

Rookie Coaches Volleyball Guide (A.C.E.P.)



This book provides a unique combination of coaching advice and strategies as well as volleyball skills and drills for the novice volleyball coach. It also that shows coaches how to teach beginning 3-player volleyball to children. The strategies presented are geared toward youth volleyball, but the basic skills and techniques can also be applied to all variations of volleyball, including 6-player, doubles, 4-player, beach, or indoor. Developed by the American Coaching Effectiveness Program and written in co-operation with the United States Volleyball Association (USVBA), this book provides principles related to coaching philosophy, communication and motivation, teaching and planning, injury prevention and care, and liability concerns. In addition, the book provides essential information for coaching youth volleyball, including the five basic volleyball skills - serving, forearm passing, setting, hitting, and blocking; descriptions of how to detect and correct common skill errors made by young players; an introduction to youth volleyball and its special modifications; a description of the three positions in youth volleyball and their responsibilities; an explanation of rules and common penalties; detailed explanations of how to teach offensive and defensive team strategies; progressive individual and team drills; and a sample practice plan for beginning youth volleyball.

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