



Volleyball: Fundamentals of Coaching Volleyball

The content provided in this course has been developed in partnership with USA Volleyball, the National Governing Body for the sport of Volleyball in the United States overseeing National Team (Senior and Junior/Youth), adult, and junior age group indoor, outdoor and beach play in the United States, and with the American Volleyball Coaches Association, the largest volleyball coaching association in the world. Coaches will learn basic information about designing practice sessions, technical skills, rotational systems, serve receive organizational concepts, defensive systems, blocking options, team selections and rules & match management. Additional resources and reference websites are also included within this course. Coaches can start and complete a course immediately after a course purchase is approved, and will have up to one year after purchase to review and access all printable resources.

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