



McLean-Vienna (MV)Power Boys Volleyball Fall 2016

**Coaches Coordination Meeting
September 17, 2016**

**Chuck Pruitt, Director, MVPower Boys Volleyball
Kate Callahan, Commissioner, MVPower Boys Volleyball**



Welcome and Thank You!

- MVPower is 100% volunteer
- Introductions:
 - ✓ Name
 - ✓ Child's Name and School
 - ✓ Which League (ES, MS)
 - ✓ Coaching/Volleyball Experience
 - ✓ Little Known Fact About Yourself



Vision



- Provide boys with an opportunity to learn, play and enjoy volleyball
- Open to 4th to 8th grade boys regardless of experience and ability
- Promote maximizing ball "touches" as the best way for players to master volleyball skills
- Play league matches as the best way to learn and enjoy the game
- Equal playing time commitment
- Play with your friends and classmates
- Have fun!



Team Structure

**Still looking for
more players to
join the program
by Sept 21**

- Two Leagues
 - ✓ Elementary School (4th-6th Grades)
 - Currently 35 players and 8 coaches
 - Need at least 36-40 for a 4 team league
 - Target 9-11 players per team
 - ✓ Middle School (7th-8th Grades)
 - Currently 35 players and 9 coaches
 - Need at least 36-40 for a 4 team league
 - Target 9-11 players
- Target 2 to 3 coaches per team



Season Structure

- Skills Development Clinics
 - ✓ First 2 weeks of program (starting Sept 17)
 - ✓ Establish foundational skills for the season
- Team Practices
 - ✓ One 90 minute practice during the week
- League Matches
 - ✓ One 60 minute match against boys teams from MVPower and other regional volleyball programs: CYA, BRYC, Arlington
 - ✓ Saturdays 1:00 pm to 6:00 pm at Kilmer MS, Franklin MS (CYA) or Laurel Ridge ES (BRYC)
- Playoffs
 - ✓ Single elimination playoffs at Kilmer MS for the entire league using side-by-side courts

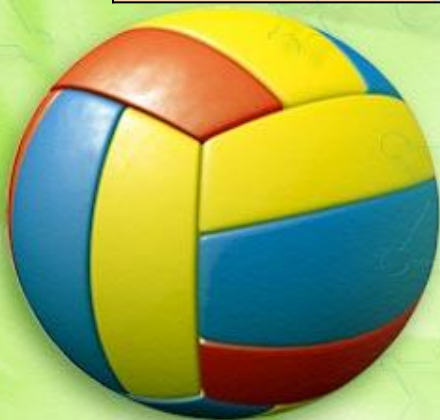


Season Schedule

Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	
Sept 5 - 11	Labor Day	First Day of School						
Sept 12 - 18	First Day of Fall Gym Allocations			Coaches Bid for Practice Timeslots		Skills Clinics: Kilmer MS	Draft Team Rosters Available	
Sept 19-25		Skills Clinics	Registration Closes Sept 21	Final Team Rosters Published		Skills Clinics: Kilmer MS		
Sept 26 - Oct 2	Team Practices						Match #1	
Oct 3 - 9	Team Practices				FCPS Student Holiday Gym Remain Open		Match #2	
Oct 10 - 16	Columbus Day Holiday - Gyms Closed	Team Practices					Match #3	
Oct 17 - 23	Team Practices						Match #4	
Oct 24 - 30	Team Practices						Match #5	
Oct 31 - Nov 6	Team Practices						PLAYOFFS	
Nov 7 - 13	FCPS Student Holiday Gym Remain Open	Election Day - Gyms Closed	Open Gym				All-Star Tournament?	Last Day of Fall Gym Allocations

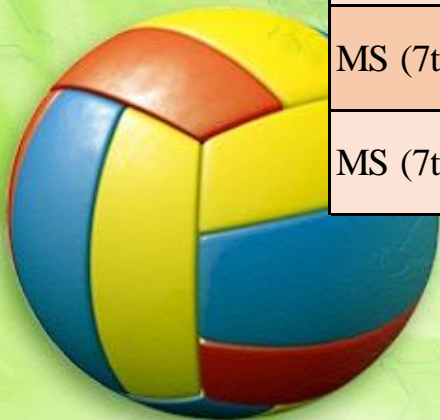
Practice Timeslots

School Gym	Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	
Kilmer MS Vienna	Available 10am - 6pm	We will return unused timeslots										MATCHES 1pm to 6pm
Cooper MS - Gym #2 (Main Gym) McLean	6:00pm to 7:30pm											
	7:30pm to 9:00pm							THU-CP2	Share			
Churchill Rd ES McLean	6:00pm to 7:30pm	MON-CR1		TUE-CR1		WED-CR1		THU-CR1		FRI-CR1		
	7:30 to 9:00pm	MON-CR2				WED-CR2				FRI-CR2		
Cunningham Park ES Vienna	6:00pm to 7:30pm			TUE-CP1		WED-CP1						
	7:30 to 9:00pm			TUE-CP2		WED-CP2						



Player Skills Clinics

Level	Date	Time	Location
ES (5th-6th)	Saturday, Sept 17	1:00pm-2:30pm	Kilmer MS
ES (5th-6th)	Tuesday, Sept 20	6:00pm-7:30pm	Cooper MS Gym 2
ES (5th-6th)	Thursday, Sept 22	7:30pm-9:00pm	Longfellow MS Gym 1
ES (5th-6th)	Saturday, Sept 24	2:30pm-4:00pm	Kilmer MS
Level	Date	Time	Location
MS (7th-8th)	Saturday, Sept 17	2:30pm-4:00pm	Kilmer MS
MS (7th-8th)	Tuesday, Sept 20	7:30pm-9:00pm	Cooper MS Gym 2
MS (7th-8th)	Thursday, Sept 22	6:00pm-7:30pm	Longfellow MS Gym 1
MS (7th-8th)	Saturday, Sept 24	1:00pm-2:30pm	Kilmer MS



Uniforms & Equipment



- Team Uniforms
 - ✓ For Players: Solid color shirt (12 per team)
 - ✓ For Coaches: Black polo shirt
- Team Equipment
 - ✓ 12 balls, 1 large ball bag and 1 cart
 - ES = Volley Lite Balls; MS = Standard Balls
 - ✓ Bring balls to practices and matches
 - ✓ Contact Chuck if balls stuck in rafters
- Net Systems
 - ✓ Net Heights: ES=7', MS=7'4"
 - ✓ Treat volleyball equipment with extra care – primarily owned by school
 - ✓ Poles and nets in storage rooms near gyms
 - Contact school custodian to open locked closets
 - Stack returned equipment neatly



League Rules



- Standard FIVB / USA Volleyball rules
 - ✓ Several exceptions to encourage learning
 - ✓ Relatively lenient calls

- For ol' schoolers, standard rules now include:
 - ✓ Rally scoring - each serve results in a point
 - ✓ Serves can touch net
 - ✓ Players can touch side of net but not tape
 - ✓ Double-touches on first contact



Service Rules



- Service **“redo”** if first serve missed
 - ✓ Only on first attempt in the rotation
 - ✓ Only during first 2 matches of the season
- **Foot faults enforced** *after first 2 matches*
- Maximum of **3 service wins in a row** per server
 - ✓ After 3 consecutive points, service switches to other team without point
- Players can serve **5 feet** in from the back line - both underhand and overhand
 - ✓ ES for the entire season
 - ✓ MS only during first 2 matches of the season
- One **bad toss** allowed
 - ✓ ES can catch bad toss before re-serving
 - ✓ MS cannot catch a bad toss



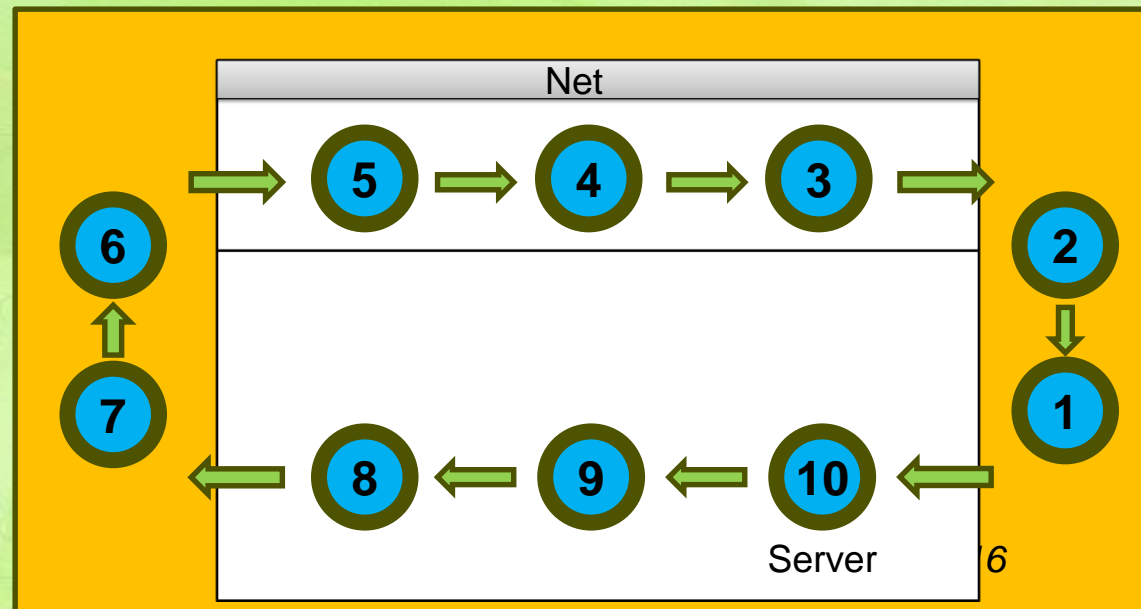
Scoring Rules

- Matches are **3 full games** (not best 2 of 3)
 - First 2 games are to 25 points (win by 2)
 - Third game is to 15, switching sides after first team reaches 8 points
 - Matches must end on time – winner of 3rd game is team with most points on the hour
- An **extra point** is awarded for three touches that result in an immediate point:
 - Discretion of the referee
 - For MS, first 2 touches can be bumps or sets with the last touch an overhead hit
 - For ES, any 3 touches are allowed
 - Extra point only awarded if opposing team does not legally return the ball into play



Substitution Rules

- Option to use Positional or Continuous Substitution
 - ✓ Coaches must ensure equal playing time
- **Continuous Substitution**
 - ✓ Players on court and bench are one continuous line-up
 - ✓ With each clockwise rotation, two players rotate off the court and two players from bench rotate on to the court
 - ✓ Start each subsequent game with players in the same positions as the end of the previous game



Match Sequencing



1. Warm-ups for 10 minutes
 - Coaches coordinate hitting and serving times
 2. Referee calls for team captains
 - Flip coin to determine first server and side
 3. Teams shake hands under the net before and after the match
 4. Two (2) minutes between games
 5. Timeouts permitted
 - Two 30-second timeouts per team per game
 6. Referees report wins-losses
- REMINDER: Match must finish on the hour**





Head Coach Responsibilities



1. Encourage and inspire
2. Communicate and work with your parents
 - Utilize parent volunteers as necessary
3. Address any special player/parent needs
 - Bring in Chuck if needed
4. Create practice plans
5. Instruct players during practices and matches
6. Setup and takedown nets
7. Defer to referees in matches
8. Focus on fundamental ball control skills: serve, pass, set, hit and *movement*
 - ✓ Practices should reinforce these skills
 - ✓ Use drills that encourage as many “touches” as possible
 - ✓ Simulate game play over the net
 - ✓ Winning is always nice, but “ping pong” volleyball is not a way to master playing skills
9. Promote **high-5s** on all good or near-good plays – it works!!
10. Encourage and inspire

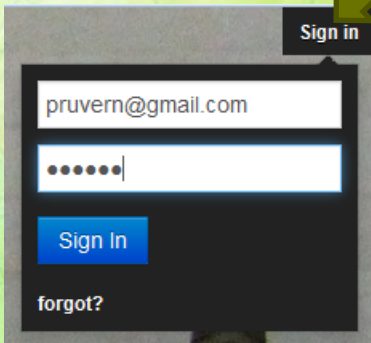
3-in-a-Row Froyo Challenge



- Fun competition in each league on the last day of regular season – Saturday Oct 29.
- The team that records the most 3-touches during the match wins a gift certificate for **frozen yogurt**.
 - ✓ First place: \$85
 - ✓ Second place: \$65
- A delicious incentive that really works
- In the past, the winning team is not always the top team in league standings



Email Your Parents/Players



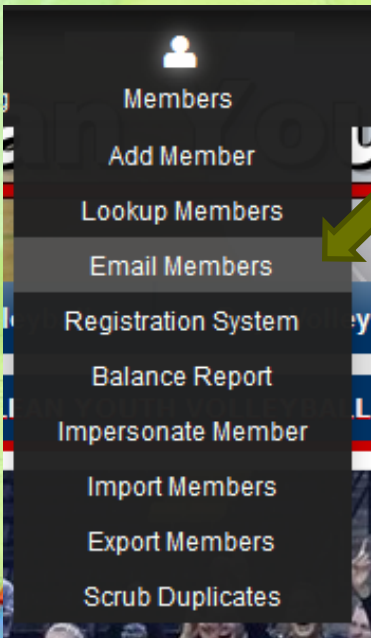
Sign in

pruvern@gmail.com

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Sign In

forgot?



Members

Add Member

Lookup Members

Email Members

Registration System

Balance Report

Impersonate Member

Import Members

Export Members

Scrub Duplicates

- Recommend you communicate often with your parents and players.
- Use the group email feature built into the MYV website
 - ✓ Login using the same email address and password you used to register
 - ✓ Sends emails to players, parents, and other team coaches
- You can also setup a team web page with messages and pictures
- Emailing instructions on the [For Coaches](#) page on the website.

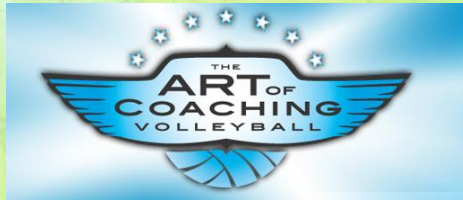
Teams: Spring 2012

Elementary School (ES)

ES-1 Pink (Bee/Haque)

Middle School (MS)

Other Coaching Resources



- MVPower (thru MYV) has a group subscription to [The Art of Coaching Volleyball](#) website
 - ✓ Excellent instructional videos
 - ✓ Ideal for both new and experienced coaches
 - ✓ Special set of videos for coaching beginners
- Visit the [For Coaches](#) page on the MYV website for additional coaching resources
 - ✓ Skills instruction and diagrams
 - ✓ Sample practice plans
 - ✓ Drills and tactics
 - ✓ Links to videos



Volunteer Building Director



- All Head & Assistant Coaches must certify as a **Volunteer Building Director (VBD)**
- Required by Fairfax County Neighborhood and Community Services (NCS) for MYA to use FCPS gyms
- Review materials on the [NCS VBD website](#) and take the short on-line test
 - ✓ 15-20 minutes to certify
 - ✓ Retake test as often as needed
 - ✓ Forward confirmation email to mvpboysvb@gmail.com
- **Related Safety Considerations**
 - ✓ No water bottles allowed on playing floor – injury hazard
 - ✓ Remove any other potential hazards from the playing area
 - ✓ Encourage players to wear knee pads and court shoes (discourage running shoes)
 - ✓ Do not leave the gym/school area until all your players have been picked up

*NCS Inspectors
DO visit gyms*



Concussions Awareness



- All Head & Assistant Coaches must receive **Concussion Awareness** training.
- Concussions have become an increasingly common ailment in youth sports and volleyball is no exception.
- The Commonwealth of Virginia recently passed legislation requiring youth leagues that use public school to train coaches, parents and players on how to identify and manage concussions.
- MYA requires coaches to show proof of recent concussion training:
 - ✓ Centers for Disease Control and Prevention's (CDC) Heads Up: Concussion in Youth Sports program
 - ✓ Or, the FCPS Concussion Certification, required of all HS student athletes and their parents each year



What Next?



- Finalize teams and pairings of coaches
- Identify team practice timeslots
- Support as many skills clinics as possible
- Draft rosters & schedules – Sun Sept 18
- Final rosters & schedules – Thu Sept 22
- Coaches contact players/parents
 - ✓ Use your MYV login to access your team data and email through the system
- Practices can begin the week of Sept 26
- To reschedule a practice, contact Chuck Pruitt at mvpboysvb@gmail.com





Questions?

