



Seminar Title: Serve Receive Passing; Techniques and Training

Description: This presentation will go over some of the intermediate to advanced serve receive techniques that show a new way to look at angles on the court as well as drills used to reinforce these techniques.

Learning Objectives:

1. Understand how to teach serve receive passing and the reasons behind teaching these different techniques used at Oregon Tech.
2. Recognize the advantages to creating angles and dividing the court by talent and stats.
3. Learn new and different stats and vocabulary to teach serve receive more effectively.

Outline/Key Points:

- Ready Stance
 - Shoulder over knees and knees over toes, See your hands and the server, Communicate before serve with other passers, Zero in your vision
- Read the Server
 - Trajectory of toss, body position and angle of arm determine flight path of ball, Speed of step and arm, determine speed and depth of serve
- Passing Technique
 - Keep stance and be balance, Keep the ball between your knees, Take the ball in your lap or waist high, Shrug your shoulders for maximum control, Create and early platform and angle, Quiet body and platform, Finishing form before releasing to hit or cover, Place the pass and go for perfection
- Angles on the Left Versus Angles on the Right
 - Left: "left is right and right is wrong", Right: "right is right and left is wrong"
- Picking your Passers and Dividing the Court with Three Passers
 - Try and have the same three passers every serve receive, Best passers tend to be outside hitters and back row players, Stay off the side lines to create the correct angles, "Squeeze" your weakest or front row passers and give the most court to your best passers, Straight allies in seams, not angled
- Practice and Drills to Improve Serve Receive
 - Progression, Stat passing, Stat passing efficiency on left middle and right, not just overall passing stats, Teach your entire team how to pass serve receive
- Game Time Decisions with Serve Receive and Statistics
 - Create your line up so your passers are in their "best" spots the most, Stat left, middle and right as well short serve, deep serve, jump serve and jump float, Get creative with your scouring



Seminar Title:

The Wind Game – How to Use the Wind to Your Advantage

Description:

Nature provides an aspect to beach volleyball that can be both unpredictable and challenging. How you approach wind play can empower your athletes to use the wind to their advantage. Angie will cover how she teaches her athletes to approach windy conditions in theory, training and match play.

Learning Objectives:

1. How does the wind affect the movement of the ball and how does it influence play? What can we predict?
2. How to use the wind effectively on both sides of the court from an offensive standpoint. What are the best options to use and when?
3. How to approach and train wind play with no wind or even when training indoors.

Key Points:

Understanding the wind is a massive part of playing beach volleyball. How we address this as coaches plays a big part in our athletes' attitudes and confidence while playing and competing in the wind.

Conclusion:

Subtle changes in mindset and intention behind each contact in the wind can have a massively positive affect on the outcome of play. Giving players the knowledge and understanding of wind play will help their confidence grow.

Figure 1: Front to back wind



*with the wind

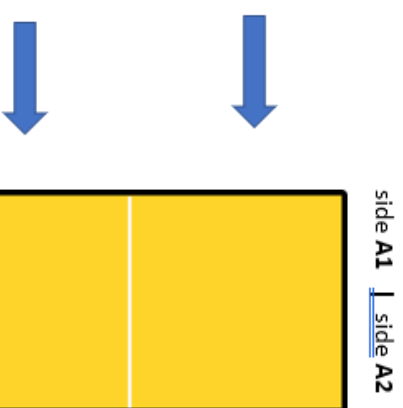


*against the wind

Figure 2: Side wind



*with the wind | against the wind



*with the wind | against the wind

Figure 3: Corner-to-corner wind



*with the wind | with/against the wind



*against/with the wind | against the wind

Graphics:

WHEN PASSION BECOMES YOUR ENEMY



How My Work Ethic Got in the Way of Building Strong Relationships, and What I Did to Fix it

DESCRIPTION

Let me tell you a story. One that can happen to you, or maybe it already has. What if it didn't matter how much you loved the game? What if no one cared how much energy and time you spent working? What if who you thought you were (your strengths, identity, passion) were questioned? What if they started working against you? What then? What do you do?

I came to Smith College in the spring of 2017 to rebuild a program that was in shambles. What was, and still is, seen as an impossible task to most, said I would be the perfect person because of my relentless **work ethic** and **passion**.

The reality check of it all is what I was always told were my biggest strengths quickly turned on me to become detrimental weaknesses. I learned that where you played, how much knowledge you have, how many hours you put in, and even your intention doesn't mean a thing if you don't build an authentic relationship with each athlete. These relationships will not build as a result of the time and energy you put into your program. A coach needs to be vulnerable, uncomfortable, and find a way to connect with all personalities. Sounds easy enough, right?

"Trust the Process" is a fast pass to disappointment if you do not build trust first. Success is a byproduct of your culture. The relationships you create will determine the success you have.

In my presentation, I will tell you my story, and show you what I did to turn my passion and work ethic back into strengths.

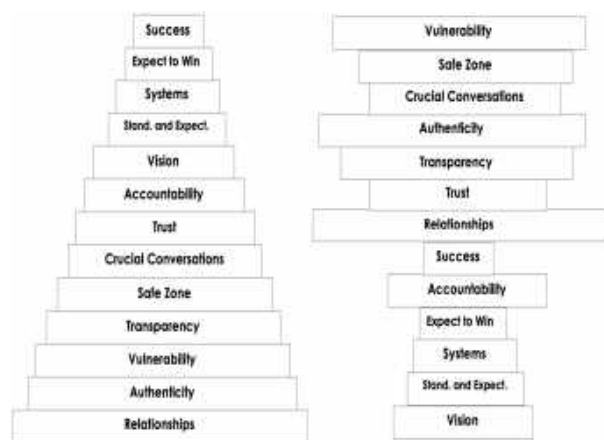
PRESENTED BY

Mia Frugé
Head Coach, Smith College

OBJECTIVES

- Create and maintain authentic lasting relationships
- How your communication skills are a direct link to how strong your relationships are
- How to create an environment where your athletes hold themselves accountable by holding yourself accountable first
- Getting out of your comfort zone to be vulnerable
- How to turn your weakness into strengths

"IF YOU BELIEVE A BUSINESS IS BUILT ON RELATIONSHIPS, MAKE BUILDING THEM YOUR BUSINESS"



Presentation Title:

Master Your Coaching and Career

Coach to Your Strengths and Build a Winning Team

It is well recognized that the highest performing teams have coaches who understand themselves and their athletes. This presentation creates the necessary self-awareness for coaches to know how they coach and provides tangible ways to develop strong and effective relationships with their athletes, and importantly with their administrators.

Why is this important? Olympic research (2008 and 2015 studies) have shown the top factors contributing to medal winning and PB performances were a strong Coach-athlete relationship and a high level of athlete self-awareness. This presentation is dedicated to the coaches understanding more about their own coaching style, how they perform at their best and how they can support their athletes in developing strong self-awareness. The same principles apply to building strong and effective relationships with your administrators.

Learning Objectives:

1. Understand their preferred coaching style, when it is most appropriate to use this style and when it is important to make an adaptation to create better outcomes.
2. Discover strategies to better relate to the behavioral needs of your athletes, administrators and others, and how to build more productive relationships with them.
3. Know how to manage potential conflict to ensure it does not derail athletes at crucial times during the season.
4. Identify the communication style of fellow coaches, administrators and athletes so coaches can pitch their coaching to suit their preferred way of being interacted with. This ensures the message is better received and has greater impact.

Your Presenter:

Bo Hanson



4x Olympian. 3x Olympic Medalist
Specialist Coaching Consultant



Your presenter, Bo Hanson has been working within sport and the business sector for over 20 years, delivering leadership, management and coach development. In addition to his own athletic career, comprising of four Olympics and including three Olympic medals, he has worked for many years with coaches and athletes from over 40 different sports, and various countries, to improve coaching strategies and performance. In the last five years alone, he has helped clients win 18 National Championships, Olympic medals and Pro Team Premierhips.

COACHING SUCCESS FACTORS

Olympic Study



Building an Effective Coach-Athlete Relationship: Perspectives from Great Female Coaches and Athletes (Wentzier, 2009)



What differentiates a **superelite** (a high performing athlete who was expected to do well and went on to win multiple medals) from **someone who competes at the Olympics but goes home empty-handed?**

According to research presented at the 2015 World Class Performance Conference in London, it is the **quality of the coach-athlete relationship.**

NOTICING BEHAVIOR

Notice the different gestures of the DISC coaching team...

Guarded/Task Oriented Behaviors are more formal, following an agenda, less Greet.



Indirect/Slow Paced Behaviors are more patient and cooperative. Similar to Stalling for an appropriate time to communicate.



Direct/Faster Paced Behaviors use gestures and voice intonation to emphasize points, as if they are doing a verbal job of it.



Open/People Oriented Behaviors show feelings and openness as shown by being



GO!	SLOW!	CONSIDER!
Most Compatible	Moderately Compatible	Least Compatible



Wisdom from Some of the World's Best Coaches*

John Forman, Charleston Academy Technical Director

Through the Volleyball Coaching Wizards project, John Forman and Mark Lebedew (Australian Men's National Team Coach) have to-date interviewed more than 40 top coaches from all over the world and all levels of play. In the book, *Volleyball Coaching Wizards – Wizard Wisdom*, they share a number of insights from those interviews. This presentation will feature excerpts from the Wizards interviews and additional related insights in the areas of you the coach; creating and developing the team; practice and training; and match day that feature in the book.

SEMINAR OUTLINE / KEY POINTS:

- Introduction to Volleyball Coaching Wizards
- The Key Requirements to Successful Coaching
- You the Coach
- Creating & Developing the Team
- Practice & Training
- Match Day