



HOW TO MAKE THE VOLLEYBALL TEAM

Here are some of the things that we look for...

- Quickness: Ability to move quickly
- Skill Learning Ability: Ability to watch, listen to verbal cues, and then execute skills
- Ability to follow directions
- Verbal Skills: Ability to communicate verbally on the court
- Hustle: In drills and in games
- Jumping ability
- Leadership ability
- The ability to get along with others
- Respectful behavior: To coaches, staff and peers
- Sportsmanship
- Helpfulness
- Potential
- Role player ability: The ability to **accept** and play a specific role on the team
- Good grades

Here are some of the things that you can do...

- Play volleyball! Join a Junior Olympic team. Go to camps and clinics. Play in local leagues and recreation play. Get together with friends during the summer and play outdoors. When you go to the beach, go where there are active games. Play in outdoor doubles or triples tournaments.
- Be in shape. In all sports, being in shape does not hurt! Run, lift weights, eat well, and work out.
- Keep your grades up. Do we run the risk of losing you during the season because of academic eligibility?
- Learn more about the sport. Read magazines, books, and visit web sites.

Some things that you may or may not have control over...

In the list above there are some things that you may not have control over. Volleyball is not only for the tall, quick, leapers, but it doesn't hurt. In addition, we may select a player just because we think they may be able to play a specific role such as subbing in for serving, and front and back row. Also there may be others who play your position but may show more potential.

Here are the roles on a volleyball team...

Outside hitter

Middle hitter

Setter

Libero

Front row substitute

Back row substitute

Serving substitute

Team manager

I hope this helps!