

2024

AVCA Thirty Under 30 Club



Sean Habel

The Edge Volleyball Club
14's
Head Coach

Career Accomplishments to Date:

One of my proudest accomplishments is fostering a safe environment where athletes feel comfortable embracing failure as a vital part of their learning journey. This approach has encouraged resilience and growth among my players. Additionally, I played a key role in establishing a middle school club program that sets realistic expectations, ensuring our athletes are well-prepared for future success. I'm also thrilled to have contributed to the club's growth, expanding its size to nearly three times what it was when I joined.

Coaching Roles:

2017-Present

Director of Technology & Head Coach
The Edge Volleyball Club
1150 N River Road, Des Plaines, IL
<https://www.edgevolleyball.com>

What made you decide to get into coaching volleyball?

Volleyball has been woven into my life since childhood, thanks to my parents, who met on the court. This deep-rooted love for the sport drives my desire to coach. I want to share my passion with young athletes, helping them discover their own love for volleyball. Guiding them through challenges and witnessing their growth is incredibly rewarding. Coaching allows me to inspire others, fostering not just skill development but a genuine appreciation for the game. It's a privilege to contribute to their journey and watch them find joy and purpose in volleyball.

What are your career goals in the sport?

My goal is to refine my coaching techniques, making them accessible and impactful for young athletes. I aim to create an environment where complex strategies are simplified, allowing athletes to grasp and execute them with confidence. By focusing on clear, repeatable methods, I aspire to instill a strong foundation in my players that leads to consistent success. Ultimately, I want to empower young athletes to reach their potential, instilling in them not just skills, but a lifelong love for the game. I believe that through continuous learning, I can become the coach they deserve.



Which coaches have influenced you the most?

I've been fortunate to learn from remarkable coaches who have shaped my philosophy. Lisa Froelich, our Club Director, emphasizes the importance of evolving coaching strategies, inspiring me to stay current and effective. Daniela Habel, our Middle School Director, exemplifies dedication, pouring her heart into every player and the sport itself. Then there's Josh Aberly, who excels at breaking down complex concepts into practical actions. Their guidance has not only influenced my coaching style but also reinforced my commitment to nurturing passion in young athletes. I'm grateful for their mentorship as I strive to embody their principles in my coaching.

What do you enjoy most about your coaching job?

The most fulfilling aspect of coaching is witnessing young athletes discover and embrace their passion for the sport. It's incredible to see how volleyball helps shape them into not just better players but also well-rounded individuals. Watching an athlete overcome a challenge that once held them back brings me immense joy. These moments of triumph remind me why I coach. Fostering a positive environment where athletes can grow, thrive, and build lasting friendships through volleyball is a privilege. It's this transformation and connection that fuels my dedication to the game and my players every day.

