

YMCA Blaze Team Expectations: U-14

Coach Philosophy

I strive to provide a fun and positive learning experience by sharing the love for the sport of volleyball. I want my athletes to mature into real team players, and learn how to play competitively as a team. I will demand full attention and concentration in practice, and continually challenge my players to do better and push their limits, to learn and apply their skills at game time. Mistakes will happen and the athletes must learn from them and develop into a more flexible and adaptable player. *“Success is peace of mind which is a direct result of self satisfaction in knowing you did your best to become the best that you are capable of becoming.” - Legendary UCLA Coach John Wooden*

Expectation of Players

Fitness and Work Ethic

Player's wellbeing is my highest priority. Besides learning the proper skills to avoid volleyball injuries, each player needs to develop the good habits of health, safety, and physical fitness. I will incorporate physical conditioning and plyometrics training (for increased muscle power during movements such as jumping) to improve player's performance. Each person must give 100% effort and work hard during all activities.

Discipline, Respect, and Sportsmanship

I expect every player to always come to practice and tournament prepared, focused, and on time. Every player must know how to be dedicated to the sport, both on and off the court, at practice, or at tournament. Each person must trust and respect one's self, teammates, referees, coaches, and parents. Be responsible for your actions and never blame others for your poor actions.

Have Fun and Play Hard

Volleyball should be fun and educational. Fun is a by-product of hard work and winning is a result of hard work. Give your full effort regardless if its warm-up, drills, or matches. Take every opportunity to have fun, learn new skills, and make friends. And you will end up with great memories of the time spent playing the sport.

Attendance & Punctuality

If you have unexcused absences or lateness, you will be asked to perform extra conditioning before being allowed to join the team for practice.

Positive Attitude & Teamwork

Learn to sacrifice for the team. A team is more than just a collection of individuals. It is critical that everyone knows how her role fits into the context of team goals. You need to support your teammates at all times and help them to improve. Mistakes are a part of this game and we all learn from them. Success in volleyball is more dependent on how well the team plays together, rather than how individuals perform.

- Maintain a positive attitude. A player with poor or negative attitude will be asked to sit out certain activities or leave. Disrespectful behavior or attitude will result in consequences, possibly including removal from the team.
- Everyone helps. Everyone sets up nets, shags balls, officiates games, etc. No one leaves until everything is picked up at practice or until our team's referee duties are finished.

- Coach Wen Tseng