

Systems and Ponderings CEV Denmark



**FIVB Instructor Level IV John Kessel, USAV Dir. of Sport Development CAP Level V
World ParaVolley Dir. of Development, NORCECA Development Secretary**

Happy Fathers Day!



Primum Non Nocere



OPPORTUNITY IS NOWHERE



OPPORTUNITY IS NOWHERE

Your perspective changes everything.

Every Coach Expects their Players to Change, but the Most Important Change has to Start Within Each Coach... - John Kessel

Proverbs 4 VB

Every time you feel
yourself getting pulled
into other people's
nonsense, repeat
these words:

NOT MY CIRCUS,

NOT MY MONKEYS.

{{ POLISH PROVERB }}

Empty Boat



200 yds from NCAA Beach Title Courts



Free/Low Cost Apps



- Scoreboards and Free Scoreboard app
- Chalkboards – paint/temp whiteboard
- 4K Video Downloader
- Softtorino for iPhone
- Change www to m in FB & Twitter
- BAM Video Delay
- VolleyMetrics
- VBStatsHD
- Kinovea vs. Dartfish
- Data Volley annual \$700
- GetFBStuff
- TouchStat
- TeamSnap
- Coaches Eye -- Ubersense – now Hudl
- Dartfish Express
- Pocket Radar
- FB Volleyball Coaches & Trainers
- TIVO units at USOC



What are the FOUR Ways to Get a LEAD in Rally Scoring?



1.

2.

3.

4.



6-3 can be a 4-2, 5-1, or 6-2

With 4 person patterns Setter= Target

6-6 can be 4-2, 5-1 or 6-2

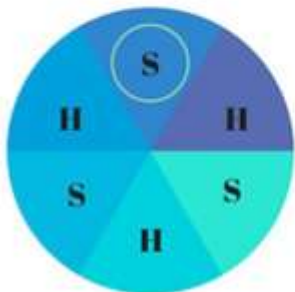
MOS or OMS?

Liberos banned till 15 in some nations

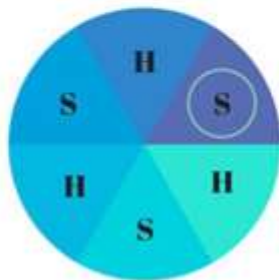
**We need players who are GOOD at all SIX skills
And GREAT at one or two...**

6-3 Options

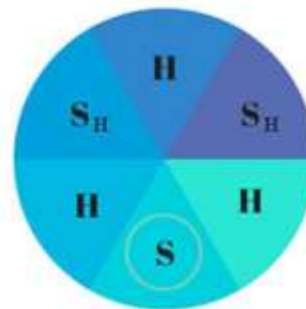
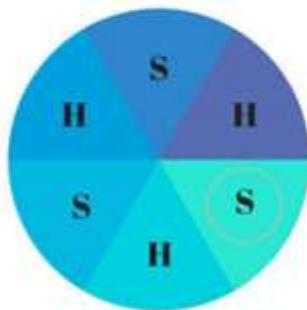
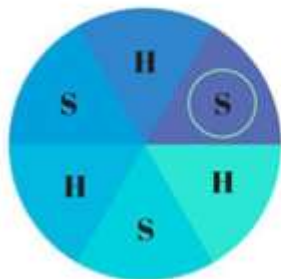
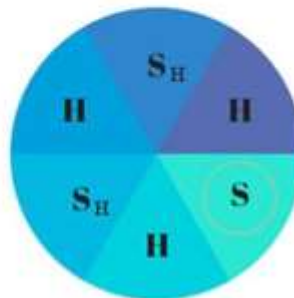
4-2



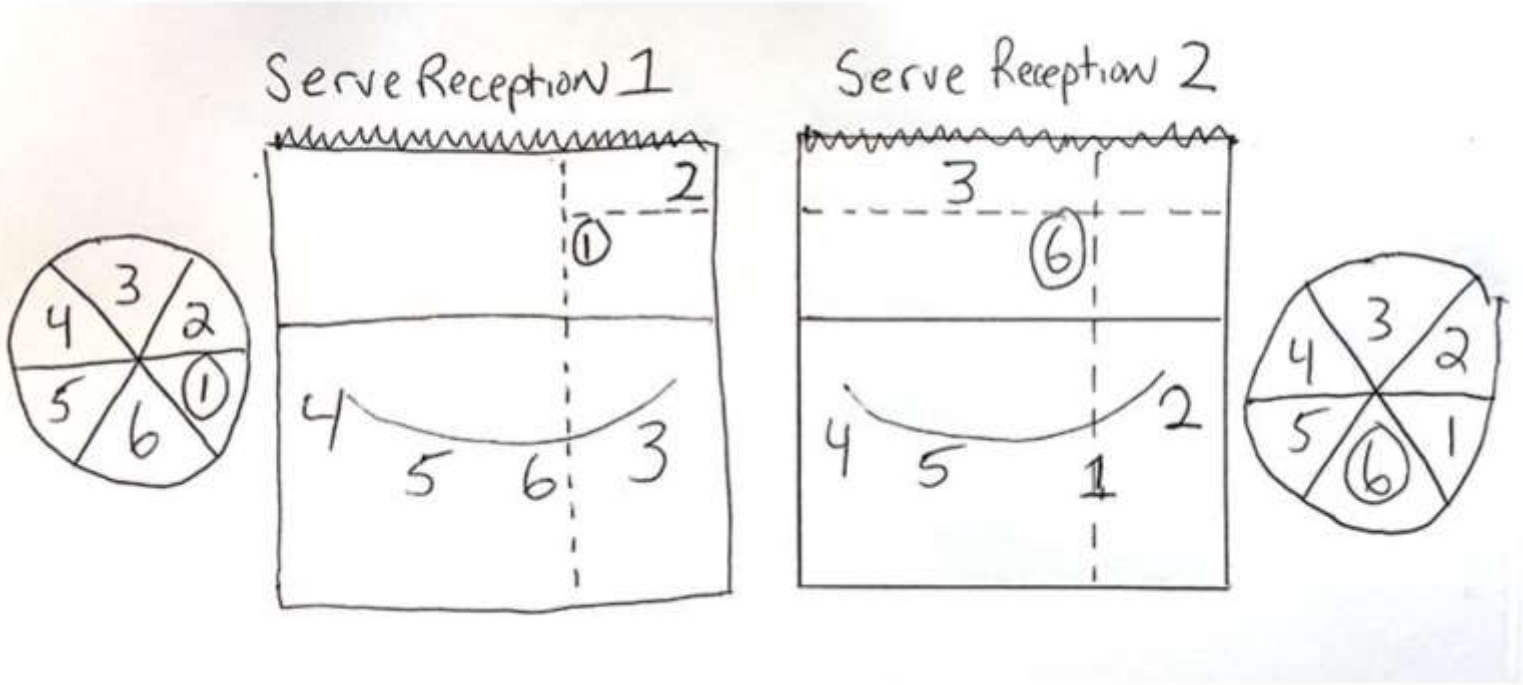
5-1



6-2/0



6-3 Serve Reception





Six Friends



I have six friends

Who serve me true

Their names are What, Where, Why,

How, When and Who

If you only have one ball in the air, SCRIMMAGE



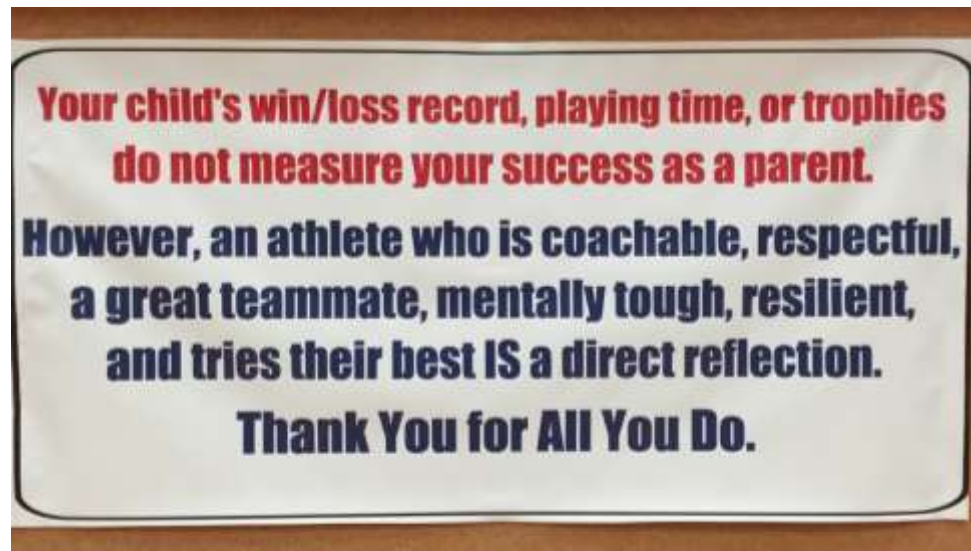
Gender Differences

- **Men Battle to Bond. Women Bond to Battle**
- **Praise & Criticism**
- **Drills vs Games**
- **I spend a large amount of my time building their confidence – Hugh McCutcheon**
- **Men need more teaching/Women more competition**
- **I spend the majority of my time with women working to convince them that they are better than they think they are; I spend the majority of my time with men working on getting them to realize they are not as good as they think they are. – US Soccer National team coach**
- **Cody does 9 wrong & 1 right “I know but did you see that one?”**
- **Mac does 9 right & 1 wrong “I can’t believe I screwed that one up...”**
- **Work application 2 traits/it’s a lock 8 of 10/I won’t apply....**

Things I Have Discovered the Hard Way

- *Learning – it is a skill, enhanced by coaching*
- *Reading – what we see determines how we move*
- *Compete/Learn in Reality*
- *Better the Ball*
- *Total Contact Time in a match >5s. Total spike contact time .008-.01s*
- *You can never Serve and Serve Receive enough...*
- *Change from Teaching Negative to Perfection to Positive*
- *Process focus let's the score take care of itself*
- *Guide Discovery, Ask Questions, Stop “Coaching”*
- *Our Game is Wonderfully Chaotic and Random*
- *Develop Grit, not False Confidence*
- *Radar on for Good = Feedforward not Feedback*

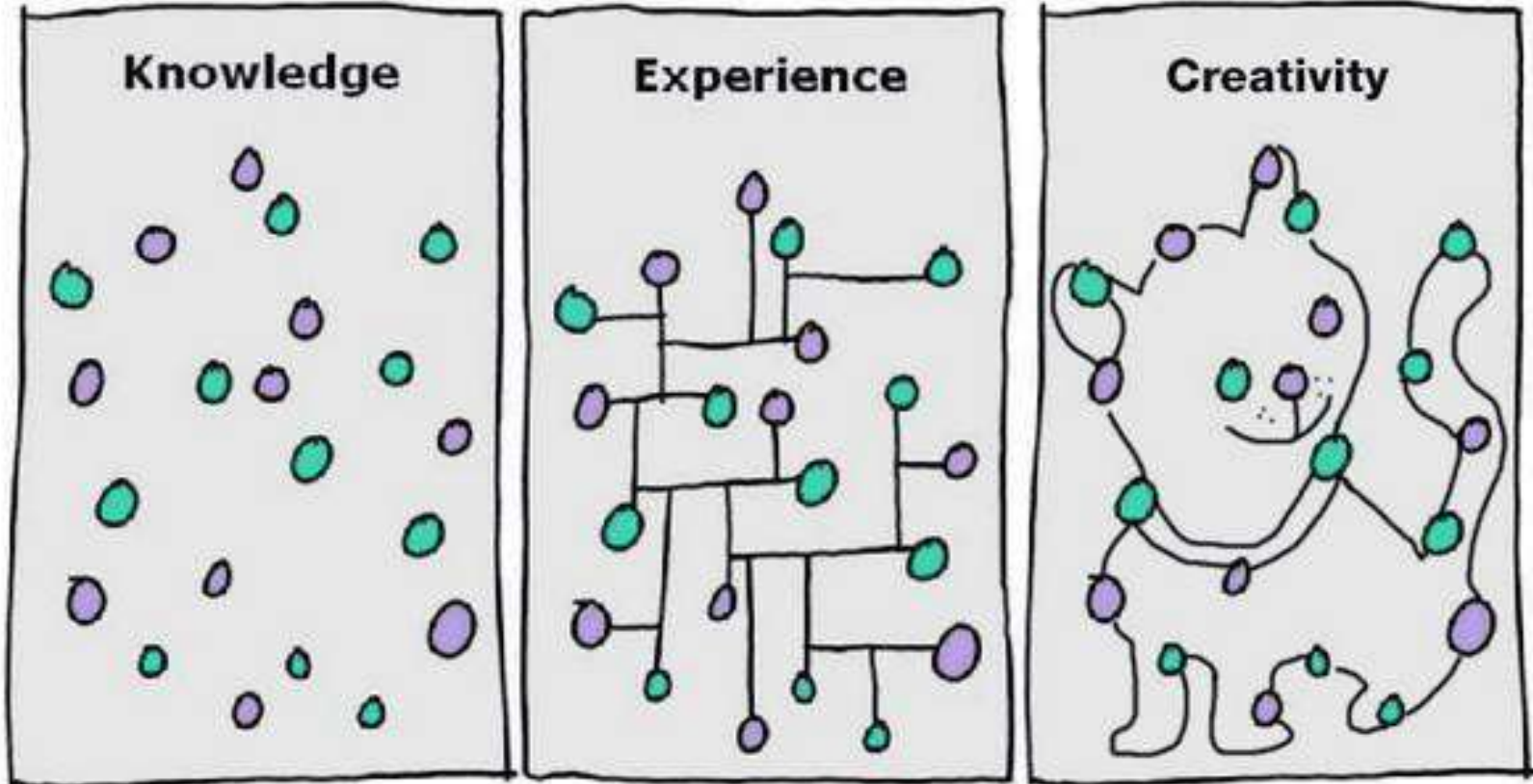
@JohnKesselUSAV Ponder



Overcoming my Stupidity

- *Pair Passing teaches negative/false fundamentals*
- *You can never Serve/Serve Receive enough – 500K*
- *I got fooled by regression to the mean*
- *I practiced for practice and not performance...*
- *STOP 6 v 6 – STOP the 5-1 – STOP zone 4 – Pepper - 1.5m run - Stretching - Specificity*
- *How did China beat Russia?*
- *How can Cuba win 3 Olympic golds & USA none?*
- *Where did the roll go?*
- *Reaction time is not my friend*
- *There is no such thing as WRIST SNAP*
- *Torque is more powerful than core*
- *Turn on your coaching radar for the good, project video delay of same*

Creativity > Experience > Knowledge



Favorite Way to Play is Reverse Coed



Why Street Sports?



New Coaching Tools – H3



FIVB

FÉDÉRATION INTERNATIONALE
DE VOLLEYBALL

Despair.com



SURVIVAL

When you are in deep trouble,
say nothing, and try to look like
you know what you're doing.

Sport Development Posters

VOLLEYBALL SHOULD BE A GAME BEFORE IT BECOMES A SPORT.

STAGE	Beginner	Advanced Beginner	Intermediate	Advanced
SKILL LEVEL	0-1 year of experience	1-3 years of experience	3-5 years of experience	5+ years of experience
BALL	<p>Setting the athlete up for success is crucial for early growth and enjoyment in a sport.</p> <p>Official size is not necessary, a ballon could even be used. Weight: 215 g or less</p>	<p>Circumference: 65 - 67 cm Weight: 260 g or less</p>	<p>Circumference: 65 - 67 cm Weight: 260 - 280g</p>	<p>Circumference: 65 - 67 cm Weight: 260 - 280g</p>
COURT SIZE	<p>A full court can be divided into smaller courts. To prevent injury, a buffer of approx. 2m is recommended between each court.</p> <p>4 courts: 3m x 9m 2 vs 2</p>	<p>3 courts: 4.5m x 12m 2 vs 2 4 vs 4</p>	<p>2 courts: 5m x 14m 2 vs 2 4 vs 4</p>	<p>1 court: 9m x 18m 4 vs 4 6 vs 6</p>
NET HEIGHT	Any height Males: 1.98m (6'01.4 in) Goal for beginners	Both: 1.98 m	Both: 2.24 m	Male: 2.43 m Female: 2.24 m
THE AMERICAN DEVELOPMENT MODEL	STAGE 1 Discover, Learn & Play Age: 0 - 12 5 Steps to a Better Sport Experience	STAGE 2 Develop & Challenge Age: 10 - 16 After an athlete has engaged in a sport, the intention of this stage is to refine skill, promote social growth and identify potential strengths. Athletes may also explore recreational competition.	STAGE 3 Train & Compete Age: 14 - 19 All athletes at this stage are advised to participate in organized school and club sports. They begin to recognize the commitment needed to excel at a competitive level.	STAGE 4 & 5 Participate & Succeed Thrive & Mentor Age: 15+ Athletes choose to continue up the competitive ladder or play at a sport for fun and social aspects. Athletes can choose to give back and become a coach or advisor.

Smaller courts, less people and lower nets make learning the game easier and more fun by allowing athletes more opportunities to touch the ball, a key factor in developing their core skills, understanding how the game is played and promoting social growth through sport.

VOLLEYBALL SHOULD BE A GAME BEFORE IT BECOMES A SPORT.

STAGE	Beginner	Advanced Beginner	Intermediate	Advanced
SKILL LEVEL	0-1 year of experience	1-3 years of experience	3-5 years of experience	5+ years of experience
BALL	<p>Setting the athlete up for success is crucial for early growth and enjoyment in a sport.</p> <p>Official size is not necessary, a ballon could even be used. Weight: 215 g or less</p>	<p>Circumference: 65.0"-66.4" Weight: 9 oz or less</p>	<p>Circumference: 25.6"-26.4" Weight: 9 oz or less</p>	<p>Circumference: 25.6"-26.4" Weight: 9 - 10 oz</p>
COURT SIZE	<p>A full court can be divided into smaller courts. To prevent injury, a buffer of approx. 6ft is recommended between each court.</p> <p>4 courts: 9.5' x 29.5' 2 vs 2</p>	<p>3 courts: 14.5' x 39' 2 vs 2 4 vs 4</p>	<p>2 courts: 19.5' x 48' 2 vs 2 4 vs 4</p>	<p>1 court: 29.5' x 59' 4 vs 4 6 vs 6</p>
NET HEIGHT	Any height Males: 7'0" (213 cm) Goal for beginners	Both: 8' 6"	Both: 7' 4 1/8"	Male: 7' 11 5/8" Female: 7' 3 3/8"
THE AMERICAN DEVELOPMENT MODEL	STAGE 1 Discover, Learn & Play Age: 0 - 12 The first stage gives new athletes a fun environment to learn core fundamentals, rules and the benefits of sport. Playing multiple sports will develop key motor skills needed for future growth.	STAGE 2 Develop & Challenge Age: 10 - 16 After an athlete has engaged in a sport, the purpose of this stage is to refine skill, promote social growth and identify potential strengths. Athletes may also explore recreational competition.	STAGE 3 Train & Compete Age: 14 - 19 Athletes at this stage are advised to participate in organized school and club sports. They begin to recognize the commitment needed to excel at a competitive level.	STAGE 4 & 5 Participate & Succeed Thrive & Mentor Age: 15+ Athletes choose to continue up the competitive ladder or play in a sport for fun and social aspects. Athletes can choose to give back and become a coach or advisor.

Smaller courts, less people and lower nets make learning the game easier and more fun by allowing athletes more opportunities to touch the ball, a key factor in developing their core skills, understanding how the game is played and promoting social growth through sport.

Open Court Day of Logistics

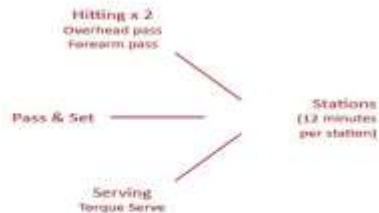


Day of Event

STATION FORMAT

Registration & Welcome
Split into Groups

Salt & Pepper Warm Up



Play 6 v 6 Triple Ball
or
Play 4 v 4 Triple Ball
or
Play 3 v 3 Triple Ball
or
Play 2 v 2 Triple Ball (sand)

Wrap Up & Discover More Ways to Play!

PRACTICE FORMAT

Registration & Welcome
Split into Groups

Salt & Pepper Warm Up

Hitting
Back Row Meter
Bics Over head Pass (10 mins)

Serving / Torque Serve
(10 mins)

Pass & Set
(10 mins)

Hitting Left (A) & Right (D)
Meter Balls Bics - Forearm Pass
(10 Mins)

Play 6 v 6 Triple Ball
or
Play 4 v 4 Triple Ball
or
Play 3 v 3 Triple Ball
or
Play 2 v 2 Triple Ball (sand)

Wrap Up & Discover More Ways to Play!



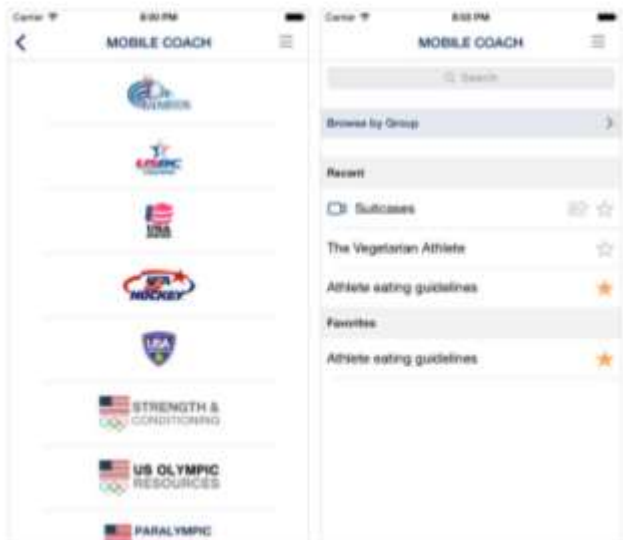
Team USA Mobile Coach USAV App

team usa mobile coach



Team USA Mobile Coach
United States Olympic C...

OPEN



MOBILE COACH



USA Volleyball



Club Directors

IMPACT

Sportkit

CAP I

CAP II

CAP III

CAP CADRE

NCVF

MiniVolley Index



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Volleyball Coloring Book



Give Eval Forms First



ALWAYS Compete



Ending Challenges & Games

- no goggle
- Hypoxic
- Relay
- no breath
- 25 dolphin kick back
- perfect turns
- mid pool turn +1
- jump turn lane 3 under return
- underwater open turns
- British Day
- crowded warm-up
- no warm-up
- kicking relay
- ladder-small dolphin
- 25 dolphin kick tummy
- 7 dolphin kicks off
- get out swim
- back tuck somersault
- Descend
- head up
- open turn timing
- Sportsmanship
- time to 1st 15m mark
- peer coaching
- 5 kick race
- get out early
- No Lane Lines
- Timed turns-flip
- sculling
- negative split
- running dive
- trophy start
- Noodle Targets
- 15m sprints –hold breath
- no breath
- weak stroke
- legs finish
- win your heat
- Fly Golf (15)
- front quadrant breathing
- caps off
- Vertical Kick
- Legs on Fire
- Chasers
- variable sprints ef/fe/aenobr/af
- Take Pulse
- Dolphin First Pull Out
- SR x SL = V
- Gun Slinger
- Sit Down
- Starter
- middle pool starts
- Dive Time
- Holding Breath Exercises
- Flip Turn -Toes Out First
- Vertical to Horizontal Breast Kick w/ Medball
- Flip Turns for Fly & Free
- Diving Well
- Time from 15 m to wall
- How Far in 20 sec?

LTAD = Keeping as Many Players Involved as Long as Possible



5 – Motor Skill Development: 8 STAGES OF LTAD (USAV-DRAFT)

Active Start Stage - **FUNDamental** movement skills

FUNDamental Stage - **Developing ABC's**

Learning to Train - **Learning fundamental sports skills**

Training to Train - **Building the "engine" and consolidate sport skills**

Learn to Compete - **Optimizing "engine" and refine sport skills**

Training to Compete - **Optimizing "engine" and refine sport skills and performance**

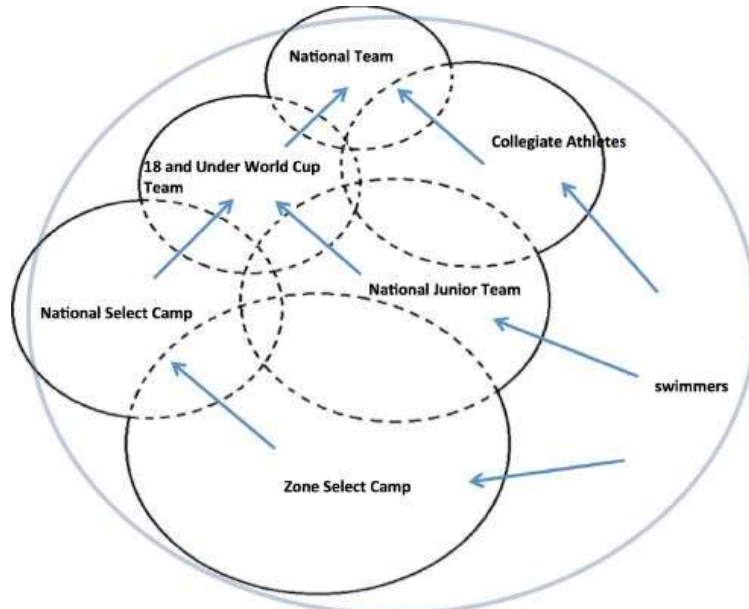
Training to Win - **Maximizing "engine", skills and performance**

Volleyball for Life - **Post-playing career – recreation, coaching, etc.**

Active Start 0-6 "VolleyTots"
FUNDamentals 6-10 10 and Under Kidz Kourts; Mini-Volley
Learning to Train 10 and Under Club, Kidz Kourts; Mini-Volley 13 and Under Club, Kidz Kourts; Mini-Volley; Middle School
Training to Train 14 and Under Club, Middle & HS 16 and Under Club, HS Youth, Junior HP & National Teams
Learning to Compete 16 and Under Club, HS 17 and under Club, HS 18 and Under Club, HS, College Fresh Youth, Junior HP & National Teams
Training to Compete 17 and under Club, HS 18 and Under Club, HS College Fresh-Senior Junior HP & National Teams
Training to Win 18 and Under Club, HS, College Fresh College Soph-Senior Junior, Senior HP & National Teams
Volleyball for Life

American Development Model

Stage	American Development Model	(Athlete Age)
1	Discover, Learn and Play	(0-12)
2	Develop and Challenge	(10-16)
3	Train and Compete	(14-19)
4	(a) Excel for High Performance or (b) Participate and Succeed	(15+)
5	Mentor and Thrive	(For Life)



DECIDE SLOWLY



LTAD SIMPLY MEANS KEEP AS MANY PLAYERS AS LONG AS POSSIBLE

Come Play in our US Open



Here's What I See... Eliminate Judging

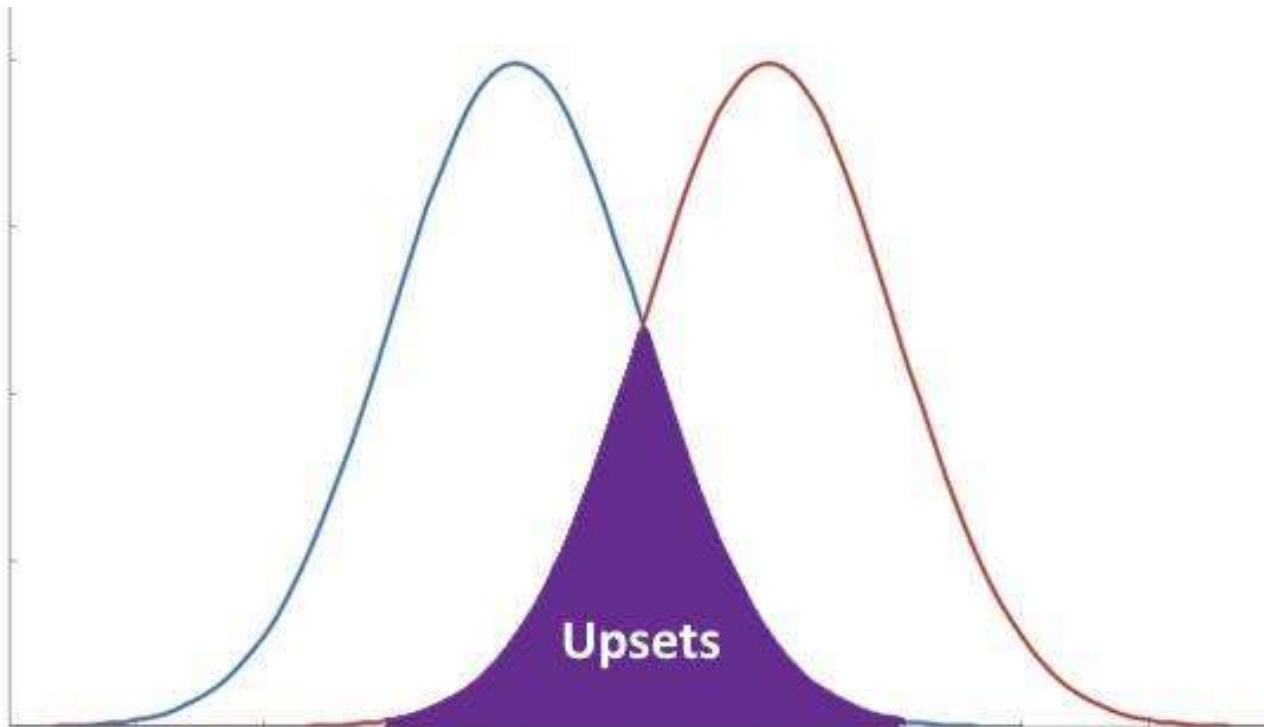




Proactive Mission Statement On the Wall



Variance as Upsets



Finite Markov Chains Impact

How Many BB/NetB Hoops in a School Gym – and Nets?



Who are these People?



<http://thetalentcode.com/2013/05/17/the-most-important-moment-of-practice/>

What is Truer than Truth?



Perspective

On particularly rough days when I'm sure I can't possibly endure, I like to remind myself that my track record for getting through bad days so far is 100% and that's pretty good.

Individuals never lose the desire to be treated as Individuals Athletes are Happiest when they are Improving

IL GIOCO INSEGNA IL GIOCO

Coredo 11/07/2017



Rocco Luciano BRUNI
Allenatore 3° Grado - Docente Federale FIPAV

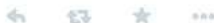
Fear can be...a great motivator but a Poor Compass



VolleySLIDE
@VolleySLIDE

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Voted the best #SittingVolleyball photo
2014! @Paralympic @Volleyw00d
@FIVBVolleyball @CEVolleyball
@JohnKesselUSAV



RETWEETS
2

FAVORITES
8



Multitudinous Myths

Wrist Snap, the Core, Learning Styles, Fundamental motor Skills
Momentum, Watching the Ball, 1988 CHN RUS



PASSING MYTH

YOU MUST WATCH THE BALL INTO YOUR ARMS

You Will be a Better Player if You Coach



Think Outside the Box

**THINK
OUTSIDE
THE BOX**

X	O	X
O	O	X
O	X	O



Better is the Enemy of Good





**Educating the Mind without
Educating the Heart is no
Education at all – Aristotle**



Whatever we learn to do, we learn by actually doing it; men come to be builders, for instance, by building, and harp players by playing the harp. In the same way, by doing just acts we come to be just; by doing self-controlled acts, we come to be self-controlled; and by doing brave acts, we become brave.- Aristotle



USA Volleyball

Sport Development Posters



A Tale of Two Sports Programs

Coach Already Knows it All
Mistakes are NOT Allowed
Fixed Mindset
Coach Centered
There's Only My Way
Athletes Drill
Athletes Learn to Follow
Athletes Watch the Ball
One Size Fits ALL
Explicit Learning
Train According to Our System
Coach Determines Rules
Losers Physically Punished
Equipment Issues
Coaching Shark Circling Mistakes
Glad Practice isn't till Next Week
Drills Explanation by Coach
Emphasizing the Outcome
Coaching by what They Think & Feel
Athletes Trained to Make Negative Errors
Coach Plays Who They Want
Athletes Specialized - Great at One Skill
Athletes Must Look Technically Exact
Coach Expects Machine like Consistency
Parents are the Coaches Enemy of MY Kids
Success is Based on the Team Record

Coach is a Lifelong Learner
Our Training Site is a Exploratorium
Growth Mindset
Athlete Empowered
Athletes Think & Question
Athletes Play
Athletes Learn to Lead
Athletes Learn to Read & Anticipate
One Size Fits EACH
Guided Discovery & Intrinsic Learning
Create What is Needed
Rules Not Necessary
Winners Stay On
Equipment in Game Regulation Form
Coach Catches Them Doing it Right
Can't Wait for Next Practice
Drills on White Board for ALL to See
Emphasizing the Process and Mastery
Use of Stats/Video to Make Decisions
Athletes Taught from the Start to Make Positive Errors
Coach Explains Team Roles to Each Athlete
Athletes Good at All Skills & Great at One or Two
Athletes Get to the Right Place & Time
Coach Understands the Nature of Variation
Parents are Part of the Team for THEIR Kids
Success is How Many Athletes Keep Playing Next Year



BE BOLD WITH YOUR DREAMS.
 INSPIRE YOU TO GO BEYOND YOUR LIMITS.
EFFORT OVER OUTCOME. RELENTLESS PURSUIT.
SPEAK ONLY IN THE POSITIVE.
POBODY'S PERFECT
POSITIVE.
AFRAID TO LOSE OR FIGHT TO WIN?
ATTITUDE PREPARE WITH IS EVERYTHING.
PASSION.
IMPROVE. COOPERATION & COMPETITION.
 YOU'LL BE A BETTER IT'S HOW HIGH YOU ARE.
 PLAYER IF YOU COACH IT'S HOW GOOD YOU ARE.
 WHEN YOU ARE IN THE GYM. BE IN THE GYM.
 BRING YOUR BEST PRACTICE LINE YOU PLAY.

Nutrition Facts

Serving Size 2 out of 3
 Amount Per Serving 25 points

Total Points	25
Calories	100
Total Fat	10g
Sodium	100mg
Total Carbohydrate	10g
Protein	10g
Fiber	10g
Sugar	10g
Cholesterol	10mg
Vitamins	10%
Minerals	10%
Other	10%

How to Play Volleyball

Everything I know about learning to play volleyball I'm sharing with you.

It is all in the second half of the title

The end.

USA Volleyball

ABCs of Volleyball

USA Volleyball

BE A RELATIONSHIP COUNSELOR BETWEEN A PLAYER AND THEIR LOVE OF THE GAME.
 BE CONSISTENT. COOPERATION & COMPETITIVE RESULTS IS THE MOST IMPORTANT SKILL TO TEACH.
RETENTION. RELENTLESSLY POSITIVE.
INTENT VS. RESULT GUIDED DISCOVERY.
PROCESS OVER OUTCOME.
OPPORTUNITY FOR FAILURE. PRACTICE FOLLOW UP. TRACK SPECIFICITY.
NEVER BE A CHILD'S LAST COACH.
 FEEDBACK - CRITICAL. PERFORMANCE - GUIDANCE.
 YOUR PRACTICE STRUCTURE SHOULD NOT BE A SECRET.



Sitting Volleyball Skills

Volleyball Players

MOVING

DEFENSE

USA Volleyball

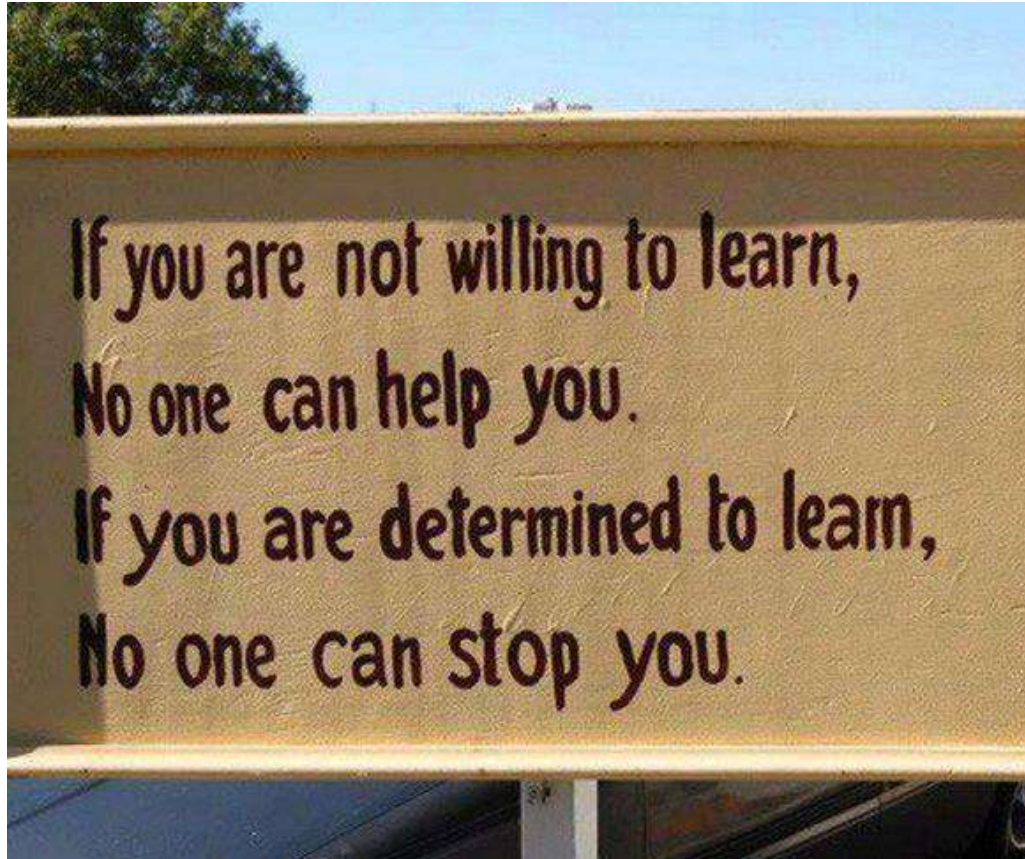
Quotes & Proverbs



*We are what we
repeatedly do.
Excellence, then,
is not an act,
but a habit.*

Aristotle

Willing vs. Determined



I am who I am because of who we all are...



**Coopatition...I can't be all of me unless
you can be all of you.**

**If You want to travel fast
Go Alone
If you want to travel far
Go with others**



Coach for People, Not Points



**It's not how Tall you are
It's how GOOD you are**



Quimple & Flean



INTENT over Outcome



Flexibility vs. a Routine

Adapt and Overcome



The Game will Find a Way





Instill Fearlessness



Find the Answers when you aren't Looking

“A great teacher is one who realizes that he himself is also a student and whose goal is not to dictate the answers, but to stimulate his student's creativity enough so that they go out and find the answers themselves.”

— Herble Hancock

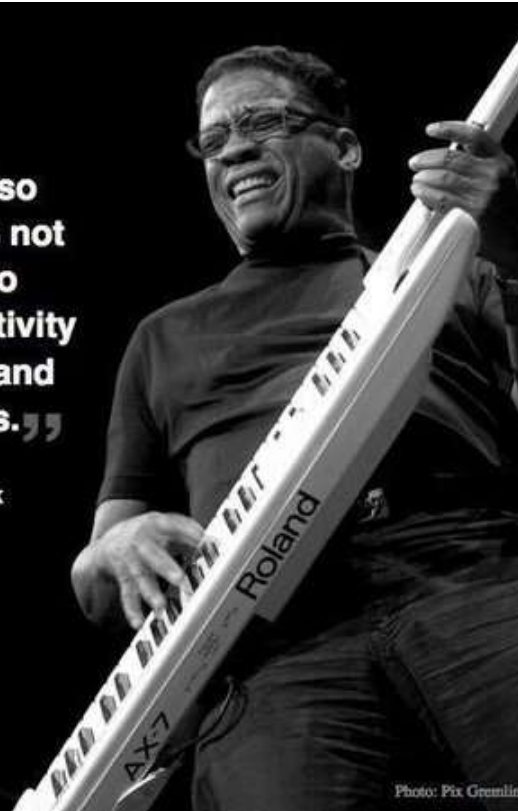


Photo: Pix Gremlin

Will Before Skill



Elbow Low Draw Back Best



Leading with Humility

40 THINGS CHILDREN WANT TO HEAR FROM THEIR COACHES

I'M PROUD OF YOU	GOOD JOB	GOOD WORK	DON'T GIVE UP	IMPASSIBLE
I BELIEVE IN YOU	KEEP IT UP	YOU IMPRESSED ME	YOU CAN DO IT	TRY YOUR BEST
EXCELLENT	EXCEPTIONAL	INSPIRE YOUR TEAM	YOU SHOULD BE PROUD	SUPPORT EACH OTHER
THAT WAS BRILLIANT	THAT WAS IMPRESSIVE	YOU IMPROVED SO MUCH TODAY	YOU MADE THE TEAM PROCESS	DO YOUR BEST
THANK YOU	GREAT IDEA	WELL DONE	BELIEVE IN YOURSELF	BE CREATIVE
TAKE RISKS	DON'T WORRY ABOUT MAKING A MISTAKE	YOU WILL MAKE A DIFFERENCE	BRILLIANT	EMBRACE CHALLENGES
GREAT THINKING	BE UNUSUAL	I WILL HELP YOU	HELP EACH OTHER	YOU WERE OUTSTANDING
BE YOURSELF	KEEP SHOWING	I LOVE HOW YOU DO THAT	THAT WAS GREAT TO WATCH	KEEP UP THE GOOD WORK

50 REASONS WHY PARENTS SHOULD ENCOURAGE THEIR CHILDREN TO PLAY SPORT

INCREASES CONFIDENCE	BUILDS FRIENDSHIPS	BUILDS CHARACTER	IMPROVES SELF ESTEEM	IMPROVES MEMORY
REDUCES OBESITY	DEVELOPS RESILIENCE	TEACHES RESPECT	IMPROVES MOOD	DEVELOPS CREATIVITY
REDUCES ANXIETY	REDUCES STRESS	REDUCES DEPRESSION	TEACHES LIFE LESSONS	PROMOTES FAIR PLAY
IMPROVES BODY IMAGE	BOOSTS BRAIN POWER	DEVELOPS FOCUS	IMPROVES ACADEMIC PERFORMANCE	PROMOTES SOCIAL INTERACTION
TEACHES LIFE LESSONS	IMPROVES BRAIN FUNCTIONING	IMPROVES SLEEP	IMPROVES DECISION MAKING	DEVELOPS AUTONOMY
DEVELOPS STRONGER BONDS	DEVELOPS STRONGER JOINTS	HELPS TO CONTROL WEIGHT	INCREASES ENERGY LEVELS	INCREASED ATTENTION
IMPROVES QUALITY OF LIFE	TEACHES CHILDREN ABOUT VALUES	IMPROVES COGNITIVE FUNCTIONING	IMPROVES POSTURE	BUILDS STRENGTH
IMPROVES BLOOD FLOW	IMPROVES FITNESS	TEACHES TEAMWORK	IMPROVES LEARNING	REDUCES FATIGUE
IMPROVES BREATHING	HELPS CHILDREN TO LEARN FROM FAILURE	IMPROVES REFLEXES	HELPS CHILDREN TO ACHIEVE GOALS	HELPS TO DEVELOP COPING SKILLS
IMPROVES IMMUNE SYSTEM	TEACHES CHILDREN ABOUT WITHERING	TEACHES CHILDREN ABOUT LOSING	HELPS CHILDREN TO EXPERIENCE SUCCESS	CHILDREN HAVE FUN

A WINNING ATTITUDE

ENCOURAGE/PARTICIPANT CODE OF CONDUCT

PARENTS:

1. I will abide by the official rules and regulations of the USA Volleyball.
2. I will display good sportsmanship at all times.
3. I will educate myself on the proper rules of this facility and abide by them.
4. I will provide my child with proper and respectful feedback and not yell or berate my child, coach, officials, or teammates.
5. I will demonstrate to my child the USA Volleyball Program and abide by the rules of the program.
6. I will acknowledge that the sport is a learning experience and that I will support my child's participation in the sport.
7. I will encourage my child to play to the best of their ability and to have fun.

PLAYERS:

1. I will be respectful to my coaches, officials, and teammates.
2. I will be respectful to my opponents and to the officials.
3. I will be respectful to my teammates and to the officials.
4. I will be respectful to my opponents and to the officials.
5. I will be respectful to my opponents and to the officials.

COACHES:

1. I will be respectful to my players and to the officials.

2. I will be respectful to my players and to the officials.

3. I will be respectful to my players and to the officials.

4. I will be respectful to my players and to the officials.

5. I will be respectful to my players and to the officials.



Give to Get



2011 LEAVE A BALL BEHIND COLLECTION SITE

Leave a Ball Behind
with *USA Volleyball* and
spread the love of volleyball
to children in the U.S.
and around the world.





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