



Gator Volleyball 2024

GET IT!

Greatness is earned by
the few who choose to do
more than whats
required.



ATTRIBUTES OF A GOOD TEAM

SHARE A COMMON GOAL

The team (players and staff) must know that they are all in search of a common goal. They must give all of themselves in a **relentless** pursuit of that goal. They must trust and firmly believe that all members of the team will do whatever it takes to reach that goal.

TRUSTS IN EACH OTHER

If there is doubt that a coach or player isn't committed to the goal, it tears down the strength of the team. **We must have trust and faith in our teammates and coaches.**

PASSION FOR EXCELLENCE

We must have a passion for excellence. This passion needs to extend to every contact with the ball. This passion is at the heart of a strong work ethic in all areas. It should drive us to improve daily.

GOOD COMMUNICATION

A good team has good communication. There is **constant talk** about what has just happened, what is likely to happen and what or how each individual will respond in certain situations. On a good team the setter and the hitter are sure to compliment the passer if a good pass was made. The hitter **compliments** the setter when a good set is made. If the setter makes a good set off a tight pass the passer compliments the setter and lets the setter know that the next pass will be kept off the net to make it easier. The hitters and setters need to give each other constant feedback. A tendency might be that the hitters only give feedback when they do not get a kill. Neither the setter nor hitters can assume that the other knows what was wrong - it must be communicated in a civil fashion. Screaming "higher" at the setter when the ball is set too low is a command - not communication.

Communication off the court is equally important. Whatever talk there is outside the gym needs to be constructive. If complaining takes place, it is the responsibility of whoever might be listening to not allow it to continue. Talking about a problem with someone with the goal of finding a solution is constructive.

PLAYS WITH EMOTION

A good team plays with emotion. There is a celebration after winning a point or sideout regardless of how it was won. **Teammates draw strength from one another.**

FEEDS OFF EACH OTHER

A good team learns to "feed off each other." **A team player will still give to the team, even if she isn't necessarily having a great day performing.** If I have not executed a skill perfectly, but my teammates have somehow made a good play out of it, I need to rejoice in our good play, instead of sulking about my error. I can often "make up" for my skill error by the way I choose to act about it. I can always control my attitude. One of the great things about being on a team is the fact that I have teammates that can pick up the slack if I have a bad day. In an individual sport, if I'm not performing well, my only

hope is that my opponent has a worse day. If I learn to feed off my teammates, I can often work through the trouble spots and turn my performances into a positive one.

LOVES WHAT IT'S DOING

On a good team, people take part because they love what they're doing. They take part because there is nothing that they would rather be doing.

EXTRA WORK

Players on a good team are eager to put in extra work. **They want areas of weakness in their game to become areas of strength.** They look forward to any extra time that they might have to work on these areas.

STRONG LEADERSHIP

Leadership is a must. The leader(s) are respected by the staff and other players. A leader helps form a communication bridge between players and coaches. She is able to head off problems before they become issues, and take issues from players to coaches (and vice versa) if necessary.

A leader sets a standard of excellence for others to follow. She is consistent in her attitude and actions, on and off the court.

"Success has always been easy to measure. It is the distance between the team's origins and the team's final achievement...." Michael Korda

The concept of leadership is that good leaders are made, not born. You must have the desire and will power to become an effective leader. Good leaders are continually working and trying to improve their leadership skills!

“Champions are made from something they have within them; a dream, a desire, a vision.”

ABCs of Gator Volleyball

Attitude - positive, team focused and in your control, unlike many things in this wonderful chaotic sport.

Bond - with your teammates in order to better succeed in the battles.

Compete - when you step on the court, compete for everything, then cooperate when you are off the court.

Demanding - but NEVER demeaning.

Effort - we may not win, but no one should out hustle us, and hustle makes up for many a mistake.

Fun - this is a game where practice can be as much fun as the game.

Give - to get what you desire, give first on and off the court.

Honor - the game in your heart and your actions.

Intensity - focus on each point, right here, right now.

Just - do it, for Yoda has it right: do or do not, there is no try.

Keen - to get better just a little bit each and every day.

Leadership - a core part of what makes each player great; study it, be confident, and lead by example.

Mentor - that which you teach, you learn.

New - challenges, opponents, techniques, ideas; the only constant is change itself.

Olympism - Citius, Altius, Fortius, the Olympic motto of swifter, higher, stronger is how every player should train.

Play - the game teaches the game, play one on one, doubles, triples, fours as often as you can make it happen.

Quick - in thought and action, always going for every ball.

Reading - it is the most important skill in our sport to learn to be in the right place at the right time.

Surprising - be creative and unreadable; rarely hit where you look, and always hit where they aren't.

Trust - every team must have trust to fuel their achievements.

Understand - know yourself to better understand others.

Visualize - always seeing yourself doing what you should do, never the myriad of possible errors.

Winner - no matter what the score is, always doing your best.

Xplay - cross things up and be more unpredictable and sneaky with your shots.

Youth - give young boys and girls a chance to make this their sport.

Zealot - giving others a chance to share the passion you have for this wonderful lifetime game.





Gator Volleyball Team Expectations

- All players are expected to be **on time, focused, and ready to work hard at all times. Bring your best self to practice and to games.** Practice starts at 3:15 or 5 minutes from when you reach your site! **If you are in school, you are expected to be at practice!** • **A player is to call her coach or bring a parent signed note if she has to miss practice or a game.** Pre-scheduled doctor or dentist, funeral, sickness, state fair, religious instruction, and family reasons are all acceptable reasons to miss a practice, but ALL must have a call/note in advance. It is the player's responsibility to call – not the parent's. Players will be making up the practice missed at the coach's convenience, and coaches will have the final say in what is excused and what isn't. Even though a player has an excused absence, it could affect her playing time.
- Those with excused missed practices can still play but will not start. • **Unexcused absences will not be tolerated.** One unexcused missed practice means no playing in 1 contest. Two unexcused missed practices mean you have other priorities, and the player could be dismissed from the team. Players who are not at practice cannot be evaluated.
- **All high school players must have 8 practices** before they can play in a game. This ensures that players are in good physical condition, have worked on fundamentals, and are ready for game situations.
- **Playing time is a privilege, not a right.** Coaches will decide on playing time for C team-varsity based on who gives the team the best chance at winning and who has shown during practice that she deserves to play. Coaches for black/green teams will do their best to get everyone court time, but playing time will NOT be equal. Players need to talk to their coach at practice time about what they need to work on to earn more time.
- The coaches will do the coaching. No player will criticize another player on the team – this defeats the idea of team unity. If a player has a problem, come talk to your coach – **we're always willing to listen, but be prepared for an honest response.** Social networking sites are not the appropriate places to vent about teammates, volleyball, a coach, or to disrespect the program. If there is evidence of violating this rule, the player will sit out one complete match. Failure to abide by Gator Volleyball rules will result in a conference with the coaches and possible dismissal from the team--it is a privilege to participate in extracurricular activities.
- Set individual goals for yourself and continue to strive for them during the season. We all need something to work toward – if you get there, set them even higher. Accept challenge and use it to make yourself a better player – **no excuses.**
- **All players are to hustle/work hard during drills, shagging balls, etc...** Even during down time, you are being observed.
- All players are subject to rules set up by the BGMR School and Minnesota State High School League; however, **coaches have the right to enforce stricter penalties.** • **Be ready to have a fun, competitive season!**

Gator Volleyball Philosophy



“Nothing Hits the Floor without Effort!”

Building a successful, competitive program is our goal, but we do want to learn and grow from our mistakes. The Gator Volleyball program encourages its athletes to be responsible, dependable, and disciplined. Our athletes represent the volleyball program, teammates, coaches, and our schools, so it's important to show respect toward others and toward themselves. Ultimately, we want our athletes to succeed in life, the greatest test. We believe in grit, integrity, resilience, and the relentless pursuit of excellence in ALL we do. Hopefully our training helps instill these valuable lessons so our athletes have meaningful lives beyond the volleyball court.

Black and Green Team Expectations

- Know a 4-2 offensive system and know individual positions progressing to a 6-2 system and knowing ALL positions.
- Know a 5 person serve receive progressing to a 4 person receive in 8th grade
- Show proper form/mechanics when passing, setting, hitting, digging, downball attacking, soft blocking, and serving the ball
- Develop proper footwork, jump, and arm swing for an attack.
- Know how to transition offensively and defensively (base and free ball)
- Skill development with more emphasis on serving and passing
- Exposure to several positions
- Develop an offensive attack by utilizing all three hits
- Develop overhand serving 70% accuracy – begin to target serve
- Develop confidence and court sense.
- Play hard!

C Team Expectations

- Preparation for the transition to JV competition
- Know a 6-2 and 5-1 offensive system. Coach's discretion for which would be most successful. • Know 2 person block and proper footwork
- Build on fundamental skills---serving should be second nature, passing consistency, exposure to quicks, slams/slides, and “D” hit.
- Position development – middles/outside hitters work on hitting/blocking etc... Setters should work on quicks, back sets, dumps, jump sets
- Master footwork for an attack and getting off the net
- Know rotational defense
- Transition smoothly from offense to defense
- Develop overhand serving 80%
- Experience success!

JV Expectations

- Preparation for varsity competition—be one of the top 8-10 players in the program • Build on all previous expectations from Black-C team.
- Know 6-2 and 5-1 offensive systems
- Know 4 or 3 person serve receive
- Specialize into positions and continue improvement at that position
- Maintain mastery of fundamentals— all skills, passing, digging, setting, serving, hitting, blocking should be second nature
- Players know “why” and can read the ball and the floor accurately.
- Rotation defense and transition should be effortless
- Communication/talking should be constant! Play as a team!
- Develop overhand serving 90%
- Play smart!

Varsity Expectations

- Be one of the top 6-8 players in the program.
- ALL things expected of C and JV should be second nature
- Read the competition—court sense, touch, and anticipation. Take what the opponent gives you and use it to your advantage.
- Continue to master fundamentals— but play with more variety. Spontaneous quicks/back row attacks, dumps, will keep us unpredictable. Players should adjust for the opponent effortlessly. • Serving 100% accuracy—target serve consistently to all positions on the court • Hustle for everything—the ball should NEVER hit the floor!
- Communication and team roles are a must for success!
- Find a way to win!

Lettering Criteria:

- In order to letter, athletes must participate in ½ of the season’s games.
- There are no violations of Gator volleyball team rules and expectations or violations of the Minnesota State High School League rules and student athletes have maintained academic eligibility in order to letter.
- Athletes who are of a senior standing, have had a positive impact on the varsity season, and have been committed to the program will letter.
- Exceptions to letter will be made at coaches’ discretion.
- **Varsity managers must have two seasons managing at the varsity level to letter.**

“Maybe no one understands why you work so hard now, but someday it will all make sense.”

Gator Volleyball I I:



Volleyball demands teamwork---**all teammates work as one toward a common goal.** The team is more important than the individual player, and decisions made are with the team's best interest.



There is no immediate gratification in volleyball; success is measured not by the scoreboard but by how players handle obstacles in their way. Players are told to "not get frustrated, but to get better." They learn to deal with failure and disappointment and find ways to overcome – this is a highly valuable life skill.



In volleyball, there are unique experiences and choices that athletes encounter. Lessons learned include the difficult process of setting goals and striving to achieve them as a team and as an individual player. **Athletes learn discipline, teamwork, responsibility, commitment, determination, and several other valuable characteristics.**



Six players working as one on the court provides an invaluable experience for all players. They learn to accept errors and limitations and experience self-sacrifice and delayed gratification. **Consistency is more valuable as this proves more powerful than a single "big play" or "great game."**



Gator athletes demonstrate sportsmanship, good character, confidence, poise, and respect for themselves, their team, and their opponents.

Dream, Desire, Discipline!

Offensive Systems



The offense attempts to hit the ball over the net so that the defense cannot return it. All offensive patterns call for the ball to be passed to a setter close to the net. The setter then delivers the ball to a hitter to hit into the opponent's court. There are two systems that will be used C-Varsity---6-2 and 5-1. The 4-2 will be used on black team.



. 6-2 Offense

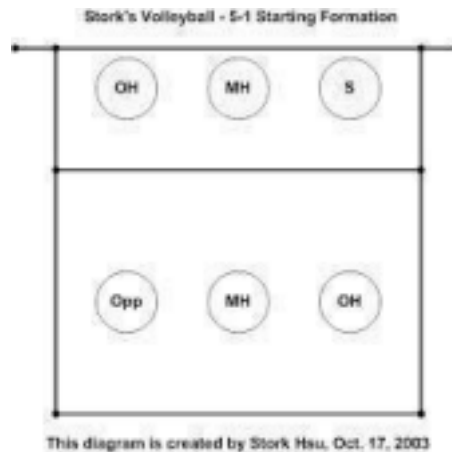
A 6-2 offense is named as such because there are always six (6) hitters on the court and there are always two (2) setters on the court. This doesn't; however, mean that there are eight players on the court. The way a 6-2 works is that there will always be one setter in the front row and one setter in the back row at all times (they line up opposite one another at the start of the match). The setter who is in the back row is considered the "active" setter, she is the one who will be running the offense and who should be setting the second ball during each play. The setter who is in the front row is not considered a "setter" while she is in the front row, but is a hitter during that time. So, each setter is at some point (during her three rotations in the front) a hitter and this is why the offense is known as a 6-2. This strategy creates a stronger offensive attack because there are always three potential hitters who can attack the ball at all times.

In a 6-2 offense, the active setter will run from her position in the back row (see the 6-2 serve receive formations and middle back defensive formations on the subsequent pages) to a setting position near the net between the middle front and right front hitters. She will have two front set options (to either the left front hitter or the middle hitter) and one backset option (to the right front hitter). Once the ball is hit over the net, the setter returns to the back row to a defensive position in right back (this is the standard defensive position for the "active" setter in a 6-2). As soon as it is clear that the "active" setter does not have to dig or make a defensive play, she will "release" and run to her setting position in the front row to set the second hit to one of her hitters. On a freeball, the setter releases immediately from her defensive position and comes to the front to set.

The primary advantage of running a 6-2 is that you have the offensive strength of three hitters at all times, thus creating a more confusing attack to the defense. The main disadvantage is that different setters set differently and having two setters means that your hitters don't have the continuity provided by a single setter. You also do not have the advantage of a setter who can hit from the front row (a backrow setter cannot attack the ball because rules do not allow a backrow player to jump up, make contact with the ball above the plane of the net and hit it over if she is taking off anywhere in front of the 10-foot line)

●5-1 Offense

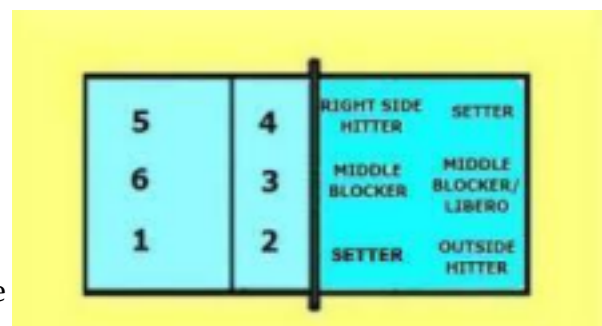
A 5-1 offense is named as such because there are always five (5) hitters on the court and there is always just one (1) setter on the court. Usually the setter will start the match in the back row (typically in right back) and the offense will almost entirely resemble a 6-2 during the three rotations that the setter is in the



back row. This is due to the fact that there will be three hitters in the front during this time and the setter will set from the same setting position as in a 6-2 (near the net between the middle front and right front hitters). Even the serve receive and defensive alignments are the same as in a 6-2 (again, refer to the 6-2 serve receive formations and middle back defensive formations on the subsequent pages). The difference in a 5-1 offense comes when the setter rotates into the front row. When this happens, there will only be two available front row hitters (because the setter is the third front row player). Typically the setter will switch to a setting position in right front so that she has front set opportunities to the middle and left front hitters. The other difference occurs defensively because the setter does not move to the backcourt on defense, but rather stays at the net and blocks. Some advantages of a 5-1 include the continuity of having one setter run your offense and the "trickery" of having a front row setter jump up, pretending to set the ball and actually hit it over the net (which cannot be done by a backrow setter in a 6-2 due to the regulation explained above). The primary disadvantage of a 5-1 is having only two available hitters in the front row when the setter is also there (making for a more predictable attack).

●4-2 Offense

A 4-2 offense is named as such because there are always four (4) hitters on the court and there are always two (2) setters on the court. The 4-2 offense is run very much like the 5-1 offense is run when the 5-1 setter is in the front row. The primary difference with a 4-2 is that there are two different setters who will take turns setting. These players will line up opposite one another at the start of the match and when one



setter rotates to the back row (where she is NOT the “active” setter), the other setter rotates to the front and becomes the “active” setter. The other difference from a 5-1 is that the “base” setting position in the front row is usually in middle front rather than right front which means the setter has one frontset option (to left front) and one backset option (to right front). This means that the “active” setter in a 4-2 will switch to the middle front position when she is in the front row, like the 5-1 setter switches to the right front position in the front row.

The advantage of running a 4-2 is that it places your setter more near the middle of the court and enables her to play more second hits (allowing for a little less precision in passing). It also allows two setters to run your offense without all the switching of positions that goes on in a 6-2 (where the setter runs from the back to the front and back to the back again). The disadvantages are that you don’t have the continuity of a single setter, you don’t have the offensive strength of three front row hitters at all times, and your setter does not have two front set options.

Offensive Strategy

As we run an offense, hitters communicate what tempo set they want and where they want it placed. The first number called out indicates where on the net the set should be placed---The second number is what tempo the hitter wants.

53= a high outside set

33=high set to the 3 net location

C3=high backset

21 (aka quick)=quick middle hitter. Middle hitter takes off before the ball gets to the setter’s hands.

Slam=setter sets behind herself to setting position B or C and the middle hitter curls around setter and uses a one foot take off to place it deep back corner (typically area 1)
D=setter sets right behind herself and middle curls around setter and uses a one foot take off to place it deep back corner (area 1)

Shoot=this is a lower 5 set.

L=left hitter starts parallel to the net and setter places the ball at the 3 location. Left player hits down the line into area 1 (deep corner).

We do have 3 back row attack options. Players can commit to their attack from the back row but need to be in the air before they land inside the 10 foot line.

Red is an area 1 set; white is an area 6 set; blue is an area 5 set.

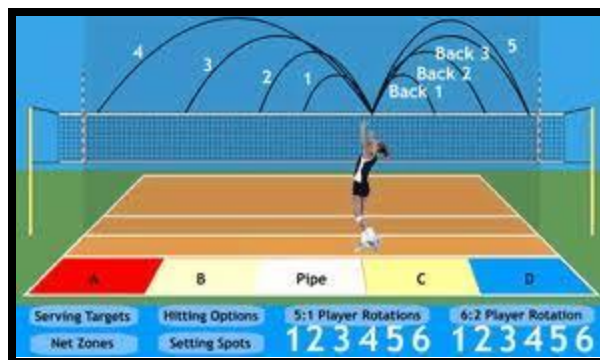
As our hitters go up, other players cover (protect the court) and call out where our hitter should place her hit on the opponent’s court. When we play defense, blockers also communicate where the opponent’s hit will be on our court, yelling “outside,” “middle,” or “back”.

Line=hitter will hit a straight line into the deep back corner and starts approach inside the court When the left hitter hits “Line,” the ball ends up in area 1

When the right hitter hits “Line,” the ball ends up in area 5

Angle=hitter will place the ball in the opposite corner of the opponent’s side. Hitter starts wide outside the court.

Basically, players are encouraged to be unpredictable. There’s a time for a player’s “money” shot, but the opponent will adjust to that and that’s when players need to change up their games and adjust.



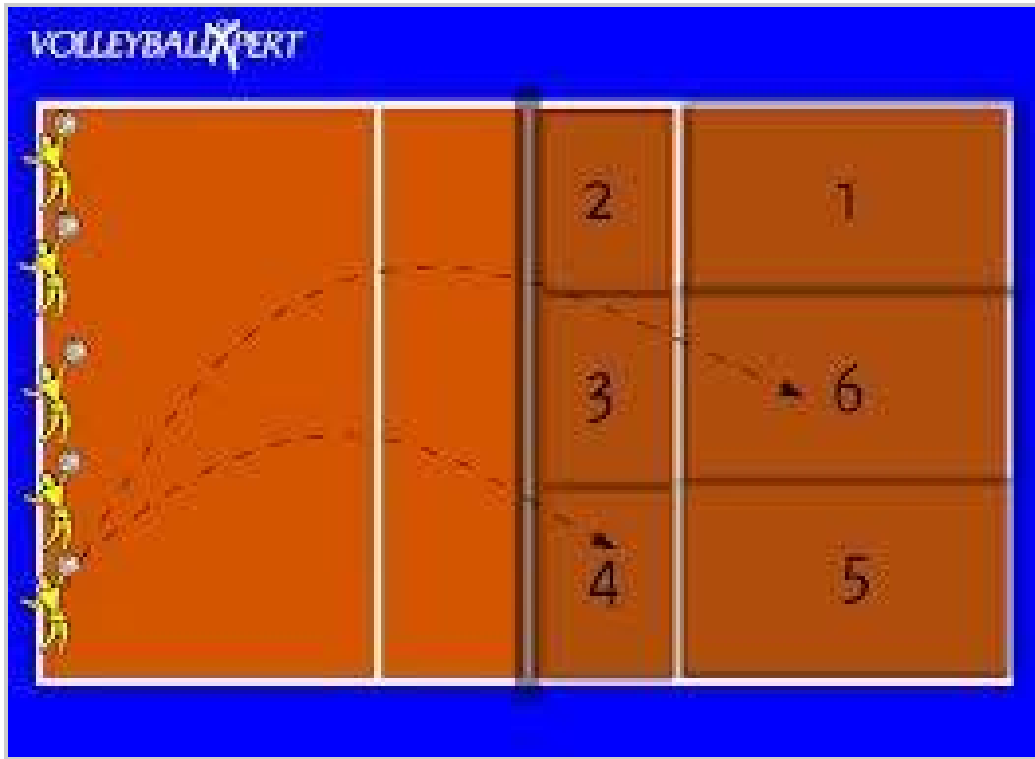


Serve Receive

Defensive Principles

1. Defense is a learned attitude; a philosophy: We shall go for any ball. There will be no excuses for **NOT** pursuing any live ball. **"Nothing hits the floor"** mentality is a must! Even if the ball looks like it will go out-of-bounds, we **WILL** follow the ball.
 1. Always play the ball in front of you---it's easier to move forward than backward. We **ALWAYS** protect the court and work outside---in. **The lower you are, the more time you have to get the ball.**
 1. Varsity plays a rotational defense and sometimes read.
 1. All teammates will be calling out the hit "outside" "middle" or "back" to show where the hit is coming from.
 1. When the hitter goes up, diggers get down and communicate what is coming. It is **ALL** players responsibility to call each ball "IN" or "OUT."
 1. Defense Sequence:
 - **STARTING** position
 - **READ** the developing play
 - **ADJUST** position
 - **FINAL** court position
 - **FINAL** body position
 - **BALL** is attacked
 - **RETRIEVAL** or ball pursuit
 1. If the blocker in front of you is involved on the block, you cover tip. 1.
- Defender's job is to sacrifice self to save the ball under any conditions.
1. We double block the outside and back sets; single block is our choice for middle hits with the setter covering behind the middle in the soft spot.
 1. Back row defenders establish court position by keying on the blocker's movements and adjusting accordingly, meaning reading the hitter.

Serving Zones



At the varsity level, players are expected to be able to spot serve to certain locations on the floor. Coaches look at serve receive set up from the other team, or target the opponent's weaker players and serve toward them. Players need to focus first on serving accuracy, second, on floor locations, and lastly, on spin – top spin, floaters, etc...

Typically we focus for areas 1, 3, and 5, but this changes as we look at the defense of our opponent. We typically try to aim at the opponent's weakest passers.

Gator Volleyball Fundamental Skills

Passing Fundamentals

- **Overhead Passing**

There is more control, so encourage athletes to take an overhead pass as much as possible.

- **Forearm passing**

Ready position (Head shoulders, knees, and toes) and a shoulder width base.

Stay athletic. Palms out and ready like you are holding a tray. Be ready...stay low...feet moving. Be stopped when contacting the ball.

***Hips need to be behind the ball and hips below the ball on contact. When you are passing be balanced, stopped, and still. Hips need to wrap around the ball so players take midline and should be turned to face target.

***Arms come from the belly button (Lead with arms). Contact should be soft.

***Thumbs are eyes to your target.

***Platform angle is key to ball control

Left back is always toughest position to pass, so make sure you have lots of reps and focus on platform angle to the setter.

Serving Fundamentals (most important for younger levels... Goal is to serve several serves in a row...)

Lift ball across body in front of hitting hand. Touch the back of pony/wrist cocked. Then lift and contact—two count.

Toss-no more than a foot higher than your hand can reach.

Use a line and keep left foot parallel and right foot is a 45 degree angle.

Keep toss in front of you. Can do a lift and cradle catch to see consistent tossing.

Strategies

- Serve to the area of the weakest passer
- Serve to position 5 from position 1
- serve to primary front row attacker
- Serve to the seams and make players move backward or forward
 - opponent deep, serve at her feet/opponent shallow, serve at her head
 - Seam serving can be a bigger focus on all levels.
 - Serve deep, in front of 10 foot line or just beyond 10 foot line
- Serve short in the path of a moving setter.
- Be GREAT at serving sidelines and corners
- Serve 90% in ALWAYS--don't back off at key moments.
- Watch the server's eyes/where their body is facing/toe facing
- Look at the setter--where would the ball be difficult to set?

Know when to focus when you're serving

- After a timeout

- set or match point
- 2 in a row by your team
- 2 in a row by your opponent
- 1st serve of any set
- After huge or long points
- When opponent is on a bad streak

3 Times NEVER to miss a serve

- The first serve of a game
- after an opponent's time out
- late in the game when the score is close.

How we get our points

- 9-12 on attacks
- 1-2 aces
- 1-2 blocks
- 6-9 opponent error

Hitting Fundamentals

3 step approach--hitters need to find what approach or distance works best for them.

- First left step forward arms in front
- next right step farther arms low and back ("jet plane arms"--load your legs)
- third step face setter (shoulders and toes) and arms up
- jump straight up
- start approach when the ball is at its highest peak/timing is important. There is no magic. Be patient and use your eyes.
- high swing and snap, follow through across your body.

Hitters need to be comfortable being unpredictable

Hitters chase the ball... Stay away from the setter and release behind the setter to be prepared to hit the entire court.

5 Rules of Hitting

- 1) Be on time... Use your eyes and be patient.
- 2) Go where the ball is actually going.
- 3) Prepare to hit the entire court.
- 4) Hit in the window--hit the ball at the highest point.
- 5) The court is indefensible... See the floor, hit floor. See hands, break hands...

Setters (need to put in more time than everyone else and must work harder than everyone else.

High, big hands, quick consistent release, thumbs across bottom panel

palms face your target, thumbs together, thumbs pointed at eyes, then push out.

Body-hips loaded and "Go" posture

Feet--small quick steps (Be fast--especially last two--left, right, set) to the ball--respond with feet first--you can always shoot the hands

***seated sets, one knee sets, wall sets, 1, 2, 3 sets (all three tempos to self), wall set (set the wall, let the ball bounce, and then get feet there and set), slam ball to the ground and set it to target, set self, set partner off right foot/left foot, set self, jump set partner

Movement

- Beat the ball every time. Feet first. Ball contact should be in the middle of the passer's body.
- Body needs to be turned to the court or facing the setter. Eyes on the net—Where's the ball.
- You play the ball...don't let the ball play you.
- Key phrases: Be ready, be athletic, stay low, feet moving, go, go go, go get the ball!

Communication

- Communicate every ball. MINE—no exceptions. It should be quick, concise, appropriate volume, positive, and meaningful.
- Say "Mine" and the name of the person BEFORE the ball gets there. Must be a habit
- Help doesn't help... When you say "Help" you MUST say a name and maybe a task.... "Sally set" "Becky pass" ...
- Communicate "On" (the pass went right to the setter), "Off" (the setter is on the move and wasn't a good pass), "Over" (the ball is on our side)
- "In/Out" "Short/Deep"
- Communicate where did the set go? "back," "outside," "middle"
- If you don't talk, you are INTENTIONALLY trying to make your team worse.
- Lift each other up... Celebrate every success of your teammates and give glows constantly. Love your teammates--you don't want your team to fail. Make plays for each other.

Volleyball Conditioning

Since volleyball has high intense action for a short amount of time, you need to be able to perform quick, explosive movements.

***short sprints with minimal rest

***quick lunges to the side

***quick approaches to jump and hit

***high jumps to get above tape and block

***quick reactions to hits or changing of body direction

Train your anaerobic system!

***Free weights and medicine ball work

***Jump training to improve approaches and blocks

***Speed training—hill sprints, stair sprints, line drills, etc...

***Core work—planks, ab workouts, inch worms

Increase your power! Improve your core!



Strength and Conditioning

Menu—

Step off bleacher with one foot, stick landing, then jump. Eyes up
Step off box with both feet. Stick landing. Rise up on toes
Alternating leg box jumps
Bulgarian lunge. Back foot rests on step. Squat and hold.
Glute bridge
Glute bridge with one leg extended up or out
Glute bridge with med ball
Glute bridge with diagonal leg sweep.
Fire hydrant with leg extended
Hip circles: On all fours, rotate bent leg in a circle.
Gluteus medius abductor with bands “Clam”
Down dog split with knee drives
Side step with bands
Goblet hop
Tuck jumps
Jump rope intervals
Rim jumps
Med ball approach
Lateral cone hop
Wall sit with arms extended front
Skier
Skater
Zig-zags, forward/backward and sideways
Monster walk
Side lunge butt kick.
Scissors jump
Hop with one leg extended
Hurdle hop, stick landing
Ladder hopscotch
Squat on one leg with opposite leg extended sideways, hands behind back. Could jump as well.
Med ball side lunge with ball sweep.
Med ball lunge and chop.
Diamond.
V-ups
Crunches
Touch side of foot crunch
Alternating knee crunch
Sideways crunch
Side arm bridge
Side arm bridge with knee tuck. Rest on forearm

Side arm bridge with leg raised
Plank with alternating arm/leg raise
Med ball back-to-back passing
Seated med ball toss
Superman
Med ball stand on one leg and overhead throw
Med ball between knees; twist
Russian twist sit-ups
Medicine ball oblique: Recline, curl legs to chest. Remind athletes to stabilize lower back with palms pressed to floor under butt.
Pilates sit-ups
Hold plank 3" off floor with arms bent – like you're half-way through a push-up
Rotating pillar (This is side arm bridge, then rotate to the other arm – back and forth)
Donkey kicks
Towel pike
Lat pulls
Toy soldiers
Tabletop
Tabletop with leg straight out and one straight up
Plank hold with single arm row
Plank with leg lift. Rest on forearm. Both ankles in dorsiflexion
Med ball walk with arms extended overhead
Plank curl.
Bow extension with kettle ball
Med ball roll out.
Push-ups with feet on black box
Medicine ball triceps extension behind head
Towel pull
Triceps extension with resistance band behind back
Resistance band bent over row
Wood choppers
Push ups
Staggered push up with hands at 2-8 and 10-4
Spiderman push up.
Throw with med ball.
Push-ups alternating on and off med ball
Medicine ball anterior deltoid raise

It would be advisable to work on your core throughout the summer vs two days before preseason. It will make you better for ALL sports.

Leadership

Do you have what it takes?

Leaders Lead

- Lead by example
- Lead by encouragement
- Lead by being honest with teammates
- Lead by confronting issues up front
- Lead by sharing experience
- Lead by sharing skills

Leaders support

- Support by putting the team first
- Support by standing behind (trust) the decisions of the team)
- Support by putting self-interests aside for team success
- Support by showing productive body language/behaviors
- Support decisions (trust) of coaches and captains

Leaders Follow

- Follow the lead of others
- Follow by listening to the viewpoints of others
- Follow by acting on decisions of coaches and captains without question
- Follow by putting the team first in all decisions

Leaders Challenge

- Challenge yourselves by expanding comfort zones daily
- Challenge yourselves to do something new and different
- Challenge teammates to do something new and different
- Challenge teammates to make hard work fun
- Challenge teammates to put the team first in all decisions



- **Champions Don't Make Excuses When They Don't Win** - They don't focus on the faults of others. They focus **on** what they can do better. They see their mistakes and defeats as **opportunities for growth**. As a result, they become stronger, wiser and better.
- **Champions Focus on What They Get To Do, Not What They Have To Do** - They see their life and work as a gift not an obligation. They know that if they want to achieve a certain outcome they must commit to and appreciate the process. They may not love every minute of their journey but their attitude and will helps them develop their skill.
- **Champions Expect to Win** - When they walk on the court, on the field, into a meeting or in a classroom the / expect to win. In fact, they are surprised when they don't win. They expect success and their positive beliefs often lead to positive actions and outcomes. They win in their mind first and then they win in the hearts and minds of their customers, students or fans.
- **Champions Celebrate the Small Wins** - By celebrating the small wins champions gain the confidence to go after the big wins. Big wins and big success happen through the accumulation of many small victories. This doesn't mean champions become complacent. Rather with the right kind of celebration and reinforcement, champions work harder, practice more and believe they can do greater things.
- **Champions Believe They Will Experience More Wins in the Future** - Their faith is greater than their fear. Their positive energy is greater than the chorus of negativity. Their certainty is greater than all the doubt. Their passion and purpose are greater than their challenges. In spite of their situation, champions believe their best days are ahead of them, not behind them.

If you don't think you have what it takes to be a champion, think again. Champions aren't born. They are shaped and molded. And as iron sharpens iron you can develop your mindset and the mindset of your team with the right thinking, beliefs and expectations that lead to powerful actions.

Characteristics of Mental Toughness

- **Competitive** – a competitor will find a way to win!
- **Confident** – confident athletes have a belief they can handle whatever comes their way.
- **Control** – Mentally tough athletes maintain poise, concentration, and emotional control under the greatest pressure and most challenging situations
- **Committed** – a competitor focuses time and energy on goals and dreams.
- **Composure** – they stay focused and deal with adversity.
- **Courage** – Contenders are willing to take risks. They love the grind.
- **Consistency** – mentally tough athletes play their best when they're feeling their worst. They don't make excuses.



Be a Believer in **Today**

*****Focus on what you can do today!** Today will make you successful tomorrow.

*****Success isn't about talent.** It's about being dependable, consistent, coachable, and knowing what you need to do to improve.

*****Get the most out of every drill, every ball, every moment of practice to improve yourself.** Treat everything we do with purpose! Don't cheat yourself out of these opportunities. Everything has a purpose – Make yourself work harder than you think you can.

*****Fail forward.** Learn from these mistakes. They help you grow and improve. "Failure is the opportunity to begin again more intelligently." Henry Ford

*****It's about the pursuit of excellence!** Be a believer! You don't automatically become good---you have to work at it!

*****Compete against your best self!**

*******GIVE YOUR BEST EFFORT.
YOUR TEAMMATES ARE
WATCHING!**