** to coordinate any activities for the team throughout the season. This includes scheduling the required volunteers to serve at home matches (scorekeeper, score book, gate, raffle, concessions).

## Progression Of Skills

Below is the progression of skills coaches will aid athletes in mastering during their time playing volleyball at SHCA.

### Coed Developmental Level - Grades 3 and 4

The Coed Developmental league is a less formal program that runs from mid-February to late May. The instruction focuses on the most fundamental skills, such as:

- Rotations
- Passing
- Communication

Developmental players are shown the same skill set drills as the JV players but have a lower expectation to perform these tasks.

At this level, we begin teaching the need for listening to the coach, respecting teammates, and practicing discipline on the court.



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## Junior Varsity Level - Grades 5 and 6

At this level players ***continue to develop skills they learned at the Developmental level***, learn the importance of teamwork while playing in a system, and continue to develop fundamental skills:

- System - pass, set, hit
- Serving - underhanded form, overhand form, jump serve
- Passing - proper platform, positioning of your body
- Setting - overhand setting and bump setting
- Hitting
- Defensive positioning
- Offense positions

## Varsity Level - Grades 7 and 8

At this level players ***continue to develop skills they learned at the Developmental and JV levels***, and we introduce the full Varsity system, and players learn more advanced skills. To prepare players for High School, coaches will work with individual players on:

- Serving - overhand serve, spot serving, float serving, jump serving,
- System - 5-1 vs. 6-2
- Defense - perimeter defense vs. rotational defense
- Passing - platform angles, positioning, weight
- Outside hitters - transition, approach, blocking, swing
- Middle hitters - transition, approach, blocking, swing
- Setters - Bump setting vs. setting with your hands and jump setting, setting from the back row vs. front row
- Defense/Libero - tip coverage, pancaking, advanced passing

## Coaching Approach

Coaches should coordinate between all the levels so that athletes can transition seamlessly to the higher levels as they progress. To do this:

- Coaches should strive to attend practices at various levels. It is especially important for the higher-level coaches to occasionally attend the practices of the lower-level teams. The coaches of the lower-level teams should occasionally attend practices of the higher-level teams (Dev coaches at JV practices, etc.)
- Higher level teams should call up players from the lower-level teams to sit on the bench in matches. If possible, depending on the situation, players invited to play up should get some playing time.
- All coaches should be aware of the offensive and defensive schemes at the higher levels and teach those schemes to their own players.
- Teams should have joint practices at various levels (Dev/JV joint practices, JV/Varsity joint practices)



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At all levels we teach the need for listening to the coach, respecting teammates, referees, and spectators, and practicing discipline on the court.

*All levels should make sure to include some fun activities into the practices.*

## Home Matches

Collecting the match entry fee and selling 50/50 raffle tickets and concessions at home volleyball matches is crucial to supporting the athletic program. For instance, a volleyball double header (JV and Varsity matches) costs at least \$70.00 in referee fees. We need parent volunteers for all home matches to:

- Run the score board
- Keep the score book
- Collect the match entry fee
- Sell the 50/50 raffle
- Operate the concession stand

Volunteers need to make every effort to sell 50/50 tickets and concessions. That may mean making the extra effort to bake pretzels or setting up the nacho cheese crock pot to have more options for sales. We also need volunteers to help leave the gym in good condition after home matches (clean the floor, everything put away, trash emptied, etc.).

The **Team Parent** coordinates the scheduling of the needed volunteers for each home match.