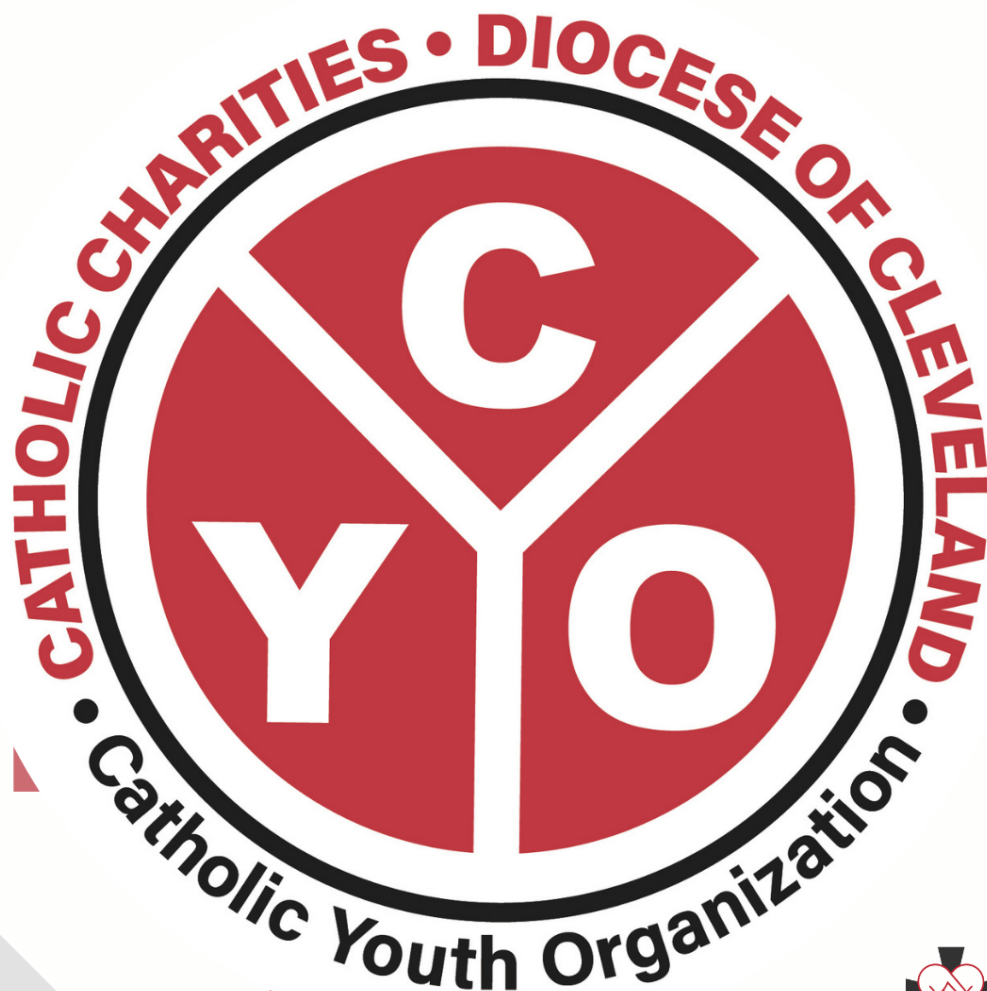


VOLLEYBALL GR 1-4

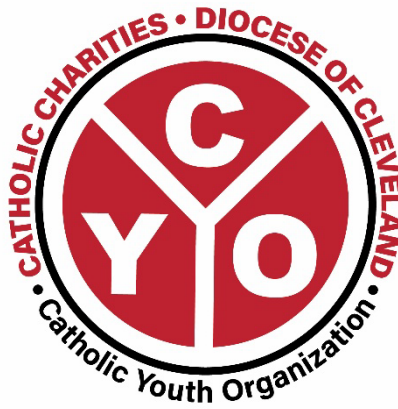
COACHES MEETING

FALL 2026

The Way We do Things Here



ccdacle.org/cyo



DIOCESE OF CLEVELAND CYO VOLLEYBALL COACH'S MEETING

1. Program Planner
2. Points of Emphasis
3. Team Formation & Strength
4. Team Conferencing
5. Tournaments
6. Sanctioned Events
7. Resources
8. Gratitude and Prayer

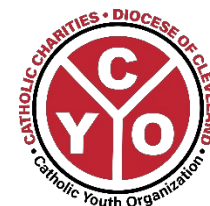


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DIOCESE OF CLEVELAND CYO GRADE SCHOOL VOLLEYBALL PROGRAM PLANNER - 2026



July	13	Coaches Development Program - Seton Catholic School Gym, 6:00 pm 6923 Stow Rd, Hudson, 44236
	18-21	Dick's Sporting Goods Shop Days
	20	Fall sports season opens, practices may begin, sanction event period begins
	22	In-person mandatory fall sports season coach's meetings, 6-8 pm Location: Walsh Jesuit High School, 4550 Wyoga Lake Rd. Cuyahoga Falls, 44224
	27	Fall sports season early registration closes; regular registration begins, 9:00am
	28	In-person mandatory fall sports season coach's meetings, 6-8 pm. Location: Beaumont High School, 3301 N Park Blvd, Cleveland Heights, 44118
	29	In-person mandatory fall sports season coach's meetings, 6-8 pm. Location: Magnificat High School, 20770 Hilliard Blvd, Rocky River, 44116
August	3	Fall sports season regular registration ends, 9:00am
	4	Team fee payments and fee summary due Last day to enter teams' blackouts
	5	Coaches Development Program - Gesu (Gym) 6:00 pm 2470 Miramar Blvd, University Heights, 44118
	8	Coaches Development Program - St. Ambrose Gym, 9:00am 929 Pearl Rd, Brunswick, 44212
	10	Deadline to add athletes and coaches to rosters, 9:00am
	14	Fall sports season schedules available on CYO website
	18	Coaches Development Program - St. Jude 6:00 pm. 594 Poplar Street, Elyria, 44035
September	22	Fall sports regular season competitions begin
	12-13	Parents and VIP Weekend
	20	Team Mass Sunday
	26-27	Officials Appreciation Weekend 6 th -8 th Grade Regular Season Games End
October	2	Diocese of Cleveland Volleyball Tournaments Begin
	10-11	1 st -5 th Grade Regular Season Games End
	18	Diocese of Cleveland CYO Volleyball Championship
	25	Fall sports season ends

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CYO Volleyball Continuous Rotation Serving Order



Team: _____

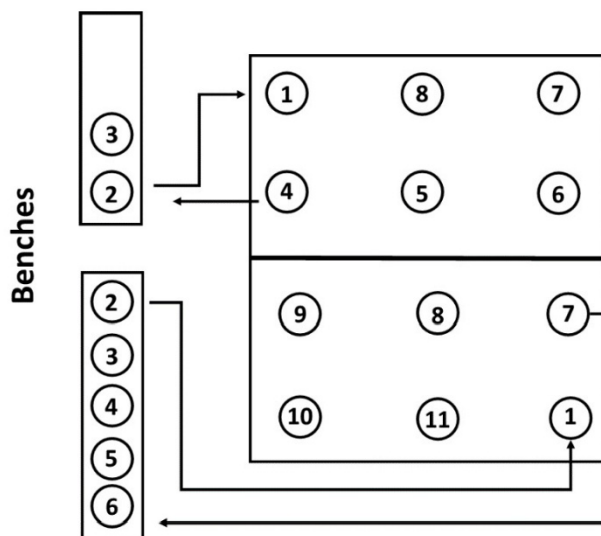
Head Coach: _____

Grade: 1 2 3 4 Conference: _____

Location: _____ Date: _____

Circle One: **Serve** **Receive**

Match Serve Order	Jersey Number
I	
II	
III	
IV	
V	
VI	
VII	
VIII	
IX	
X	
XI	
XII	
XIII	
XIV	
XV	



- Used for 1st-4th Grades
- List athletes in **serving** order
- Starting athletes are the 1st server and the last 5 servers.
- Only needed for Set 1
- Found on the website on the Documents and Forms Tab of Volleyball: Grade School

NFHS Rules Changes



6-4 penalties 1c (new), 12-2-8b note (new): If non-playing teammate(s) (bench players) enter the court during play it is illegal alignment. it remains a conduct violation if a coach or team attendant (anyone not in uniform) enters the court while the ball is in play.

Rationale: More appropriately assesses illegal alignment (loss of rally/point awarded to the opponent) to non-playing teammates who enter the court while the ball is in play. A player who enters the court during play may still receive a conduct violation if they engage in disconcerting acts, disrespectful language, etc. This penalty realignment allows officials to appropriately penalize teams based on participant actions.

6-5-1: Players on the serving team are not permitted to raise their hands above their heads during service until the ball has passed beyond the net.

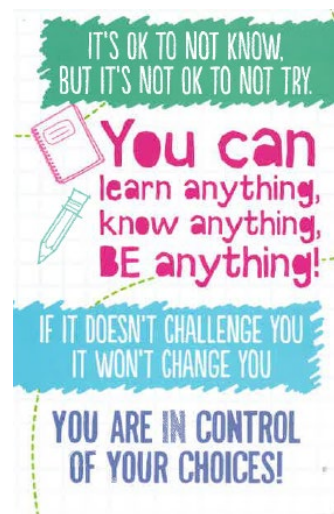
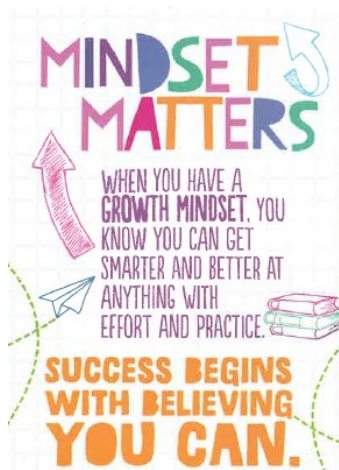
Rationale: Discourages player positioning during the serve that prevents the receiving team from viewing service contact and/or the flight of the ball and assists officials when evaluating the existence of screening. This change aligns with all other volleyball rules codes.

9-2-1 note 1 (new): Players shall not wear any audio or video devices during the match.

Rationale: Clarifies the prohibition of electronic communication with and by players during the match and aligns with other NFHS rules codes.

12-2-8m (new): It is an unsporting conduct violation if coaches, non-playing teammates or team attendants use props on the bench during celebrations.

Rationale: Clarifies appropriate bench conduct for consistent enforcement by eliminating the use of props in bench celebrations while promoting sportsmanship and preventing disruption and potential safety concerns.



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DIOCESE OF CLEVELAND CYO

POINTS OF EMPHASIS

2026

BLACKOUTS

- Member Athletic Director requests through the team registration process.
- **Blackouts submitted by your Athletic Director by August 5.**
 - If you have not given your Athletic Director your blackouts, please do so n later than by the morning of August 1st.
- Requests must include the date; time and reason a team cannot compete on identified dates.
 - All submitted requests must reflect the minimum amount of “blacked out” time needed.
 - All submitted requests must contain a detailed description of the reason for the request.
- Team conflict dates with a description submitted at the time of entry will be considered in the following 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

- All genders may participate on a 1st or 2nd grade 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 6th player arrives after a set has begun, they will enter the 6th position.
 - b. 4th, 3rd, 2nd, 1st grades
 - i. 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.
 - ii. There is no penalty assessed for playing with fewer than 6 players.

EQUIPMENT & UNIFORMS

- Hair adornments may be worn provided they are securely fastened and do not present a safety hazard.
- Kneepads must be worn by all player.
- Small and secured stud or post jewelry can be worn above the chin.
- Uniform tops no longer have to be a solid color. Uniform bottoms must be like-colored, but multiple styles are allowed.
- Ball:
 1. 3rd & 4th Grade Divisions: Volley-lite ball.
 2. 1st & 2nd Grade Divisions: Baden Oversized Soft-Light
- Teams should bring their own warm-up balls.
- **Court:**
 - a. 1st-2nd Grade Divisions: The Court shall be 30’ wide x 50’ in length.
 - b. 3rd-4th Grade Divisions: The Court shall be 30’ wide x 60’ in length.
- **Net:**
 - a. 3rd & 4th Grade Divisions: 7' 4-1/8"
 - b. 1st & 2nd Grade Divisions: Between 6’ & 6’6”

PRE-CONTEST COACHES RESPONSIBILITIES

- Provide a qualified line judge. (Rules Page 5)
- 1st-3rd Grade: Provide a qualified person to signal the whistle for service and indicate which team receives the point.

- Please complete the scoresheets by writing the athlete's entire first and last name with their jersey number in **SERVING** order.

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; however a player MAY NOT be registered on two **CYO Volleyball rosters during the same season.**
- 1st-4th Grade teams
 - Continuous rotation with new players always entering from the bench to **the right back** position.

Players are now rotating in at the server's position.

This means at the start of a set:

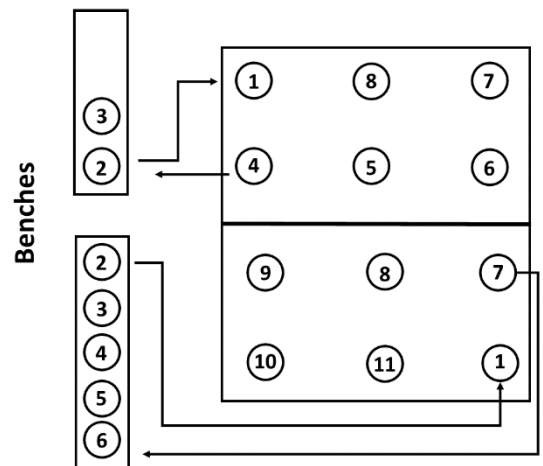
The **LAST** five servers are on the court.

The upcoming servers are on the bench. When it is a team's turn to rotate:

The last player to serve moves into the middle back.

The player in the right *front* position returns to the bench.

The player entering from the bench, who is about to serve, goes to the right back.



The numbers on this diagram represent the order the players will serve.

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 6th 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 players on the game day roster.
- Guest players cannot be used for Sanctioned Events.

SCORING

- 1st, 2nd, 3rd and 4th Grade
 - Set 1 & 2: 21 points, cap at 25, win by 2 or first to 25.
 - Set 3: If used to decide the winner, 15 points, cap at 25, win by 2 or first to 25. If used as scrimmage time, must end 15 minutes before the start of the next scheduled match.

SERVICE

- 3rd & 4th Grade Divisions
 - 3 consecutive points.
 - 10 ft. in from the end-line from sideline to sideline
- 1st & 2nd Grade Divisions
 - 3 consecutive points
 - 4 ft. in from the modified end-line from sideline to sideline.
 - This is the same line as the 3rd and 4th Grade Divisions

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.

Bylaw 9-1-5

- Athletes, coaches, parents, or fans who are removed from an athletic event are automatically barred from attending the next scheduled competition for that team. The individual must meet with the member administrator about the incident and obtain a signed letter from the member administrator requesting CYO diocesan administration to permit the individual to attend future competitions.
- Athletes, coaches, parents, or fans that are removed from an event for a second time will not be permitted to attend any competitions for the remainder of the season. The individual must meet with the member administrator about the incident and obtain a signed letter from the member administrator asking the diocesan administration to permit the individual to attend events in the subsequent season.
- Actions by athletes, coaches, parents, or fans that are in conflict with the standards of the Diocese of Cleveland CYO may be assessed as the consequences outlined in Bylaw 11, even when the persons involved were not ejected or addressed at the time of the event.

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DIOCESE OF CLEVELAND CYO TEAM FORMATION & STRENGTH

For teams in Grades 1, 2, 3, 4, and 5 the team strength rating is not utilized.

1ST, 2ND, 3RD, & 4TH 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.

TEAM CONFERENCING

1ST, 2ND, 3RD, & 4TH GRADE CONFERENCING:

- Teams are placed in conferences based upon member location.

POSTPONEMENTS/CANCELATIONS/RESCHEDULES

 **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)



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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 together. 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.

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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 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

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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.
Communication	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, if 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

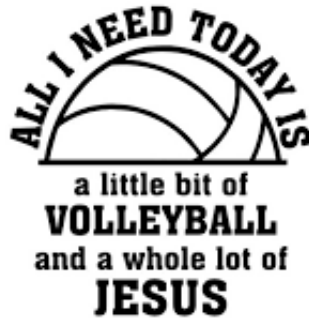
Basic Player and Team Expectation Guidelines by Grade Level

Player Fundamentals		Team Skills	Game Intelligence
Gr 2/3	Execute Forearm Pass Execute Underhand Serve Learning Shuffle steps	Learn to move to the ball Learn to call the ball; "mine" "in/out" How to rotate around the court	Understanding Rally Scoring Knowing 3 hits on a side Learning playable areas, antennas, lines, ceiling, serving, etc.
Gr 4	Consistent Serving Execute other types of passes	Passing to other teammates Serve Receive movement and back-up	Learn court numbers & positions Understanding faults; net, double & prolonged contact, etc.
Gr 5	Passing to target (setter) Execute good footwork Execute Overhand Serve	Developing 3 touch play Area serving; short and deep Calling "off/go/open" in zone coverage Playing from 'base' position	Understand the differences of offense, defense, & transition Seeing opponents through the net Learning where to hit the ball
Gr 6	Execute Spot Serve Consistent setting technique Execute Hitting-the-floor coverage Execute 'roll-shot' attack	Develop full approach hitting/tipping Playing without the ball, & playing a "Free" ball Back row hitting Active communication between players	Learn to read hits for pass or dig Understand front/back row movement Understand net hitting zones How to find the opponent's setter
Gr 7	Execute 'deep push' attack Consistent zone serves Execute good blocking technique	Covering the hitter and blocker Introduce types of serves; float, cut, top-spin, etc. Out of System play for score	Reading opponent offense & defense Recognizing when to adjust your play
Gr 8	Execute Jump Serve Execute good read and release Consistently hitting different shots	Develop hitting combinations & plays Develop single and double blocking strategy Calling out opponent blockers and hitters	Identifying each opponent's position Learn the habits of your opponents 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, you may not be able to accomplish every expectation provided herein. Please see this only as a guide on the sliding scale of team development.

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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 set 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.

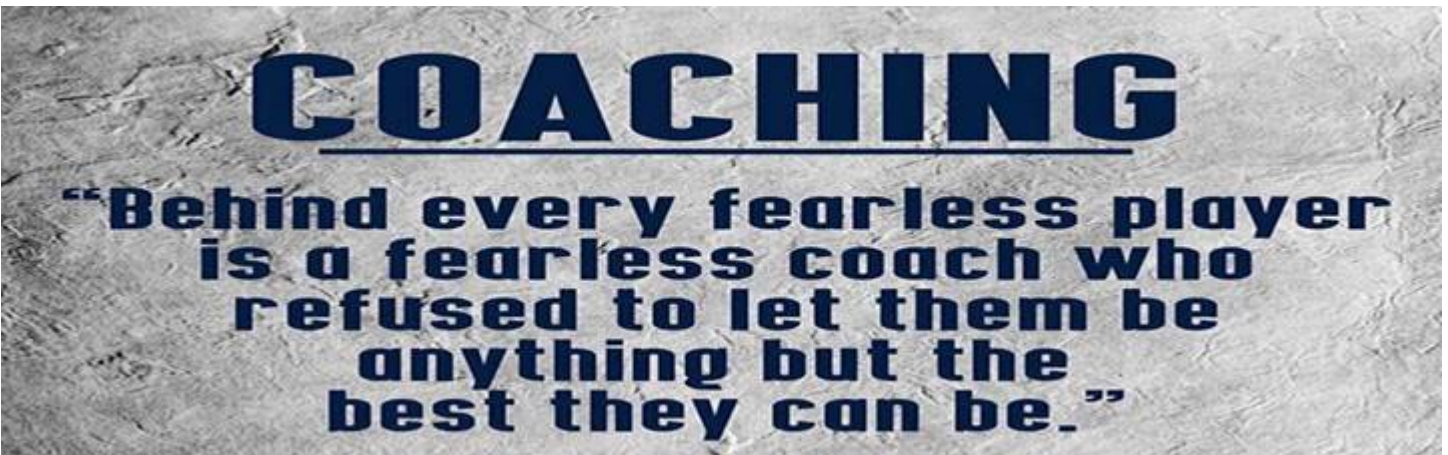
SET: A pass, higher than the net, usually the second hit, used to pass the ball to a spiker/hitter in the front row.

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.

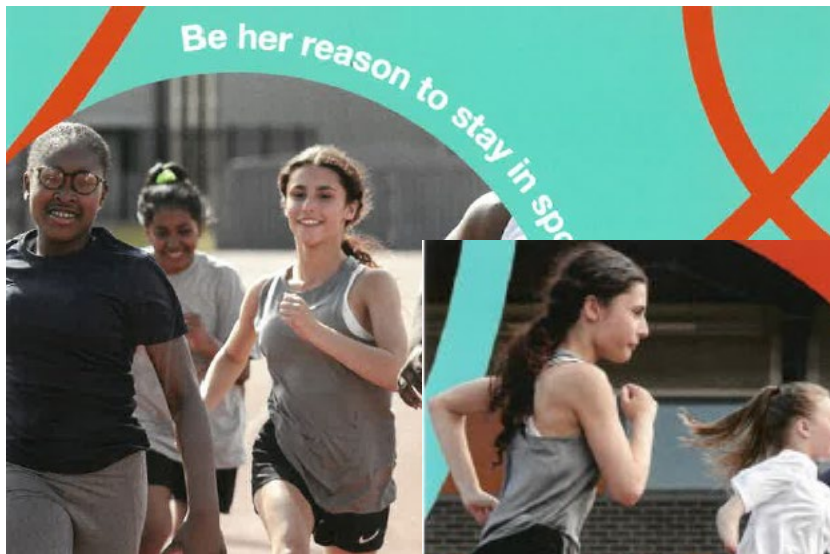
SPIKE: A ball hit with great force from a height above the net.

TIP: A fake spike.



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 the ultimate goal and is less concerned about the overall experience.

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



COACHING HER

Coaches are powerful role models who can impact girls' self-confidence, experiences, and development.

"How do we coach girls?"

Coaching HER helps sport coaches of girls challenge the status quo and the taken-for-granted assumptions of what it means to coach girls. We are helping coaches minimize gender inequalities, stereotypes, biases, and to coach differently.



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BODY CONFIDENT SPORT

LET'S COACH BODY CONFIDENCE

This initiative was created to help girls and young people of all gender identities feel more comfortable being active and participating in sport. The aim is to empower coaches and athletes around the world to celebrate the truly awesome things active bodies can do.



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BECOME A BODY CONFIDENT COACH

We've designed this online program for coaches like you. These interactive training modules focused on Body Confident Coaching will help you inspire athletes to feel more body confident while playing sport. The program will help you recognize and tackle negative body image in your athletes and promote body confidence in your athletes and on your teams.



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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

We will read our closing prayer together out loud in our breakouts

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!

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