

Star Valley High School 2023 Volleyball

- 2023 Tryouts Begin -- **Monday, August 14th. @ 6:30 am**
- Practice Schedule:
 - Monday - Friday **6:30 - 8:30 am AND 4:00 - 6:30 pm**
 - After School Starts – **3:50-5:50 Practice Daily**
- Cuts: Wednesday after 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:

- You must visit your healthcare provider and complete the [PHYSICAL EXAMINATION FORM](#).
 - You will not be allowed to practice if physical form is not turned in to main office or coaching staff prior to practice times.

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 non-leaking Water Bottle
- Remove all jewelry - **THIS IS FOR YOUR SAFETY.**

WHAT WE NEED: (28-32 Total Girls—we will cut to these numbers)

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 28-32 Total)

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 our current need.

TRYOUT CRITERIA:

The coaching staff will be looking for coachable athletes who have a solid base of Volleyball skills, athletic ability, great work ethic, leadership/positive attitude, is competitive and demonstrates coachability to learn to become better volleyball player and teammate. 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/Teamwork/Coachability.

Athletic Ability: Mile run, approach speed, approach endurance, block speed.

WHAT TO EXPECT AT TRYOUTS:

Each athlete will be evaluated (stated) on the above listed categories through organized drills and games. Coaches stating, individual ladders and practice scoring, and coach's observations throughout the drills and games will provide measurable data on each athlete. ([See SVHS Volleyball Tryout Form](#))

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 stated by coaches throughout many of these activities.

Laddered scoring system provide 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 is only one tool we'll use, combined with other coach's stats, in evaluating overall fit for our team.

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 I 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 most of the time getting sifted to the top of the ladder.

“Coachability”

I'm 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	
Serve to Spots 3 @ Ea 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 Then 4’s	*Passing, Serving & Hitting---Setter Challenges	Ladder/PP
Hitters Challenge 3vs.6 or 6vs.6	*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 stated or documented 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)

2023 Star Valley High School Volleyball Try-Out Evaluation Form

Name _____

Grade _____

Desired Position (circle one)

Second Choice Position (circle one)

OH M OPP S L/DS Unknown

OH M OPP S L/DS Unknown

Mile Time _____ Approach _____ 10 Approaches _____ Block Speed _____

Skill	Lowest -----Highest	Check if skill is exhibited regularly	
Serving	1 2 3 4 5	<input type="checkbox"/> STOSS-Toss Away <input type="checkbox"/> Bow & Arrow <input type="checkbox"/> Elbow high <input type="checkbox"/> Follow through	
Passing	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	
Setting	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	
Blocking	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 <input type="checkbox"/> Hands Penetrate <input type="checkbox"/> Close block	
Defense/Digging	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)	
Attitude/Effort	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	
Coachability	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	

