

Houston Stellar Training Philosophy

Houston Stellar Volleyball was developed in an effort to develop and train young girls at a high level in the game of volleyball. To make the club competitive on a Local, State, Regional and National level, every coach must do their best to train the players under the following manual.

The Houston Stellar training philosophy is that every player deserves to be trained correctly and the same way regardless of what team they play for. No matter what team a player makes, their training does not change. This philosophy will help solidify the club as one of the best in Houston, the state and the nation because ALL players will become better.

Again, **the training manual is NOT a suggestion**. All skills and techniques have been developed to improve each player in the club and must be adhered to. If there are any questions or need for any clarification then please feel free to contact the club director or asst. director.

Practice Protocol / Expectations

1. **Coaching/Player Attire** - Stellar Volleyball Club is a Nike Elite Volleyball Club. It is **MANDATORY** Coaches and players are Head to Toe Nike apparel. We want to create an Elite level training environment. Remember we all are representing Stellar Volleyball Club. If a player is out of dress code, the team must perform a consequence. If a coach is out of dress code, the director will be notified and the coach will be contacted.
2. **Warm up** - Pre-practice routine. This is an extremely important part of practice to not only avoid injury but to get your players focused on the task at hand. We will all warm up for the first 10-15 minutes together as a group. Warm up will consist mostly of Core (planks, sit-ups) and Dynamic movements to get the players warm. Not only will it warm their bodies up but over time it will increase quickness, power and explosion. This will be done by me or I will instruct the coach in charge as to what is expected. These players need to be made through positive but stern actions that this is an EXTREMELY important part of practice.
3. **Ball Control** - This skill needs to be taken serious as we start practice. It is up to you coaches to express the importance of ball control and how each player can and should improve with each touch. There is no place for watching the ball hit the ground or joking around and such behavior needs to be disciplined. Ex. Burpies or planks.
4. **Serving and Serve Receive** - The first part of practice should be some type of serve, pass and hit drills. The game now is strongly controlled by serving and passing. This means we should be spending ample time on these skills. Make sure your players

- know that they need a service routine. Not just run to the end line and blast as serve as hard as they can. I advise each coach to have their players utilize the 8 second rule.
5. **Offense** – There needs to be time each practice dedicated to offense. Explain to your players what as a coach and club we are trying to do on offense. Your offensive approach will differ by player talent and skill level but as a club we want to try to speed things up on offense. Make sure your players know set names and offensive terminology in addition to your strategical efforts.
 6. **Defense** – Every practice should also have time dedicated to defense. Again explain the system. Make sure they know both defensive strategies and which one you are running whether it is perimeter or rotational, where their base position is and what we are trying to accomplish with positioning. Too many times we are looking at only one aspect and the others are lost. Ex: If the ball gets put away the front row is yelling at the back row to dig it and the back row is yelling at the front row to block it. Everyone has their place and all are responsible for blocking and or digging that ball. We must instill in your players minds that defense is simply an attitude. **YOU CAN DIG ANYTHING!!!** Or at the very least go for every ball. We want to be **EXTREMELY** scrappy on defense.
 7. **Wash Drills** – There will be several drills wash drills made available to you all. We must focus on more practice as a whole and less “scrimmaging”. There is a time and place to scrimmage but your players need much more help with individual and team skills rather than straight play. It is our opinion you can get more out of wash drill with multiple balls and touches played each rally.
 8. **Practice Structure** – You need to make an effort for your practices to have a natural progression and flow to them. Minimizing downtime and building a practice so that it peaks at the end is a must. Take time to develop a practice plan for each practice and make sure your transition from drill to drill is smooth and progressive. Each coach will be required to have a practice plan on hand at each and every practice.
 9. **Set the Tone** - Houston Stellar Volleyball Club is making a move to be one of the best teams in Houston, the state and the nation this season. We want to be known as an Elite Club. Of course we want the players to enjoy this process but with a little more guidance and smarter coaching I believe we can reach all of our goals.