

Tips and Digs

Premier Volleyball Club

December

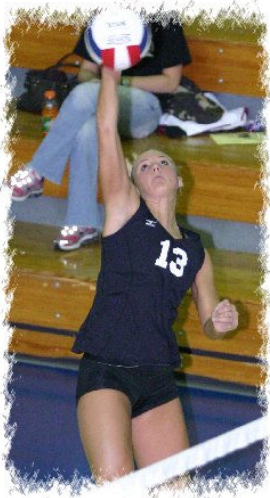
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Trish Siedlik-Head Coach for Bellevue University and Premier Staff member.

Club Equals College Scholarship

Over the years club ball has gone from a few clubs to thousands of young ladies preparing themselves for 9-10 tournaments plus qualifiers during the months of January through June. I am still in awe of the talent level and how early it has started for some players. However, the club scene has also allowed more and more players to be exposed to collegiate coaches, which opens the door to athletic scholarships. I wrote this little clip first because I want those that are thinking about playing to be aware and to improve themselves each and every practice. Some things that coaches look for are the obvious talent on the court, athleticism, court awareness,

etc. The essentials for someone as a top prospect are attitude, coach ability, and academics. These can sometimes be overlooked. A coach could cross you off their list if you may be a virus to the team's success. Please remember that coaches are always watching and asking other coaches about players. Be a good teammate. Be a player that your teammates will root for on and off the court.



Be that player that gives the boost to a player that just made a mistake. Make sure you also manage your time well so when you get home late after practice you can get rest. This could be a huge setback if you have great qualities, but can't cut the grades to play. These lessons in addition to keeping up your strength will create the players that help win championships.

Getting ready to be recruited:

- Write any college coaches via email, letter, send tapes, fill out forms!
- Keep your grades up! Academic scholarships help coaches get you more money to come to their schools!
- Be realistic! Look at the schools within reason of price, division of play, and distance from home.
- Register with University Athlete! The Palm Pilot guys!!
- Follow up, update your information!!

Special Sessions Update

Thank you all for coming in to the first round of special sessions. I hope that more of you can attend throughout the year with your busy schedules. My main goal for these sessions are to get as many repetitions as possible in the time that we

spend on that skill(s). I encourage you to come in and take advantage of the time in addition to your practices. Please be aware that this is to challenge you and make you better. Come in ready to play and get better, not to run. Penalizing

due to lack of effort or motivation is not my job as a coach. I am here to help make you better. Please come in prepared to work hard and walk away having learned at a different level!!

Upcoming Sessions:

- Dec 23
- Dec 27
- Dec 28
- Dec 29
- Dec 30

Check the locations and times for these extra skill sessions!

Volleyball Drills for Coaches

I am always looking for new drills. I stay up late thinking about how I can make our team better and challenge them every day. I encourage the coaches at Premier to do the same! Here are some tips and website to check out for your practices.

<http://www.volleyballseek.com/drills.cfm>

<http://www.emporia.edu/vball/drills/>

<http://volleyball.org/rolly/coach.html>

http://volleyball.about.com/od/coachingvolleyball/Coaching_Volleyball.htm

Tips to an effective practice:

- Set a goals. One goal for the drill, and then an overall goal for the practice.
- Keep it competitive. Have them pick the penalty.
- Keep the practice moving. Have it be a successful night, or have it be a challenging one. Regardless, if it is not working, change or modify the drill. They may not be ready for it yet.



- At the younger age levels, make it a point to work on the basics. Individual skill time is critical at this age level. Incorporate a few skills at the start of practice and build up to team drills.

- Running is good conditioning. Volleyball penalties are more effective. No effort=10 dig pit drill. Two hitting errors=a ball cart of tossed balls. This takes only 2 minutes.

Drill of the Week

This drill can be modified at any age level. It can be coach controlled or six on six. The goal is ball control. A coach can start the drill by a toss, free ball or down ball. The team of six passes, sets, and then initiates a TIP, ROLL SHOT, or DOWNBALL to the other side. This side can be a dead side or another six or less players. The other side does the same to keep it going. Only tip, roll shot, or down balls are allowed. It is simulating a pepper drill to

where both sides are getting an easy enough ball to control to the setter. You can make it more challenging by hitting certain zones, rotating while the ball is on the other side, or getting so many digs as a team (a dig is only from an attacked ball). As you progress and do this every practice, easy plays become routine!

Challenges—Age 10-13

- Coach controlled. Work on three hits and controlling the attack to certain zones.

Challenges—Age 14-16

- 4-5 rallies in a row. Both sides contact equals 1 rally. *add rotate so everyone has to play every position and communicate.

Challenges—Age 17-18

- 30-50 total contacts (pass, set, attack=3 contacts) *add contact only counts without going to the ground on a dig.

Send Me Stuff!

I want this to be a helpful newsletter for the Premier Volleyball Club. Send me your comments or stories about:

- Story about a coach or player here at Premier
- A great drill!
- What makes Premier special from the rest of the clubs and WHY?

- What do you want to see more from this club?
- What do you want to know about being recruited?

Email me at Siedlik@bellevue.edu AND tsiedlik@cox.net

I can answer any questions and post them for all of us to learn!-Trish Siedlik