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Coaching Volleyball Resources

These following resources and more are available from the S.P.R.A. Resource Centre at www.spra.sk.ca or contact us toll-free at 1-800-563-2555. Revised: October 1, 2007

Books

Becoming a champion : defense and blocking, John Dunning, 2002.

Begins with defining essentials and leads you through an eight-part demonstration of detailed sequences of individual defensive ball handling drills designed to increase fundamental defensive skill development. Also teaches how to develop a strong blocking move and the side step and swing block techniques. Shows blocking technique for both taller and shorter players. Individual, paired, peer-coached, and transition drills are demonstrated in the final segment.

Coaching volleyball : beyond the x's and o's I edited by Kinda S. Lenberg, 2004.

Covers conditioning including plyometrics, off-season conditioning, flexibility and core training, skills teaching, and mental training and shows how to make general fitness skills volleyball-specific. Also covers program management including media and marketing.

Coaching volleyball : defensive fundamentals and techniques, Kinda S. Lenberg, 2004.

Focuses on blocking and defensive strategies, skills, drills and tactics.

Coaching volleyball : insights and strategies, Kinda S. Lenberg, 2004.

Covers communication, coaching philosophy and ethics, and strategies such as structural flow charting and keeping performance statistics during the game. Also covers misunderstood rules. Focuses on high school volleyball programs.

Coaching volleyball : offensive fundamentals and techniques, Kinda S. Lenberg, 2004.

Articles by a wide variety of coaches on volleyball essentials: the set, the serve, the attack, and serve receive. Skill development and tactics for coaches and players of all levels.

Coaching volleyball successfully, Sally Kus, 2004.

For developing a successful high school volleyball program. Covers philosophy and practices, drills, skills and strategies.

Incredible volleyball : lead-up games and drills, Wally Dyba, 2005.

Provides step-by-step approach and lays the foundation for important team play concepts in volleyball. More than 200 easy-to-follow lead-up games, drills, and variations for both novice and experienced coaches.

These lead-up games and drills, divided into more than ten categories, are designed to teach and improve all volleyball skills, from passing and setting to hitting and digging. A section on team play drills will help teams play more effectively in a competitive environment.



Mini-volley : instructor's guide, 2005.

Organized into teachable stages and activities. Each activity has a title, an objective, how to play, progressions/variations, easier and harder, safety points, teaching points, success criteria, and equipment. The binder is organized by the different stages of development. The teaching plan is divided into three stages: initiation, development, and proficiency.

Volleyball : teaching the basics resource manual / Wilf Wedmann, Jennifer Fenton and Bryna Kopelow, 2004. Contains easy-to-follow lesson plans focused on basic skill development, games and activities. Teaching the Basics with the Premier's Sport Awards Program (p.s.a.p.) is based on the premise that by improving their basic sport skills, children will feel more comfortable in physical activity settings and will enjoy more personal success.

Videos and DVDs

Becoming a champion : hitting [DVD], John Dunning, 2002.

Covers hitting from the basics with an eye on more advanced skills. Begins with an explanation of some of the attributes to effective hitting: Vision, Ball Speed, Ball Control, Attitude, Becoming a student of the Game, and Hitting Off-line. Moves on to complex skills with the goal of power, precision, and injury prevention.

Becoming a champion : passing and serving [DVD], John Dunning, 2002.

The four key elements for successful, accurate passing: Physical, Skill, Movement, and Mental. Demonstrates proper starting position detailing the positioning of the feet, body, and arms and passing posture and the technique for a developing a successful passing platform. Shows detailed sequences for learning the Floater Serve (also illustrates positioning of the feet, hands, body, and shoulder with a serving sequence of "Toss, Step to Target, and Hammer the Nail!"). Presents Wall Drills and Lane Serving Drills for developing accuracy and technique.

Becoming a champion setter [DVD], John Dunning, 2002.

Covers the four primary phases of the setting position, the factors of offence, the roles of the setter to the team, and what it takes mentally to be a Champion setter. Next is an on the court demonstration that progresses through: Ready Position, including body and specific hand positioning, Body Rhythm, stressing the importance of whole body motion including a 3-step progression for the Jump Set, and concludes with Follow Through instruction. Gives detailed instruction through drill sequences designed for technique and accuracy and includes, jump setting, one-step setting, setting to various zones, tilt setting, back setting, one-hand setting and dumping.

Coaching the athletes' parents [VHS], Kathi Wieskamp, 2005.

Dealing with parents is often one of the most challenging (and difficult) aspects of coaching. Gives overviews of how coaches can help the parents of their athletes know what their rightful role is in their athletic program and what their boundaries are with regard to their behaviour. The video provides ideas and suggestions on ways coaches can help parents channel their desire to be involved in their children's activities in a positive, appropriate manner.

Hooray for mini-volleyball : video 1 [VHS], Volleyball Canada, 2005.

An educational video ideal for teachers or phys-ed specialists of kids aged 8 to 12. It demonstrates fun ways to adapt the game of volleyball so primary school children are able to achieve playing success with very little practice or experience.

How to teach volleyball in the classroom : video 2 [VHS], Volleyball Canada, 2005.

This sequel introduces many fun activities that are easily adaptable so that educators can use them with all of their students regardless of age, skill level and athletic ability. The objective is to create an exciting, fun, and active environment in which all children are eager to participate.