SPRING VOLLEYBALL

An Introductory League Volleyball Program to Entice Participation for Boys and Girls

USA Volleyball

A template for boys' volleyball programming eligible for reduced entry fees to the USA Volleyball Boys' Junior National Championships
This is a simple template for designing a successful youth volleyball recreational program. You may have ideas or programming that has been successful for you in the past, or you may wish to use this template to customize a program that will be successful within your community. In any case, the intention is to provide an opportunity to market volleyball to a portion of your community that is not currently involved with the sport, especially young boys. This program is designed to offer an introductory afterschool experience in the sport of volleyball and can be used to satisfy the requirements to receive reduced registration fees for boys’ teams in the 12U and 13U Divisions at the USA Volleyball Boys’ Junior National Championships (formerly the USAV Boys Junior Olympics).

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<tr>
<th>Target Population</th>
<th>Facility Requirements</th>
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<tbody>
<tr>
<td>• 11 and under, 12 and under, 13 and under</td>
<td>• For 6 teams it will require two courts</td>
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<td>• Teams may be all boys, all girls, or coed</td>
<td>• Nets are set at 7’0”/2.13m</td>
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<td>• Enough players to have 6 full teams</td>
<td>• Afterschool programming in schools or club facilities</td>
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<td>• Non-USAV members</td>
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**General Suggestions**

- Use older experience players to coach these youth teams
- Age division can be combined to create six full teams until the interest level demands
- Expansion to separate age divisions
- Teams should be coed if there is not enough participants to make gender specific teams
- Take this opportunity to provide parent education programming
- Provide scorekeeping training sessions for players and parents
- Recruit interested parents into volleyball coaching or officiating
- Access the Grassroots link at [www.usavolleyball.org](http://www.usavolleyball.org) to assist with practice plans, skills, and drills

**Suggested Schedule**

Practices should be held afterschool in a school gym or at a club facility that is not being used in the spring. Practices should be 1-2 hours in length. Game Days will take approximately 3 hours to complete. Practices can be held on one or more days a week after school and include one competition day each week.

*Practice Design:*

**Warm Up Games** – one-on-one; one-on-one-on-one; two-on-two, tag games, relays, etc. (5 minutes max.)

**Movement Stations** – one of more movement stations for players to rotate through if they are not playing volleyball. This can be implemented during new skill instruction or play. You don’t want kids standing around and they want to be touching the ball. Keep them engaged.

**New Skill Development** – move from simple to more complex. The order of introduction is *spike, overhead pass, set, serve, forearm pass, dig,* and *blocking.* You may not even need to teach blocking, but the kids like it – it is just that the spikes do not deserve a block, and reading and digging is more valuable for the lower levels. (50% of the time after warm up and before cool down.)

**Play a Game** – games of one-on-one, two-on-two, three-on-three, and four-on-four with circulation between groups. Given all scoring options and game variations you can go for months with new variations as desired. Examples are available at [www.usavolleyball.org](http://www.usavolleyball.org) under the Grassroots tab. (50% of time after warm up and before cool down.)

**Cool Down Game** – mental or physical game. (5 minutes max.)
GAME DAY SCHEDULE
(Schedule approximately 3 hours for competition days)

Pool Play

Court A
- Team 2 vs Team 3 – Team 1 officiates
- Team 1 vs Team 3 – Team 2 officiates
- Team 2 vs Team 1 – Team 3 officiates

Court B
- Team 5 vs Team 6 – Team 4 officiates
- Team 4 vs Team 6 – Team 5 officiates
- Team 5 vs Team 4 – Team 6 officiates

Crossover Play

Pool play will result in one team with a 2-0, 1-1, & 0-2 record from each court

Court A
- 2-0 Team from Court A vs 2-0 Team from Court B – 0-2 Team from Court A officiates

Court B
- 1-1 Team from Court A vs 1-1 Team from Court B – 0-2 Team from Court B officiates

League Championship Event

The final tournament of the season should follow typical volleyball tournament protocol to provide:

- An experience for the players that duplicates what they will experience at a typical tournament
- An opportunity to educate the parents, players and new coaches to the tournament format
- An chance for everyone to be better prepared for future tournament experiences

KEYS TO SUCCESS

- Identify Motivated Coaches (use older players to coach the younger players)
- Market your program to the kids (use PE teachers to help promote the program – set up an assembly)
- Reserve court time and equipment (easy set up for courts and movement stations is best)
- Play for half your practice time (use drills to introduce the skill and play to refine the skills)
- Spike FIRST and often (lower nets if needed to assure success)
- In practice games the largest teams should have four players
- Teach and reward Cooperation, Character, and Effort
- Teach them to teach themselves (each player should be considered an assistant coach)
- Show them rather than tell them (ask questions don’t tell answers – they learn best by doing)
- Create and maintain a positive, fun environment in practice and in games
- Make practices and drills as gamelike as possible
- Have scoring with consequences (time matches rather than playing to a winning score-leading team wins)
  - Cooperative Scoring – scoring each time the ball crosses the net after three touches
  - Transition Scoring – cooperative on each side but rally becomes important
  - Competitive Scoring – traditional scoring using rally score

Request a pdf copy of USA Volleyball MINIVOLLEY for more programming ideas and support – jeff.mosher@usav.org
Boys' 12U and 13U Incentive Program

- Select boys’ 12U and 13U teams will be eligible for a 50% reduction in entry fee(s) to the USA Volleyball Boys’ Junior National Championships (formerly USAV Boys’ Junior Olympics).
- Coed teams are not eligible for competition in the USA Volleyball Boys’ Junior National Championships however teams from within your league can be combined to form all-boy teams for the event.
- Teams must register in the tournament based on the age of the oldest player on their team.
- The incentive program involves new teams formed this year only and does not apply to existing 12U and 13U teams.
- Teams that participate in league programming that is specifically designed to attract new members in this age range or younger are eligible for a 50% reduction in tournament entry fees to the USA Volleyball Boys’ Junior National Championships.
- The reduction is available to first time teams registering in the 12U and 13U Divisions ONLY.
- The reduction is only available to clubs that implement a league concept in their local programming.
- Clubs must submit the request for the reduction to their RVA for consideration and show documentation
  - for local league programming in the target age divisions
  - proof of new membership growth.

The RVA must approve the team for the reduced entry fee(s) to the USA Volleyball Boys’ Junior National Championships and forward the request to USAV. USAV will have the final say in issuing reduced entry fee(s) bases on tournament logistics and space availability.

- Teams participating in the USA Volleyball Boys’ Junior National Championships are responsible for all costs associated with travel and housing. The 50% reduction is only applicable to the tournament entry fee(s).
- Teams are required to follow all procedures and policies as depicted in the Pre-Tournament Manual for the USA Volleyball Boys’ Junior National Championships. Teams that drop out of the event after the published deadlines will forfeit entry fee(s) and may be subject to additional penalties as depicted in the Pre-Tournament Manual.

Selecting Your Team to Receive Reduced Entry Fee(s)

There are two ways in which to identify teams from your league program that should be allowed to request a 50% reduction in their entry fee(s) to the USA Volleyball Boys’ Junior National Championships.

1) Select the team that wins the League Championship Tournament
2) Compile an All-Star Team from those that participated in the League program.

*Girls playing on coed teams must be replaced by boys before the team is eligible for consideration.
*The age division that the team plans to register for competition is determined by the age of the oldest member of the team.