



*Keep it  
Awkward,  
Keep it Fun*



# Before we go further...

- I realize I benefit from being able to recruit great student-athletes
  - Talent changes the HOW and what, not the WHY.
- At the very beginning on some of this stuff
- I am not NOT the creativity expert - I just think it is really interesting
- Important for the future of the sport.

# Awkward + Fun

- We're going to show you SOME of the things we think are fun
- We will show you some ways we put players in awkward situations
  - **In Drills**
    - How can I speed them up/make them think/force them to do more see more, so they can perform in a match?

# Awkward + Fun

- You must put players in awkward situations
  - **As Teammates**
    - If expectations and strategy are defined and understood, players can resolve many common questions together - Set tempo, Who's ball was that?
      - Stop and talk
      - Eye contact
      - Remove the crutch (Me)
      - Forced in practice - Good habits for game

**Are you zoo  
tigers or  
JUNGLE Tigers?**

# THE ZOO TIGER

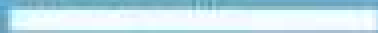


QUIZ TIME  
WHAT WOULD  
HAPPEN IF

EASY SCORE



SAFETY SCORE



AMOUNT OF STRUGGLE



# THE JUNGLE TIGER



EASY SCORE



SAFETY SCORE



AMOUNT OF STRUGGLE



# Three Keys

- The Power of CHALLENGE (and Challenge vs Threat)
- Encourage Creativity
- Free Play Time

# The Power of Challenge

- First things first: Challenge vs. Threat
  - Challenge and vision to work, learn and strive for
  - Especially important in awkward drills
  - First and foremost – do you model this?
  - Players will risk more and learn more in your practice if your culture is to see stresses as a challenge and opportunity



# The Power of Challenge vs Threat

- Serving
  - Not a “free throw” - we need strikes!
  - So much Threat in how we look at serving
    - Serve speed examples
      - Balloons
      - To Target
      - Just in

# The Power of Challenge

- Challenge does not necessarily mean more conditioning
- Get creative with your offense/defense system or even technique - and build an identity around it
- Maybe copy something you see from a college team

# The Power of Challenge

- It will be easier for your team to train to be Jungle Tigers, if Challenge is a part of your daily routine.
- Be ok with awkward practices, even before matches.

# The Power of Challenge

## Awkward Drill - Brazil

- Progression
  - 3 players, 3 on 3, 3 on 6
- Adaptations
  - Start at net and through ball away
  - Start everyone on endline and throw ball towards net

# The Power of Challenge.

- Make your gym a place of interpersonal trust (Challenge vs. Threat)
- It is ok to have core drills your players get comfortable doing
- BUT, have an activity everyday that is confusing and uncomfortable

# Example: Transition hitting and setting training

- Transition is a place where the challenge is high, so creativity tends to be low
  - **Setter > S and RS > S/RS/OH**
    - Add DS
    - Add Middle



# Creativity

### Analysis by Rotation - Untitled

Hastings  
Columbia College

3	25	23	23	25	15	111	08/29/2016
2	17	25	25	15	12	94	

Hastings | Player detail | Skill detail | Rotation detail

S	Player	Skill	Type	Set	Ind	%	Tot	=	%	BP	pS	/	%	BP	pS	-	%	!	%	+	%	#	%	BP	pS	
1	Team	Serve			2	11%	18	2	11%		2	4	22%			5	28%			3	17%	4	22%	4		
		Reception			2		16					5	31%			2	12%			9	56%					
		Attack			5	18%	34	3	9%	2	1					8	24%	3	9%	11	32%	9	26%	3	6	
		Atk after Rec			5	6%	16	2	12%	2						5	31%	1	6%	5	31%	3	19%		3	
		Transition			6	28%	18	1	6%		1					3	17%	2	11%	6	33%	6	33%	3	3	
3	Meyer	Reception			2		10					4	40%			1	10%			5	50%					
		Attack			2	-50%	2	1	50%	1										1	50%					
		Atk after Rec				-100%	1	1	100%	1																
		Transition			5		1													1	100%					
4	Bax	Reception			2		3								1	33%			2	67%						
9	Placke	Serve			2	11%	18	2	11%		2	4	22%			5	28%			3	17%	4	22%	4		
10	Klaudt	Attack			6	43%	7											1	14%	3	43%	3	43%	2	1	
		Atk after Rec			5		2													2	100%					
		Transition			7	60%	5												1	20%	1	20%	3	60%	2	1
16	Krolikows	Reception			2		3					1	33%							2	67%					
		Attack			5	11%	19	2	11%	1	1					7	37%	1	5%	5	26%	4	21%		4	
		Atk after Rec			6	12%	8	1	12%	1						4	50%			1	12%	2	25%		2	
		Transition			5	9%	11	1	9%		1					3	27%	1	9%	4	36%	2	18%		2	
18	Druepel	Attack			6	33%	6									1	17%	1	17%	2	33%	2	33%	1	1	
		Atk after Rec			5	20%	5									1	20%	1	20%	2	40%	1	20%		1	
		Transition			10	100%	1															1	100%	1		
6	Team	Serve			3	-5%	20	3	15%		3	5	25%			3	15%			7	35%	2	10%	2		
		Reception			2	-6%	16	1	6%	1		4	25%			2	12%			9	56%					
		Attack			6	30%	30	3	10%	3						3	10%	2	7%	10	33%	12	40%	4	8	
		Atk after Rec			6	33%	15	1	7%	1						1	7%	1	7%	6	40%	6	40%		6	
		Transition			6	27%	15	2	13%	2						2	13%	1	7%	4	27%	6	40%	4	2	
1	Bax	Serve			3	-5%	20	3	15%		3	5	25%			3	15%			7	35%	2	10%	2		
		Reception			2	-8%	13	1	8%	1		4	31%			1	8%			7	54%					
3	Meyer	Reception			3		2													2	100%					
		Attack			4		10	2	20%	2						1	10%	2	20%	3	30%	2	20%	1	1	
		Atk after Rec			4		5	1	20%	1									1	20%	2	40%	1	20%		1
		Transition			4		5	1	20%	1						1	20%	1	20%	1	20%	1	20%	1		1





# EARVIN NGAPETH

# Encourage Creativity

- First and Foremost - Volleyball is GAME. Not a system. Not a statistical entity.
  - **Requires:**
    - Motor Skills
    - Awareness of self and objects in space
    - Improving these accelerates learning
    - Motor Skills are why we like multi-sport athletes
  -

# Encourage Creativity

- Juggling
- Knee to Pass
- Hula Hoop games
- Force them to play in awkward ways (i.e. with non-dominant hand...injury prevention)

# Encourage Creativity

- Creativity is an area I think is the most ripe for gains.
  - How are you going to distinguish yourself from the other team?
  - Embrace the Challenge as a coach
    - it may be more fulfilling!
  - Important for the future of the sport

# Two Touch

- Drill setup
  - Competitive 2 on 2 game
  - Two lines on both end lines
  - First two people in each line step out into court
  - Coach enters ball to one side
  - The two players have to use two touches and ONLY two touches to play ball back over
  - Team that wins the ball stays, losers go to end of the line
    - Next two people step on
    - Try playing left handed
- **\*\*THIS IS AN AWKWARD AND FUN DRILL\*\***

# Scramble Wash

6 on 6

- Coach entry
- Coach can steal first contact with a bounce, or just toss
- Emphasis on getting a swing on the first ball
- Coach controls challenge level
  - **Can play in small variations - 3 on 3**
- **No apologies** - the game is a CHALLENGE

# Free Play

# Non-coached time

- How many of your players just go play volleyball?
- We need to ensure that they have low-coached or non-coached time to play



# Benefits of Non-coached time

- Provides time to play for fun and build relationships
- Provides time without consequence to work on things we've been pushing
- The fastest learning players are the ones who learn to coach themselves - Give them an opportunity to do so!

# How we handle non-coached time

- Spring
  - Skill sessions with players for first 30 minutes
  - Less feedback during full team time
  - Only requirement is to continue to work on things we've been training in practice

# A Few More Thoughts

- Accelerate learning by advancing - especially with your more talented players
- Take time to challenge your more talented players
  - Provides younger players with a vision
    - They will learn faster
    - They will eventually surpass your current best players
  - Less athletic players may surprise you
  - Will help advance you as a coach

# A Few More Thoughts

- Send them video of world class players to watch
  - Provides all players with a vision - but especially your top players
  - They will not have the opportunities to do this if you do not put it in front of them
    - But the internet is a wonderful tool
  - [laola1.tv](#)
  - YouTube



Questions?