

Fox Cities Elite  
Volleyball Club  
Player/Parent/Coach  
Handbook



# **FC Elite Volleyball - Our Mission**

## **Mission**

Fox Cities Elite is dedicated to developing highly skilled volleyball players in Northeast Wisconsin. FC Elite will offer a top-quality club experience through intense and competitive practice situations, competition in regional and national tournaments, the ability to pursue volleyball opportunities beyond the high school level, and a coaching staff that is knowledgeable, dedicated and caring. FC Elite is committed to developing self-confidence, stressing personal development as a volleyball player and as an individual, and educating each athlete and parent about the sport of volleyball.

## **Commitment**

Fox Cities Elite is committed to the development of some of Northeast Wisconsin's finest volleyball players. Attendance at all practices and tournaments is required and players/parents must be able and willing to commit their time and resources to FC Elite. Our season will begin in November and conclude in April. Each athlete will be required to practice twice per week on non-tournament weeks and once per week on tournament weeks. Each practice will last approximately 2 hours. Optional practices will be offered two times per week for those athletes that want additional training beyond what is required.

# **FC Elite Volleyball Philosophy**

## The 12's

The biggest emphasis at this age level is to introduce the athletes to the basic skills of volleyball. The basic skills being serving, setting, passing and attacking. Proper foot work and court movement will be stressed. A 6-2 or 4-2 offense and a four or three person serve receive will be used. Athletes will be trained to work and communicate as a team on the court.

## The 13 and 14's

The biggest emphasis at this age level is to introduce the athletes to the basic skills of volleyball. The basic skills being serving, setting, passing and attacking. Proper foot work and court movement will be stressed. A 6-2 offense and a three person serve receive will be used. Athletes will be trained to work and communicate as a team on the court.

## The 15 and 16's

Emphasis will still be on mastering the basic skills of volleyball. Athletes will be introduced to advanced offensive strategies(different sets, 5-1, etc..) Athletes will learn how to anticipate and read what opposing players and teams are doing offensively and defensively. A three person serve receive will be used. Continued emphasis will be placed on communicating and working as a team on the court.

## The 17 and 18's

Basic skills should be mastered and will only need minor refinements. Offensive and defensive strategies will be taught and used in practice and team competitions. This involves running combination plays and making minor adjustments offensively and defensively based on your opponents style of play. A two or three person serve receive will be utilized. Emphasis will continue on communicating and working as a team on the court.

# FC Elite Volleyball Rules

1. Arrive at practice and tournaments on time and fully dressed. At tournaments, dressed and ready on the end line one-half hour before match start time.
2. Taping will be done prior to practice or the start of the first match.
3. Follow and obey your signed participation agreement with the FC Elite Volleyball Club. **Penalties will be enforced.**
4. Report all injuries and ailments immediately to a coach.
5. No **jewelry, earrings, etc.** at practice or matches.
6. Only the Scorer, Assistant Scorer and Flip Scorer are allowed at the Scorer's Table. Ipods, cell phones, electric devices, food, etc., are NOT ALLOWED at the Scorer's Table or with Line Judges. (USAV RULE)
7. Knee pads will be worn at all practices and matches.
8. No food, pop or gum at practice.
9. Use a wastebasket for depositing of any garbage.
10. Let your coaches do the coaching! Yelling at officials, teammates or opposing players will not be tolerated. Your responsibility is to be ready to play at any time and to cheer your teammates on.
11. Hustle, listen attentively, and be mentally ready to play. Horseplay or talking on the bench will not be tolerated. Watch players who play your position so you know what they are doing on the court.
12. Be encouraging to teammates.
13. **DO NOT FORGET: WE WILL PLAY THE WAY WE PRACTICE**

## FC Elite Serving Strategy

Our serving goal is to have serves that are accurately placed inbounds . It is your responsibility to put the ball in play. Below is a list of serving zone numbers. Memorize these numbers and work on your target accuracy during serving practice. Your coach may be calling service areas where they want you to serve the ball in practice and matches. Always look at your coach before serving to see if they have a service zone that they want you to serve the ball.

	2	1
	3	6
	4	5

### Signals

- Area 1 - 1 finger
- Area 2 - 2 fingers
- Area 3 - 3 fingers
- Area 4 - 4 fingers
- Area 5 - 5 fingers
- Area 6 - Fist

You can serve from anywhere on the back baseline. Moving around on the serving baseline makes passers receive the ball from different angles. We want you to move on the serving baseline as much as possible.

**Serving Rule:** For age groups 15 and above, you are not allowed to let your first toss drop for a re-serve. You must contact your first toss or else a sideout will be awarded.  
**Let Serve:** A serve that hits the net and goes into the opponents court. This is a legal serve and play will continue.

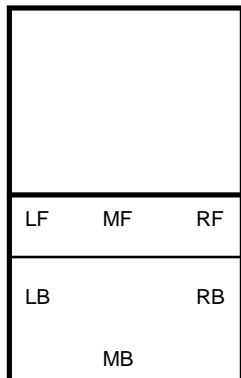
# FC Elite Volleyball Defensive Strategy

Blocking is essential to an effective defense. It is the blockers responsibility to block your opponents attacks or force your opponent to hit certain angles where our defense is is.

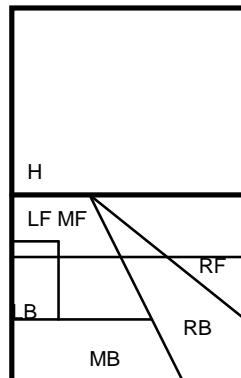
It is the outside blockers responsibility to set the block for the middle blocker on the outside attacks. The middle blocker needs to move to the outside blocker and close the block off. On all double blocks, the two blockers should be next to each other and should jump at the same time(just after the hitter jumps). As you jump you should penetrate over the net and turn your hands(thumbs up and fingers apart) into the middle of the court.

When the ball is on the opponents side of the court we should be in base defense ready for any first or second contact tips over the net or to move into our defensive positions.

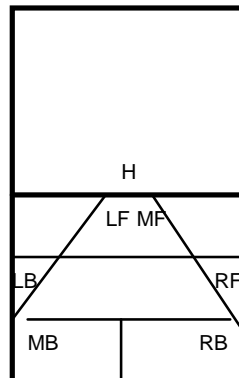
Depending on where the hit is coming from, defenders should position themselves accordingly to their coverage zones (see diagrams) (Defenses can be changed based on team strengths or opponent). **You should stay low, balanced, and on the balls of your feet. Standing straight up on defense makes it difficult to play good defense.** Be ready to anticipate(watch the hitters eyes, shoulders and hitting arm) where the ball is going to be hit. If the ball is hit near you, you should try to position your body behind the ball with your platform pointed towards the setters zone(Zone Six).



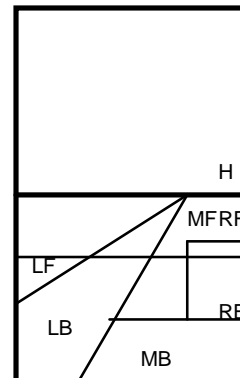
Base-Defense



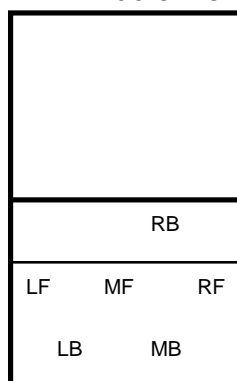
Left-Defense



Middle-Defense



Right-Defense



Freeball-Defense

# FC Elite Volleyball Offensive Strategy

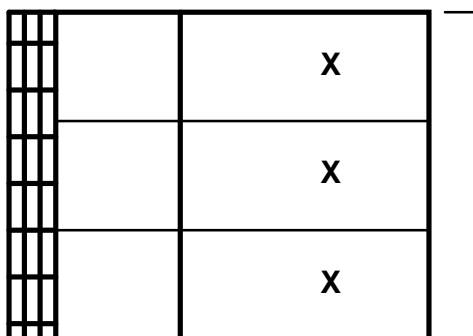
## Offensive Systems

There two offensive systems that our club will use, the 5-1 and 6-2 (Exception: If we have a 12 and under team they may use a 4-2 offense). The first number is the number of attackers, the second is the number of setters.

- \* A 5-1 has one setter (who sets all the time) and five attackers
- \* A 6-2 has two setters (each of whom set from the back row) and six attackers
- \* A 4-2 has two setters (each of whom set from the front row) and four attackers

## Serve Receive

Our club will use a 3 person serve receive (Exception: If we have a 12 and under team they may use a 4 or 5 person serve receive). It is our philosophy that using a 3 person serve receive will cause less confusion, allow us more offensive options, and allow our athletes to be more aggressive and at the same time become better passers. The court should be divided into 3 receiving alleys (See Diagram). Athletes are responsible for any balls (long or short) that are in their alleys.



## Setters

It is the setters responsibility to always set your teams second contact. If setter is unable to play the second contact, the setter needs to call for "HELP" from her teammates. If the setter has the first contact, the setter needs to call "SETTERS OUT" to let teammates know they can not set the second contact. In this situation, the setter will always try to pass the ball to the right front player so this player can set one of the hitters. Having the setter call the right front players name will help them know they have to take the second contact.

The setter has the responsibility of running the offense. The setter must communicate what sets and plays she wants the hitters to run on the court.

## Setting System

Our club has a number of different sets that we use in our offense. There are nine zones along the net (See Diagram). Each zone is one meter wide. Zone one is the left front position and zone nine is the right front position. The setter sets from zone six.

### Signals

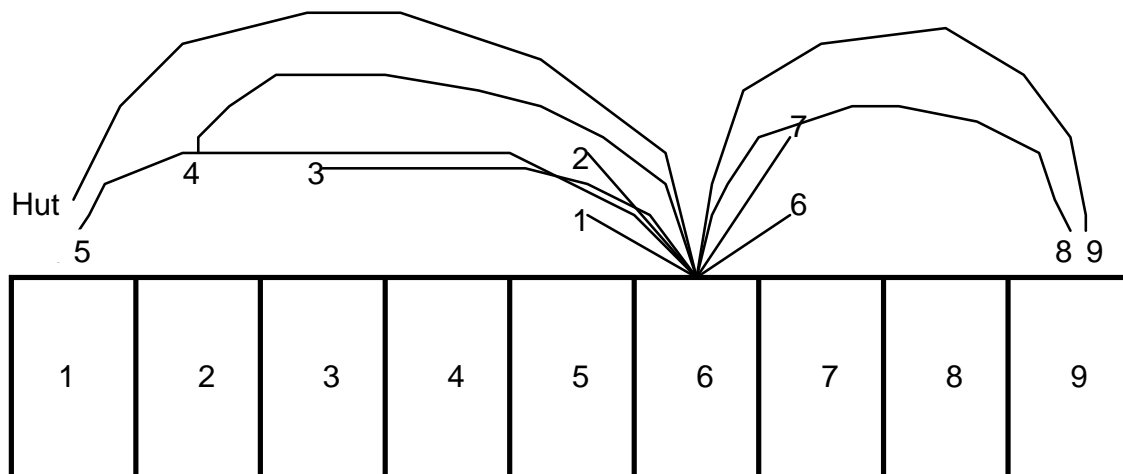
<u>Sets</u>	<u>Vocal</u>	<u>Hand</u>	<u>What Hitter</u>
Front 1 Set	1	I	Middle
Front 2 Set	2	I M	Middle, Left & Right side
31 Set	3	I M R	Left Side & Middle
22 Set	4	I M R P	Left Side
Outside Front Set	5	P R M I T	Left Side
Regular Front Set	Hut	Fist	Left Side
Back 1 Set	6	P	Middle & Right Side
Back 2 Set	7	I T	Middle & Right Side
Slide or 92 Set	8	P T	Middle - Right Side
Regular Back Set	9	P I	Right Side

## **Hand Signal Key**

<b>P</b> - Pinkie	<b>R</b> - Ring	<b>M</b> - Middle	<b>I</b> - Index	<b>T</b> - Thumb
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(Plays)      Stack                                      (Called By Setter) Middle 1 & Left-side 2  
                  Cross-Right                            (Called By Setter) Middle 8 & Right-side 2  
                  Cross-Left                                (Called By Setter) Middle 3 & Left-side 2

(Backrow)    Left Side    A  
                  Middle                                    PIPE  
                  Right Side                                    D



# Nutrition For Performance

What you put in your body effects how your body will perform. Having a well balanced diet will enhance your performance in the classroom and on the playing floor. A balanced diet should consist of about 50-60 percent of your calories from carbohydrates, 10-20 percent from protein and 15-25 percent from fat.

What you eat and when you eat it can have a real impact on your athletic performance. A pre-game meal should consist of foods high in carbohydrates and should be consumed at least 4 hours before the match. Carbohydrates are easily digested and give your body the needed energy to perform. Foods high in protein and fat should be avoided because they take longer to digest and actually will take energy away from your muscles to help in the digestion process. Foods high in sugar will give you short burst of energy (10-15 minutes), but in the long run will actually lower your blood sugar level and make you tired and weak. Foods that are good snacks to eat at least 1 hour before exercise are fresh fruits, cut up vegetables, granola bars, rice cakes, bagels, dry cereal, low fat crackers, and low fat cheese. Candy should be avoided as a pre-game snack. A post-game snack should include a food high in carbohydrates (to restore your bodies energy) and protein (to repair damaged muscle tissue).

Plenty of fluids are needed for your body to function. Your body is comprised of 55 to 70 percent water. Athletes need to keep their bodies hydrated before, during, and after exercising. Drinking 2 glasses (8 to 16 ounces) of fluid 2 hours before and 1 glass of fluid 15 minutes before exercise, will ensure that you are plenty hydrated to start. During exercise, 4 to 6 ounces of fluid should be consumed for every 15 to 20 minutes of activity. Immediately after exercising, at least 16 ounces of fluid should be consumed to help your body rehydrate. Fluids can consist of water, sports drinks, fruit juices or lemonade. Caffeinated beverages should be avoided because the caffeine actually will dehydrate your body.