



## **Grand Island YMCA**

- **K-2<sup>nd</sup> Learner League Volleyball (LLVB)**
- **3<sup>rd</sup>-8<sup>th</sup> Grade Volleyball League (VL)**

## **Coaches Manual**

### **Children's Pledge**

Win or Lose I pledge before God to do my best, to be a team player, to respect my teammates, opponents, coaches and officials, and to improve myself, in spirit, mind, and body.

### **YMCA Coaches Pledge**

Everybody Plays, Everybody Wins!



YMCA Mission: To put Christian principles in to practice through programs that build healthy spirit, mind, and body for all.



## YMCA Youth Sports

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**Be sure to read all the information. Have a great Season!**

# Youth Volleyball

## Coaches Memo and Instructions

- Welcome to the world of YMCA Youth Sports where everybody is a WINNER!
- Please call your team as soon as possible to let them know:
  - your name/phone numbers/email address
  - when and where the first practice is
  - ask them to bring a ball with them to practice, and knee pads (optional but recommended).
- If there are any problems with the Youth Sports jerseys, exchanges need to be made at the Front Desk.
- If you are contacted by a parent about adding or changing players to your team, please have them contact our office. Do not promise anyone a spot on your team.
- LLVB: There are no practice times.
- VB: Teams may start practice after the coaches meeting. Practices at the Y are limited to one hour.
- VB: Teams are responsible for setting up and taking down nets for practice times.
- Please leave your practice sites clean.
- Please supervise team members at all time. DO NOT leave practice area until all children have been picked up. DO NOT stay alone with a single player where you cannot be observed by others.
- Please observe that the YMCA and other places where practices and games are held are smoke free and alcohol free.
- Please read through the Coaches Behavior Policy (in Appendix)
- Please also discuss the Fan Behavior Policy and Diversity Policy (in Appendix) with your team parents and fans.
- Game Cancellations: Please call the Grand Island YMCA 308-395-9622 to find out if games are cancelled due to extreme weather conditions. The Program Staff will call each coach to let them know of a cancellation.

## Youth Sports Pledge

Before each game, an official will lead the teams and coaches in reciting the youth sports pledge.

**Win Lose I pledge before God to do my best, to be a Team player, to respect my teammates, opponents, coaches and officials, and to improve myself, in spirit, mind, and body.**

# Welcome YMCA Coaches

## A. YMCA Youth Sports welcomes you

This will be one of the most rewarding and fun experiences you will be involved with. As a coach, you will have the opportunity to make a positive difference in a child's life...a difference that will last a lifetime.

Your team will probably be made up with some fairly skilled players and some not so skilled players. Your practices may not always go as planned, but have fun, relax, and remember the YMCA program is designed to provide an "experience" for girls and boys through sports. We don't care how many wins or losses your team accumulates. We care that every child leaves your practice, games, and season feeling good about themselves!

## B. YMCA Youth Sports Program Goals:

- To build **self-esteem**
- To teach **social skills**-values, communication, human relations
- To teach **physical skills**, fitness and health
- To develop **responsibility** and decision making skills
- To enhance **leadership** skills-in youths and adults
- To build **relationships** among peers and between parent and child
- To **support** and strengthen family life
- To create a **FUN** experience for children and their families

## C. Character Development Values are Important

- Caring- putting others before yourself
- Honesty- to tell the truth and play by the rules
- Respect- to treat others as you want to be treated
- Responsibility-to do what you should
- The Y integrates Character Development Values into every program and sport.
- Values are the foundation of all we do!

## D. Unique Characteristics of our Programs:

- Cooperation, not competition
- Age appropriate, progressive program
- Membership in community service organization
- Leadership Development
- Youth Health Advocacy
- Family Involvement

# Coach's Expectations

## A. Specifics About Your Sport – Volleyball

- Call your team immediately to set up practice and make sure the players/parents know how to contact you—home/work/cell phone number, e-mail, etc.
- Read your rules carefully—especially those designed for your grade level.
- VL: Set up a parent's meeting prior to or following the first practice
- VL: Determine a practice site & time for the season. You may call the YMCA at 308-395-3966 and ask for the Sports Director to change practice times. Volleyball League teams may practice twice a week before season begins, but may only sign up for 1 practice time-slot in our practice sign up book. After season begins, teams may only practice once a week for 1 hour.
- VL: Teams provide their own practice equipment: volleyballs and kneepads (optional). YMCA will provide game balls & nets at game sites.
- VL: Practice sites are limited and may be shared with other coaches/teams—if needed, work cooperatively.
- LLVB: There are no practice times.
- Safety First—set up strict rules and guidelines about safety when organizing practices.
- Support the officials—they may be a trainee gaining experience and trying to do their best. Please keep in mind that RESPECT and CARING are both values of the YMCA.
- Coaches are responsible for their own behavior and the behavior of their fans. Be a positive role model. Put the game in perspective (FUN), then you can relax when you see things differently from the officials.
- YMCA Philosophy is to give players equal playing time and a chance to play many positions. Give your players a well-rounded experience!

## B. Parent Meeting:

We are depending on you to share this information with your parents

- Introduce yourself and other coaches; introduce team players and parents.
- Discuss pertinent rules for your level of play
- Describe your coaching philosophy/YMCA philosophy-objectives for the season.
- VL: Practice details—ask for help, equipment for players to bring, water etc.
- Game Behavior—stress sportsmanship for all people involved; refer to Fan Behavior Policy in Appendix
- Your roster will have contact information and list for snacks and times and dates for games.
- If games are cancelled, they will be rescheduled.

## C. Practice Plans (see example in Appendix)

Follow these principles for an effective Practice:

- Plenty of activity
- Maximum use of time, facilities equipment
- Variety of activities/training exercises
- Progress from simple to complex
- Safe, successful, non-threatening environment

**When giving explanations they should be:**

- Short
- Clear and concise
- Given enthusiastically
- Directing attention to important cues

**Good Demonstrations should be:**

- Repeated several times
- Done from several angles
- Clearly seen by all
- Technically correct (If possible)

**D. Fan Behavior policy** – See Appendix and review this policy with your parents

**E. Coach Behavior Policy** – See Appendix and review this policy with your parents

**F. Officials**

- Have jurisdiction from the beginning until the end of the game. Their decisions are final.
- May caution or eject a player/coach/fan for unsportsmanlike conduct.
- May terminate a game if the game becomes a travesty
- \*We will not tolerate any abuse toward officials. Discuss problems or questions with the site supervisor or call the YMCA at (308) 395-9622 and ask for the sports director.

**G. YMCA Staff**

Site Supervisors will be present at all game sites. If you have questions or need assistance, please contact the site supervisor. Site supervisors are paid staff that are there to help answer questions or help with any concern you might have.

## **Game Policies and Rules**

**A. Specifics about Game and Practice Sites**

- Please observe that the YMCA, City of Grand Island, and the Grand Island Public School facilities where practices and games may be held are smoke free and alcohol free.
- Please observe “No Parking” signs where marked or posted; and DO NOT park in designated handicapped areas without proper permit. Improperly parked vehicles may be towed without warning.
- Please slow down vehicles upon entering and exiting YMCA / city / school parking areas.
- Players/siblings should not bounce/kick/throw balls against walls outside the gymnasium or in the hallways.
- Players/siblings should not play or warm up in the hallways.
- Please advise parents to supervise their children while within the facilities to minimize accidents from happening.

# Playing Rules – Volleyball

## Court Size

- **LLVB Grades K-2:**
- VL Grades 3 and 4: 30' x 50' (South Gym ~ Back Black line will be out of bounds)
- VL Grades 5 - 6: 30' x 60' (official size court)

## Ball

- Volley-lite (official size but lighter in weight)

## Net Height (Follow grade on pole)

- **Grades K – 2:**
- Grades 3 & 4: 6' 6" approximately (may vary slightly at different game sites).
- Grades 5 - 6: 7' 4" approximately (official women's height)

## Number of Players

- All grade levels will have 6 players on the court. (May play with 5 players if needed)

## Warm-up and Match Play (start time on the schedules will be the warm up start time)

For grades 3 & 4 the warm-up will be divided as follows:

- 5 minutes – Both teams will have their side of the court.
- 5 minutes – Both teams serve.

For grades 5 & 6 the warm-up will be divided as follows:

- 3 mins (both teams have their side of the court), 3 mins (home team hits), 3 mins (visit hits), 3 mins both serve.
- Matches are limited to 60 minutes.
- Grades 3 & 4 will play 3 sets to 25, or until each child has had the opportunity to serve.
- Grades 5 & 6 will play 3 sets to 25 (score starting at 7).
- Each team has two 30-second time-outs per set.

## Scoring

- Rally Scoring will be used. A point is scored on every serve, no matter which team served. The team who wins the point gets to serve the next point. For example, team A serves the ball out of bounds, so team B gets the point and the next serve. Score will be kept visual for 5th-6th grade. 3 sets 7 to 25.

## Rotations of Players

- **LLVB Grades K – 2:**
- VL Grades 3 – 4: All players present at the game will play in each game. Players sit on the bench in a team rotation order. Players rotate into the game at the center back position and rotate out after service rotation. Rotation occurs after a side out and only the serving team may rotate a player in. The team rotation remains the same from game to game.
- VL Grades 5-6: Coaches have the option to rotate players into center back position (as in 3<sup>rd</sup> and 4<sup>th</sup> grades), or coaches may request for a substitution (coaches need to signal the official for a substitution and the official must acknowledge the substitution before the player(s) may enter the game). Whichever option a team chooses to begin a match, the team must stay with the same option for the entire game. Each player must play half of a match and must play all front and back row positions, including serving.

## Automatic Side Outs / Serving Limits

- Grades 3 – 4: An Automatic Side Out occurs after a team has scored 3 straight points while serving. NOTE: No points will be awarded, only the team serving will change.

## **Serving**

- Play/rally begins with a serve by the serving team.
- Players may serve underhand or overhand at all grade levels.
- Players may serve anywhere behind and along the end line.
- The let serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.
- Grades 3 – 4: Players will be given two opportunities to complete a legal serve. The server will get a second serve AFTER the first serve. No points will be awarded for a “bad” first serve. If it is the second serve and so on, then it’s an automatic side out and a point will be awarded.
- Grades 3 – 4: Special Serving Line – 3 foot (approximately) into the court from the designated end line may be used (optional – a server can always serve from behind the end line). If 1st serve is missed, servers in grades 3 and 4 may move an additional 3’ closer to the net to attempt a second serve. (If a serve clears the net, but falls out of bounds, it will be considered a “legal” serve and a second serve will not be allowed)
- Grades 5 – 6: Underhand servers must serve behind designated end line. Special serving line for overhand serve.
- Foot faults during serving will be reminded during the first three weeks, weeks 4-6 they will be called.

## **Receiving Serve**

After a serve, a ball may be played in any of the following ways:

- An underhand pass (dig).
- An overhead pass (set).
- A one-hand dig.
- A block or spike (it is illegal to spike or block a serve).
- A maximum of 3 touches is allowed to move the ball back over the net, except when touched on a block, giving four touches.
- The same player may not contact the ball twice consecutively, except for a block or a hard driven serve.
- The ball may not be carried, caught, pushed, or held.

## **Attacking / Spiking / Blocking**

- Attacking, spiking, and blocking are allowed in all grade levels. However, it is illegal to attack or block a serve. Blocking does NOT count as the team’s 1st contact.

## **Violations**

- It is illegal (double hit) for the same player to play the ball in two consecutive contacts. (Exceptions: blocking, serves, or any hard driven ball.)
- Net Fouls: Will be called on all grade levels. Touching the net away from the play of the ball is not a foul.
- Illegal Hits: 2 hand Open hand/palm hits (underhand or overhand) or throwing hits will be called on all grade levels. 1 hand is legal as long as the ball doesn’t come to rest.
- Grades 3 – 4: illegal hits will be called more liberally.
- Grades 5 – 6: illegal hits will be called tighter with underhand pass (hands together) and overhand set (brief contacts with finger pads).



## **Appendix:**

**Coach Behavior Policy**

**Fan Behavior Policy**

**Practice Planning Form**

**Volleyball Terms**

**Volleyball Field**

# Coach Behavior Policy

YMCA Youth Sports Coaches have the potential to influence a great number of people. We want you to be a positive role model for youth by maintaining an attitude of CARING, HONESTY, RESPECT, and RESPONSIBILITY.

## Please Remember:

- Your **attitude** and actions are on display for your team, your team's parents, plus opposing teams.
- You are a **role model**—volunteer coaches should appear clean, neat, and appropriately attired. You should treat all children equally—regardless of sex, race, religion, or culture.
- Coaches must use **positive techniques** of guidance, including redirection, positive reinforcement, and encouragement—rather than competition, comparison, and criticism.
- **YMCA Coaches should be involved for the kids:**
  - To teach skills & knowledge about the game
  - To teach sportsmanship, teamwork, and character
  - To provide a fun, low-key environment for all
  - To promote friendships and family togetherness
- Coaches should give high priority to the **objectives** above—focusing on winning & recognition can destroy positive outcomes.
- YMCA Recreational Leagues are **low-key** and should be more relaxed. Higher competition and intensity are available in other leagues.

## Specific Guidelines:

- Harassment & verbal criticism of officials is not allowed. Site supervisors are available for constructive comments following games.
- In order to protect YMCA volunteers and participants, at NO time during a YMCA program should a volunteer leave a child unsupervised or be alone with a single child where they cannot be observed by others.
- Never touch a child in a manner that could be interpreted as abusive or would make them feel uncomfortable.
- Treat each child on your team and opposing teams as individuals and be sensitive to their own personal feelings. Profanity, inappropriate jokes, sharing intimate details of one's personal life, and any kind of harassment in the presence of children or parents is inappropriate.
- Effective coaching experts agree that instructions should be given at practice. An over-abundance of instruction at game time only serves to confuse players.
- Mannerisms can be just as offensive as foul language, i.e. throwing things, flailing movements, foot stomping, and tone of voice. This behavior is not allowed.
- Smoking or use of tobacco in the presence of children, as well as, possessing or being under the influence of alcohol or illegal drugs during YMCA programs are all prohibited.
- Volunteers shall not abuse children including:
  - Physical abuse—strike, spank, shake, slap
  - Verbal abuse—humiliate, degrade, threaten
  - Sexual abuse—inappropriate touch or verbal exchange
  - Mental abuse—shaming, withholding praise, cruelty

## Policy Enforcement:

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s), game(s) may be terminated and/or individual may be asked not to return for other Youth Sports activities.
- Other sanctions as deemed necessary may be enforced.

# Fan Behavior Policy

YMCA Youth Sports Department is asking for your cooperation as a spectator. We want everyone involved:

- To feel comfortable enjoying youth activities.
- To have fun.
- To learn in an environment that is positive & free of stress.

**Youth Sports Mission Statement:**

The purpose of the YMCA Youth Sports Program is to provide the children an opportunity to participate in various activities and to:

- Have fun
- Build character and values
- Develop sportsmanship
- Make new friends
- Promote teamwork
- Learn lifetime fitness
- Strengthen self-confidence
- Learn skills

To promote an atmosphere that strengthens family relationships and Christian values. To provide an opportunity for individuals to be of service to others through volunteer experiences.

**Specific Fan Guidelines:**

- Encourage your children during games/practice.
- Keep comments positive
- Leave coaching to the coaches. (You may be asking your child to do something the coach has told them not to do).
- Take any constructive comments regarding the game to the coach, who may approach the site supervisor at the end of the game.
- Do not interrupt the game.
- Be examples of good sportsmanship for our children to model.
- Criticizing the officials will not be allowed.
- Negative behavior toward the opposing team will not be allowed.
- Please do not say or do anything that you would not want your child to say or do.
- Help us make this a positive and fun experience for both teams.

**Policy Enforcement:**

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s) and may be asked not to return for other Youth Sports activities.
- Other sanctions as deemed necessary may be enforced.

# Practice Session Planning Form

Practice Session # \_\_\_\_\_ Location \_\_\_\_\_ Date \_\_\_\_\_

Performance Objectives

Leader	Time	Component	Activities	Equipment	Notes
		Warm-Up			
		Skill Development			
		Play			
		Character Development Discussions (This can be done before or after skill practice)			

# Volleyball Terms

**Ace** – a serve that is not passable and results immediately in a point.

**Assist** – Passing or setting the ball to a teammate who attacks the ball for a kill.

**Attack** – The offensive action of hitting the ball. The attempt by one team to terminate the play by hitting the ball to the floor on the opponent's side.

**Attack Block** – receiving players' aggressive attempt to block a spiked ball before it crosses the net.

**Attack Line** – A line 3 meters from the net that separates the front row players from the back row players. Commonly referred to as the "10 foot line."

**Backcourt** – the area from the endline to the attack line.

**Back Set** – A set delivered behind the setter's back, which is subsequently hit by an attacker.

**Back Row Attack** – When a back row player attacks the ball by jumping from behind the 3 meter line before hitting the ball. If the back row player steps on or past the 3m line during take-off the attack is illegal.

**Block** – A defensive play by one or more players meant to deflect a spiked ball back to the hitter's court. It may be a combination of one, two or three players jumping in front of the opposing spiker and contacting the spiked ball with the hands.

**Bump** – A common name for forearm passing.

**Center Line** – the boundary that runs directly under the net and divides the court into two equal halves.

**Dig** – Passing a spiked or rapidly hit ball. Slang for the art of passing an attacked ball close to the floor.

**Dink** – A legal push of the ball around or over blockers.

**Forearm Pass** – Join your arms from the elbows to the wrists and strike the ball with the fleshy part of your forearms in an underhanded motion.

**Foul** – a violation of the rules.

**Free Ball** – A ball that will be returned by a pass rather than a spike. This is usually called by aloud by the defense instructing players to move into serve receive positions.

**Held Ball** – a ball that comes to rest during contact resulting in a foul.

**Hit** – to jump and strike the ball with an overhand, forceful shot.

**Joust** – when 2 opposing players are simultaneously attempting to play a ball above the net.

**Kill** – an attack that results in an immediate point or side-out.

**Let Serve**— While serving the ball "hits" the net while crossing to the opponents side of play. Play shall continue, provided contact is within the net antennas.

**Overhand Serve** – Serving the ball and striking it with the hand above the shoulder.

**Rally Scoring** – scoring method where points can be won by the serving or receiving team. Games go to twenty-five and have to be won by two points.

**Rotation** – the clockwise movement of players around the court and through the serving position following a side out.

**Server** – the player who puts the ball into play.

**Set** – the tactical skill in which a ball is directed to a point where a player can spike it into the opponent's court.

**Side Out** – Occurs when the receiving team successfully puts the ball away against the serving team, or when the serving team commits an unforced error, and the receiving team thus gains the right to serve.

**Spike** – also hit or attack. A ball contacted with force by a player on the offensive team who intends to terminate the ball on the opponent's floor or off the opponent's blocker.

**Underhand Serve** – a serve in which the ball is given a slight underhand toss from about waist high and then struck with the opposite closed fist in an "underhand pitching" motion.

## Diagram of a Volleyball Court

