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# COACHES' CLIPBOARD

A NEWSLETTER FOR OVR JUNIORS COACHES

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## **NEW LIBERO GUIDELINES**

Although there are few rule changes this year, at least one of them is very crucial for all of us – the Two Liberos Rule. USA Volleyball will now allow a team to designate two Liberos. Layman's terms instead of any technical rule verbiage will be used below to explain this rule and answer the most common questions. A rationale for these changes will be provided if requested, but for the sake of brevity, it will not be included at this time. The Libero playing actions remain unchanged from previous seasons. Here are the key points of emphasis:

- A team may designate up to two Liberos. Libero designation is now FOR THE MATCH, whether one or two Liberos are used.
- Only ONE Libero is permitted on the court at a time.
- The Libero(s) are designated on the line-up sheet for Set 1, and that player(s) will remain Libero(s) for the duration of the match. They cannot be changed after the line-up has been submitted. There are two Libero boxes on the Set 1 line-up. The starting Libero MUST be listed in the first box. If a Libero will play in the first rally of the match.
- After the first rally of the match, either Libero may freely replace a player on the court, including the first rally of any subsequent set. If no Libero plays in the first rally of the match, EITHER Libero may replace a player on the court in any subsequent rally or set.
- If a team will use only one Libero, an "X" should be placed in the second Libero box. Even with one Libero, that designation is FOR THE MATCH and cannot change for each set.
- If two Liberos are used, they do NOT have to wear identical uniforms. Each Libero can be dressed uniquely provided their uniform still meets USAV rule requirements.
- The Acting Libero (on the court) can be replaced directly by the second Libero (on the bench) after a completed rally. The original player does NOT need to replace the Acting Libero before the second Libero can enter the court. In other words, a "Libero for Libero" replacement is permitted.
- A team may only use the Libero re-designation rules when the team has been reduced to ZERO Liberos due to injury/illness. An expelled or disqualified Libero cannot be replaced by re-designation.

In addition to these Libero rule changes, the OVR Board has

continued the adoption of a modification to allow a Libero to serve. The OVR Board of Directors has approved a rule modification to allow ONE Libero to serve FOR THE MATCH. The current women's NCAA rules and interpretations will be implemented for Libero serving actions. If a team utilizes two Liberos in a match, the coach (or captain) will designate ONE Libero to be eligible to serve during the match by placing a triangle around that Libero's number on the line-up sheet submitted for Set 1. This Libero will be permitted to serve in ONE position in the service order during each set.

In addition, we have adopted an exception to the rule that requires a completed rally between replacements involving a Libero. This exception is directly related to serving:

If the designated "serving Libero" is currently on the court, ONLY that Libero may replace the player in Position 1 as the next server without the need for a completed rally between replacements. A second Libero replacement may not take place during the same dead-ball period in which the "non-serving Libero" (who is on the court) has been replaced by the original player, and the "serving Libero" (who is on the bench) wishes to replace the server. In this case, a completed rally must occur before the "serving Libero" can replace the server.

**IMPORTANT NOTE:** USA Volleyball does not recognize the Libero serving rules, and those rules will NOT be used at National Qualifiers, our regional Bid tournaments or the National Championships. Also, there is variance among regions as to the implementation of the Libero serving rules. If your teams travel outside the OVR, they should be prepared to adjust to that region's local rules in this regard.

This is a lot to process, and we will do our best to answer questions that arise. Brian Hemelgarn (OVR Referee Chair) has developed a PowerPoint presentation that highlights the Two Liberos Rule and Libero serve rule modification. It will be available on the OVR website shortly, and includes scenarios and rulings to help everyone better understand these rules. It will behoove all coaches and club directors to review this presentation.

I'm sure questions will arise during the season, so please feel free to contact Brian Hemelgarn at [hemelgarn@ovr.org](mailto:hemelgarn@ovr.org). He is anxious to hear of your team's experiences with the new Two Liberos Rule, as well as the Libero serve modification.

**Test your knowledge:** Is it illegal for the Libero to use an overhead finger action (set) while in contact with or in front of the attack line? **Answer:** Yes. It is illegal, but when this happens all remaining attack-hitters are under a certain restriction; look it up in your rule book!

## **GENERAL RULES AND PROCEDURE REMINDERS**

To continue with our preparation for the season, here is a general summary of important USAV rules and protocols we follow here in the OVR.

- Team rosters – although your teams submit a roster when they register for each tournament, the coach must also fill out a roster to be kept courtside during the day. This can be a pre-printed roster, or the OVR line-up/roster combo sheet can be filled out.
- Only the (head) coach or captain may request a time-out, or a substitution in the case of an injury to a player on the court. (Rule 5.2.3) The coach must remain at least 1.75m (5'10") from the court while the ball is in play. (USAV 5.2.3.4) ONE assistant coach may stand to give instructions to the players on the court, but he/she has no right to intervene in the match or make requests to the referees. (Rule 5.3.1) For 14 & Under competitions, the (head) coach may act, instead of the captain, to request rule clarifications or applications. (USAV 5.1.2.2)
- Substitution requests are recognized ONLY when a player enters the substitution zone. (Rule 15.10.3a) NOTE: Referees are encouraged to facilitate this procedure in facilities where the team benches are located beyond the end lines instead of along the sideline.
- A coach must sign the score sheet at the end of the match. (USAV 5.1.3) Please be diligent in handling this duty immediately at the end of the match. Referees have responsibilities to prepare for the subsequent match, and they need your assistance in handling this promptly.
- A request for substitution, time-out or a Libero replacement is only granted if there has been a completed rally. When a rally is replayed, only a request for line-up check will be honored. (Rule 6.1.3 & Rule 15)
- Jewelry is prohibited in juniors' competition. Taping/covering the piercing or jewelry does NOT make it legal. If the jewelry can't be removed, the player may not participate in the match. (USAV 4.5.1)
- Net contact – It is not a fault to touch the net unless the contact is during the action of playing the ball AND the player contacts the top (white) band of the net. Touching the mesh netting or the bottom of the net is not a fault. It is also a fault to create a disadvantage for the opponent, i.e. deflecting the ball through the net, or to create an advantage for your team. (Rule 11.4.4)
- The Liberos' shorts may be different than the rest of the team and may be different from the other Libero.
- As part of the pre-match presentation protocol, teams will line up on their respective bench side line at the intersection with the attack line. The team captain will stand closest to the attack line, followed by the starting Libero, the rest of the team members (in numerical order if you want to be technical!), and then the second Libero is at the end of the line if a second Libero is being used. Teams will enter to the middle of the court and then shake hands at the net.
- At the end of the match, the captain thanks the referees. (Rule 5.1.3)
- It is important that work teams are prompt in reporting to the first referee for their duties. The referee has only the 10-minute warm-up period to prepare for the match, and depending on the experience level of the work team, much of that time will be spent giving them instructions. Please be respectful of this by having your teams ready immediately at the conclusion of the previous match. After instructing the work crew, the referee will often release them so that the players can have a break or grab a snack.
- A coach must be present courtside when his/her team has support duties during a match. It is not necessary that the coach be at the scorer's table unless there are scoring issues. The coach should identify him/herself to the first referee during warm-ups.
- In the event a junior player cannot adequately score a match, the coach must assume this responsibility for his/her team. An online scoring video presentation ([http://www.volleyballreftraining.com/junior\\_modules.php](http://www.volleyballreftraining.com/junior_modules.php)) is available and should be reviewed by players and coaches.
- The use of electronic devices is not permitted by any work team members (except for necessary medical equipment, i.e., blood sugar monitor). These devices include cell phones, iPods and other mp3 players, CD players, etc. The work team's coach may not use such devices if he/she will be seated at the scorer's table during the match. A work team that violates this OVR policy will be assessed a 10-point penalty during their next scheduled playing match. If there is no remaining match, a fine will be levied by the OVR Commissioner.
- The junior second referee and scorer should report to the first referee by the time the referee conducts the pre-match coin toss, but no later than two minutes after the start of the timed pre-match warm-ups. All line judges who will work during the match, as well as the assistant scorer/Libero tracker, must report to the first referee no later than the last four-minute on-court warm-up session by the receiving team. Late work teams may be assessed a penalty of one point per minute, up to a maximum of 9 points, during their next scheduled playing match for late arrival.
- Ensure that any player who will work as a second referee has her/his own whistle and lanyard. It is not the tournament director's or first referee's responsibility to provide this. Ideally they will also have a timing device/watch to help the first referee time the warm-ups.
- Junior second referees should review the online Junior

Second Referee Clinic ([http://www.volleyballreftraining.com/junior\\_modules.php](http://www.volleyballreftraining.com/junior_modules.php)) to ensure they are familiar with their duties.

- REMINDER: During warm-ups, when one team has exclusive use of the court, the opponent must be at their team's bench, and may not use practice balls to warm-up.
- If both teams mutually agree, when one team is on the court during their four-minute warm-up period, the opponent may volunteer to retrieve balls for them. If teams do not agree to provide this service for one another, then both teams will need to remain at their bench/bench area while the other team is warming up. The team assisting with ball retrieval may NOT use practice balls for warming up.
- Spectators or parents who are not currently registered USAV members may NOT participate in warm-ups, specifically on-court.

If you have any questions about work team responsibilities or pre-match warm-up protocols, please feel free to contact Brian Hemelgarn at [hemelgarn@ovr.org](mailto:hemelgarn@ovr.org).

### **JEFF JANSSEN BOOKS**

One of my favorite sport authors is Jeff Janssen ([www.jeffjanssen.com](http://www.jeffjanssen.com)). Here's a snapshot of several of his books I would highly recommend adding to your coaching library:

#### *The Seven "C's" of Championship Team Building*

1. Common Goal—Championship teams have a singular common focus.
2. Commitment—While some seasons may start with the entire team focused on a common goal, rarely do they end up that way.
3. Complementary Roles—Championship teams are comprised of several individuals who willingly take pride in a playing a variety of roles.
4. Clear Communication—Successful teams communicate successfully both on and off the field.
5. Constructive Conflict—championship teams have the ability to keep conflict under control.
6. Cohesion—Championship teams genuinely like and respect each other.
7. Credible Coaching—It takes a credible coach to develop, orchestrate and monitor all the other "C's" of Championship Team Building.

#### *The Seven Secrets of Successful Coaches*

1. Character-based—Build a sense of trust with your athletes
2. Competent—You've gotta know your stuff
3. Committed—Having a passion of coaching

4. Caring—People don't care how much you know until they know how much you care
5. Confidence-builders—How to get your athletes to perform with confidence
6. Communicators—How to connect with your athletes
7. Consistent— Inconsistency destroys credibility

#### *The Team Captain's Leadership Manual*

1. How to get and keep yourself motivated
2. How to believe in yourself and your ability to lead
3. How to keep your cool under pressure
4. How to conduct yourself with class
5. How to put your teammates first
6. How to inspire your teammates
7. How to get your teammates back on track
8. How to build a winning team chemistry
9. How to minimize and manage team conflict

#### *How to Develop Relentless Competitors*

1. There is only one champion
2. Competitiveness gives you a fighting chance no matter who you match up against
3. Competitors bring high standards to training
4. Competitiveness keeps you fighting through the inevitable adversity
5. Competitiveness earns you the ultimate respect
6. Competitors are often leaders
7. Competitiveness is a crucial life skill.

#### *Peak Performance Playbook*

#### *The Mental Makings of Champions*

### **INCORPORATING LEARNING THEORY INTO TRAINING**

Coaches say it's the players' job to learn; players say it's the coaches' job to coach/teach. Both are correct. A productive learning environment has these common characteristics and applies to both coaches and players:

#### *Prerequisite to Learning*

- Coach—The techniques, tactics etc. taught must be appropriate for the ability of the player(s); this includes not only physically, but mentally and emotionally as well. Choose drills that are appropriate for the level of the players. A guideline is the degree of success - athletes should have a fairly high degree of success but it should not be too easy.
- Player—A coach can not truly begin to coach you unless you are giving your best effort. Only then will a coach be able to provide meaningful feedback and design drills that

will enable you to maximize your learning. To play your best you must be well rested, hydrated, and properly nourished – “Bring your best self to the gym” if you want to get the maximum out of the camp

#### *Clear Idea of the Task*

- **Coach**—Give clear, concise explanations – make consistent use of the cues; demonstrations must be accurate; allow for viewing from different angles. Check for understanding by asking questions or having players repeat back to you.
- **Player**—Listen! Watch! Ask if you are confused or not clear on what or how something is to be done!

#### *Motivational/Attentional Disposition to Learn*

- **Coach**—Keep players attention by being organized and efficient. Keep the pace of the practice moving. Chose drills that are motivating. Do not continue a drill to the point of boredom or where players are losing interest. Set goals for drills that are challenging but realistic. Use competition to increase motivation and attention. Maintain a positive atmosphere.
- **Player**—You must want to learn! You must practice with the intent of improving. Be engaged in what you are doing Concentrate! Concentration is when what you are doing and thinking are the same! Process feedback you give yourself and what you receive from your coaches and teammates. Be receptive to coaching and new ideas or ways of doing things.

#### *Practice*

- **Coach**—All else being equal, the player who practices the most will become the better player. Quality of repetitions are important so be efficient and organized to maximize the number of quality contacts each player gets. “Let the ball do the talking.” If a picture is worth a thousand words, then be sure the picture players see is correct.
- **Player**—Work to keep the pace of the training session high. Do your job shagging balls so a drill doesn't have to stop because there are no balls in the cart. Hustle from station to station or when rotating in or out of a drill, etc., so that you can achieve as many quality repetitions as possible. Engage in mental practice when possible, visualizing yourself executing at a high level time and time again.

#### *Feedback*

- **Coach**—Give plenty of feedback, especially to younger or beginning players. Reinforce the cues for proper execution of the skills. Ask players to process on their own by asking questions rather than just telling them what they did right or wrong.
- **Player**—Process your result: did the serve go into the net or where you wanted it to go? Make adjustments until you get it right, but do not give in to executing bad

technique in order to get a desired results. Remember that proper technique over time will yield more consistent results. Use results as an evaluation of correct timing, anticipation, judgment and reading skills.

#### **TEAM BONDING IDEAS FROM OVR COACHES**

- With my younger teams, I do a team bonding exercise with a volleyball and scrapbook. Each girl has a turn to take "Wilson" (the volleyball) with her for a week. Wilson goes everywhere with the player. She takes pictures of Wilson wherever she goes, i.e., school, extracurricular activities, with her family, etc. After a week, the player will share her photos and tell a "story" of her week so the other girls can get to know her and what she does outside of volleyball. I also have the girls write a quote on the ball that is motivating to them.
- Getting pizza after practice.
- Going bowling.
- Having a team dinner the night before a game.
- Make 2 circles with rope or jump ropes. One circle is a smaller inner circle 5 feet in diameter. the outer circle should be large enough for the whole team to stand around. The coach names an activity: if the players are a little anxious about it then they step into the outer circle, if they are very anxious, then they step into the inner circle. I start with categories like eating anchovies, scuba diving and doing homework. Eventually, maybe the 2nd or 3rd time you do this you can start asking things that help you as a coach such as skip serving, 1 foot take off and so forth. It is nice for the girls to know what support her teammates need and also see that they are more alike than different and the coach can assess what skills her players are comfortable with.
- Make homemade t-shirts at a team party.
- Check out [www.teampedia.com](http://www.teampedia.com) for more ideas!

#### **VOLLEYBALL RULES QUIZ**

Use your new rule book and find the answers to these tricky questions. *Hint: The answer is “Yes” to all of them, but there could be more to it that is clarified in your rule book!*

1. Can the Libero legally soft/deflect block an opponent's attack hit while positioned close to the net?
2. If a blocker blocks a ball up on their side, can he or she legally attack hit the next contact?
3. Can the Libero set the ball while in front of the attack line?
4. Is it legal for a player to set the ball with one hand?
5. Can a player touch the mesh of the net while making a play on the ball?
6. Can a back row player legally attack hit an opponent's serve?