

# Diocese of Cleveland CYO Coach's Meetings

*Giving the Very Best of Yourself!*

**Fall 2025**

**Volleyball**  
**Grades 5-6**

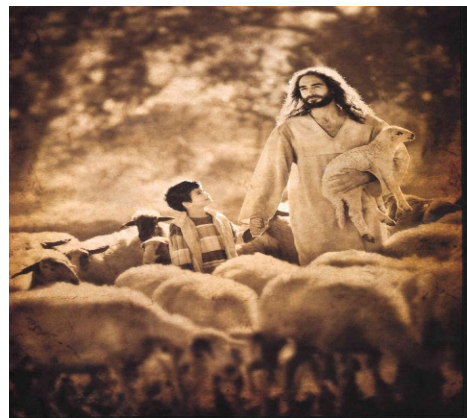




## **DIOCESE OF CLEVELAND CYO**

### **VOLLEYBALL COACH'S MEETING 5<sup>TH</sup> & 6<sup>TH</sup>**

1. Program Planner
2. Information on heat
3. Recertification Details
4. Line-up Cards
5. NFHS Rule Changes
6. Points of Emphasis
7. Team Formation & Strength
8. Team Conferencing
9. Postponements, Cancellations and Reschedules
10. Tournaments
11. Resources
12. Gratitude and Culture Prayer



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## DIOCESE OF CLEVELAND CYO GRADE SCHOOL VOLLEYBALL PROGRAM PLANNER - 2025



|           |       |  |
|-----------|-------|--|
| July      | 16    | In-person mandatory fall sports season coach's meetings, 6-9 p.m.<br>Akron Children's Hospital Sports Medicine,<br>215 West Bowery St., Akron, 44308 |
|           | 21    | Fall sports season opens, practices may begin, sanction event period begins  |
|           | 22    | 7 <sup>th</sup> & 8 <sup>th</sup> Grade Coaches Continuing Education<br>Location: TBA  |
|           | 23    | 7 <sup>th</sup> & 8 <sup>th</sup> Grade Coaches Continuing Education<br>Location: TBA  |
|           | 28    | Fall sports season early registration closes; regular registration begins, 9:00am  |
|           | 29    | In-person mandatory fall sports season coach's meetings, 6-9 pm.<br>Location: Notre Dame Cathedral Latin High School, 13000 Auburn Rd, 44024         |
|           | 30    | In-person mandatory fall sports season coach's meetings, 6-9 pm.<br>Location: Magnificat High School, 20770 Hilliard Blvd, Rocky River, 44116        |
|           | 31    | 7 <sup>th</sup> & 8 <sup>th</sup> Grade Coaches Continuing Education<br>Location: TBA  |
| August    | 4     | Fall sports season regular registration ends, 9:00am   |
|           | 5     | Team fee payments and fee summary due<br>Last day to enter teams' blackouts  |
|           | 9     | Coaches Development Program - St. Basil the Great (Parish Hall) 9:00 am<br>8700 Brecksville Rd, Brecksville, 44141                                   |
|           | 11    | Deadline to add athletes and coaches to rosters, 9:00am  |
|           | 12    | Coaches Development Program - Holy Family-Stow, 6:00 pm.<br>3179 Kent Rd., Stow, 44224   |
|           | 15    | Fall sports season schedules available on CYO website  |
|           | 18    | Coaches Development Program - St. Jude 6:00 pm.<br>594 Poplar Street, Elyria, 44035  |
|           | 23    | Fall sports regular season competitions begin  |
| September | 13-14 | Parents and VIP Weekend  |
|           | 21    | Team Mass Sunday   |
|           | 27-28 | Officials Appreciation Weekend<br>6 <sup>th</sup> -8 <sup>th</sup> Grade Regular Season Games End  |
| October   | 3     | Diocese of Cleveland Volleyball Tournaments Begin  |
|           | 20    | Diocese of Cleveland CYO Volleyball Championship   |
|           | 27    | Fall sports season ends  |

## CYO VOLLEYBALL LINE-UP CARD

TEAM: \_\_\_\_\_ GRADE: \_\_\_\_\_ COACH: \_\_\_\_\_

DATE: \_\_\_\_\_ GP(s) NAMES: \_\_\_\_\_

| SET #1      |                  |
|-------------|------------------|
| CIRCLE ONE: | SERVE    RECEIVE |
| SERVE ORDER | PLAYER NUMBER    |
| I           |                  |
| II          |                  |
| III         |                  |
| IV          |                  |
| V           |                  |
| VI          |                  |

| SET #2      |                  |
|-------------|------------------|
| CIRCLE ONE: | SERVE    RECEIVE |
| SERVE ORDER | PLAYER NUMBER    |
| I           |                  |
| II          |                  |
| III         |                  |
| IV          |                  |
| V           |                  |
| VI          |                  |

| SET #3      |                  |
|-------------|------------------|
| CIRCLE ONE: | SERVE    RECEIVE |
| SERVE ORDER | PLAYER NUMBER    |
| I           |                  |
| II          |                  |
| III         |                  |
| IV          |                  |
| V           |                  |
| VI          |                  |



## CYO VOLLEYBALL LINE-UP CARD

TEAM: \_\_\_\_\_ GRADE: \_\_\_\_\_ COACH: \_\_\_\_\_

DATE: \_\_\_\_\_ GP(s) NAMES: \_\_\_\_\_

| SET #1      |                  |
|-------------|------------------|
| CIRCLE ONE: | SERVE    RECEIVE |
| SERVE ORDER | PLAYER NUMBER    |
| I           |                  |
| II          |                  |
| III         |                  |
| IV          |                  |
| V           |                  |
| VI          |                  |

| SET #2      |                  |
|-------------|------------------|
| CIRCLE ONE: | SERVE    RECEIVE |
| SERVE ORDER | PLAYER NUMBER    |
| I           |                  |
| II          |                  |
| III         |                  |
| IV          |                  |
| V           |                  |
| VI          |                  |

| SET #3      |                  |
|-------------|------------------|
| CIRCLE ONE: | SERVE    RECEIVE |
| SERVE ORDER | PLAYER NUMBER    |
| I           |                  |
| II          |                  |
| III         |                  |
| IV          |                  |
| V           |                  |
| VI          |                  |

## NFHS RULES CHANGES



4-2-1h(3), 4-2-1i(2): Team members may wear black, white or gray undergarments in addition to undergarments that match the predominant color of the uniform top/bottom under the uniform top and/or bottom.

9-4-8c (NEW): Eliminates the judgment call of a multiple contact fault in a single attempt to play the ball on the second team hit if the ball is next contacted by a teammate.

Rationale: The second team contact when directed to a teammate has been added to the list of times when multiple contacts (more than one contact by a player during one attempt to play the ball) are allowed. If the ball is directed into the plane of the net or goes over the net with multiple contacts and next contacted by an opponent a fault has occurred. Allowing multiple contacts on the second team contact that is next contacted by a teammate eliminates the judgment call when no advantage is gained.



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# DIOCESE OF CLEVELAND CYO

## POINTS OF EMPHASIS

### 2025

#### **BLACKOUTS**

- Member Athletic Director requests through the team registration process.
- **Blackouts are to be submitted by your Athletic Director by August 5.**
- Requests must include the date, time, and reason
  - Minimum amount of “blackout” time needed.
  - Detailed description of the reason for the request.
- Rank order priority:
  - Religious events for athletes – Sacraments, Rehearsals, Retreats, etc.
  - School academic events for athletes – Science Fair, Music/Writing Competitions, etc.
  - **Coach’s personal conflicts, or dates without a description will not be honored.**

#### **OFFICIAL TEAM**

1. An official team will be a minimum of 6 players on a roster.
  - a. In all divisions, a team may begin a match with 5 players.
    - i. If a 6<sup>th</sup> player arrives after a set has begun, they will enter the 6<sup>th</sup> position.
  - b. 6<sup>th</sup> grade
    - i. When a team plays with fewer than 6 players, then a loss of serve and rally point is awarded to the opponent each time a vacant position rotates to serve in the right back position.
    - ii. The vacant position remains open when rotating to the front row.
  - c. 5<sup>th</sup> grade
    - i. There is no penalty assessed for playing with fewer than 6 players.
    - ii. When a team plays with fewer than 6 players, it is encouraged that the team play 3 players in the front row and 2 players in the back row.

#### **EQUIPMENT & UNIFORMS**

- Hair adornments may be worn.
- Kneepads must be worn.
- Small and secure stud or post jewelry can be worn.
- Uniform tops no longer must be solid. Uniform bottoms must be like-colored, but multiple styles are allowed.
- Undergarments: Predominant color of the uniform top/bottom, black, white or gray.
- Ball: Volley-Lite
- Teams bring their own warm-up balls.

#### **PRE-CONTEST COACHES RESPONSIBILITIES**

- Provide a qualified line judge. (Rules Page 5)
- Please complete the scoresheets by writing the athlete’s entire first and last name with their jersey number in numerical order.
- Provide Lineup Cards to the Official.
  - Regular season matches assigned one official
  - Indicate the playing captain with a “C” next to the player’s number on the lineup.

#### **TIME OUTS**

- Time-out requests by the head coach or playing captain may be signaled or verbalized. This change allows for a verbal signal to be recognized when hand signals are not seen.

## **PARTICIPATION & ELIGIBILITY**

- A player on a CYO team MAY participate in two different leagues (i.e. JO, City league) during the CYO season
- 5 & 6 Grade
  - 12 or fewer athletes: Must have every player start a set
  - 13 or more athletes: Must substitute for number of players over 12 when either team reaches the 12<sup>th</sup> point in set #1.
  - One full, 6 position rotation.
  - Must serve by the end of the second set.
  - No substitutions will be permitted until each new starting player has met their 6 position participation requirement. A substitute, non-starter, is not required to play a full 6 position rotation when entering the set.

## **GAME & TIME LIMITATIONS**

- Teams failing to appear with the required number of players within 15 minutes after the scheduled starting time of a contest shall forfeit the game as declared by the assigned contest official.

## **GUEST PLAYER RULE**

If a team has less than 7 athletes at a match, a guest player may be moved from the member's other CYO volleyball team(s) to fill the positions at the start of a match under the following restrictions:

- The same individual may be moved as a guest player for no more than two (2) matches during the season.
- The guest player(s) must meet the minimum participation requirement.
- Guest player movements are to be reported on the following forms before the competition begins:
  - Volleyball Score Sheet - list the guest player's name after all of the athletes on the official team roster and put "GP" next to their name.
- Guest player playing restrictions:
  - If the guest player is the sixth player on the roster, they must be positioned in the 6<sup>th</sup> serving order.
  - If the guest player is the seventh player on the roster, they cannot start the first set.
  - If a team is using a guest player, they cannot have more than 7.
- Guest players cannot be used for Sanctioned Events, CYO championship competitions.

## **SCORING**

- 6<sup>th</sup> Grade
  - Set 1 & 2: 25 points, no cap, win by 2.
  - Set 3: 15 points, no cap, win by 2.
- 5<sup>th</sup> Grade
  - Set 1 & 2: 25 points, cap at 29, win by 2 or first to 29.
  - Set 3: 15 points, cap at 20, win by 2 or first to 20

## **SERVICE**

- 6<sup>th</sup> Grade Division
  - 5 consecutive points
  - 6 ft. in from the end-line from sideline to sideline
- 5<sup>th</sup> Grade Division
  - 4 consecutive points
  - 6 ft. in from the end-line from sideline to sideline

## **WARM-UP PROTOCOL**

1. Total warm up time is 10 minutes
  - Five (5) minutes- Visiting team practices on the full court, including serves
  - Five (5) minutes- Home team practices on the full court, including serves



2. Site Directors and Officials may not adjust warm-up time without permission from the Head Coach of each team.
3. Teams can shag the balls for their opponents during warm-ups.

### **CAUTION AND DISQUALIFICATION**

#### **Rule 9 -**

A. *Teams are expected to conduct themselves in a manner that the game officials and CYO administration feel shows respect and dignity towards its opponent.*

1. *To help give all athletes the opportunity to play, CYO encourages coaches to make appropriate decisions when leading by 15 points or more.*
2. *Celebrations that do not uphold the dignity of the opponent are prohibited.*

Examples:

- 1) If one team has a significant skill advantage over their opponent, they should NOT say an “ace cheer”.
- 2) If a player misses their serve, the opposing team should not “Wooo”.

#### **Coaches are responsible for the conduct of the parents and fans of their team.**

- B. Athletes, coaches, parents, and fans who have been ejected, asked to leave, or removed by Officials or CYO personnel must depart immediately. If they refuse to leave the premises immediately, one week is added to their suspension. Their suspension begins the next day, with no option to appeal. There may be additional consequences and disciplinary actions for those individuals as stated below and in Bylaw 10.
- C. Anyone besides the coach or athlete on the team that enters the court or field of play is immediately suspended for one week and may be suspended for a longer time as determined by CYO Administration.
- D. Athletes who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for seven days including sanctioned events. They may not be on the premises of the next CYO scheduled game of any grade and may not attend or participate in any sanctioned event games during the seven-day period.
- E. Coaches who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practice or CYO games for fourteen days including sanctioned events. They may not attend or be on the premises of the next two CYO scheduled games of any grade and may not attend any sanctioned event games during the fourteen-day period.
- F. Parents or fans who are ejected, asked to leave, or removed from an athletic event are automatically prohibited from attending any practices or CYO games for twenty-one days including sanctioned events. They may not attend or be on the premises of the next three CYO scheduled games of any grade and may not attend any sanctioned event games during the twenty-one-day period.
- G. Athletes, coaches, parents, or fans who are ejected, asked to leave, or removed from an event for a second time are not permitted to attend any competitions for the remainder of the season, including tournaments.
- H. Coaches ejected, asked to leave, or removed from an event for the second time in the same season will immediately surrender their coach’s credential to the Site Director or Member Administration.



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## TEAM FORMATION & STRENGTH

For teams in Grade 5 the team strength rating is not utilized.

For teams in Grades 6 the team strength is utilized.

### 5<sup>TH</sup> GRADE:

- Strength is not a factor.
- If a member sponsors more than 1 team at that grade level, the teams must be balanced.
  - This may require that athletes who have played together before may need to be placed on separate teams.

### 6<sup>TH</sup> GRADE:

- Teams may be balanced or split by skill level.
- Strength **must** be identified
  - Gold – Stronger skill level
  - Silver – Average skill level
  - Bronze – Weaker skill level
- If a member sponsors more than 1 team at that grade level, the teams can be balanced **or** split by strength.
- Strength should be used as an external ranking. It reflect how strong your team is compared to ALL teams at that age and grade level. You can have more than 2 teams at any level.

## TEAM CONFERENCING

### 5<sup>TH</sup> GRADE CONFERENCING:

- Teams are placed in conferences based upon member location.

### 6<sup>TH</sup> GRADE CONFERENCING:

- Teams are placed in conferences by first by strength then by location.

## SCHEDULE CHANGES

 NOT ALLOWED BY ATHLETIC DIRECTOR OR COACHES

 CYO ADMINISTRATION ALONE HAS AUTHORITY

 INCLEMENT WEATHER OR FACILITY ISSUES

- SAFETY OF ALL IS PRIMARY CONCERN
- CHECK THE FOLLOWING

- MAIN PAGE OF SCHEDULE WEBSITE
- INSTAGRAM (@CYOSPORTSDOC)

## TOURNAMENTS

- Tournaments will be held in the 6<sup>th</sup> grade division.
- **Athletic Directors must** register teams for the tournament.

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## Coaching Styles that Take the Fun Out of Sports

By Kristen Gostomski, CFSC

According to a poll taken by The National Alliance for Youth Sports, 70% of kids quit sports by the age of 13. The No. 1 reason? It isn't fun anymore.

For either competitive or recreational athletes, the first priority is that kids enjoy practices and games so they want to return the following season. That means training and playing have to be fun. Fun and competition can go hand-in-hand. While sports can be physically and mentally demanding as well as competitive, kids can be having fun.

***A youth coach is a teacher, a mentor, and a role model who has the power to shape lives—for good or bad—and to leave a mark in the memories of young athletes.***

Based on my experience of consulting with young athletes and their parents, the following coaching styles can contribute to kids feeling a lack of enjoyment in sports.

As an ultra-competitive youth sports coach and parent of youth athletes I have behaved—at one time or another—in some of the ways described below. These coaching descriptions are not meant to judge. As coaches, we all have work to do. The key is to recognize when we're acting in ways that may be detrimental to children, and work to change.

**The Dull Coach:** Coaches who run boring, unchallenging practices with a lot of standing around and little emphasis on development or competition. The Dull Coach gives long explanations and directions, runs exercises that require athletes to stand in lines, and concentrates primarily on game situation drills with little focus on individual development. The dull approach can lead to a lack of effort and engagement—especially from the most competitive and athletic players.

**The Over-Coaching Coach:** Coaches who give excessive input to their athletes and make all of the decisions for their players. The Over-Coaching Coach will correct every swing at the plate, position every movement on the field, and give constant feedback in practices and games. This coaching style makes it impossible for athletes to think and react for themselves, leading to a lack of both mental and physical development. The over-coaching approach can be debilitating for an athlete and very difficult to overcome, even after moving on to a new coach.

**The Win-At-All-Costs Coach:** Coaches who will sacrifice the physical and emotional development and welfare of their players to win games. Perhaps the most destructive coaching style is the Win-At-All-Costs Coach. This coach will over-pitch the best pitcher, rarely play the reserves, waste valuable practice time working on set plays over developing long-term athleticism and belittle struggling players. This coaching style leads to anxious and burned out athletes. The win-at-all-costs approach can also damage young brains and negatively impact the mental health of players well into adulthood.

### **Focus on Long-Term Athletic Development over Short-Term Success**

An important responsibility of a youth coach is to develop athletes—physically, mentally, and emotionally—in an age-appropriate context, with a vision toward long-term athletic development.

Today's youth sports culture is misguided in the way of evolving athletes. Parents and coaches sometimes demand—at an early age—that kids quit other sports they love to focus on intense, specialized year-round training for a single specific sport. The problem with early specialization is that kids miss important steps in the process of development. In the early years, learning and growing fundamental movement skills is more important than sport-specific skill development. Studies support kids engaging in free play and multiple sports early in order to develop coordination, speed, quickness, and general athleticism—all skills which eventually lead kids to reach their full athletic potential.

## Running a Practice - Use a Practice Plan CYO

Volleyball is a game that is constantly on the go and you need to make sure your players are in great shape. They won't like taking the time during practice for conditioning, but it will improve their game performance. Keeping the players moving while having the right amount of instruction is key. Take enough time during practice to make certain that proper instruction is given.

Here is a model of what should be done during each practice. There are five key elements to running a great practice: Warm-up/Conditioning, Technical Training, Tactical Training, Competition, Cool Down and Communication. Below is an example of each as it relates to volleyball.

- **Warm-up/Conditioning**
  - Start with Static Stretching: Legs, Arms, Neck, Ankles, Torso
  - Light movement warm up: Jog to net, Skip front and back, Slides, Kicks, Soft toe jumps
  - Ball Control practice: Toss with a partner, Toss then pass, Toss then Set, Table-top self pass, Self set
  - Short sprints, Back pedal
  - Water Break – coach explains practice goals for the day
- **Technical Training**
  - Working on a specific individual skill: Passing, Serving, Hitting, Setting, Receiving Serves, Blocking, etc.
  - Run drills to support the Technical Skill for the day
    - Demonstrate and instruct properly first
      - It takes only doing something wrong twice to create a bad habit, and 14 times to develop a good habit; and 39 times to break a bad habit.
      - Repetition is important to skill development. Keep players moving – set up several stations of the same drill(s).
    - Try to provide constant correction and reinforcement to develop good technique.
  - Set a goal for each player to achieve in accomplishing the skill
- **Tactical Training**
  - Developing team play and game situation skills: Covering a passer, Court positioning, Watching your opponent with the ball, How to recognize a Free Ball, etc.
  - Run game situation drills that require playing the ball back over the net.
  - Split the team into Offense and Defense and run “wash style” drills.
    - If possible, have an assistant toss/throw/hit the ball into play
    - Create a challenge and keep score; i.e. scoring 5 points in 5 minutes.
- **Competition**
  - Playing Volleyball related games to hone learned skills
    - Short court, Deep court, Split court 3 on 3, Spot serving, Dead Fish, Bingo-Bango-Bongo, etc.
    - Keep the competitions fun! Throw in some little “coach’s twists” on the game.
  - Avoid playing strong players versus weaker players games.
- **Cool down and Communication**
  - 10 serves, keeping track of how many good serves out of 10 are made. Set a team percentage goal for this every day.
  - All team members to put away equipment
  - A jog lap around the court/gym, followed by stretches
  - Coach critiques and praises during stretches
  - Coach listens for questions, provides feedback
  - Coach presents a final message (info, what’s next, etc.)
  - Team cheer

## Practice Time Tips:

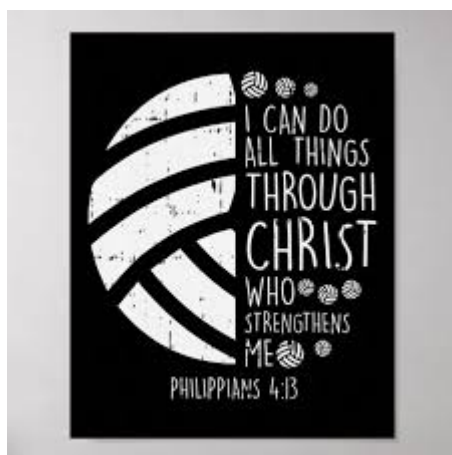
- PREVENT INJURIES! Give ample rest and water breaks.
- If you are the first practice in the gym, have the team arrive 10 minutes early to help set up the net(s), get changed and do their Static Stretches, before practice starts.
- If the gym is in use ahead of you, have the players arrive 10 minutes early, get changed and stretch in the hall, beforehand.
- Have, more than one volleyball for each player. Two carts are ideal. Gathering volleyballs takes time away from practice.
- Make out your practice plan at least a day in advance.
- To prevent injury, make sure the gym floor is clean and dry.
- Stay on task and on time for practice. Players like structure. Carry a whistle and a watch, preferably with a stopwatch.
- Never interact with parents before, during, or after a practice if there are players around.

## Typical Practice Timings:    1 hour            1.5 hours            2 hours

|                      |          |          |                    |
|----------------------|----------|----------|--------------------|
| Warm-up/Ball Control | 8 mins.  | 10 mins. | 10 mins.           |
| Technical Training*  | 15 mins. | 22 mins. | 40 mins.(2 skills) |
| Tactical Training    | 15 mins. | 22 mins. | 30 mins.           |
| Competition          | 10 mins. | 21 mins. | 25 mins.           |
| Cool Down            | 8 mins.  | 10 mins. | 10 mins.           |
| Communcation         | 4 mins.  | 5 mins.  | 5 mins.            |

\* Devote more Technical Training time to younger/new players.

Final Note: Make sure, especially at the younger ages, that players are having fun. It is ok to be tired after practice, as long as they leave the gym with a smile. That's what keeps them in volleyball programs for years to come.



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# CYO VOLLEYBALL

## Basic Player and Team Expectation Guidelines by Grade Level

|        | Player Fundamentals  | Team Skills  | Game Intelligence   |
|--------|--|--|---|
| Gr 2/3 | Execute Forearm Pass<br>Execute Underhand Serve<br>Learning Shuffle steps  | Learn to move to the ball<br>Learn to call the ball; "mine" "in/out"<br>How to rotate around the court   | Understanding Rally Scoring<br>Knowing 3 hits on a side<br>Learning playable areas, antennas, lines, ceiling, serving, etc.                   |
| Gr 4   | Consistent Serving<br>Execute other types of passes  | Passing to other teammates<br>Serve Receive movement and back-up   | Learn court numbers & positions<br>Understanding faults; net, double & prolonged contact, etc.  |
| Gr 5   | Passing to target (setter)<br>Execute good footwork<br>Execute Overhand Serve  | Developing 3 touch play<br>Area serving; short and deep<br>Calling "off/go/open" in zone coverage<br>Playing from 'base' position                      | Understand the differences of offense, defense, & transition<br>Seeing opponents through the net<br>Learning where to hit the ball            |
| Gr 6   | Execute Spot Serve<br>Consistent setting technique<br>Execute Hitting-the-floor coverage<br>Execute 'roll-shot' attack | Develop full approach hitting/tipping<br>Playing without the ball, & playing a "Free" ball<br>Back row hitting<br>Active communication between players | Learn to read hits for pass or dig<br>Understand front/back row movement<br>Understand net hitting zones<br>How to find the opponent's setter |
| Gr 7   | Execute 'deep-push' attack<br>Consistent zone serves<br>Execute good blocking technique                                | Covering the hitter and blocker<br>Introduce types of serves; float, cut, top-spin, etc.<br>Out of System play for score                               | Reading opponent offense & defense<br>Recognizing when to adjust your play  |
| Gr 8   | Execute Jump Serve<br>Execute good read and release<br>Consistently hitting different shots                            | Develop hitting combinations & plays<br>Develop single and double blocking strategy<br>Calling out opponent blockers and hitters                       | Identifying each opponent's position<br>Learn the habits of your opponents<br>Learn to add-value with every rally.                            |

This information is being provided as a suggested benchmark for your players and team. Each subsequent grade level builds on the previous. It is also intended as an evaluative tool for gauging the progress of your team throughout the season. Understandably, with the short season and limited practice times, your may not be able to accomplish every expectation provided herein. Please see this only as a guide on the sliding scale of team development.

## VOLLEYBALL STUDY GUIDE



### THE GAME

Volleyball is a game played by two (2) teams of six (6) players each. One team serves the ball over the net, trying to make the ball land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area. The team that has caused a side-out to occur will have their players rotate in a clockwise manner before serving the ball. The receiving team stays in current position.

### THE COURT

The court is 60 feet in length and 30 feet wide. A center line, parallel to the end lines, shall separate the court into two equal playing areas of 30 feet by 30 feet. The spiking line is 10 feet from the net. The net is set at different heights for play: Women: 7 feet 4 ¼ inches Men: 8 feet

### SCORING

Rally scoring is used in volleyball; therefore either the serving team or the receiving team can score a point. A point shall be awarded to a team when its opponent fails to return the ball in a manner prescribed by the rules. During P.E. class, a game of volleyball is played until a team scores 21 points and has at least a 2 point advantage. Winning two of three games gives a team the match.

### RULES

When serving, the server must remain behind the service/baseline until the ball is contacted. The ball may be served either underhanded or with an overhead serving motion.

During a play (not on the serve), if the ball hits the ceiling (or anything else up above) and comes back down on the same side, it is playable. But, if the ball hits something up above and goes over the net to the **other** side, it is a dead ball. On a serve, if the ball hits the ceiling (or anything else up above) – it is a fault and the other team receives a point.

If the ball hits the net on the serve and goes over, it is a good serve. If the ball hits the net and goes over during a volley back and forth between the two teams, it is playable. Therefore, any ball that hits the net, goes over the net, and will land in-bounds is considered good and should be played.

A ball landing on the line during a game is good.

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### GENERAL PLAY

The serve should be received with a bump (underhand pass). A player may not hit the ball twice in a row unless the first hit is off a block or a spike. The ball may be hit with any part of the body above and including the waist. A team may contact the ball a total of three (3) times before it is sent over the net. A block is not counted as one of the three allowable hits. If two or more players on the same team contact the ball simultaneously, it is considered one hit, and players involved may hit the ball again. This next hit is counted as an additional contact for that team.

**One of THE most important things to do is to be sure you are in position to play the ball!** In other words, get your body behind, and under, the ball before attempting a bump or set whenever possible!

### NET PLAY

A player may not contact the net during play. As mentioned earlier, the ball contacting the net during a serve is playable. Reaching over the net to block a ball travelling toward the net from a spike is legal. A player may not reach over the net and block a ball being set by the opposing team. A back row player may not block or spike at the net, but may spike a ball when behind the 10 foot line.

### SERVE RECEPTION



CF: Center Front: This player is the setter. Usually, they will make the second hit, which is called a set to the front line players to either spike or hit it over the net.

LF/RF: Left / Right Front: These players receive short serves and are prepared to spike or hit the second or third hit over the net.

CB: Center Back: This player covers the middle playing area of the court.

LB/RB: Left/Right Back: These players are responsible for covering all balls hit deep in the court, including those hit behind the center back player.

### FAULTS/Violations

Anything that is done which is against the rules in volleyball or causes the play to end (and a point is awarded). Here are some examples of faults in the game of volleyball:

When the server steps over the line when s/he serves (foot fault). Any ball that lands out of bounds.

The same player hitting the ball two times in a row. A serve that doesn't make it over the net.

When a player touches the net with any part of their body or clothing. When a player steps over the dividing line (real or implied) under the net.

When a player reaches over the net to contact a ball that is being set by the other team.

When a served ball comes into contact with anything that is considered out-of-bounds (e.g. bleachers, wall, pole, ceiling, basketball hoops).

Contacting the ball below the waist without having hands connected. Lifting or carrying the ball.

A back row player spiking the ball from a front row position. Using more than three hits to get the ball over the net.

A ball that hits the ceiling and then goes over to the other teams' side.

## TERMS

**ACE:** An uncontested serve (no one touches it) that lands in bounds.

**BLOCK:** A defensive play attempting to block or stop the returning ball over or near the net.



**BUMP:** Also called the forearm pass; An underhand pass hit with your forearms when the ball is below your shoulders; used to receive the serve.



**DIG:** A one-handed save.

**DRIVE:** A one-handed hit made over the head, using the heel of the hand; used when playing in the front row to send the ball in a straight line across the net; feet remain in contact with the ground (no jumping)

**END LINE:** The line at the back of the court, marking the boundary line; where a server must stand behind when serving

**FOOT FAULT:** To step over the service line (endline) while serving the ball.

**MATCH:** The team that wins two out of three games.

**POINT:** A point scored by the serving team (1 point at a time). **ROTATION:** Shifting positions clockwise before the next serve.

**SET:** A pass, higher than the net, usually the second hit, used to pass the ball to a spiker/hitter in the front row.

**SIDELINE:** The lines on the side of the court; marking the boundary of the court

**SIDE OUT:** Ending the teams' right to serve, following a rule infraction.

**SPIKE:** A ball hit with great force from a height above the net.

**TIP:** A fake spike

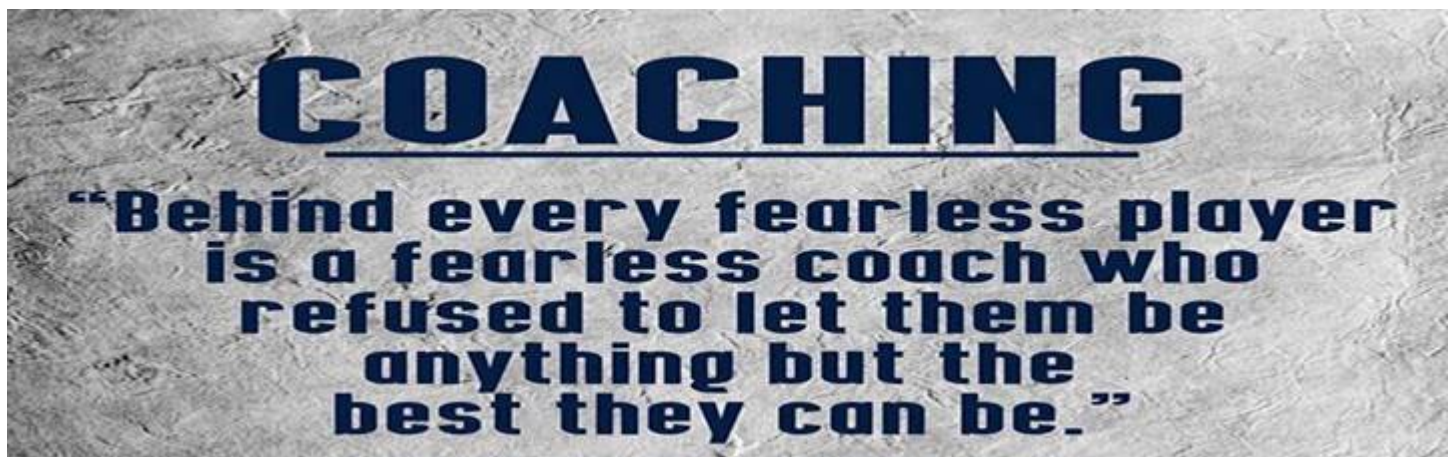
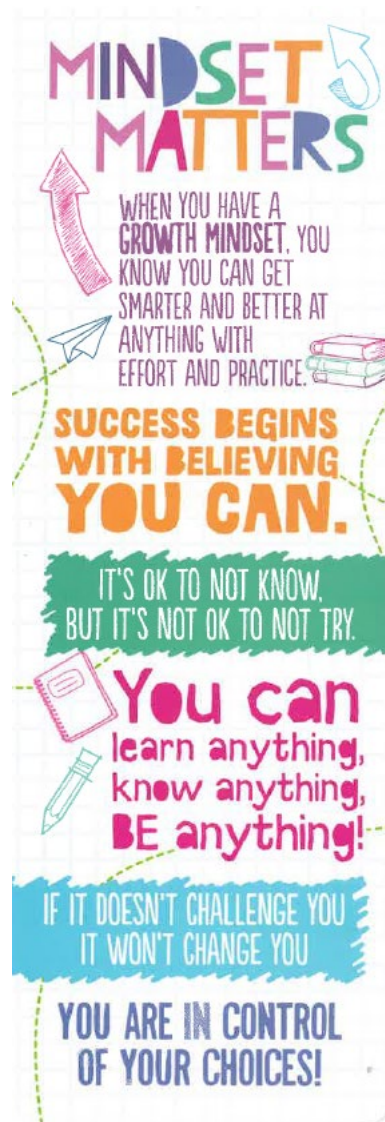


**CYO inspires young people to know God, to love God, and to serve God through athletics.**

| CHANGE YOUR WORDS,<br>CHANGE YOUR<br>MINDSET |  |
|--|--|
| INSTEAD OF SAYING THAT                       | SAY THIS!  |
| IT'S TOO HARD.                               | I'LL KEEP TRYING.                                |
| I CAN'T DO THAT.                             | HOW CAN I GET BETTER AT THAT?                    |
| I GIVE UP.                                   | I WILL KEEP WORKING!                             |
| I'M AFRAID I'LL MAKE A MISTAKE.              | MISTAKES ARE HOW WE LEARN BEST.                  |
| THEY'RE SMARTER THAN ME.                     | WHAT CAN I LEARN FROM THEM?                      |
| THIS IS HARD.                                | THIS MAY TAKE SOME TIME AND EFFORT.              |
| I'M A FAILURE.                               | I CAN LEARN FROM MY MISTAKES.                    |
| I DON'T GET IT.                              | WHAT AM I MISSING?                               |
| I HATE TO BE WRONG.                          | IS THIS REALLY MY BEST WORK?                     |
| I DON'T LIKE OTHERS TO DO BETTER THAN ME.    | I'M GOING TO FIGURE OUT WHAT THEY DO AND TRY IT! |

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*A transformational coach views winning as an outcome, not a priority, and puts the focus on helping athletes grow and reach their full potential, beyond just sports. On the opposite side, a transactional coach is someone who makes winning the ultimate goal and is less concerned about the overall experience.*

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## CYO GRATITUDE

Coach complete the following sentence: *One thing that I am grateful for receiving this evening is...*

## Closing Prayer



St. Teresa of Avila (1515–1582)

*Christ Has No Body*

**Leader:** In the name of the Father, and of the Son, and of the Holy Spirit.

**All: AMEN**

Christ has no body but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
Compassion on this world,  
Yours are the feet with which he walks to do good,  
Yours are the hands, with which he blesses all the world.  
Christ has no body now but yours!

Amen!