2027

Youth Volleyball Packet



Coordinator: Savannah Maldonado

Email:

Savannah.Maldonado@cityofloveland.org

Phone: 970.962.2445

Website: www.teamsideline.com/loveland

Program Philosophy

Our goal is to provide quality Youth Athletics programs that promote: - Skill development - Equal participation - Sportsmanship and teamwork - Fun and friendly competition in a safe environment

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Thank you for volunteering as a volleyball coach!

Volleyball has long been a popular sport, with interest growing thanks to college programs and the Olympics. Our youth program continues to expand for both boys and girls, and there is a strong need for qualified coaches to teach young players the fundamentals of a sport they may enjoy for years to come.

This coaching manual is designed to introduce you to the basics of volleyball. It will give you the knowledge you need to run effective practices and manage your team during games.

At this level, the focus is on teaching fundamental skills and techniques. Players will have varying levels of experience—some may have played before, while others are completely new. Your goal is to teach them the basic rules, develop their skills, encourage teamwork, and most importantly, help them enjoy the game so they want to continue playing.

The three most important skills at this level are **serving, passing, and setting**. Practices should focus primarily on teaching and reinforcing proper form for these skills. While the **overhand serve** and **attack (hit)** are also important, they should be introduced gradually, as not all players will be developmentally ready to perform them consistently.

Equipment & Uniforms

- Loveland Youth Athletics T-shirt
- Shorts or sweats
- Socks & Knee Pads
- Non-marking shoes (tennis shoes)
- Volleyballs provided by the City
- Youth Athletic T-shirt
    - Can be purchased at Loveland Mountain Rentals
    - 401 E Eisenhower Blvd, Loveland, CO 80537

Home Team wears **red**

Court Dimensions & Match Play

- Regulation Court: 59’ x 29.6’
- Net Height: 7’ 4 1/8”
- Match: 3 games to 25 points, no cap (*3rd game to 15 if first two take longer*)
- Time limit: 50 minutes + 10 min warm-up
- Tie: Game stays tied if time expires

Rotations & Substitutions: - Rotate clockwise, enter from same position - Continuous substitutions; must rotate after ball is dead before serve

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Rules & Scoring

- Teams: Max 6 on court, min 4 to start
- Time-outs: 1 per game, 30 seconds max
- Service: Underhand & overhand from behind 10-foot line
    - Use good judgment and have players step back if they consistently serving it over from a shorter distance
    - No Foot faults allowed: A player who is serving, shall not touch or cross the respective service line (i.e. 10 foot line of the end line) that they are serving from until the ball has been contacted for service
    - Reserve: A re-serve will be called when the server releases the ball for service, then catches or drops it to the floor. Or if the player misses attempt on first try only.
    - Let serves playable
- Scoring: A point will be awarded to the team that wins the rally.
    - After a team gets five continuous points, an automatic side out will be called. No points will be rewarded.
- No player may hit the ball twice consecutively
- The regulation volleyball court will be used. If the ball contacts that line, it is in bounds.

Rosters & Teams

- Max 10 players per team (*unless coach approves more*)
- Mixed gender allowed
- Player may play up with coordinator and coach approval

Dos & Don’ts for Coaches

DO: - Focus on skill development, not wins - Give equal playing time - Demonstrate skills, plan lessons - Communicate with parents & staff - Keep gym clean & equipment organized

DON’T: - Allow running inside school - Allow food/drink in gym - Practice with non-roster players - Use laps as punishment

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Practice & Drills

Warm-up & Stretching: - Arm circles, toe touches, butterfly, sit-ups, calf stretches

Dynamic Exercises: - Butt kicks, high knees, lunges, grapevine, shuffles

Skill Focus: - **Serving:** Underhand & Overhand with progression drills (Partner Serve, Wall Drill, Target Drill) - **Forearm Pass:** Basics + drills (Partner Pass, Triangle Pass, Line Pass, Court Passing) - **Setting:** Basics + drills (Wall Sets, Partner Sets, Hand Sets)

Scrimmages & Mini-Games: - 4v4 mini games, rotating teams - Emphasize fun, skill, and teamwork

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UNDERHAND SERVE: The goal of serving is to have each player be able to successfully serve from the back line by the end of the season. At the beginning of the season, not all players will be able to do so and will be allowed to serve up (but not in front of the 10 foot line). Gradually move them back as they improve their serving ability. Also, some players will want to serve overhand. Teach them the proper overhand serve and let them try it. Use your judgment as to whether or not each play is physically able to serve overhand. We want them to experience success in serving whether it be overhand or underhand.

Underhand Serving Basics:

1. Start with the weight on the back foot and the ball held in the front of the toe on the hitting side.

2. Hold the ball in the non-hitting hand and hit the ball right out of the hand. (Do not throw up the ball when serving underhand!!)

3. Keep eyes focused on the ball until contact is made with the heel of the hand. Transfer weight from the back to the front foot as the arm swings to contact the ball.

4. Follow through with the hitting arm toward the top of the net. The hitting arm and back leg should be in line with the follow through.

OVERHAND SERVE: Some of the players will be ready to learn the overhand serve. You can encourage players to try overhand serving after they are consistently successful underhand serving. Some players will be interested, others will not.

Overhand Serving Basics:

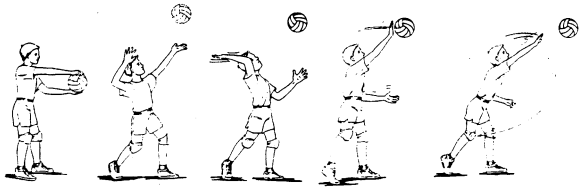
1. The front toe (opposite the hitting side) is pointed at the target area, and the weight is back on the opposite leg. The shelf hand holds the ball extended from the body at shoulder level in front of the hitting arm.

2. The elbow of the hitting arm is as high and far back and away from the shoulder as possible. The toss should be 12-18 inches above the shelf hand in front of the hitting shoulder.

3. Weight transfers forward as the shoulders and hips come through and the player prepares to contact the ball.

4. The heel of the hand should contact the ball with the arm full extended and the wrist stiff. (some players will want to use a closed fist. Try to discourage this.)

5. On the follow-through, the hitting arm should align with the hitting-side leg. The arm does not cross in front of the body after making contact.



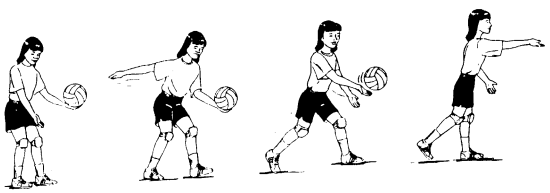
Serving Drills:

*Partner Up--One player on each side of the net at the ten foot line. Partners serve to each other- working on accuracy and form.

*Have players line up on the back line without a ball. Have them practice their form (1-4 above)

*Wall Drill--Tape a line on a wall about 6-8 feet high. tape another line on the floor about 15 feet from the wall and have players spread out behind it and work on underhand serving technique.

*Target Drill--As players improve their serving ability, this drill can be used to improve their accuracy. Have all players line up on one side of the net behind the serving line. Set up



several targets on the other side of the net (use towels, chairs, hoola hoops, etc.). Have players aim for each target.

*Deadfish Drill-- Split your team into two teams. They will be competing against each other, so make sure each team has at least one or two strong servers (although leaving it up to chance could yield some surprising results)! Make sure each player has a ball to start, or if you have the luxury of multiple ball carts for your court, you can give each side a ball cart. Each team will begin serving, and if the serve goes into the net or outside of the court, that player must go to the other side (where her/his teammates are serving) and lay on the court (I'm assuming, like a dead fish) until a teammate hits that player with their serve. If the player is hit, they are "rescued" and may return to their team's side and begin serving again. The game ends when one team (due to missed serves) runs out of servers and has a court full of dead fishes.

* Serve & Chase Game—First player in each group gets a ball. Blow the whistle and allow first player to serve. If the serve is placed successfully, the player sprints to retrieve the ball, returns and hands it to the next player in line so he or she can serve, then takes a seat behind the group. If the serve is hit out or into the net, the player must serve again. The first group to have all their players seated wins. The losing group must sprint or run laps.

*****Tic-Tac-Toe – break the opposite court into 9 quadrants, just like a tic-tac-toe board. Two teams serve and try to get 3-in-a-row before the other team.

FOREARM PASS: The forearm pass is a very fundamental element in volleyball. It is important that this skill is taught correctly at this level so that players can have this skill mastered as they continue to play volleyball..

Forearm Pass Basics:

1. Begin in a balanced ready position with the arms relaxed but extended away from the body. (knees bent, hands apart!!!)

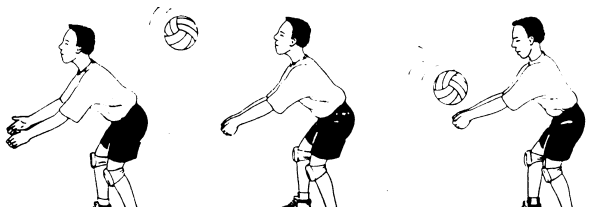
2. Join hands to form a flat surface with the forearms. It is important that the thumbs are together and pointed down to form a flat forearm platform.

3. When the ball contacts the arms, flex the legs. The arms follow through and direct the ball to the target. (don't jump off the floor).

Emphasize moving the feet first to get in to position before contacting the ball. The ball should contact the forearms between the elbow and the wrist on the flat surface. Some of the players will have red marks on their arm from hitting the ball. This is natural as they probably are not used to hitting with their forearms. The players should be in a low position and extend their arms away from the body when contacting the ball (they should not bend their elbows).

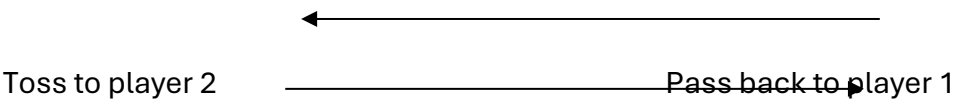




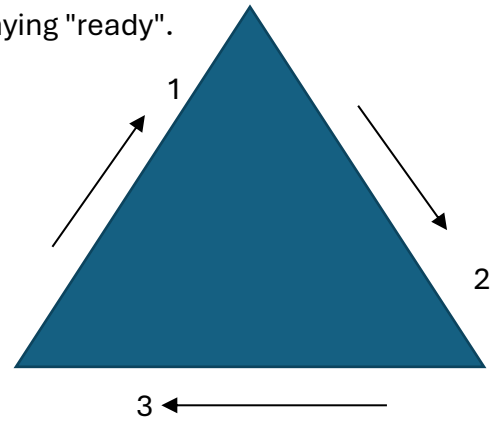


Forearm Passing Drills:

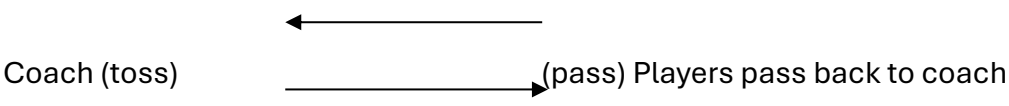
*Partner Pass-Players should pair up. Player 1 tosses the ball to Player 2. Player 2 will forearm pass the ball back to Player 1 who catches it. (Player 1 should not have to move for the ball.) Have each player complete 10 good passes.



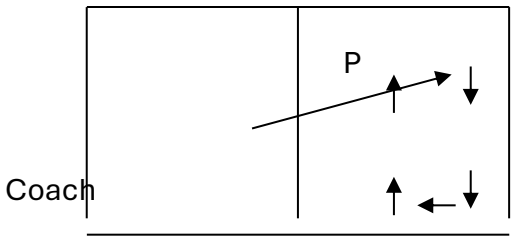
*Toss, Pass, Catch-Players form a triangle. Player 1 tosses to Player 2, who forearm passes to Player 3. Player 3 catches the ball and tosses to Player 1, who forearm passes to Player 2. The drill continues with the tosser saying "ball", the passer calling "mine" and the catcher saying "ready".



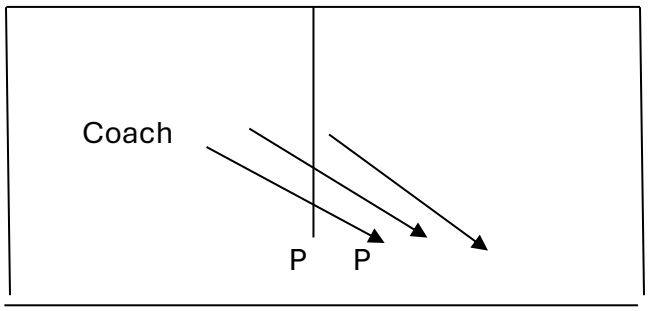
*Line Pass--Players line up single file in the middle back position. Coach is in the front middle position. Coach tosses the ball to the front player who forearm passes the ball back to the coach and then runs to the end of the line; coach then passes to next player, and the drill continues with each passer going to the end of the line.



*Court Passing-Player 1 sets up in the serving (right back) position. Coach is positioned on the other side of the net on a chair. Coach tosses Player 1 ball, Player 1 passes the ball over the net and then moves to middle back position, where she receive another ball, then moves to left back to receive another ball, then to left front to receive another ball to pass over the net, then moves to middle front, then to right front. This is a fast moving drill. Emphasize moving to the ball and passing it over the net.



*Double up--This drill helps players call the ball and open up to the back row. Players 1 and 2 line up in the left front and left back positions. Coach tosses a ball to Player 1, Player 2, or in between them. Player 1 has to call the ball or open up so Player 2 can get the ball.



*Shuffle Passing Drill

2 Balls, 3 people A B

X

A and B each have a ball. They will toss their ball to X, one at a time, X will pass and then shuffle back to receive another toss. 10x and switch Variations- from toss, down ball, hit, tipped ball Can do this with a forearm pass, overhead pass, dig, overhead dig, run thru, roll

*Butterfly Drill

Set players up on both sides of the net. You need a passer in the LB, target in the RF, and Server in the RB. Server sends ball to LB, LB passes to RF, RF catches the ball and moves to the RB to serve to the LB on the other side of the net. Everyone follows their ball.

Variations- ½ court throw, ½ court serve, full court throw/serve Pass, Overhead Pass, Pass a ball served deep, pass a ball served short You can work on your weak areas by targeting them during this drill

SETTING: Setting is also a very important skill in teaching the fundamentals of volleyball. Setting will not happen a great deal at this level, as the forearm passes are not always accurate and it is difficult to get a good set. You should still teach this skill and encourage players to set when playing in the front row if they get a good forearm pass passed to them. It is important to teach this skill so they have the opportunity to be introduced to all volleyball skills.

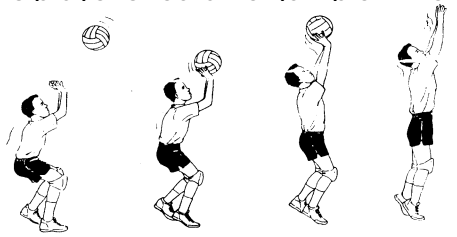
Setting Basics:

1. The ready position for setting is: the feet are staggered (right foot ahead of the left foot just a little), the weight is on the balls of the feet, and the hands are cupped above the forehead, locating the ball (index fingers and thumbs form a "triangle".)

2. The player should contact the ball in the middle of the forehead.

3. The player should contact the ball with the pads of the fingers, not the palms,

4. Players should try to square themselves to the target. As contact is made the player extends arms and legs up (the player should not jump or throw arms wide)



Setting Drills:

*Set to the Wall--Tape a line about 10-12 feet high on the wall. Tape another line on the floor about 6 feet from the wall. Have the players set the ball to the wall; trying to set above the tape.

*Hand Set-Have players lie on their back holding a ball in setting position above their head. Have them toss the ball up and catch it in a setting position. This drill will help players become less nervous about the set and help them get used to the hand position.

*Partner Set- done just like the forearm pass drill, except Player B sets the ball back to Player A

Practice Plan Example

Time	Drill	Comments
4:00-4:10	Warm up	Start with static stretching, then a quick sprint, and follow the leader Shag daddy Circle the wagon
4:10-4:20	Passing Drills	*5 minute drills.... Partner passing back and forth, focusing on control and proper form. 40 passes total. Box Passing: set out cones in a box shape, each player will be at a cone, with one player waiting behind a teammate. Start by passing the ball around the square accurately and at pace. Then get your players to follow their pass to the next cone. Butterfly passing: On each side of the court there should be at least 2 players in right back with balls, 2 players in left back whose job is to pass, and one setter in middle front. This drill requires that the two sides of the court work together simultaneously, creating a cycle of serving, passing, and self-setting. One server on each side will serve their ball to the passer in left back of the opposite side of the court. That player will pass the served ball to the setter on their side, who will set the ball to themselves and catch it. The setter will then take their caught ball and run to the back of the serving line on their side. Once they serve to the passer on the opposite side, they will follow their ball and run to the opposite side to pass. Essentially, players will be continuously moving in a cycle of serving, passing and setting. Passing game: Circle passing Separate into two teams. In a circle see how many passes you can keep up continuously.
4:20-4:22	Water Break	
4:22-4:40	Setting / Hitting Drills	Have a Seat : 2 partners sit cross legged about 8-10 feet apart from each other. They set the ball back and forth. This develops arm and wrist strength because the legs are taken out of the set. Great drill for young players because it helps develop their strength and coordination. Again, the idea is to get a high arcing lob on the ball and to get it to the target. This drill can be difficult because the players are sitting down. However, it is an excellent way to develop a young setter. Set with a sideways walk: Start with 2 players on each side of the net. The players should start by standing at the sideline facing each other. On the coaches signal, the players set a volleyball back and forth over the net. Between each set the players take a couple steps sideways toward the other sideline. The rest of the team can follow them. Once everyone has reached the sideline, repeat the drill back to the other side. Benefits This volleyball setting drill is more for beginning players. The whole team is able to get many repetitions setting the ball in a short amount of time. Hitting Lines: with coach tossing.
4:40-4:42	Water Break	Start setting up for mini games
4:42-4:55	Scrimmage	4v4 mini games. Rotate teams after a few minutes.
4:55-5:00	Cool Down	Stretch. Talk about what players learned. Maybe what you might work on next week. Any important information they may need to know (i.e. – upcoming games)

Coach/Parent Email Example

Hi Everyone,

I just wanted to take a minute to introduce myself and to let you know how excited I am to be coaching the [insert team] this [insert season]. The main focus with this team will be to have a ton of fun while we are working hard to learn the fundamentals, position discipline, and structure of the game while emphasizing teamwork and safety. Our practices will be on [insert days, times and location]. Please make sure that the boys/girls show up with water, knee pads and non-marking tennis shoes as well as having used the bathroom as the bathroom may or may not be open during practice times. I will provide the dates for release of the game schedule, pictures, etc… so you can add them to your calendars as soon as I have them. I have also listed the uniform requirements below. Pease let me know if your player will be absent from practice or a game as I try to plan my practices and game rosters at least a week in advance.

Also, please let us know if any of your kiddo has any medical issues or allergies that we should be aware and so we can communicate that info out for snack purposes. Lastly, would one you be willing to take charge of organizing the snacks for the games? If so, just let me know and I will provide your information to other parents so you can set up a schedule.

Mark your calendars:

1. **[Date]**- First Practice **(we will have a quick parent meeting after practice)**
2. **[Date]**- Game Schedule released (I will email out to everyone)
3. **[Date]**- Games Begin
4. **[Date]**-- Final Game (unless we have any make up games)

Uniform Requirements:

Loveland Youth Athletic Shirts (available at Mountain rentals)

Kneepads

Tennis shoes

Weather Cancellation:

www.teamsideline.com/loveland