

Table of Contents

WELCOME TO ROAR VOLLEYBALL	3
SEASON IMPORTANT DATES	7
ROAR Mission & Philosophy	9
Season Information	13
ROAR Volleyball Club Rules	17
3D Volleyball Devotionals	23

Welcome to ROAR Girls Volleyball

Dear Volleyball Coaches,

Welcome to another season ROAR Volleyball. We are very excited to have you as part of our ROAR coaching staff.

ROAR is an outreach program whose main purpose is to share the good news of Jesus Christ through our involvement in the community. The impact of ROAR comes not from what we do in the office but from your involvement with the kids on the court. We thank you for taking the time to spend with them. Whether you are taking the time to teach a child a rule about volleyball or talking to parents after a game, you are showing the love of Christ to these precious families.

Please make sure to read this manual all the way through. In this manual you will get information on:

- Pillars and Philosophy of ROAR
- Passer Rules
- Setter Rules
- General Volleyball Rules
- Practice Information
- Game Information
- Coaches Information
- “End of Year” Party information
- Your Testimony
- Important Dates

We thank you again for all your hard work and love!!

Blessings,

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Spring 2026 Important Dates

First Practice: Week of March 2nd and 3rd. 5th for 5th-6th grade only

Parent Meeting: First Practice on March 2nd and 3rd. 5th for 5th-6th grade only.

First Games: Friday, March 20th.

Weeknight Games: March 30th and 31st, and April 27th and 28th.

Picture Day:TBD.

Final Games: Friday, May 8th.

End of Season Party: Friday, May 8th or at last practice (plan with team parent).

ROAR Mission Statement

The Mission of ROAR Sports:

To Glorify God by faithfully sharing and applying the Gospel through and in sports.

The six elements of our mission:

1. God's Glory is our Chief End
2. The Gospel is our Focus
3. Sharing the Gospel
4. Applying the Gospel
5. Faithfulness is our Goal
6. Sports is our Bridge

Our Why: The Gospel

This is the Gospel that we believe and hold fast to. We recognize our need for this on a personal level daily. We want nothing more than for this to be proclaimed in all we do here at ROAR!

a. He made it all

- Genesis 1:1 "In the beginning God created the heavens and the earth."
- God spoke and MADE IT ALL – made the heavens and the earth and all that they contained, including the first humans. Even logic tells us that when there is a design – a building, computer, artwork, etc. – there is always a designer.
- Genesis 1:27 "So God created man in his own image, in the image of God he created him; male and female he created them."
- We see this affirmed throughout all of Scripture. When we open our eyes, we can see that THE HEAVENS DECLARE the glory of God, not the glory of man, evolution or any other unseen force.
- Psalm 19:1 – John 1:3 – Romans 1:20 – Colossians 1:16

b. We lost it all

- We, all of mankind, LOST IT ALL – all virtue and goodness. This is strongly contrary to what we inherently think about ourselves.
- Genesis 3:1-6: This is the account of Adam and Eve being tempted by the serpent and eating the fruit that God commanded them not to and thus began the fall of man
- Most people believe that they are relatively good compared to the whole of humanity, but the Bible isn't concerned about relative goodness. It instead declares a requirement of the perfect goodness, or righteousness, of God. The Bible is clear that WE HAVE A PROBLEM, but we must see what's lost before we can seek a solution.
- Romans 3:23 "for all have sinned and fall short of the glory of God"
- Genesis 3:1-24 – Genesis 6:5 – 1 John 3:14 – Romans 8:7

c. He did it all

- Romans 5:8 “God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us”
- He, Jesus, is the ONE and the One who DID IT ALL – all of the work to give us the righteousness required by God. He doesn’t need our help and even more, He knows that we are unable to help.
- Notice that throughout scripture, IT IS JESUS who does the work of reconciliation. He substitutes His righteous, perfect life for our dead, unrighteous one.
- We receive Christ by faith alone, not by works, not by going to church, etc.
- John 14:6 “Jesus said to him, ‘I am the way, and the truth, and the life; no one comes to the Father, but through Me’”.
- Romans 6:23 – Acts 14:12 – John 5:24 – Ephesians 2:4-5

d. We get it all

- Forgiveness, a NEW RECORD of righteousness; a NEW SPIRIT that is alive to God, teaching and leading us to move closer to Him; His INDWELLING PRESENCE through the Holy Spirit, empowering us with a new MORAL ABILITY to do right with the right motive.
- Ephesians 2:8-9 “By grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, that no one should boast”
- The awareness that God is no longer our enemy but loves us no matter what; a NEW HOME with him in Heaven that Jesus is preparing for us; CONTINUAL REASSURANCE that we are His, despite our continual battle with sin – WE GET IT ALL.
- Colossians 1:19-23 – John 1:1-2 – Revelation 21:1-7

Our How: Sports

Bridges connect two things. We believe that sports are the greatest bridge to those who don’t know Jesus. We live a world saturated by sports! ROAR has been called to dive into the sports world and teach kids how to glorify Him, even when playing sports.

There is a process to becoming more like Christ that allows us to utilize sports as a tool to reach others for the Gospel. We call this the combustion cycle of the Gospel. This is or should be a daily process within our lives. The implications of this will change your life.

- Prayer – Ephesians 1:17-19; Psalm 119:18
- Renewal – 2 Corinthians 4:16
- Confession – 1 John 1:9
- Repentance – Isaiah 55:7
- Faith – 1 Corinthians 15:1-2

Our What: The Game – Coaching

“After this the Lord appointed seventy-two others and sent them on ahead of him, two by two, into every town and place where he himself was about to go. ² And he said to them, “The harvest is plentiful, but the laborers are few. Therefore, pray earnestly to the Lord of the harvest to send out laborers into his harvest. ³ Go your way; behold, I am sending you out as lambs in the midst of wolves.” Luke 10:1-3

The harvest is plentiful, and coaching is your opportunity. This is what we hope you join us in.

We have some expectations for our coaches. Please read them below:

- A. **Encourage Always** – this isn't natural, but we expect you to always lift up your players, even the ones who do very little the right way.
- B. **Equal Playing Time** – ALL players receive the same amount of time, no matter the game, no matter the situation, no matter the stakes. This is a must!
- C. **Pray before & after each game** – We want to focus our minds and hearts before and after the game. Win or lose. This allows us to realize that the other team is brothers and sisters in Christ and hopefully we treat them as such.
- D. **Respect Opponents & Referees** – The essence of competition is to “strive together”. We must promote this by being respectful to both the other opponent and the referees. We want to stand out, like Christ has called us to, so we must be different in this regard. Below is some further instruction on this.

We want to be countercultural in how we approach our opponents and referees. This means not yelling or chastising officials the entire game. If there is a situation with a parent/coach or a foul that you think a player on the other team has committed, please follow the steps below:

- Call a time out and ask the other coach/official to step to the side. Without involving any other parents, coaches, or players, talk over what concerns you have and come up with an agreement on what actions need to be taken.
- If the same issue arises after this conversation, call for a time out, ask the coach to step to the side, and call over Andy, Rhett, or a Supervisor to help with the situation.
- If the first two steps cannot resolve the situation, either the player, parent, or coach will be asked to sit out for the rest of the game or leave the courts.

If you have an ongoing issue with a referee, please let us know. Otherwise, please remember that your players are looking up to you. If you are doing nothing but complaining to a referee, what is that showing your players? Let them call the game and understand they will make mistakes. Your complaining is NOT going to change the call and likely won't help you get a future call either.

- E. **Relationships & Representation** – Focus in on building relationships, not only with your players, but with their parents as well. This truly gets to the heart of our ministry! Relationships are the key to influence.
- F. **Teachable Moments** – Look for these and then respond with grace and point them to Jesus. Teachable moments are those times when you are in the middle of practice or a game and your team/player is actually feeling the results of sin in sports. This is a great time to teach character issues. Take a time out or pull a child to the side if he/she is:
 - Frustrated about losing
 - Rubbing it in to other players if winning
 - Upset about teammates not passing the ball
 - Not sharing the ball with others

These are moments where you can encourage the child (or the parent) in grace and wisdom.

- G. **3D Devotions** – Have one at each and every practice! We want to integrate the truth into sports, and this is how we can do just that. We have prepared some devotionals that can be found in the devotionals section of your coach’s notebook. 3D-Devotionals include a skill that is introduced in practice and then applied to the devotion. It is VERY IMPORTANT for you to review your devotional before practice to get an idea of how to relate the skill and devotional.

Come Prepared & Be Consistent – We want consistency from our coaches and referees. You may be refereeing your team’s games. Please be consistent with calls both ways but call the game according to the rules! We know this is a recreation league, but we want these kids to learn and understand the game. Also, this means showing up prepared for practice and games. If that is simply reading your weekly coaching e-mail, that is great! Please plan for practice. This is imperative to keeping the respect of both the parents and players.



ROAR



Season

Information

Season Information

Practices and Location of Gyms:

All Volleyball Practices will be held at: Westminster Presbyterian Church Gym (1310 India Hook Rd)

Practices will be held on Mondays or Tuesday nights.

5:45PM – 3rd & 4th Graders

6:45PM – 5th & 6th Graders

5:45 PM - 5th & 6th Graders *Thursdays only

Games:

Games will also be at WPC Gym.

The following game times:

3rd & 4th Graders - 5:30PM

5th & 6th Graders - 6:30PM - 7:30 PM

Volleyball Pictures

Even if players or coaches are not buying pictures, we will need them to be there for the whole team picture. When you arrive for pictures, please keep this in the back of your mind:

- Arrive 15 minutes early before picture time!
- Be Patient- The younger the kids, the slower it will go.
- You probably won't start on time
- Don't tell the photographers or staff they are behind. They are aware of the time

Severe Weather

Weekday Practices/Games

- All decision on weekday practices or games will be made by 3:00pm day of via email.
- After 3:00pm, ROAR will obey local rules and heed warnings. If you do not receive an email before 3:00pm, all ROAR events are still on.
- Remember, according to standard weather warning terminology a "warning" represents a more immediately likely occurrence than a "watch."

Weekend Games

All decisions for Friday games will be made by 2:00pm on the day of. Please make sure to check emails and social media for any updates.

For any other questions or concerns, please contact the ROAR Office at **803-366-7627**.

Active Shooter

At any time, there might be a threat of an active shooter at either Westminster Park, Westminster Gym, or First Baptist Gym, please consider the following acronym to help with being safe:

A: Avoid (Run to a safe place) Run into the woods, outside or a place with no windows

D: Deny (Turn off lights, close and lock doors, and get away from windows)

D: Defend (Do not play dead; try to get the subject if possible)

Parents Meeting

Make sure you have a parents' meeting at your first practice to let them know who you are, what ROAR volleyball is all about and give them an opportunity to ask questions. Make sure the parents know how to contact you. **Please make sure to give your team parent the Team Parent envelope with all the important information that is necessary for this spring season. Be sure to find the Supervisor that night and get your Team Parent Packet from them.**

Team Parent

We would HIGHLY SUGGEST you find a team parent for you team. This is a parent who is willing to email parents about games, snack schedule, and other important tasks. Please make sure the team parent receives their envelope with important information.

Concession Stand

There will be NO CONCESSION STAND during volleyball games! We are sorry for the inconvenience!

Uniforms

All uniforms will be handed out by practice the week of the first scrimmage. Find the gym supervisor if you do not receive yours by the end of your practice.

Contacting your Team

We ask you to **contact your team within 48 hours** after Coaches Training. Parents and players are very excited to hear when they will be practicing. When you call your parent please give the following information:

Your name and assistant coach's name (if you have one)

Email address and Phone Number

Name of the team

Which court and time you will be practicing

Location of practices and games (either at Westminster Gym or First Baptist Gym)

If you are not able to get in contact with any parents, please let the ROAR office know.

“End of Season” Party

End of Season Party Information:

We highly encourage you and your team parent plan an end of season party following the final game of the season. We will be sure to open up the area of tables and chairs by the Rock at First Baptist for your use. However, feel free to go to a local restaurant or ice cream place if you want. Trophies will be available at the concession stand and should be distributed at this party! This event can be as simple or as extravagant as you want it to be. Let us know if you have any questions.

End of Season Celebration Suggestions:

Invite Your Sponsor to your End of Season Celebration

If you have the privilege of having a sponsor child on your team, this is perfect. If not, we can get your sponsor’s information for you to call them to the awards ceremony. We will also have all the sponsor plaques, so you are more than welcome to present the plaque to them at the party.

Plan Ahead

Get your team parent involved with planning! If you decide to meet at a restaurant, make sure you call in advance to ensure there is no problem with the numbers you anticipate. Keep in mind, there are multiple ROAR teams who will be planning end-of-the-season celebrations so don’t assume space will be available everywhere. Of course, you can plan this ceremony at your home or another place you prefer. It does not have to be a restaurant. You can do as much with your ceremony as you like or have time for, including recognizing each player with a trophy and mentioning a particular skill or trait the player excelled in during the season. You may also want to give out certificates. This will give you an opportunity to thank and express to the parents how honored you were to have coached each of these players.



ROAR



Volleyball Rules

ROAR Girls Volleyball is divided into 2 Divisions:

3rd and 4th Graders

- 4 teams with 10 per team (Games: 6 vs. 6)
- Shorter service line can be used the whole season, unless a player has obviously accomplished the goal then they will need to use the back service line.
- No net violation unless it interferes with safety.
- The **Lite Volleyballs** will be used during games.
- For the first 4 games, on each player's service rotation, if their first serve is a fault (fails to cross the net, or hits out of bounds), they are allowed a second serve. After a team scores a point while serving, the serving player gets only one attempt on subsequent serves during that service rotation. For all remaining games, there will be no second serves allowed.
- Players are encouraged not to carry (lift) the ball but will be given grace in effort not to carry the ball for the first 4 games. For all remaining games, carries/lifts and doubles will be called.
- Rules are subject to change because of age and ability.
- Coaches are encouraged to coach players during games as well, as long as it does not cause a delay of game, or interfere with the play.

5th and 6th Graders

- 4 teams with 10 per team (Games: 6 vs. 6)
- Players will use the official size **Tachikara** ball during games
- If players are learning to serve overhand, it is at the discretion of the coach whether or not they may serve from the white line or use the legal serving line.
- After the 4th game of the season, players will not be allowed to use the closer line to serve. Coaches from each team, however, may decide before a match if (1) or up to (2) players still need the serving handicap. This does not apply for overhand servers, after the 4th game all overhand servers must serve from the end line.
- For the first 4 games, on each player's service rotation, if their first serve is a fault (fails to cross the net, or hits out of bounds), they are allowed a second serve. After a team scores a point while serving, the serving player gets only one attempt on subsequent serves during that service rotation. For all remaining games, there will be no second serves allowed.
- Foot faults while serving will be assessed after the 4th game. At the moment of service hit, server may not touch the service line. After the hit, server may step or land inside the court or on the service line.
- Coaches are encouraged to coach players during games as well, as long as it does not cause a delay of game, or interfere with the play.

ROAR GIRL'S Volleyball Rules

**ROAR reserves the right to change/add rules for any reason we feel necessary.*

ROAR Specific Rules

- No synchronized team cheering after points earned.
- **Spandex shorts are only permitted if worn with looser fitting shorts worn over top of them.**
- **Leggings are allowed to be worn.**
 - **First offense: player will be asked to sit out the first half of the first game**
 - **Second offense: player sits out the whole game**
 - *This should be addressed during the parents' meeting at the beginning of the season*
 - *Parents can run home to get shorts if needed*
- First Baptist Gym Ceiling Rule- if it hits any part of the ceiling (Including any part of the basketball goal) and falls on your side, it is playable
- First Baptist Gym Hoop Rule- If the ball touches the basketball hoop including the backboard, the service and point is given to the other team. If ball touches wires/bars above the net in the middle during a serve, the serving team will get a redo. If hit's second time in a row, the service and point will be given to the other team. **If ball hits wiring/bars above the net, it is playable!**
- Line Judges will be drawn from the crowd by the referee (head referee will brief volunteers on the rules of the game and requirements for this position. i.e flags used for in/out.) Any parent that tries to argue with a line judge will get one warning before being asked to relocate to another section to watch the game. If the same parent must be spoken to a 2nd time, they will be asked to leave. Respect will be given to all volunteers.
- Server is limited to 5 points per consecutive serves. Once a player or team scores 5 points while having serve, the team maintains possession of the serve, but the team will rotate one position allowing a new server a chance to serve. This will continue until service is lost.
- Each player gets equal playing time. There will be not set "starting" 6 players.
- The rotation will stay the same for the entire night of play. Changes will only take place due to player injury, arrival, or early departure. Each new game's rotation should start off where the last game finished.
- With each new change of service, the back line rotates to their left. The far left player rotate off the bench. The front line rotates to their right. A player from the bench comes in to serve. (This way of rotating can be executed in any similar fashion.) Coaches may choose to stay in starting line-up service if receiving the first ball.
- Players may not jump serve or over hand serve from the close line. All jump serves and over hand serves must be done behind the end line without foot faulting.
- If server is in the middle of serving and game ends, the player will be able to continue serving but will continue with consecutive serves! (If server is to serve number 4 in a row for the new game, then she will serve 4 and 5 in new game and then rotate.)

Game Rules

- Matches are Rally scoring – a point is scored on every serve and turnover, no matter which team served.
- Matches are best of three games.
- Must win by 2 pts. or be the first to reach the cap
- 2 games to 25 with 27 pt. cap

- When necessary, a 3rd game to 15 with a 17 pt. cap will be played.
- There must be at least 4 players on the court, if less than 4, a team must forfeit.
- If 6 players are present, the team must play with all 6.
- The first serve is decided by a coin toss for games 1 and 3, should a game 3 be necessary.
- Players rotate one position when they acquire the serve.
- Teams are allowed **two** 30 second time-outs per game.
- The teams will switch sides of the courts between the first and second games, as well as the serve. The team that lost the coin toss may choose the side they prefer to start play on.
- If third game is played, teams will stay on same side

Contacting the Ball during Play

- Each team may have three successive contacts to return the ball to the opponent's side. If the first touch is on a block, the team may have three additional contacts to return the ball.
- The ball may contact any part of the body so long as it's clean. "Lifts" and "double hits" will be called in all divisions. Younger groups will get a grace period during only the first 4 games.
- When the ball comes to rest momentarily in the hands or arms of a player, it is considered held (or a lift) and the point is lost. Players will have more freedom the younger they are.
- A double hit is when a player contacts the ball more than once with no other player touching it between these contacts. Double contacts are allowed during serve receive or when a player who attempts to block the ball then tries to make a play on the ball a second time without an intervening touch by another player.
- If the ball is held simultaneously by two opposing players, as in a block, it is a double fault and results in a re-serve with no point awarded.
- If two players from the same team contact the ball simultaneously, this is considered as being one contact for their team.
- A player who places any part of the body above the height of the net is considered to have the intention to block; only front row players may block.
- If two players contact the ball on a block, above the net, it is legal, and 3 more contacts are allowed.
- Only front row players are allowed to hit or return the ball with their hands in a position higher than the top of the net from the front of the attack line.
- Backrow players cannot block.
- Backrow players can attack the ball when they take off (jump) from behind the 10ft line. After the hit, the player may land in front of the 10ft line. They may also complete an attack from in front of the 10ft line if at the moment of contact a part of the ball is lower than the top of the net.
- Players cannot spike or block a serve.
- A net violation is only called when the player's contact with the net interferes with the play.

Net Play

- The ball must pass from one side of the net to the other between the regulation court lines.
- The ball remains in play if it touches the top of the net and falls to the opposing side.
- A player may not touch the net during play except for insignificant contact by a player not in the act of playing the ball.
- If the ball is driven into the net with such force that it contacts an opponent, this is not a net fault.
- The hands may legally pass over the net after a spike on the follow-through, but may not land on top of the net.
- The only parts of the body allowed to touch the opponent's court are the feet; however, some part of the foot or feet must remain on or above the centerline at the time of contact.

A player may not hit or touch the ball until part of the ball crosses the plane of the net on that player's side.



ROAR



3D Devotions

Sports. Life. Truth.

3D Devotions

Overall Application:

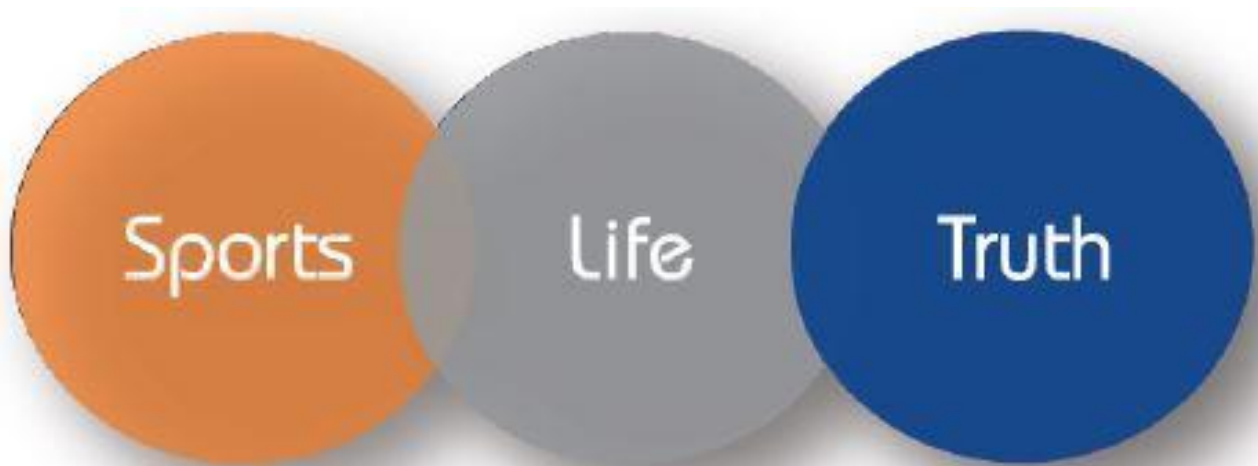
These devotionals outline a soccer drill to be used during practice. The coach will ask age-appropriate leading questions to engage the players in a life-topic.

The goal in each week is to tie in a Biblical truth pertaining to the topic discussed during practice.

How to use 3D Devotionals:

In our efforts to bring Christianity and Sports together, historically, Christians established a devotional time during practice breaks or half times of games. Oftentimes, the stories or passages used during these times didn't have much to do with the sports, and, even if they did, tended to feel like the biblical truths were being **injected** into the sports realm. Unfortunately, these efforts often led to players and coaches to disconnect sports from biblical truth and build a “compartmentalized view” of life.

3D Devotionals come from a passion to live all of life for God's glory and, therefore, an approach to **integrate** sports and biblical truth. We designed 3D Devotionals to be used in the flow of practice, utilizing the drills and skills emphasized in each particular practice setting. Ultimately, the goal of 3D Devotionals is not to just learn truth but for coaches, players and parents to learn a new way of thinking that integrates **SPORTS – LIFE – TRUTH** and can be used far beyond their time in sports.



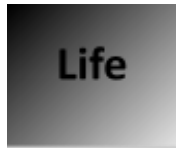
Pick a skill that you will work on this season. Work through the 3 boxes – Sport, Life, Truth – for that skill. Don't worry about transitions or complete wording. Just work on the basic concepts.

Skill - _____



What are the components of this skill that need to be learned? What are the underlying principles – physically and mentally – that are required to complete this skill?

Pick one of these components or principles - _____



Where do your players have to exercise this sports principle or component in their daily lives?

Pick one of these life situations - _____



What biblical passages speak about this principle or life situation?

Week 1 - "GETTING ACQUAINTED"

Purpose – Get to know your players, showing them interest and concern.

Icebreaker:

At the beginning of practice – play The Name Game

- 1) Have each player give his/her name and tell you the athlete they would most like to be and why.
- 2) You, the coach, now try to go around and name each of the players and the athlete he wants to be like – this may be challenging
- 3) Have each player go around and try to name all the players with the hero's name.

During a water break, find out from your players:

- Where they go to school
- Whether they have brothers and sisters
- What they like to do in their free time

Tell them a snippet of your story – you will do more of this through the season. This would include

- Where you grew up
- Where you went to school
- Whether you have brothers and sisters
- What you liked to do in your free time when you were their age

**As you can see, the first week is very much an introductory week. The goal for week 1 is just to get to know your players and have them become comfortable with you as well as become comfortable sitting down and doing a devotional time.*

Week 2 – Focus on Serving

Sport Skill – Serving

Keys to serving: get pointed in the right direction, **generate power**, a good toss, and watch your hand hit the ball

You must focus to make the toss and create good ball contact that will generate power and go in the right direction. Power will help you get the ball over the net and onto the other side.

Life – Power from God

- How strong are you?
- How do you get stronger?
- Can God give us strength when we are weak in our lives?
- Coaches – share a time when you needed God to come and be your strength

Truth – Isaiah 41:10

*¹⁰ So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.*

In the Bible, God promises to be with us at all times and He promises to be our helper. When we are weak and have trouble being strong and making the right decisions, we can always call on Him and He will give us strength. We can ask God for strength no matter where we are or what we are doing. If we need help obeying our parents and teachers, being nice to our friends, or getting the serve over the net we can always ask God for help and He will help us. What do you need God to help you with today?

Drill

Split your team up evenly on both sides of the net. Have each player in one group get a ball and get on the service line. Each player will serve their ball to the group on the other side. As soon as one of the girls gets the ball, she will then go to the service line and serve it back over the net.

While your team is serving, to each other, go around to each player individually and coach them on their serves. This drill is meant to give them many repetitions. We don't want to have them standing around for a few minutes with nothing to do, so make sure there are enough balls to allow each girl to get a lot of repetitions.

Week 3 – Focus

Sport Skill – Passing

Keys to passing: feet shoulder width apart, one foot slightly in front of the other, knees bent, body weight on balls of the feet, **see the ball** and be ready to receive the pass

Life – Focus

- Why is it important to keep your eyes on the ball?
- What would happen if we couldn't see the ball?
- Have you ever been afraid of something?
- **Coaches** – talk about time when you were afraid and had to put your trust in God
- Why is it important to keep our eyes on God?

Truth – Matthew 14:30

³⁰ *But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!”*

³¹ *Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?”*

In this story in the New Testament, Jesus's disciples were on a boat and there was a storm and the wind was going crazy and it terrified the disciples. Early one morning while they were on the boat, Jesus began walking on water toward them. When they first saw Jesus, they didn't recognize him. They thought he was a ghost! Immediately, Jesus told them to not be afraid. Peter responded back to Jesus and said that if it was really Jesus then he needed Him to command Peter to walk on the water towards Him. Peter started walking on water after Jesus commanded for Him to come, but when Peter took his focus off of Jesus and put it on the wind that was blowing around him, he began to get scared and sink. When Peter looked at the wind and the waves, he lost faith. This can happen to us in our lives too. Sometimes when we focus on all the things going wrong in our lives we lose sight of Jesus and we get scared. Jesus wants us to always focus on Him, just like we have to focus on the ball.

Drill

Shuffle Steps

This drill, designed for beginners, emphasizes the fundamentals of 'shuffling' a player's feet. Although, shuffling is not a motion that can always be executed in competition, it is a good way to teach young volleyball players body control and a smooth approach.

Drill Description: One player tosses the ball at another who passes it back. The tosser lobs the ball high in the air, at least ten feet away from passer who must get to the ball.

Passer must shuffle step to get to the ball without crossing their feet. Try to get to the spot before the ball does.

Vary to which side the ball is thrown so the passer does not cheat to the anticipated side. After five tosses, switch so that the tosser now passes, and the passer now tosses.

3's and 2's

Drill Description: Two players (No.1 and No.2) stand on the opposite side of the net as the third. Player No.2 stands where the setter would line up (front middle preferably) and player No.1 stands in a back row position on same side.

Player No.3 lines up on opposite side of the net as No.1 and No.2 and tosses ball over the net to player No.1 who passes it to setter (No.2). Setter bounce-passes ball under net back to player No.3.

Meanwhile player No.3 throws the second ball immediately after player No.1 passes the first ball. The drill is fast-paced and designed to get a lot of passing done in a short time period.

Note: Player No.3 should toss the second ball before No.2 has caught the first. That way the drill is executed rapidly.

Toss Catch Drill

Drill Description: One player tosses the ball at another who passes it back. The idea is to develop consistency in basic passing skills and to make sure passer is correctly using legs not arms and wrist when they pass.

To develop correct fundamentals, this drill requires one player to simply catch the ball and throw it back.

Body Position: Wait with arms at a 90-degree angle from your upper body. Bend at the waist so that your shoulders are forward and hips are back (but maintain 90-degree angle between arms and upper body). Legs should also be bent.

Week 4 – Run Your Race

Sport Skill – Serve Receive

Keys to serve receive: ready stance, strong base, arms out: wrists touching with straight thumbs & flat arms, push thumbs toward ground, and pass ball on arms (not wrists), **get the balls that are in your area, not someone else's**

Life – Run your race

- What does it mean to have endurance?
- How can you have endurance at home, school, or when you are with your friends?
- How can we fix our eyes on Jesus?
- Coaches – discuss a time when it was hard for you to endure

Truth – Hebrews 12:1-2

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”

The first part of this verse states that “we are surrounded by such a great cloud of witnesses.” In our lives as Christians, we are continuously being looked at by other people. They are watching our actions and we are to show them the love of Jesus at all times. Because people are always watching, Jesus calls us to let go of the sins that hinder us from doing what God has called us to do. He wants us to run our race or live our lives by keeping our eyes on Jesus and remember the love and sacrifice He made for us on the cross. Just like we must run towards the ball, Jesus wants us to run towards him. In volleyball, we have to stay in our position and not in other people's and in life, we are meant to live our lives and not try to be someone else God didn't create us to be

Drills

Serve Receive with 2 Servers

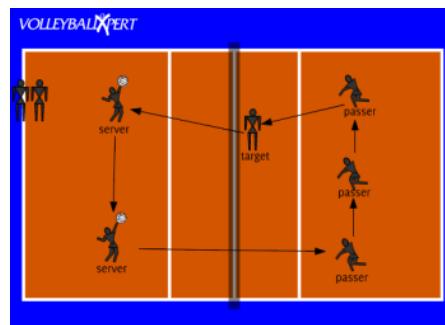
volleyball serving, passing, serve receive, defense, ball control - This drill is to encourage passing short serves from a short position.

Description

This drill is to encourage passing short serves from a short position.

Setup

1. Three passers
2. One target on the net



3. Two servers
4. Line with passes waiting to enter

Instructions

1. Server serves to a short zone.
2. Passer attempts to pass ball to the target.
3. Team gets a +1 and rotates for a pass to the target.
4. Team gets a -1 for missed serve, or reception error (a ball the target cannot catch before it hits the ground).
5. Repeat for a set number of points.
6. Rotate once after both servers have served once. So for every two serves, whole team will follow arrows and make one rotation.
7. Have extra players waiting at serving area and to come in to pass.

Variations

- Instead of having extra players waiting, use as a team drill. Make teams of three passers and see which team can get to a certain number of good passes first.

Week 5 – Communication

Sport Skill – Call for the ball

Keys: Be loud, move to it, if you call it...it's yours, don't hesitate, be aggressive

Let's focus on our words.

Life – Watch your words

- Has someone ever said something to you that hurt your feelings? How did that make you feel?
- Have you ever said something to someone that hurt their feelings and you had to apologize?
- Why do you think our words are so important?

Truth

Proverbs 16:24

*²⁴ Gracious words are a honeycomb,
sweet to the soul and healing to the bones.*

Proverbs 18:21

*²¹ The tongue has the power of life and death,
and those who love it will eat its fruit.*

Psalms 19:14

*¹⁴ May these words of my mouth and this meditation of my heart
be pleasing in your sight,
Lord, my Rock and my Redeemer.*

As you can see from these verses, our words have a lot of power. They say the tongue is one of the strongest muscles in the body. I'm sure you have been or will one day have someone say a mean thing to you and because we are all sinners, we will probably one day say something mean to someone else and have to ask for forgiveness. We must always watch what we say, even if we are joking because we never know the effect it could have on the other person. Good communication is important and speaking kind words to our friends is also important on and off the court.

Drill

Three Hits Drill

This is another great three on three drill that aims to help your team learn how to communicate with one another on the court to secure a full bump, set, and spike from each play.

1. Have your players form teams of three on the court.
2. Each player can only hit the ball one time per play and the ball needs to be sent over in three hits.
3. If the ball is sent over in two or less, then that team is disqualified.
4. Also, if one player hits the ball twice, then that team is disqualified.

With these one hit per person rules, the players will need to talk to call out which hit they are as well as who needs to hit the ball when the first receiver passes it. It is acceptable for them to be calling out 1, 2, 3 as they hit the ball or calling out each other's names to help focus on who gets what hit.

The main focus of this drill is to make them talk, no matter what they say, since this will open the door for players to get used to speaking every time they hit the ball. Figuring out which word to say to call the ball or ask for help will come in time.

Week 6 – “AWARENESS”

Sport skill - Setting

Keys to Setting:

1. Extend your arms up over your head. Your thumbs should be about 2 to 4 inches above your forehead. Spread your fingers apart as if someone were going to place the volleyball right into your hands. Your elbows should not be facing out but pulled in about even with your shoulders.
2. Position your hands so that you can see them above your forehead and finish with ball shaped hands.
3. Spread your feet about shoulder width apart. For good technique, you need to have good footwork. The right foot should always be forward when you set. This helps you to reduce errors. Bend your knees and shift your weight to the balls of your feet so that when the ball comes to you, you can quickly bounce up and get it. Your release is key in the tempo of the set. Slow release means slow tempo and fast means a quicker tempo.
4. Key Principle - Be aware of who's around you and select a target. Know where you want to set (or overhead pass) the ball.
5. When you are ready to set, center yourself under the ball, and push upwards, straightening your arms and legs as you go. If setting backwards apply the same rules except push the ball backwards. This is done with both wrists. Throw your thumbs back.
6. Extend your hand forward in the direction that you want the ball to go. Pull back.
7. When you set the ball get directly under it, so that it is coming right toward your forehead. Put your hands in the shape of a triangle right above your forehead (this is why a set is sometimes called a "forehead pass") and let the ball touch as much of your fingers as possible (all of your fingers should be touching the ball) without touching your palms. **Push** straight up-at the end of your set your arms should be straight and your set should be

Life – (P)ray (U)ntil (S)omething (H)appens

- What is prayer?
- How often do you pray?
- Have you ever had to ask for something from God?
- Coaches – explain a time when you had to continuously pray for something in your life

Truth

1 John 5:14-15

14 This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. 15 And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

1 Chronicles 16:11

*¹¹Look to the Lord and his strength;
seek his face always.*

Prayer is a very important part of our lives as believers. Prayer is just our way of having a conversation with God. We can pray out loud or to ourselves, God accepts it all. When we pray we can ask God for anything, nothing is too small or insignificant. We can pray for our friends, family, teachers, coaches...anyone! God wants us to be honest and open with Him and he wants us to pray continually until something happens. God answers our prayers in three ways: yes, no, wait. Sometimes the ways he answers our prayers can be difficult. Sometimes it can be happy and joyful. But in all answers, we can know that God loves us and has a better plan in place that we could ever imagine ourselves. So we can respond to his answers with how we are feeling, but we need to ultimately trust God's answers to us. Sometimes we have to push ourselves to be open with God and pray to Him because it feels weird to talk to someone we can't see, but always know that God hears our prayers and will always answer them in His timing. Just like we have to push the ball when setting we need to P.U.S.H in prayer.

Week 7: Does God care who wins?

Sport Skill: Winning and losing

Keys: No real 'key' here but we feel like this is a good topic to discuss.

Life:

- Who enjoys winning?
- Who enjoys losing?
- Tell me a story of a time when you won big (either a game or a prize or something).
- Do you think God cares who wins?
- Why or why not?

Truth: 1 Corinthians 10:31

31 So, whether you eat or drink, or whatever you do, do all to the glory of God.

Do any of you think about eating or drinking? I typically don't, I just do it. The Bible is saying that even in something as simple as eating or drinking we are to glorify God.

How do we do that though? I think the best way to glorify God in all we do is to continually think about Him and give thanks for Him for all that we have. So, when eating, saying thanks to God before is a way to glorify Him. When we're playing sports, acknowledging that God is creator of all things, even fun things like sports, and thanking Him for that. Also, playing in a way that brings Him glory (lifting up our teammates, respecting the other team, etc.). All of this brings glory to God!

Drill

Any drill of your choice will work. Remember to emphasize before, during, and after each drill that we are called to bring Glory to the Father in all that we do, whether we win or whether we lose – even in a volleyball practice/game.

Week 8: Jesus is our Champion

Sport skill: Being a Champion

Keys to be a champion: be a team player, stay humble, listen to your coach, be prepared, be aware, handle pressure and rely on Jesus to be our Champion

Life – Rely on Jesus

- How can we rely on Jesus in our daily life?
- Is it hard to do this?
- Share a time when you gave it all to Jesus and He came through for you.
- This would be a great time to share how you came to know Jesus as your personal Lord and Savior.

Truth – Romans 3:21-26

“But God has a way to make people right with him without the law. And God has now shown us that way which the law and the prophets told us about. ²² God makes people right with himself through their faith in Jesus Christ. This is true for all who believe in Christ, because all are the same. ²³ All people have sinned and are not good enough for God’s glory. ²⁴ People are made right with God by his grace, which is a free gift. They are made right with God by being made free from sin through Jesus Christ. ²⁵ God sent him to die in our place to take away our sins. We receive forgiveness through faith. And all of this is because of the blood of Jesus’ death. This showed that God always does what is right and fair. God was right in the past when he was patient and did not punish people for their sins. ²⁶ And God gave Jesus to show today that God does what is right. God did this so that he could judge rightly and also make right any person who has faith in Jesus.”

Jesus is our Champion because He came and lived a perfect life, something we can’t do, and then died a death He didn’t deserve so that we could have a relationship with Him. A relationship with the ultimate Champion is absolutely free if we trust in Him. Once we begin our relationship with the ultimate Champion, our sins are forgiven because of what Jesus did on the cross. Because of our faith in Jesus, we act differently and love people the way Jesus loves us. We can be a champion both on and off the court no matter what happens in life when we choose to love everyone just like Jesus does.