

In this Issue

- Coach Protocol at the Match
- Coaching During the Match
- Beach Volleyball in the OVR

# COACHES' CLIPBOARD

A NEWSLETTER FOR OVR JUNIORS COACHES

Volume II, Issue 2, February 2012



## COACH PROTOCOL AT THE MATCH

Many coaches are familiar with the basics of what they are required to do before, during and after a match. However, there are some things that are commonly missed. From the beginning of the warm-up to the end, here are the “must-do’s” and “can’t-do’s” for the coaching staff.

### *Before the match do’s*

- 10 minutes prior to the match turn in an official roster of no more than 15 players and 5 bench personnel and sign it
- You may have your players help retrieve balls during your opponent’s warm-up period
- 2 minutes before the start of the match you must submit a starting lineup for the first set, including who the game captain will be and who will be the Libero(s) for the match and which one will serve.

### *Before the match can’t-do’s*

- You cannot change the roster once submitted except to change a uniform number for which a delay penalty will be assessed
- You may not allow any spectators to retrieve balls for you during your warm-up period. They may not be on the court or in the free zone around/behind the court.
- While the opponent has the court, you may not use any volleyballs off the court.

### *During the match do’s*

- Submit a starting lineup for each set (except the first one) at least 30 seconds prior to the interval between sets.
- While the ball in play, coach court players from the bench or standing in front of the bench no closer than approximately 6’. When the ball is dead, you may approach the sideline, but must step back from it when the official prepares to beckon for serve.
- The head coach (never an assistant coach) may only speak to the second referee to request a timeout or lineup check. You may not verbally request a substitution; the sub request is made by the sub entering the substitution zone.
- Only captains may speak to officials to: (1) ask for an explanation or interpretation of the rules, (2) submit requests or questions of teammates, (3) ask for authorization to change all or part of the equipment, to ask for a lineup check for their team, to check the game equipment and (4) request a timeout.
- Through the game captain, the coach may file a protest only for an official’s: (1) misinterpretation of a playing rule, (2) failure to apply the correct rule to a situation and (3) failure to charge the correct penalty and/or sanction for a given

fault. The protest must be filed before the authorization of the next serve during a set, within 30 seconds of the end of a set or before the officials leave the playing area.

- Before or at the whistle to end a timeout, the team must be one the court ready to continue play.
- The head coach or 1 assistant coach may give instructions to substitutes in the warm-up area at the end of the team bench
- If your team is the work crew, the head coach must remain by the court during the entire match.

### *During the match can’t-do’s*

- Any bench personnel beyond the head coach and 1 assistant coach may not stand, but must remain seated on the bench.
- An assistant coach may never intervene or speak to officials or work crews at any time.
- Head coach or captain may not file a protest after the authorization of the next serve.
- A coach may not walk onto the court during the match.
- A coach may not speak to or question an official
- An assistant coach who is a minor may not replace the adult head coach during the match. Without a legal adult head coach on the bench, a team cannot continue play and loses the match.
- A head coach or captain cannot protest the official’s decisions or judgment calls.
- During a timeout, coaches, bench personnel and substitutes cannot enter the court.
- A coach may not enter the substitution zone.
- The head coach or 1 assistant coach may not remain with substitutes in the warm-up area for any extended length of time.

### *End of match do’s*

- Head coach must sign the score sheet
- If your team is the work crew for the next match, have the second referee attend the coin toss.

### *End of match can’t-do’s*

- The head coach or captain may not file a protest after the officials have left the playing area.

## COACHING DURING THE MATCH

Officials, coaches, spectators and players should always seek to honor the game and be good stewards of it. Here are some things to consider as a coach during the match.

### *Head Coaches*

The head coach has a lot to do with the actions of their team during the match. We sometimes forget how our reactions to

various situations are picked up by and eventually mimicked by our players. Actions contrary to appropriate ethical behavior are deemed unsporting conduct. Great coaches know anything that distracts the team, taking their eyes off the goal at hand, becomes an unnecessary obstacle and increases the difficulty of reaching their goals. Comments across the court to officials about judgment calls, comments to players or even in ear-shot of them and mutterings under one's breath all serve to distract players. We tell our players to forget what just happened and stay focused. Coaches need to take their own advice!

During the match, our communications with players must be carefully considered. Too often, coaches will tell players what they are doing wrong inadvertently promoting continuous bad mistakes and failure. In addition, coaches will waste valuable time talking about things that just happened forgetting the past cannot be changed. Lastly, coaches spend too much time talking to players about technique.

The communication that a coach should have with players during a match should be more about tactics and less about techniques. You are most likely not going to fix technique errors with a few words; these are fixed by proper training in practice. You should also be careful about speaking about the past—good or bad—as this is most likely not what they are about to do next. Remember that next touch communication is best, focusing on what is about to happen rather than what just happened.

When working with assistant coaches, never under any circumstances negatively address them in public, especially in front of the team. To do will destroy their leadership and authority position with the team, making their service completely impotent. Just as you would expect them to do if they disagreed with you, handle these situations in private.

#### *Assistant Coaches*

Assistant coaches have a tremendous influence over a team when it comes to supporting or destroying team cohesion. One way they can help their team is to verbally and physically support the decisions of the head coach. What the head coach says, the assistant coach says. Players should get the same answer from either coach. Assistant coaches who disregard the decisions of the head coach, openly disagreeing with them behind his/her back are contributing to the eventual destruction of the team concept. Disagreements of any kind should take place in private. Keep in mind, however, that the final decision and responsibility for it rests with the head coach. Should you find yourself in a position where you can no longer support the head coach, be mindful of your actions and don't take the team down with you.

New or inexperienced assistant coaches may sometimes feel the tasks they are asked to perform are meaningless or of little value. Remember that a good head coach uses all types of situations and information to make the best decision for the

team. Stats provide valuable data on trends of performance and can help coaches decide appropriate courses of action. It could also be that the head coach wants to see how to respond and perform in limited responsibilities before giving more. Show yourself competent with the little you are given if you are ever to be entrusted with much.

#### **BEACH VOLLEYBALL IN THE OVR**

This is not an error! Yes, beginning in May 2012 the OVR will be hosting beach/sand volleyball tournaments for junior and adult players.

Here are some frequently asked questions regarding juniors participation:

*Do I have to play with a beach volleyball club to participate in events?*

No, participating in a beach volleyball club is optional. Players are able to register for events without being affiliated with any beach club. To participate in a sanctioned event, you have to be a current OVR/USA Volleyball member. Participants under the age of 18 must be accompanied by an OVR-registered and background-screened adult chaperone.

*What are the benefits of being an OVR/USA Volleyball member?*

Junior members receive sports accident/liability insurance, national newsletters, participation in sanctioned tournaments and events, and other benefits. See the Why is USA Volleyball "The Right Choice?" flyer for many other benefits.

*What does it mean if an event is sanctioned?*

Sanctioned events are tournaments and events that provide and/or require the following:

- Each sanctioned event is hosted by a current OVR/USAV member.
- All OVR-sanctioned sand events must follow policies documented in the OVR Sand Volleyball Handbook.
- All participants at sanctioned events must be current OVR/USAV members.
- Sanctioned events follow the OVR/USA alcohol policy.
- Sanctioned events award points to teams for their finishes. Those points stay with each individual player as the season goes on. Partner changes are common. Points accumulate over the sand season and determine OVR player rankings within their age groups.

*How do I register to become an OVR-USA Volleyball member?*

If you played as a junior, or played and/or coached as an adult, you are a full member and your outdoor membership is covered. If you have not participated in OVR activities, you will need to become a member. You can choose the summer membership, which will cover your participation from May 1 – August 31. The cost for the prorated summer membership is \$20. Once you complete the registration process, including payment and turning in your signed forms, you are an OVR/

USAV member.

*How do I sign up/register for an event?*

To register for a beach tournament, contact the tournament director. Complete information is available at OVR Juniors' Beach Tournaments.

*How much does it cost?*

If you are not currently an OVR/USAV member, you will need to register for a Beach membership. The cost for this membership is \$20 and lasts from May 1 through August 31. Expenses that an individual can expect to incur during the Beach season will depend on the player's level of involvement. If you choose to be involved with a sand club or beach training team, you will have to refer to that specific club's pricing. Tournament entry fees will be \$40 per team for sanctioned events. This fee can be raised if the event offers additional opportunities for players and parents; i.e. an event at an amusement park may have a discounted park entry price added on to the tournament fee.

*What are the uniform requirements?*

Sanctioned events follow USA Volleyball competition regulations and the OVR Sand Volleyball Handbook uniform policy. Participants should have the same color/style, and swimsuit tops are to resemble sports bras or the like. During sanctioned competition, numbers "1" and "2" must be worn by doubles teams so that they are identifiable by scorers. String bikinis are not allowed. If you are participating in a club's beach training program, uniforms might be provided. Please refer to that individual club for uniform information.

*What is a coach's role during tournament play?*

In sanctioned tournaments, if a team or individual is working with a coach, the coach must be identified prior to the match. The coach may not address the official or attempt to influence the official's decision at any time. The coach may conduct on-court drills prior to the official 5-minute pre-game warm-up and must leave the court when the 5 minutes begin. The coach may only instruct from the sideline during the 5-minute shared pre-game warm-up. The coach may not instruct during play and must remain seated in the team area. The coach can instruct during time outs and between games. These coaching rules promote athletic development, which is primary in the junior's development process.

*Who refs at an outdoor event?*

The OVR encourages athletes to participate in all aspects of the game, including referee/scorer for outdoor events. Please visit the Beach Volleyball Quick-Guide for referee match preparation/rules and the outdoor scoring instructions. Each sanctioned tournament provides one head official to support and aid the participants throughout the tournament and stand in as a sub for matches when needed. Semifinal and final matches will be officiated by certified beach referees.

The OVR will also be offering opportunities for adults to play in the sand! Below is the info for the adult program.

The OVR Adults' Beach Season runs from Memorial Day Weekend to Labor Day weekend.

B, A and AA divisions will be offered for Men's, Women's, and Coed competition. Definitions can be found on the OVR website. The Ohio Valley Region will award ratings based on performance in OVR-sanctioned tournaments. A point system will be used for player finishes and will be accessible at the OVR Beach link on the OVR site. Players' accumulated points will rank them within each division for seeding. When a player finishes first or second in a sanctioned tournament, that player receives his or her next level rating. For example, if John took a first or second in a B-division tourney, he would receive an "A" rating. If he took third through ninth, he would receive a "B" rating. Current ratings accompany players' point total on the OVR Beach link. Once a player has been rated, he or she may not play down to a lower division. A player can always play up to a higher division. A player's rating lasts for 2 years.

The Ohio Valley Region uses FIVB rules, which are available in USA Volleyball Domestic Competition Regulations: 2011-2013 Beach. The official ball will be the Spalding King of the Beach®. For questions on rules, contact Rob Long (long@ovr.org), OVR Sand and Outdoor Program Director.

There are two tournament formats, one for A and B divisions and the other for AA (Pro-Am):

- A and B—Pool play, sets to 21, with no more than 6 teams per pool. Quarterfinals, semifinals, and finals will be one set to 25, win by 2, with no cap.
- AA (Pro-Am) - Double elimination, sets to 25 all the way through the tournament, with an Olympic crossover in the final four to decide the champion. All sets are winning by 2 with no cap.5. The OVR Summer Beach Volleyball Series

The OVR Summer Beach Volleyball Series consists of 8 beach tournaments that begin on Memorial Day Weekend and end on Labor Day Weekend, featuring the first OVR Beach Volleyball Regional Championships. Events will include all divisions. These events will be the only tournaments that will be sanctioned for 2012, so for this year, points and ratings will be awarded only at these events. The entry fee is \$40 dollars for B, A, and coed, and \$50 for AA (Pro-Am).

Tournament directors desiring to run OVR-sanctioned adults' beach tournaments in 2012 must apply for sanction. All participants in OVR-sanctioned events must be USAV/OVR members. If they are not yet members, they can get the beach-only membership. Certified beach referees are required to referee semifinal and final sets.

For additional information, contact Rob Long (long@ovr.org), OVR Sand and Outdoor Program Director.