**Help! I’m a Newbie Coach – July 30, 2020**

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**You are a leader**

Players, parents, assistance coaches, managers, etc all look to you as their leader

What kind of leader are you?

Followers want trust, compassion, stability and hope

“It’s not what you teach, its what you emphasize”

Lead your coaches and set expectations

**Get to know yourself**

What is your vision for your program (write it down!)?

What are your strengths and weaknesses as a coach?

Where do your assistance coaches and managers need to fill the gaps?

What do you feel comfortable delegating?

**Set Goals**

Goals help focus intentions for you and your players

What are your goals as a coach?

* set 1 year, 3 year, 5 year goals

Incorporate goals within your teams

* Individual and team goals at beginning of season and revisit throughout
* Program wide practice goals
  + No 2 missed serves in a row
  + No ball drops without a body
* Monday Meeting: set a goal for the week for practice, matches and individual
* Set goals during a drill – 10 perfect passes before 2 minutes or individual goal during warm up
* Sticky Notes in practice

**Practice Plans**

Write it down and name your drills

Organize it for your team needs

* Team led warm up (12 min)
* Cooperative play or competitive play
* Stations/smaller groups = more touches, avoid long lines, use every minute
* Utilize all gym space
* Player led drills = feedback/observation for you
* PLAY PLAY PLAY

Work 60% on your strengths

Utilize film

Teach them your expectations – don’t expect them to know

Player engagement at all times

If the drill isn’t working – change the drill

You set the pace and the enthusiasm – players will match yours!

HAVE FUN!

**Game Plans**

Know your opponent ahead of time

* Film, word of mouth or stats
* Only give your players the need to knows

Know the rules of the game – get to know officials

Write down your line up and other options

Write down key points for timeouts

When to call timeouts

What to say in timeouts

Serving zones

In game stats

* Defense, offense, set distribution, SR ratings

Home game responsibilities – teach before the day of the match

**Communication**

Parent Meeting @ Beginning of the year to discuss expectations and guidelines – contract

Weekly Email for players and parents

* schedule, reminders, weekly theme

Have intentional conversations with each player multiple times a week

Communicate with only your players through other platforms (remind, eventlink, etc.)

Send drills, provide visuals for players

Protect yourself and your players

* have another coach present when having conversations with players about your concerns or their concerns
* circle back with players you have had difficult conversations with

Communicating with parents

* Validating their concern
* Remember their daughter = their world
* “The team plays better with Sally on the court”
* Set boundaries
* Designate a team parent to communicate with for each team

**What organizations should you belong to?**

* IHSVCA – Indiana High School Volleyball Coaches Association, www.ihsvca.com, cost $45
* AVCA – American Volleyball Coaches Association, www.avca.org, COST $85, discount $15
* ICGSA – Indiana Coaches of Girls Sports Association, www.icgsa.org, cost $35
* PrepVolleyball.com, www.prepvolleyball.com, $49.95
* MaxPreps, maxpreps.com, FREE

**IMPORTANT DEADLINES**

* **Update stats on MaxPreps EVERY WEEK by Sunday at 11 AM.**
* Call scores and notables into newspaper after each match
* September 28 IHSAA Tournament entry deadline
* October 5 - IHSVCA Academic All-State Nominations
* October 12 – IHSVCA All-District, All-State and All-Star nominations
* October 19 – District Coach of the Year, State Coach of the Year, Assistant Coach of the Year, Hall of Fame nominations are due
* October 26 – Victory Club/Program Milestone/Coaches Under 30/Coaching Records Nominations due
* November 1 –Selection Sunday meeting
* November 15 IHSVCA All Star Tryouts
* November 22 IHSVCA All Star Matches

**Takeaways**

Know your vision and your goals for your program

Know the rules of the game and be respectful to officials

Ask questions, utilize veteran coaches in your area

Get to know your parents but set boundaries

Be an advocate for your player – you are there to teach more than the game of volleyball