

VOLLEYBALL

- COACHES MEETING -



- INTRODUCTIONS -

RON – COORDINATOR

MATT – ASSISTANT COORDINATOR

BILLY – ASSISTANT COORDINATOR

COACHES

ASSISTANT COACHES

- JOB DESCRIPTIONS -

HEAD COACH

ASSISTANT COACH

TEAM PARENT

- HEAD COACH -

JOB : HEAD COACH

DESCRIPTION

- 1.) HEAD COACH MANAGES AND RUN THE PRACTICES AND GAMES, SETTING UP THE PRACTICES AND GAME STRATEGIES, USING THE MOJO APPLICATION OR ON PAPER FROM THE RECSOURCES THAT WE HAVE GIVEN YOU.
- 2.) COMMUNICATION WITH THE PARENTS.
- 3.) MANAGE THEIR ASSISTANT COACHES AND TEAM PARENT.
- 4.) ARE RESPONSIBLE FOR THEIR PARENTS AND PLAYERS.
- 5.) ARE RESPONSIBLE FOR MAKING SURE THAT ALL PLAYERS ARE PICKED UP BEFORE LEAVING THE GYM.
- 6.) ARE RESPONSIBLE FOR FINDING REPLACEMENTS IF THEY CANNOT ATTEND A PRACTICE OR GAME.
- 7.) COACHES ARE RESPONSIBLE FOR CONCUSSION, SAFE SPORT TRAINING, AND BACKGROUND CHECKS.

- ASSISTANT COACH -

JOB : ASSISTANT COACH

DESCRIPTION

- 1.) HELP THE COACH WITH THE PRACTICES AND GAME PLANS.
- 2.) HELP THE COACH WITH PRACTICE DRILLS AND SETTING UP THE PLAYERS FOR GAMES.
- 3.) HELP THE COACH MANAGE THE TEAMS.
- 4.) COMMUNICATE WITH THE PARENTS.
- 5.) ALL ASSISTANT COACHES ARE RESPONSIBLE FOR CONCUSSION, SAFE SPORT TRAINING AND BACKGROUND CHECKS.

- TEAM PARENT -

JOB : TEAM PARENT

DESCRIPTION

- 1.) HELP THE COACH AND ASSISTANT COACH AS NEEDED WITH PRACTICES AND OR GAMES.
- 2.) THE TEAM PARENT IS RESPONSIBLE FOR TEAM COMMUNICATION, MAKING SURE THAT ALL PARENT KNOW WHAT IS GOING ON. (MAKING SURE THAT EVERY PARENT KNOWS HOW TO USE THE SPORTS PLUS APP.)
- 3.) THE TEAM PARENT IS RESPONSIBLE FOR SNACK SCHEDULE FOR GAMES ONLY NO PRACTICES. YOU CAN USE SPORTS PLUSE GROUP CHAT, VOLUNTEER MODULE, TEXTS OR OTHER APPLICATIONS TO GET THIS INFORMATION OUT TO THE PARENTS.
- 4.) THE TEAM PARENT IS IN CHARGE OF COLLECTING MONEY FOR THE TROPHY OR MEDAL FOR THE END OF THE SEASON.
- 5.) THE TEAM PARENTS ARE RESPONSIBLE FOR CONCUSSION, SAFE SPORT TRAINING, AND BACKGROUND CHECKS.

- CODE OF CONDUCT -

COACHES / PLAYERS / PARENTS

- WE HAVE ONE CODE OF CONDUCT THAT EMBODIES ALL OF THESE 3 CATEGORIES.
- YOU READ THROUGH THIS CODE OF CONDUCT WHEN SIGNING UP YOUR PLAYER FOR THE LEAGUE.
- IF YOU EVER WANT A PAPER VERSION YOU CAN EMAIL RON AND HE CAN SEND IT TO YOU AS A PDF DOCUMENT.

- QUESTIONS -



- IMPORTANT DATES -

DATES

- ❖ PRACTICES START THE WEEK OF OCTOBER 20th
- ❖ FIRST GAME STARTS THE WEEK OF NOVEMBER 3rd
- ❖ LAST GAME ENDS THE WEEK OF DECEMBER 15th

HOLIDAY GYM CLOSURE DATES

THE WEEK OF NOVEMBER 24th

GYM CLOSURE DATES

DECEMBER 11th and DECEMBER 16th

COACHING
is a profession of
LOVE
You can't coach
PEOPLE
UNLESS YOU
LOVE THEM

TEACH

HARD WORK
beats talent when talent
doesn't work hard.



MOTIVATE

a good **COACH**
can change a game.
GREAT COACHES
CAN CHANGE A
 **LIFE**

MENTOR

- TRAINING SESSION PLAN -

VOLLEYBALL TRAINING SESSION PLAN

DATE: _____ TOPIC: _____

<> WARM UP - (5 MINUTES)

<> DRILL # 1 - (10 MINUTES)

<> DRILL # 2 - (10 MINUTES)

<> SCRIMMAGE AND GAME SCENARIOS - (20 MINUTES)

- MOJO COACHING APP -




MOBILE APP : MOJO

LOGIN

CLICK HOME – UNDER THE BROWSE TRAINING VIDEOS AND
PLANS ***CLICK*** HOME TRAINING – ***CLICK*** VOLLEYBALL

[Youth Sports Coaching | MOJO Sports](#)

- COACHING RESOURCES -

WEBSITE	LINK
VOLLEYBALL - WINNIPEG	Volleyball Training Videos
BASICS OF VOLLEYBALL	Teach the basics of VOLLEYBALL for youth PE 
HOW TO PASS	How to Pass a Volleyball for Beginners
HOW TO TEACH VOLLEYBALL	How to teach volleyball to Youth - Coaching Clinic, July 2024

- GAME SCHEDULES - - PRACTICE SCHEDULES -

MOBILE APP : TEAM SIDELINE

**FORGET
PASSWORD**

LOGIN

EVENTS / ROSTERS / CHAT / EMAILS

REVIEW GAME EVENTS AND PRACTICE EVENTS

COURT - STAR ELEMENTARY

INFORMATION

- ❖ THE TEAMS THAT PLAY AT THIS SCHOOL WILL HAVE THE FULL COURT DURING THEIR PRACTICE TIME.
- ❖ PLEASE MAKE SURE THAT YOU START YOUR PRACTICE ON TIME AND END 2 MINUTES EARLY SO THE NEXT TEAM CAN TRANSITION IN AND START THEIR PRACTICE ON TIME.

**MATT WILL BE RUNNING
STAR ELEMENTARY**

COURT - STAR MIDDLE

INFORMATION

- ❖ THE TEAMS THAT PLAY AT THIS SCHOOL WILL SPLIT THE COURT. ONE TEAM WILL PRACTICE ON THE NORTH SIDE OF THE GYM AND THE OTHER TEAM WILL PRACTICE ON THE SOUTH SIDE OF THE GYM AT THE SAME TIME.
- ❖ PLEASE MAKE SURE THAT YOU START YOUR PRACTICE ON TIME AND END 2 MINUTES EARLY SO THE NEXT TEAM CAN TRANSITION IN AND START THEIR PRACTICE ON TIME.

**BILLY WILL BE RUNNING
STAR MIDDLE**

- COURT EXPECTATIONS -

INFORMATION

- ❖ PICK UP YOUR TRASH AND THROW IT AWAY
- ❖ **HOME TEAM** AND **AWAY TEAM** SITS ON THE SAME SIDELINE
- ❖ **FANS** WILL SIT IN THE BLEACHERS (@ Middle School)
- ❖ **FANS** WILL SIT ON THE SIDELINE (@ Elementary School)

- EQUIPMENT -

- ❖ PICK UP YOUR EQUIPMENT FROM THE BLACK BALL CART BEFORE PRACTICE AND PUT AWAY YOUR EQUIPMENT AFTER PRACTICE IN THE BLACK BALL CART.

- SAFE SPORT COURSE -

SAFE SPORT

THE REASON FOR TAKING THE COURSE

PROTECTING YOURSELF AND YOUR PLAYERS

[SafeSport Courses for All | U.S. Center for SafeSport \(uscenterforsafesport.org\)](#)

- CONCUSSION -

HEADS UP INFORMATION

<https://www.cdc.gov/headsup/youthsports/training/index.html>

- FIRST AID -

INFROMATION

[First aid - Mayo Clinic](#)

BACKGROUND CHECK

INFORMATION

[City of Star \(quickapp.pro\)](http://quickapp.pro)

- QUESTIONS -



- COMMUNICATION -

COACHES COMMUNICATION

- ❖ WE EXPECT THAT THE COACHES WILL SEND OUT TEXT MESSAGES THROUGH THE TEAM SIDELINE APP
 - DISCUSS PRACTICE INFO (AVAILABILITY)
 - DISCUSS GAME INFO (AVAILABILITY) AND (HOME OR AWAY COLOR)
 - DISCUSS ANY CANCELLATIONS THAT YOU NEED TO CANCEL BECAUSE OF PERSONAL ISSUES.
- ❖ PLEASE MAKE SURE THAT YOUR PARENTS MARK OFF THEIR PLAYERS AVAILABILITY FOR PRACTICES AND GAMES.

- QUESTIONS -



- REFEREES -

COACHES AND REFEREES

BEFORE EVERY GAME THERE WILL BE A REFEREE COACHES MEETING

*** THIS MEETING WILL HAPPEN DURING TEAM WARMUPS ***

THINGS THAT WILL BE DISCUSSED IN THIS MEETING....

- 1.) THE COACH IS IN CONTROL OF THE PLAYERS, PARENTS AND FANS FOR THEIR TEAM.
- 2.) THE REFEREE IS IN CONTROL OF THE GAME AND THE REFEREE WILL REMIND YOU OF SOME OF THE IMPORTANT RULES FOR THAT AGE GROUP.

- REFEREES -

COACHES

BELOW ARE THE ITEMS THAT YOU ARE IN CONTROL OF

****** YOU ARE IN CONTROL OF YOUR PARENTS AND FANS. ******

IF A PARENT IS TALKING TO THE REFF IN A DISRESPECTFUL MANNER ...

- 1.) THE REFEREE WILL GO OVER TO THE COACH AND ASK THE COACH TO GO AND TALK TO THAT PARENT TO CONTROL THE SITUATION AND TELL THEM TO STOP.
- 2.) IF IT DOES NOT STOP THE REFEREE OR CITY STAFF MEMBER WILL ASK THE PARENT TO LEAVE THE BUILDING AND WILL NOT BE ALLOWED TO COME BACK FOR THE REST OF THE GAME.

VOLLEYBALL RULES



Star Idaho
Recreation

- QUESTIONS -



STATS

LAST YEAR (2024)

146



REGISTERED PLAYERS

THIS YEAR (2025)

202

REGISTERED PLAYERS

GROWTH OF 56 PLAYERS

IF
VOLLEYBALL
WAS A
SUBJECT,
ME +  = 
THAT WOULD BE
THE ONLY CLASS
I ACE!!

- DRAFT SCHEDULE -

3rd and 4th Grade	@ 6:45 to 7:30
7th and 8th Grade	@ 8:15 to 9:00

PLEASE ARRIVE *15 MINUTES* BEFORE YOUR DESIGNATED START TIME.

- 3rd and 4th Grade -

TOTAL PLAYERS	59
# OF TEAMS	6
# OF PLAYERS PER TEAM	9 or 10

STILL NEED 1 MORE COACH IN THIS AGE GROUP

- 5th and 6th Grade -

TOTAL PLAYERS	90
# OF TEAMS	10
# OF PLAYERS PER TEAM	9

- 7th and 8th Grade -

TOTAL PLAYERS	53
# OF TEAMS	5
# OF PLAYERS PER TEAM	10 or 11

STILL NEED 2 MORE COACHES IN THIS AGE GROUP

- QUESTIONS -



THANK YOU
COACH !

YOU ARE GOING TO
DO GREAT THIS
SEASON.

