2020 AVCA High School Super Clinic

Basic Volleyball Fundamentals for Young Players and Parents

August 6, 2020 (2:00-2:50 pm – Eastern and 1:00-2:00 CST)

2:00-2:15pm  Online Courses (BYOP® 101 and Home Training Program) via the Art of Coaching
- Accessibility
- Value

Virtual vs Face-to-Face Training
- Identify what works
- Identify the challenges

Overview of Basic Fundamental Skills
- Video (1+ minutes)

- What Emma is doing at home 1x per week (began March on court 2x; virtual training until end of May; 4 weeks off and now back doing virtual training 1x per week for 50 mins)
  - Assistance – degree if help is determined by ability of player
    - Mother can toss
    - Player can do exercises and set up video on own
  - Performance – identifies what she needs to change in order to get better and places it on Hudl
    1) Videos own self
    2) Identify specific area – example, serving
    3) Sets goal for what she needs achieve – example, over 3 times in row
    4) Adds details to ensure she does it right like – example, “try to stay stationary”
    5) Ruth evaluates and adds a positive comment and what to emphasize, example, “much better; facing one direction as you pass to self”

2:15-2:35  Showing Skill and Progressions with Emma and mother Cathy
- Passing
- Setting
- Serving – brand new
- Attacking – brand new

2:35-2:40  Discussion on Age-Grouping

2:40-2:50  Q & A