Junior League 2015

Junior Teams Coordinator
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Volleyball SA Junior League program manager
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Junior League Net Heights
Boys | Girls
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State League Juniors/Division 1 - | 2.43 | 2.24
Division 2,3,4 and 5 - | 2.35 | 2.15
Under 15 Division 1 - | 2.24 | 2.10
Under 15 Division 2 - | 2.15 | 2.05

The VOLLEYBALL SA registration of $55.00 needs to be paid before your first game!!!!

All Junior league match fees have been paid to Volleyball SA by the Mt Lofty club treasurer.

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◆ All teams are expected to be in uniform for all matches.
◆ You are responsible for your bag of balls. After the warm up please put balls in their bag and zip it up.
◆ **DUTY**: **All coaches are asked to keep a roster of who has done duty. All players are to do their share**
  If there are any problems see the Volleyball Staff.
◆ It is the responsibility of **player** to let the coach know if they are unavailable for a match.
◆ Please car pool so that we don't have your parents driving down each week.
The draw and weekly team sheets are on our Heathfield volleyball website

The Junior League rules, premiership tables etc. are on the Volleyball SA site.

The link to these websites can be found on the Team App!

Dear Players,

I have include a copy of this information that has been given to the coaches so there can be no confusion as to what we
are looking for this season. The success of the State League Junior Division last year will continue as it created a
better feel of importance for all players. This was a massive bonus as we need to encourage every team to treat each
match like it is a State Cup or AVSC Grand Final. The coach has a major influence on how the players view Junior
League and while some see it as “just Junior League” it is still the best State run, weekly Junior competition in Australia.

The other major competitions this year are:

- **Junior League** 1st of May - Grand Finals on 19th September
- **State Cup** 31st of July, 1st and 2nd of August (Term 2 Week 2)
- **National Schools Cup** Saturday 5th December - Saturday 12th December
- **World League Matches** Friday 29th and Sat 30th of May

Thank you for offering to help coach a team in our volleyball program this year. Your responsibilities include coaching
your junior league team on Friday nights. Preparing your team and coaching them in the State Cup (starting week 6
Term 1st June) and finally preparing and coaching your team in the National Schools Cup in Melbourne in December.

Volleyball staff will be offering you our full support and we will be around for lots of Junior League matches.

**NATIONAL SCHOOLS CUP 2014:**

We had a fantastic time in Melbourne last year with outstanding results and a squad that was fully committed and
genuinely supportive of each other a everyone worked very hard all year. We are determined to continue the path we
are on with players, coaches, teachers, parents all working together for the program.

1. Our Honours divisions won 3 Gold and a Bronze and in Divisions 1 Gold, 2 Silver and a Bronze
2. All our teams worked very hard last year and we were rewarded with excellent results, the challenge is to continue
the culture of hard work on and off the court, starting with match opportunities on Friday nights.
3. So far this year, we are extremely happy with the work ethic of all our squads. The kids are working hard and the
senior students want to set the standard high throughout the entire squad. We have already had fantastic tournaments
with the Norwood Challenge, Gold Ball, Warrnambool and a Div 1 Silver and Div 4 Gold in New Zealand. Most of our
Junior League teams played in the grading round with excellent results already. The players are looking forward to
regular competition and we need to make it the best experience possible for them.

**COACHES:** Feel free to question a player or your team if they are making the program stronger or weaker with their actions. They will know exactly what that means and their response will indicate if they are an asset to the program or not.
Notes for Junior League Coaches — 2015 Season:

1. **Fun** - Our players spend a great deal of time training and these events are important to them. They enjoy volleyball and the challenges within the sport. We select coaches who have the ability to laugh with the players but also have the ability to uphold the traditions and the excellence and the demands of the program.

2. **Knowledge** - All our players want to be the best they can be. They will all want to be on the court and they will want to be able to learn as much as they can. The trainings run by our coaches last year were fantastic and we all want to continue the development of our knowledge by taking every opportunity presented. We have coaches forums and specialist clinics or master classes, this year we have World League matches to watch and our Volleyball Staff are heavily involved in State Coaching this year.

3. **Work ethic** - We get comments and enquires from other schools around the country about the Heathfield work ethic and we are quite happy tell them how we operate. The major difference for us is the quality and passion of the Junior League coaches we have and the desire to maintain the traditions is quite real. The coaches genuinely want to pass on their experiences that sets our program apart from others around the country.

   Coaches: If you would have gone for the ball in any particular situation then you have the responsibility to expect your players to do the same.

It is not a “Rambo” big tough thing, it is just the way Heathfield plays and the reason why we have been successful. All players are expected to get onto the court to defend EVERYTHING. If they do not do so please take them off and explain why you have taken them off. **A lot of teams have 9 or 10 players, so competition to get on the court and stay on the court should be fierce.**

   **THIS STARTS THE FIRST WEEK.**

Please be tough on swearing and other behaviors that would not sit well with our traditions and expectations. Again start this the very first time you see them. **COACHES ARE NOT PERMITTED TO SWEAR AS WELL.**

From the results of the grading round many teams are in divisions where they will have tough matches. There will be 4 weeks of further grading to check your team is in the right division. Some were moved up last year others were moved down on the results of these three matches.

Our aim is not so much on winning premierships but getting our teams to play the style of volleyball that will enable us to be strong in Melbourne. We require that you identify what your team will have to do in Melbourne to produce their best. (Please contact me if you need to discuss this). We need you to identify the match protocols you will use in Melbourne and do them match after match in Junior League and State Cup.

### PRE MATCH MEETINGS — Expectations and team goals.

**30 MINUTES:** All members of the team are expected to be there 30 minutes before the match. Again with so many players they will get the message that being early is critical to the team culture. Parents sometimes will not support their kids in this as much as we would like. Please support the kids in this habit that has to be formed.

**MEETINGS:** Team meetings should be brief but concise. Some things you may focus on:-

**GOALS:** Setting team and individual goals pre match
What is each player working on?
The same as last week?
How long do we have to work on this skill before it is automatic?
(Each player to give the coach a time schedule maybe 1 week/3 weeks etc.)
Who is doing the right thing in the team (all the time) (some of the time ) (never)
Give both honest and positive reinforcement and some challenges.
STRATEGY: The team serving strategy (Serve to Position 1 or weak receivers)
Offensive Strategy.
What specific skill/positional thing have you identified to work on this week.
What is your Blocking Strategy.
(again the stats will be a very powerful tool to monitor change, modify the stats to suit what you want to change)

BE VERY SPECIFIC WITH WHAT YOU WANT FROM EACH PLAYER.

ALWAYS have a quick post match meeting. The parents will wait for a short time if they know what you are doing.
Did we achieve our goals? Who did? Who didn’t? - Next week???
In team meetings please involve the players in discussions. Each player to comment on one good thing and one thing to improve, individually and/or the team.

The captain should have the opportunity to make a brief statement to the team when you have finished your section of the meeting both before and after the match.

TEAMS MUST BE READY TO MEET 30 MINUTES BEFORE THE MATCH LATE COMERS MUST NOT START IN THE STARTING SIX.
REGARDLESS OF THEIR POSITION — They are late and there has to be a consequence.
(the development of players is far more important than the result)

All teams are to do the physical warm up before going onto the court. If the team has duty before the match they should do what they can. We want ball work and professional talking for the entire 10 minute warm up. DO NOT LET TEAMS SLACKEN OFF EVEN FOR WEAK MATCHES (Set a target for them). The bench is to be tidy, line bags up behind or under the chairs for safety and a professional look.
The image we present is that when you and your team step onto the court (across the line) “you, are there to do a job”. Junior League is the best competition we have to prepare teams for State Cup and Melbourne so we need each week to be viewed as a Melbourne game.

Remember, Practice does not make Perfect. ..................................................Perfect Practice makes Perfect.

In Junior League everybody should get equal court time.

If you have 10 players and all are fit and able to play it may be better to roster one or two off each week so actual court time on a Friday night will be more manageable. Go through the seasons draw when it is done after Week 4 and roster player breaks and duties for the season. Players can swap their break if they know of an upcoming event that will prevent them from playing.

The exceptions to the equal court time would be if a player cannot or will not do what has been clearly explained to him/her. Even this would have to be an effort/pursuit/positional thing rather than a skill thing. If they are having trouble with a skill tell them your concerns and they should work with the coaches back at school. If they don’t improve soon then remove them from the court for that skill until they improve. At school we are here to help every kid.

Players in State League Juniors will play best of 5 no time limit matches and last year every match was of a very high standard. These teams have more specialised positions and actual time on court may not be even. Players understand this but they may need to explain this to parents.

Players will want to get better and they will be seeking your advice on how to get better. Be honest, firm but reasonable with them. You know what your team will have to do to be a chance at the Nationals. Let them know as well.
We need to identify strengths and weaknesses in both the individuals and the teams. Please keep notes on this in your coach booklets so that we can work on it. Please keep an eye out for possible captains especially in the Junior divisions. All players will need to get regular feedback from you on a one to one basis. This makes good coaches and good players.

If you cannot attend a game or will be late, please arrange another coach or parent who will be at the stadium to help out. The parents would love to help but are generally too polite to butt in, so ask them on the first night and create a network within the parents to help out with some of the management. Teach them how to fill in the scoresheet, do a rotation and maybe do some stats. This will help you out, keeps them informed and they will appreciate more how the game works and more than likely be less critical when the hard decisions about their child have been made.
Time Outs:
Establish your high standards immediately. Demand their full attention during time outs. **They struggle at the start to give eye contact in time outs.** If they are not listening to you politely ask them again if they are making the team stronger or weaker. If you sit a player on the bench you must tell them why every time so they can make the changes you want.

Do this the first time out in the first game, if you take too long to do this you will have already missed the boat.

Please take the time out away from the bench so that the team is facing you towards the end of the court, (not the opposition). **Please don’t sit on the bench during time outs as you will look slack and disinterested in the game.** Remember 94% of your message to the players will be non verbal.

You may have 20 things to say at a time out but the best coaches will use only two. Mention the most important point last as it will be the last thing they hear. They may remember it then. Ask questions. Poor players will say they understand even when they do not understand. Encourage questions and do not tolerate confusion.

I used to squeeze as much into a time out as possible and have referees whistle two or three times before sending them back onto the court. Only recently I discovered that talking to the team after the 30sec whistle smacks of desperation and actually sends the wrong message to your team and the opposition, be the first team back on the court every time looking keen, positive and confident, regardless of the score.

If it is important, repeat it often.
Ask players to repeat your instruction. If it is to a SPECIFIC player ask them to repeat it. There should be no doubt as to what you as a coach requires.

Substitutions:
Substitutions should be in the warm up area and not on the bench. They are expected to be actively supporting their team with cheering and by being warm and ready to play at a moment’s notice. Players are not to leave the court area unless it is an emergency. Those being subbed off should run to the sub zone looking positive and supportive of their replacement (even though they may not feel that way).

Skills:
We expect all players at Heathfield to have a good knowledge of the following facets of the game. They have been shown and have been able to implement the following skills of the game in training and Junior League matches. We need them to implement these skills now. We need them to be coaches in the future.

Serving:
Players are expected to serve in. Underarm can be a very effective weapon so make sure that kids aren't embarrassed about serving underarm.

Setting.
Teams that are not backcourt setting ARE TO SET FROM POSITION 2. Setters can set corners to position 4 and 1m ball in the middle. (1m balls should be straight up and down) all sets to be 1m or more off the net to allow all players the chance to spike successfully.
Hands are to be up early and they should be facing pos 4 (square up) - please insist on this, they can get sloppy
Encourage the experienced setters to jump set the ball, —— ALL THE TIME. (this makes quicks easier, front court setter tips more effective and speeds up the attack)

Reception:
The back court has right of way over the front court and the left of the court has priority over the right of the court (pos 4 must not be directly in front of pos 5). The back line is expected to take as many of the free balls as possible with the fingers. If the team is given a freeball they are expected to terminate the rally. We use the term “turn and face” a lot. This means that when the ball is served, everybody moves to the ball even if it is only a couple of feet. The team turns and faces the receiver and the appropriate person makes a call of “in” or “out”. After the pass the team is expected to cover the spiker. The younger teams do not see a reason to do this as blocking is not a big part of the game but they need the movement skills to be automatic so help every team in the future on this one. In fact, demand all off the ball movement to occur all the time!

**PLEASE BE HOT IN THIS.**
Floor aces are to be treated as personal insults. Tell the players it is a personal insult if they are floor aced. We floor ace other teams. We do not get floor aced at Heathfield.

Before the serve is made by the opposition remind your receivers to “line them selves up with the ball as soon at it is served. Also players must have **straight arms before the hands go together**, no bending before during and after contact. Again it feels like nagging but be relentless with this as they get sloppy.

**Spiking:**
All players are expected to get off the net and call (even though they don't trust the setter) before the set is made.

*Players are also expected to max jump for all spikes to give them the best attack options while above the net*

In time outs please emphasize the attack options, especially tipping. All teams will expect the coaches to have identified the tipping options by the first time out (OR AFTER 3 POINTS HAVE BEEN WON). We do this by the setters position down the line and by the off blockers position in defence. Teams will also look to you for tip options. If a spiker terminates a rally, the digger, setter must be congratulated before the spiker.

**Defence:**
Players have to learn the importance of Heathfield defensive intensity.
All teams are playing on the line perimeter defence.

*All teams are playing 6 back. And 1 and 5 need to be reminded all the time to stay on the “T”*

*If players don’t go for the ball take them off.*

**Blocking:**
Please encourage the expectation that every spike is to be blocked.
When possible make teams triple block. This is not so much for the blockers but for the defenders who we want to make read the ball better. The outside blocker (does not matter how tall that player is) is to set the blocking position early, the entire defence is worked around that. For most levels block cross court, nominate who picks up the tip for your team.

**Team work:**
Please use the following 3 rules
1. If a player is negative or exhibits negative body language to a team mate, take them off.
2. If a player is negative or exhibits negative body language to a team mate, take them off.
3. If a player is negative or exhibits negative body language to a team mate, take them off.

**Duties:**
These are to be shared evenly by the team. Heathfield/Lofty teams always duty as they want to be dutied. Also everyone should be able to do the scoresheet, second ref or line by the end of the season.

*Please do a roster with your captain on paper once the draw has been done and ensure that it is equitable.*

Every year we get justifiable complaints from parents about the fact that the duties are not being shared by the players. Please don’t leave this to the players or the captain. You do it. When you get the draw please check the duties.

**The Famous Heathfield High School Volleyball Badge:**

Most of the Yr 8’s do not have have badges for their Heathfield playing uniforms as they need to be awarded during the year. (A few gained theirs in Albury this year)

Coaches of teams with yr 8’s or players new to the program will let us know if a player has earnt their badge and we will present them in lessons. This is valued by the players and the presentation is a very important part of the culture of the program. While we don’t sell them too cheaply, last year we had players who should have been given badges but were missed out. Because the players are in Lofty uniforms during Junior League we don't have a constant reminder of who has badges and who has not. Please keep tabs on this during the year.

This is not big hits or hero stuff. A benchy may be the first person to win a badge because of their warm up, punctuality to meetings, team support from the bench.

For example I could name players who could have won their badge sitting on the bench way before some players would have won their badge on the court.

Talk about the behaviors you respect and value so that they can get their badges.
It will not worry me if some still do not have their badges by the finals if that was your call. I don't think that badges should be given just for 1 week wonders either. Last year some year 8's and 9's should not have been given badges until a couple of weeks before Melbourne.

However, don't be ridiculous. If you are proud of the way they are playing tell them, tell me and I will present them with their badge back at school. This was the absolute highlight for some kids.

"Much better than my birthday" one player said. And they mean it.

Email Peter when a player has earned a badge and he will organize for it to be presented to them at school.

This is another Heathfield "Tradition", please make it work. You and your team are the holders of the traditions. What went on 5 years ago or even last year was important but it has gone, it is history. We will never forget the history because it is what keeps us strong, but we are only as strong as the current teams and the current traditions.

Round 5 and Round 10:
Round 5 and 10 will involve coaches watching their teams from the grand stand or seats with the parents. This is to ensure teams learn to become self reliant. Coaches during the match are just asked to sit and take notes on the sheet provided. Specific attention should be placed on which players are specifically working to achieve their aim and which players are just playing the game.

Parents:
Parents will be a great help to you. Please thank them for their help when it is given.

Players are expected to be there on time, be supportive of team mates, be tough on court and do any part of duties. Parent support on all areas of the program is a valuable part of the culture we are constantly working on improving.

Parents do have the right to expect that their child is given fair court time, a fair duty roster and one on one talks/direction/support with you, their coach.

Please introduce your self to parents when you see them, let them know they can purchase polo shirts from the school or Lofty gear from the Lofty canteen if they wish and keep them informed about the journey their child is going to travel.

**THIS JOURNEY WILL INVOLVE BOTH HIGH AND LOW POINTS** and we want our players to **develop resilience** and learn to deal with disappointment and also the skills of being **humble in success**.

We will certainly be supporting players at school in this journey. Please let parents know they can contact the volleyball staff at school any day of the week with any questions.

We have very few coaches meetings so Lachy, Mia, Peter and I will try and see as many matches as possible during the year so ask if there is anything of concern, information required, player placement for Slate Cup teams, etc. Also work closely with other coaches as everyone has good information to share.

Finally the program is evolving and everyone is a massive part of that but it will be the Junior League and Melbourne coaches that will have the most influence during the rest of the year.

Thanks for your support, We have a great team of coaches, let the fun begin!

Stuart Scott