

Star Valley High School 2022 Volleyball

"The deeper you practice the better you get" John Wooden

*Prepare **Today** for success at State! (1%Better)*

- 2022 Tryouts Begin -- **Monday, August 15th @ 6 am (Cuts may begin after first 3-practice)**
- Practice Schedule:
 - Monday – Friday **6am – 8:30am and pm-4pm-6:30pm**
 - Saturday Morning **6am – 8:30am**
 - After School Starts – **4pm-5:45pm** Practice Daily -- Activity Bus Runs @ **6pm**
- Cuts will be made and announced individually: No later than end of Wednesday evening practice
- Match schedule posted on school website: <https://svhs.lcsd2.org/clubs-activities/volleyball>

Time for tryouts is limited, so please plan to BE ON TIME, at least 15 minutes prior to start time. It is also helpful you do not schedule conflicting appointments during any scheduled practice or tryout times.

THINGS TO DO PRIOR TO TRYOUTS:

- Go to the SVHS VB (Person Try-Out Form) website or the following website and fill out form and submit it. – <https://forms.gle/4eqvnyZLpLQRn56U8>
- You must visit your healthcare provider and complete physical form.
 - You will not be allowed to practice/tryout if physical form is not turned in to main office or coaching staff prior to practice times.
- Checkout Pre-Season Bussing Schedule:
<https://svhs.lcsd2.org/wp-content/uploads/sites/14/2021/08/2021-Pre-Season-Practice-Schedule.pdf>

WHAT TO BRING/ WHAT TO WEAR:

- Current physical form completed with **ALL** signatures
- Wear comfortable clothes: ***t-shirt***, shorts/spandex, socks, court and/or running shoes
- Kneepads
- Own Water Bottle
- Remove all jewelry - THIS IS FOR YOUR SAFETY

Team numbers we are aiming for:

*Roster #s: 2-3(Outside-Hitters), 2-3(Middle-Blockers), 1-2(Setters), 1-2(Opposites), 1-2(Libero/Defensive-Specialist)

Avg. 8-9 Players Per-Team – 9th, 10th, JV & Varsity

As a coaching staff we're looking for the top players in each of these areas.

*The above numbers are approximate and may vary depending on team needs.

TRYOUT CRITERIA:

The coaching staff will be looking for coachable athletes who have a solid base of volleyball skills, athletic ability, leadership/positive attitude, and work ethic. We need athletes who are competitive and demonstrate coachability in becoming better volleyball players and teammates. We are looking for those who desire to play and compete at the competitive 4A level.

Evaluation Criteria

Fundamental Skills: serving, passing, hitting, defense-b,s,b,h/blocking & digging, setting

Other Evaluation Criteria

Non-Skills: Leadership/Attitude/Coachability.

Athletic Ability: Vertical Jump, Burpees, Prone Shuttle Run

WHAT TO EXPECT AT TRYOUTS:

Each athlete will be evaluated (with stats) on the above listed categories through organized drills and games. Coaches' stats, individual ladders and practice scoring, and coaches' observations throughout the drills and games will provide measurable data on each athlete.

S/R Ladder-Stating Passers/Servers-Hitting Challenges-Doubles Tourn-3's/6's-Position Breakouts

Above are a few activities that maybe used to help measure athletes' skills. Stating/Scoring will be used to measure and track athlete's performance. These games allow us to see which players have the best all-around skills. The nature of these drills requires players to execute multiple skills from a very basic format to a game-like drill. These games also help us see who are Team-Players/Leaders/Positive/Competitive/Coachable. Targeted skills will also be recorded by coaches throughout many of these activities.

Laddered scoring system provides a natural sorting mechanism that sparks competitiveness in players while allowing them to get more reps against other players. This sorting helps identify the more consistent and skilled players. The basic concept of a ladder is any drill or game that involves the winning team(individual) moving up and the losing team(individual) moving down the ladder.

This combination of small-group games and laddered system means players have to display an all-around skillset, win with lots of different teammates (make your teammates better), and get a ton of touches in a competitive setting in a short period of time.

The "Intangibles"

Hustle matters. So does a positive attitude. One of the reasons we use laddered games and other similar structures is that individuals are evaluated by how well her team does. If her hustle and attitude are leading to team wins, then we see that individual getting sifted to the top of the ladder.

"Coachability"

We're not looking for instant success, but for players willing to be uncomfortable, if they listen and process coaching, and if they are willing to try and make changes.

Drill	Measuring/Stating	
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Vertical Jump	*How high 2 ft standing jump	Vertical Jump Challenger
Burpees – 20 seconds	*How many Burpees one can do in 20 seconds...speed, strength and coordination	Vertical Jump Challenger
Prone Shuttle Run	*Speed	Timer
Serve to Spots 3 @ each spot	*Serving	Stating
Position Breakouts – Progression	*Passing & *Hitting (Transition)	Ladder/PP
3-Passers vs servers	*Passing & *Serving	Ladder
Serve Receive Ladder	*Passing & *Serving	Ladder
Queens – 3’s or Then 4’s	*Passing, Serving & Hitting---Setter Challenges	Ladder/PP
Hitters Challenge 3vs6 or 6vs6	*Hitting, Blocking, Digging -- Setters	Ladder/PP
Doubles Ladder	Serving, Hitting, Blocking, Digging – Setters Team Player/Leadership/Positive/Competitive/Coachability	Ladder/PP
Individual Defense Team Defense	Read-reacting, Blocking, Digging Team Player/Leadership/Positive/Competitive/Coachability	Scoring/PP
Setters Challenge	*Setting-choices and ball placement	Scoring/PP

Measuring/Stating

The * used to identify the skill being emphasized and stated by a coach. Items not *, may also stat or document to help identify individual’s strengths or areas to improve.

Example of Groupings:

- 8-10 or more – depending on #'s
- Positional: OH, MB, OPP/S, LIB/DS
- Oldest to Youngest – Ladder Results

Example of Drills: Position Breakouts – Progression – Athletic Abilities

OH/MB/OPP Hitting:

- Start with- 5-10 tosses (I throw, u go)
- 5-10 balls - Progress to toss to passer, set, hit – (hitter passes-transitions to hit; hitter transition from blocking positions or free balls; -- against no block, then against blocker)

PP=Practice Points

Individuals receive practice points when individually, or their team, wins a drill. Practice points may also be awarded to team or individual when:

- Team Work-Player/Leadership/Positive/Competitive/Coachable
- Top 6 in grade level – Stats (Example...in the top 6 statistically, in grade 9, during a stated drill)
- Coaches will tell players when a practice point is awarded

STAR VALLEY VOLLEYBALL TRYOUT FORM

Name: _____

Tryout # _____

Grade: _____

Height: _____

Right Handed

Left Handed

Tryout For:

Setter

Outside Hitter

Middle-Hitter

Opposite

Libero/Defensive Specialist

Vertical Jump 2 Trials		AVG.	Burpees in 20 seconds.		AVG.	Prone Shuttle Run-2 Trials		AVG.						
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>						
Practice Points Ranking														
Skill	Rating 5 is Highest	Check if skill needs to be improved or developed.												
Serve Serve to Spots % <input type="text"/> <u>AVG. Difficulty of Serve</u> They Pass a – 0 1 2 3 4	1 2 3 4 5 30% or <----- 90%> (serve-errors)/total attempts = serving%	<input type="checkbox"/> STOSS-Toss Away <input type="checkbox"/> Bow & Arrow <input type="checkbox"/> Elbow high <input type="checkbox"/> Follow through												
Pass	1 2 3 4 5 1 or <----- 2.3>	<input type="checkbox"/> Base-Rt Ft slightly forward <input type="checkbox"/> Straight and simple <input type="checkbox"/> Face ball/angle Arms <input type="checkbox"/> Shuffle/ball in midline												
Set	1 2 3 4 5	<input type="checkbox"/> Ft. Work to get under ball <input type="checkbox"/> Right foot forward <input type="checkbox"/> Square up <input type="checkbox"/> Hands ready early <input type="checkbox"/> Jump/Superman to Target												
Attack/Hitting	1 2 3 4 5 10% or <----- 30%> (Kills-errors)/total attempts = Hitting %	<input type="checkbox"/> Transition <input type="checkbox"/> Timing <input type="checkbox"/> 4 step or 3 step approach <input type="checkbox"/> SNAP through to target <input type="checkbox"/> Intensity of swing												
Block	1 2 3 4 5	<input type="checkbox"/> B,S,B,H --- Read/Reacting <input type="checkbox"/> Footwork 2/3/5 <input type="checkbox"/> Front hitter-angle (Positioning in front of hitter) <input type="checkbox"/> Hands Penetrate <input type="checkbox"/> Close block												
Defense/Dig	1 2 3 4 5	<input type="checkbox"/> B,S,B,H --- Read/Reacting <input type="checkbox"/> Low posture <input type="checkbox"/> Straight & Simple <input type="checkbox"/> Angle Arms <input type="checkbox"/> Tomahawks <input type="checkbox"/> Floor Skills (sprawls and dives)												
Leadership/ Attitude	1 2 3 4 5	<input type="checkbox"/> Acknowledge others <input type="checkbox"/> Confidence <input type="checkbox"/> Effort <input type="checkbox"/> Positive and builds others. <input type="checkbox"/> Competitive												
Coachable	1 2 3 4 5	<input type="checkbox"/> Eye Contact <input type="checkbox"/> Ask Questions (clarifying) <input type="checkbox"/> Always ready <input type="checkbox"/> Focused & Tries												