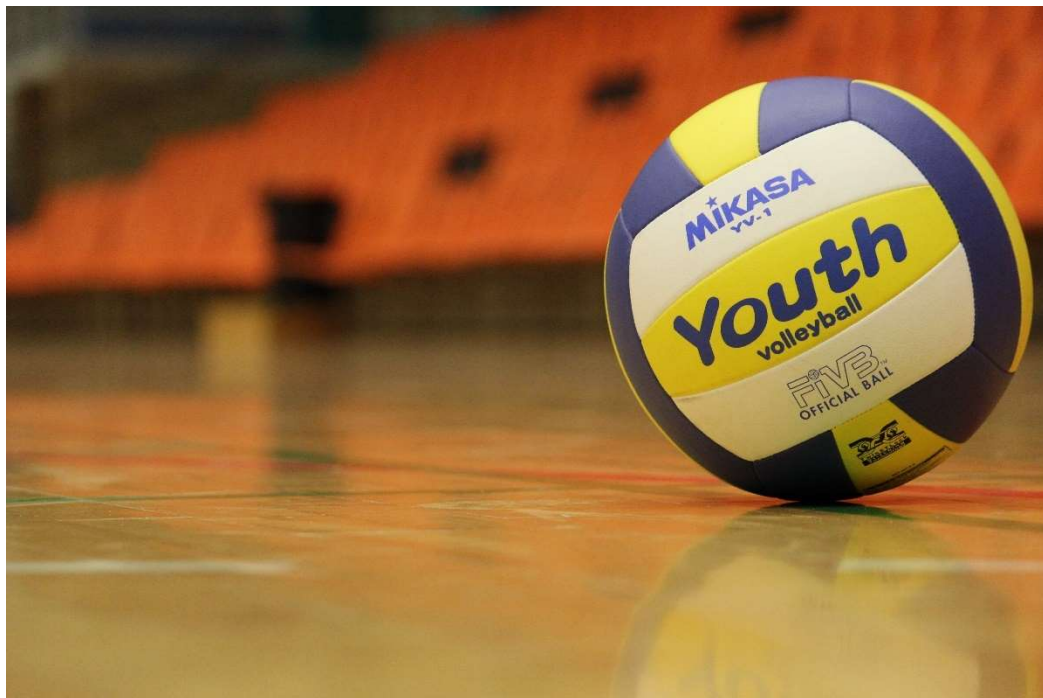




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELENA FAMILY YMCA YOUTH VOLLEYBALL



Parent/Coach Handbook

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HELENA FAMILY YMCA
1200 N Last Chance Gulch • (406) 442-9622
***Welcome Parents and Coaches to the
Helena Family YMCA***

YOUTH SPORTS PHILOSOPHY

The Youth Volleyball program at the Helena Family YMCA gives elementary-age children the opportunity to learn sports skills in a supervised recreational environment. We believe that participating in sports should be *FUN* and that every player should have an *EQUAL OPPORTUNITY* to play. The emphasis of our program is on the *DEVELOPMENT OF SKILLS and SPORTSMANSHIP*. We de-emphasize winning and ensure equal playing time for all players. Parent support is key, rather than parent pressure.

CARING, HONESTY, RESPECT, RESPONSIBILITY

The YMCA has made a national commitment to help young people learn the values of Caring, Honesty, Respect, and Responsibility, all necessary to hold us together as a community. We seek to incorporate these values in all that we do and to partner with families in teaching these essential values to our young people. By teaching these values during the practices of this youth sports program, we hope to give participating children the opportunity to become better teammates both on and off the field.

SEASON FAQ's:

Games: This short 5-week season is designed to give players 5 games. Games last approximately 60-minutes and are held at the YMCA Gym.

3rd/4th Grade games are on Wednesdays between 5-8pm.

5th/6th Grade games are on Thursdays between 5-8pm.

Practices: Teams have one practice per week at the YMCA Gym, lasting approximately 60-minutes. Families choose their preferred practice time during the registration process.

3rd/4th Grade practices are on Mondays between 5-8pm.

5th/6th Grade practices are on Tuesdays between 5-8pm.

Equipment: Players bring their own volleyballs, with their name on them. Please wear your YMCA jersey (distributed by the first game), athletic shorts or pants, knee pads, and athletic shoes.

Game Schedules: A link to access your game schedule will be sent out in the pre-season email, typically 1-2 weeks before the season starts. Game schedules are accessed through YGametime.

- YGametime can always be accessed by going to helenaymca.org. Click "YGametime" from along the top. Then click "Sports and Programs" from along the top. Choose your division from the dropdown. Scroll down to see full schedules.

Snacks: Although not necessary, many kids "live" for the after-game snack! Help out your coach by volunteering to create a snack schedule for parents.

Weather: It is our policy to cancel games only in extreme weather conditions. If games must be cancelled, the Coaches will be notified and a text blast will be sent out. ***You will only receive notice via text if you OPT IN to receive them. Visit YGametime to sign-up for ALERTS.***

Cancellations, substitutes, and make-up games: Please be mindful that our coaches are all volunteering their time! Sometimes illness or last-minute cancellations are inevitable. Coaches will reach out to their teams to find substitutes if they cannot make a practice or game. Please volunteer if you can!

If a game does end up being cancelled, we will try our best to schedule make-up games at a different point in the week.

YMCA COACHING RESPONSIBILITIES:

Coach a group of kids in a safe, positive, and inclusive environment. Remember that sports at the Y focus on fundamentals and sportsmanship – not competition! Every player gets equal playing time, regardless of ability.

Contact all the families on your roster when prompted after receiving your finalized practice details and game schedule. Introduce yourself, remind them of practice time, and ask now for any assistants or substitutes to cover you during the season if needed.

Distribute team jerseys, provided by the Y. This may involve swinging by the Y before a practice or game to pick up your team's jerseys.

Inform your team if you will miss a practice or game and ask other parents for substitutes. Please don't cancel practice unless it is an emergency. 99% of the time we've seen that a parent will be happy to cover you for one day.

Designate a team parent to assist with a snack schedule if you like.

Ask for support if needed! Sports Coordinators at the Y are there to help you with scheduling needs, roster concerns, and to provide extra equipment if desired. Players bring their own balls to practice. The Y can also provide scrimmage vests, whistles, stopwatches, and cones BY REQUEST.

Know the rules at each level of play. The YMCA modifies rules to create a positive experience for the kids. As children grow and their skills get better, the rules grow with them. Check out the Coach's Corner on YGametime for a "rules cheat sheet."

Maintain good relationships with your players and their families by being positive, communicative, and promoting the YMCA values in your actions. You are a major role model for your team!

Parent Agreement

As a parent in the Helena Family YMCA's Youth Sports Program...

- 1.** I will remember that children participate to have fun and that the game is for youth, not adults.
- 2.** I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- 3.** I will not engage in unsportsmanlike or disrespectful conduct with any official, coach, player, volunteer, Y staff member, or other parent.
- 4.** I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- 5.** I will teach my child to treat other players, coaches, officials, and spectators with respect regardless of race, creed, gender, or ability.
- 6.** I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time. Remember, we don't keep score at the Y!
- 7.** I will respect the officials and their authority during games.
- 8.** I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.

3rd/4th Grade Volleyball Rules

YMCA Youth Sports is unique, emphasizing skill-development, sportsmanship, and teamwork. We de-emphasize competition and instead focus on the fun and learning that sports can provide. The YMCA also promotes equal playing time for all its participants. All players must play an equal amount of playing time in each game.

EQUIPMENT:

- Light-weight, regulation-sized volleyball (Volley-Lite)
- YMCA jersey, athletic shorts or sweats, knee-pads, athletic shoes

NET SIZE:

- 5-6 feet in height
- Court rectangle 30 feet x 15 feet

NUMBER OF PLAYERS:

- Minimum to play: 3
- Maximum: 6

Substitutions are unlimited, but please be mindful of the YMCA's equal play rule.

If a team has less than the minimum number of players, there are 3 options:

- The team forfeits the game
- The opposing team plays short to match
- The opposing team lends players to the short team

REFEREES:

- Coaches act as referees for 3rd/4th Grade games.
- Feel free to assign a co-coach or parent volunteer to help referee.
- Rule cheat sheets will be available on game days with Y staff.
- Coaches also act as timekeepers. Stopwatches are available.

GAME DURATION:

- Two 15-minute halves, with 3-minute rest period in between.
 - Teams switch sides
- 10-minutes to warm up prior to the start of the match.
- Total match time should take 45-50 minutes.

START OF PLAY:

- Teams get 10-minutes to warm up prior to the start of the match.
- A player is allowed 3 consecutive serves.
- After the 3rd serve, the opposing team is awarded the serve.
- Players are allowed to step over the back-line when serving overhand, but must begin their serve behind this line.
- Underhand servers may begin their serve inside the back-line, but no further than half-court.

RULES OF PLAY

- Every first contact after the serve should be a catch (see hot potato example below).
 - Every first ball that crosses the net should be caught in the traditional passing stance (overhead passing stance is allowed).
 - As players develop passing skills, they may pass the ball without catching.
 - This can vary from player to player depending on skill level.
- Every second contact should also be a catch (see hot potato example).
 - Every second ball that is passed to the setter should be caught in the traditional setting stance.
 - As players develop setting skills, they may set the ball without catching.
 - This can vary from player to player depending on skill level.
- The Third contact may be any legal volleyball contact.
 - Preferably, this is a down-ball (standing on ground spike).
 - Third contact may also be a 3-4 step approach jump and spike.
 - Bumps, sets, or tips over the net are also allowed.
- Service must rotate fairly so all players have a chance to serve.
 - Rotate clockwise.
- A server cannot be substituted during their service time.
- Net serve is allowed and counts as a serve.
- The serve cannot be blocked.
- Three touches maximum to a side.
 - This does NOT include blocks.
- If a ball hits the ceiling on a team's side of the net and the ball has not been hit three times by that time, the ball is considered in play.
- If a ball hits the ceiling and crosses the net, it will be considered out of bounds.
- If a team hits any curtains or walls with the ball, it is considered out of bounds and will be awarded to the opposing team.
- The use of a libero player is not allowed.

HOT POTATO EXAMPLE:

The ball is served over the net. The opposing player catches the ball in the traditional passing stance. That player then tosses the ball to the setter from the place where they caught the ball. The setter catches the ball in the traditional setting stance. The setter then sets to the hitter from the place where they caught the toss. The hitter then hits, spikes, sets, tips, or bumps the ball over the net.

These "catches" may be modified or eliminated on a player-by-player basis based on skill level.

5th/6th Grade Volleyball Rules

YMCA Youth Sports is unique, emphasizing skill-development, sportsmanship, and teamwork. We de-emphasize competition and instead focus on the fun and learning that sports can provide. The YMCA also promotes equal playing time for all its participants. All players must play an equal amount of playing time in each game.

EQUIPMENT:

- Light-weight, regulation-sized volleyball (Volley-Lite)
- YMCA jersey, athletic shorts or sweats, knee-pads, athletic shoes

NET SIZE:

- 5-7 feet in height
- Court rectangle 30 feet x 30 feet

NUMBER OF PLAYERS:

- Minimum to play: 4
- Maximum: 6

Substitutions are unlimited, but please be mindful of the YMCA's equal play rule.

If a team has less than the minimum number of players, there are 3 options:

- The team forfeits the game
- The opposing team plays short to match
- The opposing team lends players to the short team

REFEREES:

- Coaches act as referees for 5th/6th Grade games.
- Feel free to assign a co-coach or parent volunteer to help referee.
- Rule cheat sheets will be available on game days with Y staff.
- Coaches also act as timekeepers. Stopwatches are available.

GAME DURATION:

- Two 20-minute halves, with 5-minute rest period in between.
 - Teams switch sides
- 5-minutes to warm up prior to the start of the match.
- Teams get two 1-minute time-outs per game.
- Total match time should take 50-55 minutes.

START OF PLAY:

- Teams get 5-minutes to warm up prior to the start of the match.
- A player is allowed 3 consecutive serves maximum.
- Players are allowed to step over the back-line when serving overhand, but must begin their serve behind this line.
- Underhand servers may begin their serve inside the back-line, but no further than 20-feet in.

RULES OF PLAY

- The server will only serve up to 3 times as long as their team wins the rally.
- After the rally of the 1st serve, the coach will toss one free ball to each team (consecutively) to be played out.
- The team that wins two of the three rally's (the serve plus the 2 free balls) wins the point.
 - If the team that wins the point was the serving team, they continue to a 2nd serve.
 - If the team that wins the point was the non-serving team, they gain the serve.
- After the 3rd serve by the same player, regardless of which team wins the rally, the opposing team will be awarded the serve.
- This process of serve + 2 free balls will continue until one team reaches 25 or until 20-minutes of playing time is reached.
- Teams then rest, change sides, and repeat.
- Every first contact after the serve should be a pass/bump/set.
 - Every first ball that crosses the net should be in the traditional passing stance (overhead passing stance is allowed).
- Every second contact should also be a set or bump set.
 - Every second ball that is passed to the setter should be passed in the traditional setting stance.
- The third contact may be any legal volleyball contact.
 - Preferably, this is a 3-4 step approach jump and spike.
 - Bumps, sets, or tips over the net are also allowed.
- Service must rotate fairly so all players have a chance to serve.
 - Rotate clockwise.
- A server cannot be substituted during their service time.
- Net serve that goes into the opposing side of the court is allowed.
- The serve cannot be blocked.
- Three touches maximum to a side.
 - This does NOT include blocks.
- If a ball hits the ceiling on a team's side of the net and the ball has not been hit three times by that time, the ball is considered in play.
- If a ball hits the ceiling and crosses the net, it will be considered out of bounds.
- If a team hits any curtains or walls with the ball, it is considered out of bounds and will be awarded to the opposing team.
- The use of a libero player is not allowed.

HOT POTATO EXAMPLE:

The ball is served over the net. The opposing player passes/sets the ball to the setter from the place where they received the ball. The setter then catches the ball in the traditional setting stance (or immediately sets it without a catch). The setter then sets to a hitter from the place where they received the ball. The hitter then hits, spikes, sets, tips, or bumps the ball over the net.

DEVELOPMENTALLY APPROPRIATE COACHING

Remember, children develop and learn at their own individual pace. The developmental information below is a guide only. Use your judgment when it comes to getting through to your players. Every team will have children that overlap into both developmental levels.

3rd-4th Grade Level

- At this age they love rules. They like to know what is going on and what they are supposed to be doing.
- Explain some of the rules each week without overwhelming them. It's alright if kids don't know every rule of the game until the end of the season.
- Players should start understanding how to make their own choices within the game. Think of yourself as a facilitator, rather than a controller of each child's move.
- Remember to build team pride as the players form positive relationships with each other.

5th/6th Grade Level

- Emphasize the rules and fundamentals of the game.
- Educate the players about penalties and how their actions affect others.
- Give tips on strategy while allowing the players to make their own choices.
- Guide the players to develop a team playing strategy and sense of teamwork.

All Grade Levels

- Make sure all team members are kept active as much as possible. Remember the Y's equal play rule – regardless of a player's ability.
- Avoid long lines with only one player going at a time during practices.
- Use assistant coaches or parents whenever possible to split up the team, allowing you to have more kids active at one time.
- Remember that you will have a mix of skill levels on each team. Some players may be brand new to volleyball, while others have played for years. Utilize the expertise and leadership of experienced players, and treat the games as learning opportunities for newer players. Remember – this isn't competitive!

Potential Schedule for Practice

WARM-UP (5 MINUTES)

- Explain the importance of warming up our bodies to prevent injury and get ready to play.
- Form your team in a circle or line and introduce basic stretching and conditioning exercises.
- As the season progresses, players can volunteer to lead these stretches during the warm-ups before each game.

SKILL FOCUS (25 Minutes)

- Treat practices as a skills demonstration and basic introduction/reminder of proper form. Players will continue to develop these skills during the games.
- Focus on the basic skills of volleyball needed to be successful in the games: passing, setting, spiking, serving, and team play.
- Form players into parallel lines to practice drills and give you a sense of their skill level.
 - 3rd/4th grade should practice catching, tossing, setting, and bumping.
 - 5th/5th grade should practice regular passing, setting, spiking.

TEAM TALK - VALUES (10 Minutes)

- Sit your team down in a circle and use this time as a physical break while introducing the core sportsmanship values of sports at the Y: Caring, Honesty, Respect, Responsibility.
- Introduce players to the basic rules of volleyball. Ask players to give definitions of words like rally, net-ball, serving, passing, bumping, setting, spiking.
- Remember that each player brings something unique. It should be the goal to verbally praise and reward each team member for something positive they showed during the last game.

SCRIMMAGE (20 Minutes)

- Use the end of the practice for a scrimmage, concentrating on the basic 3-Touch rally.
- Verbally remind players of the rules as they play, giving them a sense of how it will feel in the games.
- Be sure each player has a chance to practice serving before the end of practice.
- The YMCA has scrimmage vests available on site by request. Please ask a Sports Coordinator to borrow vests, whistles, stopwatches, cones, or flags!

STRETCHING EXERCISES

Arm circles: Rotate arms forward and backward, in both big and small circles.

Jumping jacks: Self explanatory 😊

Trunk twister: Twist side-to-side from the abdomen, keeping the hips stationary.

Hip rotations: Standing with feet hip-width apart, hands on hips, circle the hips in a complete rotation (front, side, back, side). Do both clockwise and counter-clockwise.

Bent-knee sit-ups: Lying on back on the ground, bend knees to 90 degrees in the air. Hands behind head, sit up to touch the opposite knee with each elbow.

Push-ups: Can be done from toes or knees depending on player comfort and ability.

Windmill: With arms stretched out to the side, feet shoulder-width apart, bend over at the waist to touch the opposite foot before coming back to standing.

Superperson: Lying on stomach, arms extended overhead, raise one leg, lower, switch, repeat.

Alternate knee hug: Lie on the back, lift knee and hug it to chest. Switch leg.

Lunge stretch: Feet hip width apart, step one foot back about one leg-length from the front foot, bend both knees, then come back to standing.

Ankle and knee twists: Place the toe of one foot on the ground and rotate the ankle clockwise and counter-clockwise. Switch. Then stand with feet and knees together, hands on hips, bend knees to rotate side, front, side, then back to standing straight.

Quad stretch: Standing, lift one bent leg and reach behind the grab the ankle. Pull the ankle as close to the body as possible, hold for a stretch.

Calf raises: Standing with feet hip-width apart, slowly raise up onto toes, then back down.

AFTER STRETCHING: Consider 1-2 conditioning exercises (sprints, team jogs, or running drills.

Weekly Team Talks

Team Talk Week 1: Introductions

Spend some time getting to know each other. Make sure that each child has a chance to talk. The coach's role is to ask questions and let each player share an answer. Cover topics like names, favorite sports, hobbies, etc.

This is a good time to introduce some basic terms (players can volunteer to provide or demonstrate definitions): ready position, passing, bumping, setting, serving, spiking.

Team Talk Week 2: What makes a good athlete?

Introduce Players to the 4 YMCA Character Values: Caring, Honesty, Respect, Responsibility. Explain how a good athlete isn't just a person who is fast or good at the game, but also a person who shows these values on and off the field. Each value will be explored more in depth in the following weeks.

If time allows, make sure players remember each other's names. A team chant or cheer could be developed to create team pride and bonding among the players.

Team Talk Week 3: Caring

Tell the players that one way of showing that you care is by doing kind things for people. Provide an example by using something you saw a player do on the field (helping another player who fell, cheering for teammates, handshakes with the opposing team, etc).

Ask the players to think of how they could show caring and kindness to members of their family (helping siblings, cleaning their room, washing dishes, etc.)
Encourage each player to do one kind thing for a member of their family over the next week.

Team Talk Week 4: Honesty

Ask the players what caring things they did for their families last week as a follow up on last week's discussion.

Explain what honesty means in sports. What does it mean to play fairly? What does cheating mean? Why is that important in sports? Explore how honesty makes the game more fun for both teams.

Team Talk Week 5: Respect and Responsibility

Discuss the idea of cooperation/teamwork versus competition. Point out that the other team makes the game possible. How does this make respect even more important?

Ask the players to brainstorm ways to show respect to the other team (making positive comments to other players, shaking hands at the end of the game, etc). Explain how you will cheer for the other team in this Saturday's game. Create a cheer your team can do to show support for the other team during the game. Additionally, players could take on responsibilities for their final game, such as leading cheers, handing players water, leading stretches, leading the handshake after the game, or passing out snacks.
Encourage them to show off the character development they've been working on over the season!