



# **SHOREWOOD VOLLEYBALL**

**MODIFIED 2020 SEASON  
PLAYER PACKET**

Welcome to all our new and returning Shorewood Volleyball players! To say we miss SW volleyball is an UNDERSTATEMENT. We are crossing our fingers we will get to kick-off our season this March. Until then, we want to provide as much normalcy as possible when it comes to the volleyball program.

A standard practice would be distributing player packets to all players in the volleyball program. We're going to do things a little differently and distribute packets to all new, interested and returning players. This packet will provide information about the modified season and tryouts (as much as we know right now) and address many frequently asked questions. It will also provide skills keys which can serve as a studying tool during this 'off' time. The skill keys break down each individual skill and the steps SW coaches teach.

Hopefully this provides a solid understanding of the SW Volleyball program. We look forward to stepping back into our gym and furthering this volleyball program.

If there are any questions, comments or concerns, please feel free to contact Coach Brittney.

Go T-Birds!

- SW Coaching Staff

# MODIFIED 2020 SEASON TRYOUTS

## **When are tryouts?**

### **Tentatively scheduled for: March 1, 2, 3**

Times are still TBD. Please note, times will likely be in the afternoon/early evening which will be different from last season.

## **What are coaches looking for?**

- Coaches will have an evaluation form that will be utilized to evaluate each athlete. Criteria will be the same for all athletes. Various criteria coaches will be evaluating include - attitude, leadership, effort, coach-ability (ability to take guidance and adapt).
- It will be a LONG time since most athletes have stepped foot on the court, SW coaches understand this! It will take some time to get back into the swing of things. Come ready to work, but do not stress about being 'rusty', everyone will be! Coaches included!
- There will be three assessments:
  - Day 1: Individual skill assessment (skills include: forearm passing, overhead passing, serving, floor defense, attacking and blocking).
  - Day 2: Position specific assessment
    - There will be an opportunity for athletes to communicate if they would like to be considered for a specific position. If athletes don't know what position they should play, or want to be considered for more than one position - that is perfectly okay! This assessment will allow coaches to determine where athletes can be most successful on the court.

- Day 3: Comprehensive assessment
  - The final assessment will bring everything from day 1 and day 2 of tryouts and put it together! This is largely focused on evaluating athletes on the court, in game-like situations. As well as how athletes cooperate and collaborate with fellow teammates.

## **FAQ's:**

### **What should I bring to tryouts?**

- Appropriate/comfortable clothing (i.e. shorts, leggings, t-shirt)
- Appropriate shoes (i.e. shoes with laces)
- Water bottles (athletes will be strictly instructed not to share water bottles or use the water fountains).
- Knee pads (not required, but encouraged).
- Mask (Coaches will communicate if this is required if/when tryouts take place)

### **How many players will be on each team?**

- Varsity will carry 12 players with two JV swingers
- JV will carry 12-14 players
- C Team will carry at least 12 players

### **How and when will teams be announced?**

- Teams will be announced on the third and final day of tryouts.
- Athletes work hard for 3 days at tryouts! Because of this, coaches do not post teams. Coaches will talk to each individual athlete to go over their evaluations from all three days and will let the athlete know if and what team they made.
- It is important to note that there is not a natural progression of making teams. Each individual athlete must come to tryouts each season, ready to work and EARN a spot on the team.

Each roster is wiped clean and tryouts mark the beginning of a new season and new team.

### **When is the first day of practice?**

If on schedule, the first day of practice will be March 4th.

### **What time is practice?**

- Please note that practice times may vary as we near the start of the modified season and the schedule is determined.
- Always remember: Being on time is late. Being early is on time.
  - Varsity: 3:15-5:45pm, aux gym
  - JV: 3:15-5:15pm, main gym
  - C Team: 3-5pm, main gym

### **What is the match schedule for the modified 2020 season?**

We do not know this yet. If we are able to move forward with the season in March, the WIAA will determine the match schedule and outline health and safety protocols along with state and local officials.

### **What are JV swingers?**

Varsity will include two JV 'swingers' on the roster. JV swingers will come to the last 30-45 minutes of the varsity practice. Swingers will be included on the varsity match roster, sit on the bench with varsity players and have the opportunity to play in varsity matches. This allows younger players the opportunity to practice with the varsity team, learn systems and work with varsity coaches as they progress through the program.

## **How will varsity captains be determined?**

Once teams are formed, varsity players will spend the first week getting to know one another and practicing together. After week-one, varsity players will vote on 3 captains. **NOTE:** There is an evaluation form varsity players will use, which includes questions you need to ask yourself about who is the best 'fit' for the role.

## **What are varsity captain's responsibilities?**

- Varsity captains are first and foremost the leaders for the team. The captains have to be players that can inspire positive energy, hard work and community on and off the court.
- Varsity captains should view themselves as captains for the entire Shorewood program. Be a leader for the JV and C-Team as much as for Varsity. The example you set will inspire the younger players as they progress through the program.

# Shorewood Volleyball Skill Keys

## Forearm Passing

1. Posture - face ball, relaxed with shoulders over knees, over toes. Dominant foot should be slightly forward. Weight on the balls of your feet
2. Platform - thumbs together, straight arms, do not bend elbows
3. Angle to target - drop (inside) shoulder as needed to direct the ball back to the target. Try and pass midline whenever possible
4. Straight, Small and simple movements - use minimal motion of platform (no swinging arms) to direct ball back to target

## Overhead Passing

1. Hands up early - ball shaped hands, thumbs in line with your eyebrows
2. Frame the ball - see the ball come into the hands - hands will create a triangle, thumbs pointed inward
3. Extend to target - face ball, get hips square to the target (pivot your feet). Arms extend smoothly along desired trajectory. Body provides stable base for the arms to do the work. Think 'Superman extension' of arms.

## Attacking

1. Get available - strive to always get far enough away from the net to be able to move forward with your approach aggressively. Use shuffle steps in transition; transition WIDE
2. Footwork (**right-handed attackers**)
  1. If using a 4-step approach - R,L,R,L (2nd step on the 10 ft line)
  2. If using a 3-step approach - L,R,L

### 3. **LEFT handed attackers** - L,R,L,R OR R,L,R

3. Arms - down, down, back and up. Think 'bow and arrow'
4. Adjust - approach to where the ball is set (not where you want the ball to be set). Attack the ball at its highest point and in front of your hitting shoulder. You will have to learn to make quality shots out of less than a perfect set, as not all sets will be exactly where you want it.
5. Elbow up and back - Hit high and smart. As you jump, both arms extend up with the non hitting hand pointed at the ball and the hitting hand/elbow high and back. Non hitting shoulder should be closer to the net. The elbow leads with swing, followed by the torso and shoulders rotating towards the net. The hand then follows and contacts the ball with the arm fully extended. Hand should be big with fingers apart - think big surface area. Finish your arm swing down and through to your hip.

### **Blocking**

1. Base - Mental preparation is key. Identify hitters on the opposite side of the net and tendencies and if the setter is front row or back row. You must be physically balanced and neutral, legs are loaded and ready to move - weight should be on the balls of your feet, ready to spring. Hands up - you should see the backs of hands. Ensure you are spaced appropriately from the net.
2. Eye work PART 1 - 'Ball, setter, ball'. Watch the pass go to the setter. Then watch for any keys from the setter as to where the ball may go - see the ball being released and react.
3. Footwork - each move is started by moving the foot closest to the direction of travel, finish with shoulders and hips square to the net. Be balanced.
4. Eye work PART 2 - 'Ball, hitter'. Evaluate set and the hitter - are they late or early? Attacking or not? Block with your head

up and eyes open. Sometimes the right decision is not to block.

5. Press hands across the net - hands lead across the net and should be low and tight with thumbs up. Hands are BIG with good support from shoulders - shoulders should rotate upward. We want to block the ball on the opponents' side of the net. Direct the ball back to the middle of the court.

## **Floor Defense**

1. Base - Prepare, identify hitter and tendencies (does one hitter attack predominantly angle, or tip, or roll shot? Be sure you are evaluating opponents tendencies so you may react quickly). Be low and balanced, ready to move, weight should be on the balls of your feet, with your dominant foot slightly forward. Arms are in front of hips with hands open and palms up.
2. Eye work - 'Ball, setter, ball, hitter.' Watch the location of the first contact as well as the setter.
3. Drop to defense - move quickly and efficiently from base to defensive position so you can be stopped and balanced BEFORE the hitter contacts the ball.
4. Pursue - see the ball, get the ball. Do not hesitate and COMMUNICATE. Avoid asking 'is that mine?' - SEE THE BALL, GET THE BALL.
5. Control - Dig 10x20 on a hard driven balls. Free balls and off speed balls should go to target

## **Serving**

1. Preparation - Mental preparation. Work on having a clear and focused mind. Physical preparation - body and posture set-up. Have the ball in tossing hand with proper foot alignment. Hitting hand either on the ball, or high and back. Weight on back foot.
2. Toss/Step - toss in front of hitting shoulder and only as high as you can reach forward off the lead foot. Think 'high five.'

3. Hand/Strike to target - arm and hand are firm from elbow to fingertips. Heel of hand accelerate through the center of the ball. You will need to experiment with point of contact until you are comfortable with your serve. Contacting the ball further in front of you will result in a lower, flatter serve that requires the arm to move more quickly through the hitting zone to achieve velocity needed to clear the net - float serve. The ball contacted closer to the body will result in a ball with higher trajectory.

## **SHOREWOOD PROGRAM PHILOSOPHY:**

Our goal as a program is to provide a welcoming, inclusive environment for ALL student athletes. We, at Shorewood Volleyball will be students first, athletes second. We will understand that being an SW athlete is a privilege, not a right. SW volleyball coaches will continually advocate for your privilege to participate in this program.

SW volleyball coaches will teach the fundamental volleyball skills and work hard at furthering improvement in all student athletes, on and off the court. We will respect our teammates, our coaches, the officials, our opponents and ourselves. We will work hard and hold ourselves and our teammates accountable in order to meet our goals. The Shorewood Volleyball Program is one TEAM.

## **SHOREWOOD COACHING STAFF:**

Varsity Head Coach: Brittney Hunter  
[brittney.hunter01@gmail.com](mailto:brittney.hunter01@gmail.com)

JV Coach: Molly Donahue  
[donahuemc@gmail.com](mailto:donahuemc@gmail.com)

C-Team Coach: TBD.

\*We are still in the process of searching for the perfect C-Team candidate.

## **VARSITY COACHING PHILOSOPHY:**

At my core, I am a family-oriented person. As a coach, that translates to my dedication to the team. I will always advocate for all student athletes and their privilege to participate in the volleyball program. I am dedicated to not only furthering the knowledge and skills of players, but also furthering character.

The foundation of my coaching philosophy is **INTEGRITY:**

**I** - Inclusiveness. We welcome each and every athlete. We celebrate our differences on and off the court. The Shorewood volleyball program has three rosters making up ONE TEAM.

**N** - Never give up. Never give up on yourself or your teammates.

**T** - Teammates. Cultivate trust and a strong bond among all teammates within the program.

**E** - Energy. Positive energy and a positive attitude helps you achieve your goals.

**G** - Grit. We are committed. We persist and persevere.

**R** - Respect. We always respect the rules, our opponents, our teammates, our coaches, the officials and ourselves.

**I** - In the win and the loss, we are always humble.

**T** - Together. Work together towards a common goal. We are always stronger, together.

**Y** - Your passion for the sport. Always remember why you love the game - it makes winning more fun.

## **JV COACHING PHILOSOPHY:**

What Defines a Successful Season - CATS!

### **C**ompetitiveness

- Working to get better - focusing less on the score and more about improvement.
- Implementing changes and staying coachable even when it is difficult.
- Taking risks on and off the court.
- Making your best effort on every ball.

### **A**ttitude

- Cheering for teammates.
- Hustle and effort during drills and during games.
- Positivity.
- Self-affirmations and mental toughness.

### **T**eamwork

- Sacrificing the 'me' for the 'we.'
- Asking how you can help the team.
- Being ready to play.
- Celebrating success.
- Encouraging teammates.

### **S**kills

- Statistics and showing up during crucial times.
- Consistency and improvement over the course of a season.
- Knowing your position, asking questions.