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# CDAA Volleyball Information 2012

Parent & Coach Information

# General Information

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## CDAА Director Contact info

Name	Email	Phone	Cell
Katie Ashburn	<a href="mailto:volleyball@cdaasports.org">volleyball@cdaasports.org</a>	763-515-3938	763-913-9369
Michelle Tentis	<a href="mailto:volleyball@cdaasports.org">volleyball@cdaasports.org</a>	763-712-1981	763-350-4654

- If you email the directors and expect a response but don't get one within a day, please call; during the 2010 season there was a problem with the email broadcast system and we didn't receive some emails

## Gym Locations

School	Address	Gyms	Comments
Jackson	6000 109th Ave N, Champlin	Rebels 1 & 2, Jax Upper & Lower	See Maps included
Oxbow	6505 109th Ave N, Champlin	Oxb E & W	Gyms are marked
Dayton EI	12000 So Diamond Lake Road, Dayton	Dayton	Old style standards

## Will send Community Ed contact numbers via email

# General Information - Schedules

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- ❑ Schedules may need to be changed once published
  - All Gyms have been scheduled but sometimes they are taken away from us due to school events – out of our control
- ❑ Each schedule sent will have a version number & “as of” date
- ❑ If a change occurs, the new schedule will be sent to all coaches with the following alerts
  - Affected Teams
  - Summary of the changes / why
    - Ex's of change reasons:
      - lost a gym (out of our control)
      - Two teams agreed to move practice due to conflicts
- ❑ Will post most current schedule on CDAA Volleyball website
  - <http://www.cdaasports.org/sports/volleyball/volleyball.html>

# Teams

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- ❑ Coach requests were considered first in team formation
  - You have volunteered your time, you get some “power”
- ❑ Player requests were honored as much as possible
  - More about having fun and learning so okay with slightly uneven teams
  - No evals and friend requests so teams may be randomly slightly uneven
    - Modify games if very uneven (e.g. Better team serves only 2, other one serves 4, allow a do-over on serves if that is the problem, let players move up on serves)
- ❑ Tried for even # of teams per grade level
  - Omits need for bye's or double headers
- ❑ Goal was for 8 – 9 players per team
  - More play time for each participant
  - If you are short one night, you can play with under 6 players (see rules)
- ❑ Please refer to your Team Number (versus color) when needing something from the Directors
  - Schedule is by the number – colors weren't known when created
    - Gave coaches ability to have input on team color choices
  - Numbers identify age level
    - May have a “Safety Orange” in all 3 grade levels

# Season Goals by Grade Level

**Note – Building confidence and improving are the Goals, NOT Win/Loss record**

## Grades 3/4

- Don't let the ball drop
- Team communication
  - “mine”, “I got it”
- Controlled passes (bumps)
- Introduce:
  - Setting the ball
  - Overhand serves

## Grades 5/6

- Items from Grades 3/4
- Multiple hits per side
  - Start passing to a setter
- Overhand serves in games (for most)
- Introduce:
  - Hitting
  - Tipping

## Grades 7/8 & 9+

- Items from 3/4 & 5/6
- Pass, Set, Hit (or tip)

## Grades 9-12

Use all skills – get strategic with serving and hitting targets

# Season Goals

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- ❑ Improving and building confidence are the goals
- ❑ Would love to not have scores during games for 6<sup>th</sup> and under, however, too many complaints without it
- ❑ Have team and parents focus on improvement versus the score
  - Teams trying the next level of skill will probably lose – doesn't matter because they are going to be better players in the future
- ❑ Suggestion - Create a Goal sheet for your team – celebrate reaching team and individual goals versus win/loss records
- ❑ Goal Sheet Ideas to Measure (do for team and individual)
  - # overhand serves attempted / made / % made
  - # overhand serves attempted, made, etc from behind back line or after taking a step back from their normal modified spot
  - # of times ball drops with no one going for it (celebrate reduction)
  - # times team tries 2 or more hits on their side
  - # times team successfully gets a volley over after 2 or more hits
  - # times pass, set, hit attempted / successfully over
  - Etc (if anyone creates a goal sheet – we can share on the website)

# Governing Rules

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- ❑ Have Fun, Have Fun, Have Fun
- ❑ Goal to have team improve skills not the score (can we say this anymore?)
  - We don't keep track of W/L records – doesn't indicate improvement
- ❑ Progress is the goal (versus a win)
  - Learning and building confidence is the most important goal
  - Coaches and parents (probably more so) need to put themselves in check on their competitive natures
    - Any problems with parents should be reported (go over Ethics policies)
    - Contact ethics: [ethics@cdaasports.org](mailto:ethics@cdaasports.org) with any concerns or call/email Katie/Michelle
- ❑ Trying a new skill but losing a point in a game is better than just going for the win
  - The skills the participants should be learning to progress as they get older are the ones that may make you lose points in games because they aren't perfected yet
    - Overhand serves – underhand serves are more reliable
    - Multiple hits per side – easier to just pass the ball right back over

# Housekeeping

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- ❑ Need background checks for all coaches / assistant coaches
- ❑ Directors will send weekly schedule reminders
- ❑ Keep track of equipment – let us know if you need anything
  - 8 balls (if you choose - mark your bag's balls with your bag #)
  - Scoreboard (these are expensive – please mark with bag #)
  - Pump / needle
  - First Aid Kit
- ❑ Communicate with parents
  - Rules
  - **Season expectations – please do this**
  - CDAA Volleyball Site with schedules, rules, expectations, general information & updates is open for parents to view, too
- ❑ If a question comes up, please let the Directors know
  - Decisions will be communicated to all coaches of affected age groups as well as posting significant clarifications on the web site
- ❑ Net set-up take-down will be discussed at Coach's meeting (all coaches help each other the first few nights)



# Game Nights

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- ❑ Early game teams need to set-up nets / chairs
- ❑ Last game teams need to put away nets / chairs
  - See schedule to know if you are the last game; some nights gyms will only have one game
- ❑ Warm up for 10 minutes then 5 minutes both teams serve
  - During warm-up / serving, have meeting with ref for coin toss
  - Allows 45 minutes to play 3 games to 25
- ❑ After games, use gym time for BOTH teams to practice
  - Coaches talk to players from other teams, too (allows players to hear from a variety of coaches)
- ❑ Encourage parents / fans to cheer for both teams
- ❑ You can ask questions of the refs but you may NOT challenge the call
- ❑ Supply parent line judges (one on each side) to help the refs
- ❑ Supply parent score keepers (or coaches)
  - Please don't have kids do score keeping OR ensure a parent is keeping track of the score – it gets hard to keep up with a fast game
- ❑ Take a moment if you find a learning opportunity for your team
- ❑ Community Ed has personnel at each site if you have questions

# Rules of Play

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1. 6 players on the court
  - If you are short players, you can play with 5 (4 might be hard)
2. Coin toss by official determines first serve and court side
  - Service alternates each game
3. Teams switch courts each game
  - Teams should rotate 1 spot between games (know where you ended)
4. Rally scoring
  - A point is scored whether your team served or not
  - Team winning point serves the next time
5. Regular season:
  - 3 games to 25 (win by 2, 27 point cap)
  - Play all 3 games
6. If questions come up, coaches find an agreeable solution
  - Let Directors know so later an official decision can be made and communicated to all coaches
7. Use gym time after games for cross-team practice (hitting lines or serving practice has been beneficial)

# Rules of Play (continued)

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## 7. No 2-handed “attack”

- Players cannot hit the ball over their heads with 2 hands to push/slap/hit it to the other side
- When a player sets the ball, they will try to push it up in the air and not in a direct line to the other side of the court

## 8. Refs will use their best judgment on Passing / Setting “faults”

- Coaches & Refs should use as teaching moments
- Coaches will not argue with the Refs on their calls

## 9. A player can serve up to 4 in a row

- If the serving team wins the 4<sup>th</sup> point:
  - the serving team gets the point and the ball is given to the receiving team with no points added to the receiving team
- If the serving team does not win the 4<sup>th</sup> point:
  - the opposing team gets the point and the ball as they normally would

## 10. Must abide by Serving Rules listed on next page

# Serving / Rotations / Other

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1. No “do overs” on serves
2. Players can serve from any area behind the serve line within the side boundary lines (see back line modifications)
3. A serve CAN hit the net
4. Foot faults will be called for 7<sup>th</sup> and up (use judgment in Oxbow)
  - Modify for some girls that can’t get their serves over – use judgment
5. One re-toss allowed per serve attempt
  - A ball caught from a serving “balk” will NOT be called side-out but should be used as a learning opportunity (let it drop instead)
6. Preference is for all serves to be Overhand, however:
  - 3<sup>rd</sup>/4<sup>th</sup>: Can do 3 Underhand, but 4<sup>th</sup> must be Overhand
    - Once do Overhand in the series of 4, must continue in that series
  - 5<sup>th</sup>/6<sup>th</sup>: Can do 1 (first 1 only) Underhand, other 3 must be Overhand
    - 3<sup>rd</sup>-6<sup>th</sup> have Modified Serving Line (see next page)
  - 7<sup>th</sup>/8<sup>th</sup>: Any serve (no modified serving line – use case by case judgment)
  - 9<sup>th</sup>-12<sup>th</sup>: Any serve (no modified serving line)
7. Jump serves are allowed but must be behind the back line
  - At this level, they are usually not as hard as the player’s overhand

# Net Height and Line Locations

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- ❑ Net height should be at the following letter:
  - 3<sup>rd</sup>/4<sup>th</sup>: J (look at mark on pole)
  - 5<sup>th</sup>/6<sup>th</sup>: 7 foot (J plus hand – between J & W)
  - 7<sup>th</sup>/8<sup>th</sup>: 7' 4 1/8 inches (W)
  - 9<sup>th</sup>-12<sup>th</sup>: 7' 4 1/8 inches (W)
- ❑ Each court side should be 30 ft by 30 ft
  - If unsure of which lines to use, measure side to side with foot steps and then do same from net to back
    - Oxbow is deceiving – Back line is last line before the back wall!
- ❑ Serving line is modified for younger groups
  - 3<sup>rd</sup>/4<sup>th</sup> – approximately 1/2 way up from back line – never in front of 10 foot line
  - 5<sup>th</sup>/6<sup>th</sup> – approximately 1/3 way up from back line (about 10 ft up)
  - 7<sup>th</sup> – 12<sup>th</sup> – No Modification
    - If back line is too close to wall, you may take 1 step over
- ❑ Game Balls
  - 3<sup>rd</sup> – 5<sup>th</sup>: Use Lite Ball (says Lite on the ball)
  - 6<sup>th</sup> – 12<sup>th</sup>: Use Regular Ball

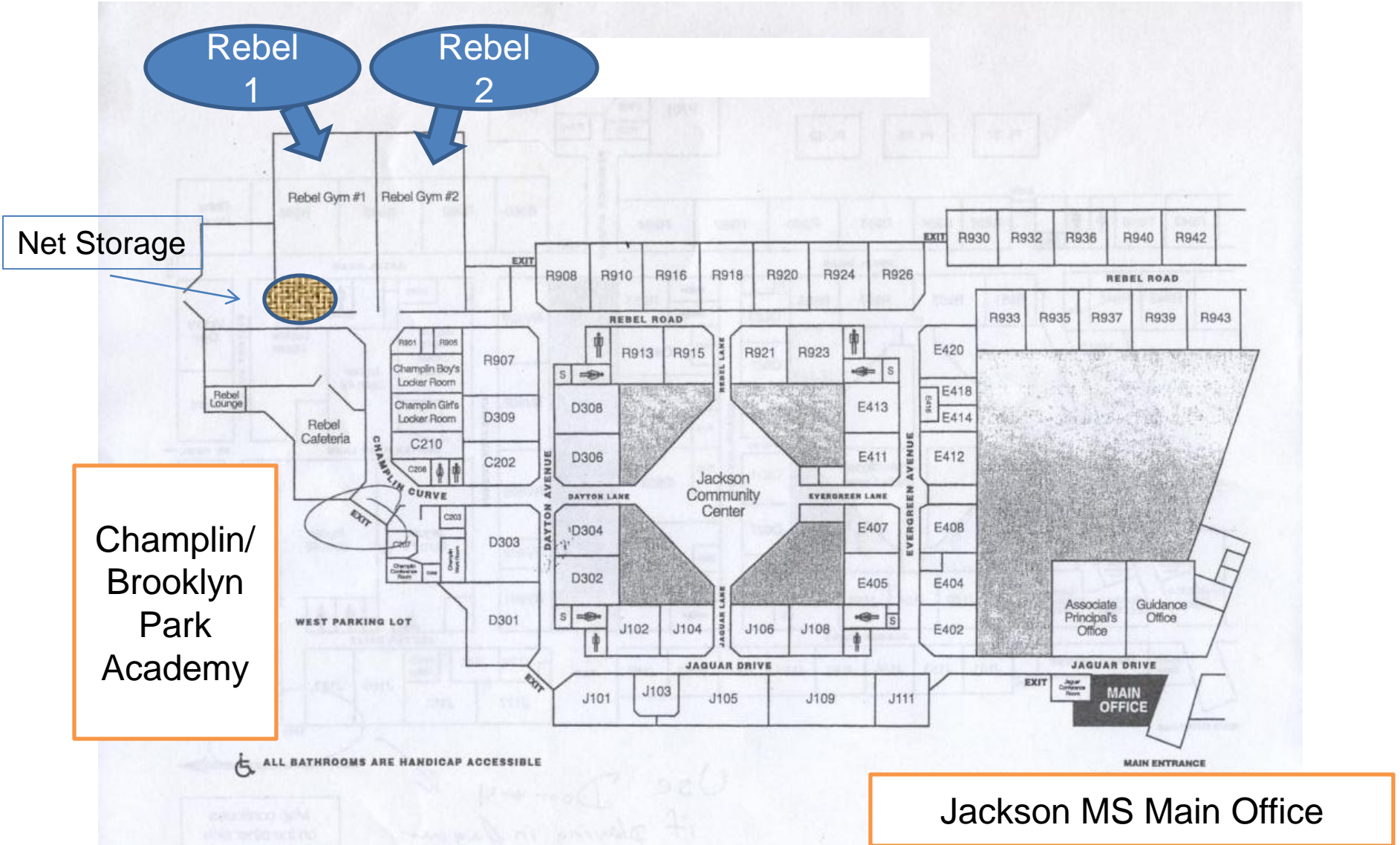
# Net Set-up / Take Down

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- ❑ Everyone please help the new coaches the first few times
- ❑ Will be strange the first time – after that, easy
- ❑ Directions to set-up:
  - Put poles in the holes in the floor
  - Raise poles to proper height (see other page)
  - Attach net to side without the crank
  - Attach net to side with the crank
  - Turn crank as far as you can to tighten the nets
  - Add pads to the poles
- ❑ Directions to take down:
  - Remove pads from the poles
  - Turn crank to loosen net
  - Remove net from both poles
  - Lower the standards height to about mid way
  - Carefully roll net up (sometimes use pads) / put poles away
  - Replace floor covers

Let us know if there are problems with nets – we need to notify Community Ed for any fixes

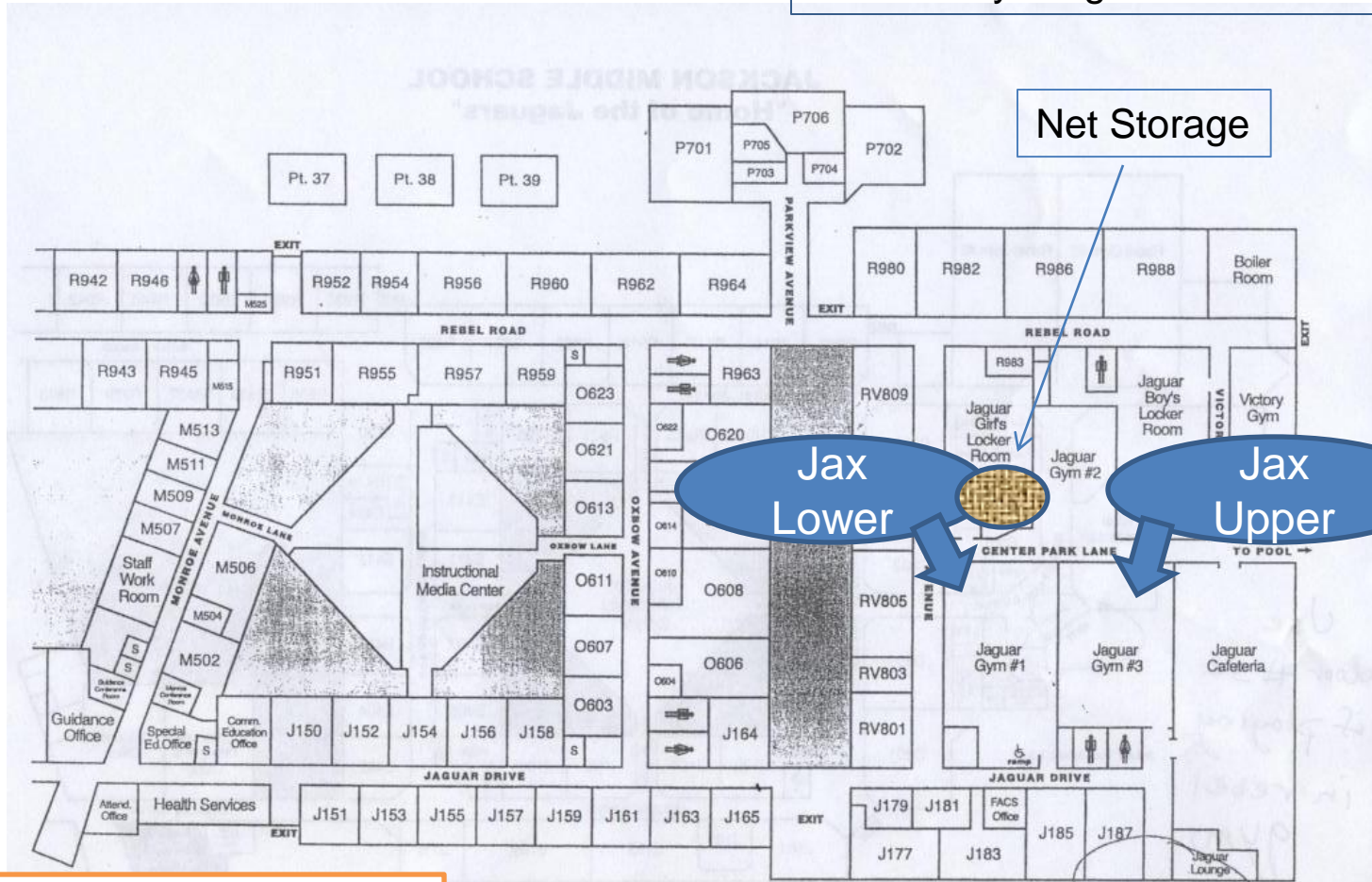
# Gyms Rebels 1 & 2 – West Side of Old Jackson Now Champlin/BP Academy - Door #65 (Verify)



# Gyms Jax Upper & Lower – East Side of Jackson

## Door #4

Oxbow –  
Community Ed gets nets from Cafeteria



Jackson MS Main Office

ALL BATHROOMS ARE HANDICAP ACCESSIBLE

Use Door #4  
if playing in Jaguar  
Gyms

Map continues  
on the other side