

Welcome to the
PSA VOLLEYBALL
Coaches Meeting
COMPETITIVE

FALL 2023



OVERVIEW



INTRODUCTIONS/CONTACTS

PSA Volleyball

Sofia Martin, Volleyball Director

Danny Roque, Sports Manager-1st to 4th Grades

Cynthia, Volleyball Assignor/Supervisor



VOLLEYBALL DISCIPLINARY BOARD

*To maintain the
integrity of the
Volleyball leagues
and pursue corrective
action if necessary*

BUILDING INFORMATION

No outside food or drinks are permitted.

Clean up bench area after each game.

Warmup on court only.

Only players allowed on courts.

PSA will provide GAME BALLS ONLY, bring warm up balls.

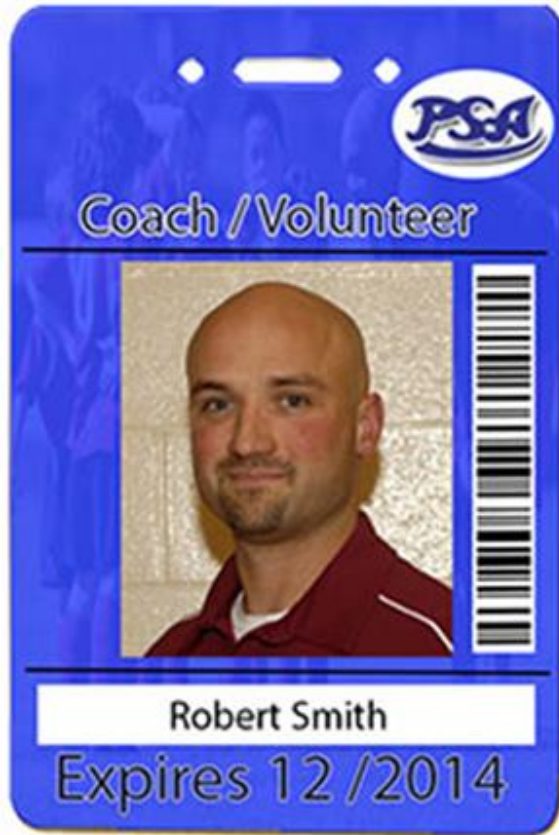


UNIFORMS

- Back: 6" number-Front: 4"
- Numbers with contrasting colors
- Kneepads optional
- Logo optional
- Athletic pants/shorts, spandex
- Teams need to look homogeneous
- Libero needs to have a contrasting color jersey
- By the third week of games all teams must have uniforms ready- UNTIL the weekend 09/22-09/24
- Delegate one parent to manage and order uniforms



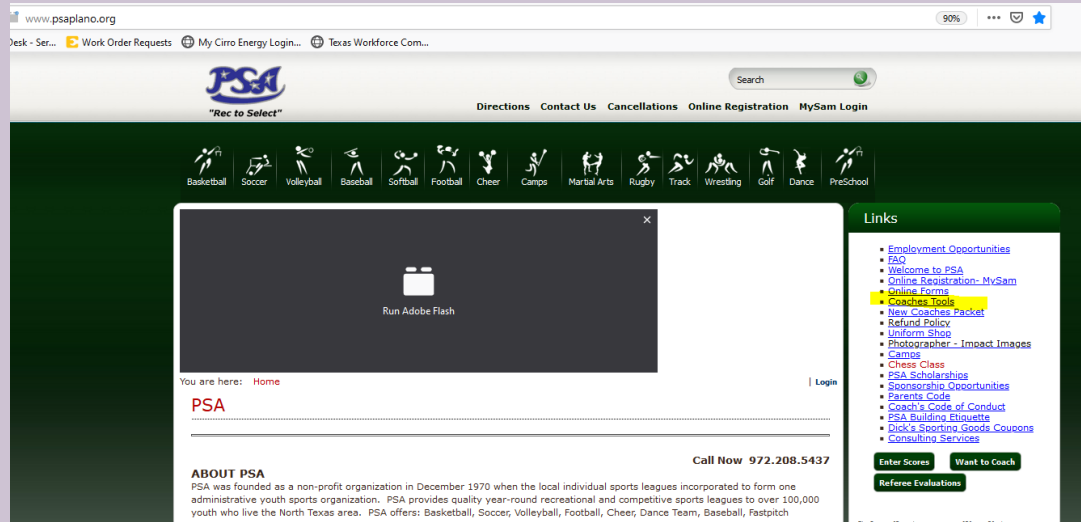
COACHES BADGES




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COACHES TOOLS



- To access go to : <http://www.psaplano.org/>
On the links, right corner of PSA website



OFFERING QUALITY YOUTH SPORTS SINCE 1970

Welcome to the PSA Coaches Toolbox

The Coaches Toolbox will allow the quick realtime entry of your game scores by either the Home or Visiting team's Manager / Coach. It will also allow the convenient entry of team conflict request as well as other information specific to each sport. It's quick and easy and the results are available immediatly.

Use the email you provided us when you registered online in MySam. If you don't remember which email was used or haven't setup your MySam account yet please [contact us](#).

Questions, Comments and Help

If you have any questions, comments, or suggestions, please [contact us](#).

Team Manager / Coach Login Here!

Login

Password

Keep me logged in!

Login

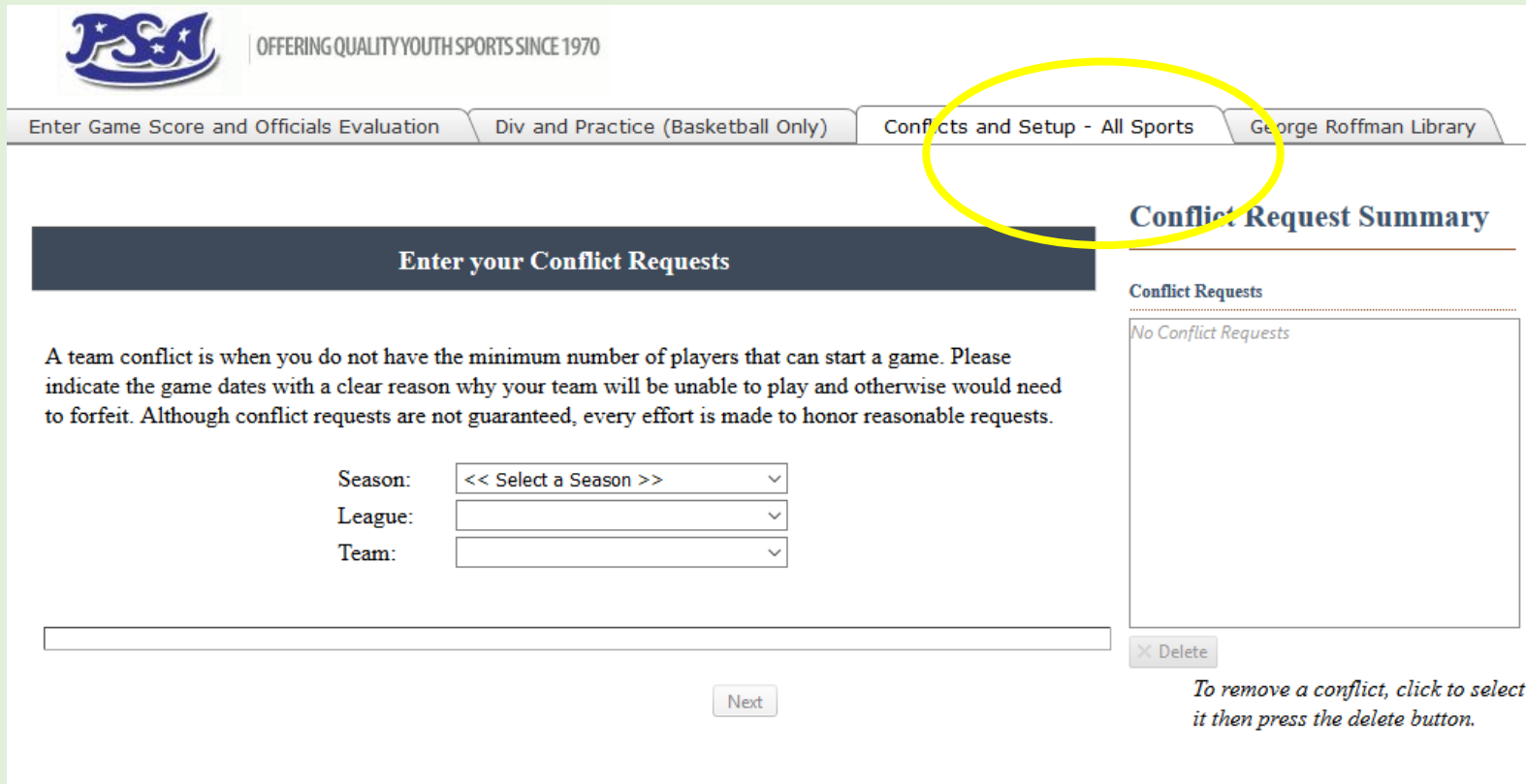
Login Issues?

If you experience issues logging in. Please [click here](#) to have your password emailed to you.

- Enter your Dash's login and password at:
<http://www.psacustomerportal.org/>



COACHES TOOLS



PSA OFFERING QUALITY YOUTH SPORTS SINCE 1970

Enter Game Score and Officials Evaluation | Div and Practice (Basketball Only) | **Conflicts and Setup - All Sports** | George Roffman Library

Enter your Conflict Requests

A team conflict is when you do not have the minimum number of players that can start a game. Please indicate the game dates with a clear reason why your team will be unable to play and otherwise would need to forfeit. Although conflict requests are not guaranteed, every effort is made to honor reasonable requests.

Season: << Select a Season >> ▾
League: ▾
Team: ▾

Next

Conflict Request Summary

Conflict Requests

No Conflict Requests

X Delete

To remove a conflict, click to select it then press the delete button.

- Click on Conflicts and Setup-All Sports- Tab
- Enter game scores, conflicts and practice's requests




COACHES TOOLS

Volleyball Tips & Drills

- ▶ Volleyball Skills: Basic Stance
- ▼ Volleyball Passing
 - Basic Passing Technique
 - Four-Spot Passing Drill
 - Lateral Passing Drill**
 - Superman Passing Drill
 - Tummy Touch Passing Drill
 - Self-Pass, Angle the Platform
 - Forearm Passing

Volleyball Drills: Lateral Passing Drill



Lateral Passing Drill

Moving laterally while passing is the subject of this drill. This video demonstrates one of our favorite volleyball drills, which combines both conditioning and lateral passing.

Coach: **Allison Lebar**

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DRILLS

- Visit Coaches Library – George Roffman Library
- You Tube

LEAGUE INFORMATION



8 Games
End of Season Tournament
9 practices
Until week prior Tournament



Main dates:
Regular games:
Starting on 09/08/23
End of Regular Season: 10/29/2023
Tournament : 11/4-5



Schedule post at team's
Dash page:
09/05/23



Trophies will be awarded for
both the League Champion
and Runner Up
Medals to Tournament :
League Champion and
Runner Up



GAME DAY EXPECTATIONS

Typically, one match (3 games) per day. Teams can have double headers



Teams are given a minimum of 3 minutes to run a cooperative warm-up on a shared court.
1 Minute each team for serve



Each Team must provide a linesperson 14 or older for each game, if not the first game will be forfeited



Lineup card turned in 10 minutes prior to start of the match.

GAME DAY EXPECTATIONS

No “guest” players.

Random Roster Checks will be administered. Players can be added to the roster until 3rd week of games.

Coaches must remain seated while the ball is in play.

Games cannot begin without an adult present with valid badge on bench.

Limit of 3 coaches on the team bench. All 3 must have a coach's badge

Coaches or Parents are **NOT ALLOWED** to talk with the officials.

Consequence: Subject to suspension by the board

Line judges may **NOT** coach the team.



FORFEIT POLICY

Teams must have at least 5 players and one adult (coach or not) with badge at game time.

1st game forfeit occurs at game time with less than five players.

2nd game forfeit occurs at game time +10 minutes with less than five players.

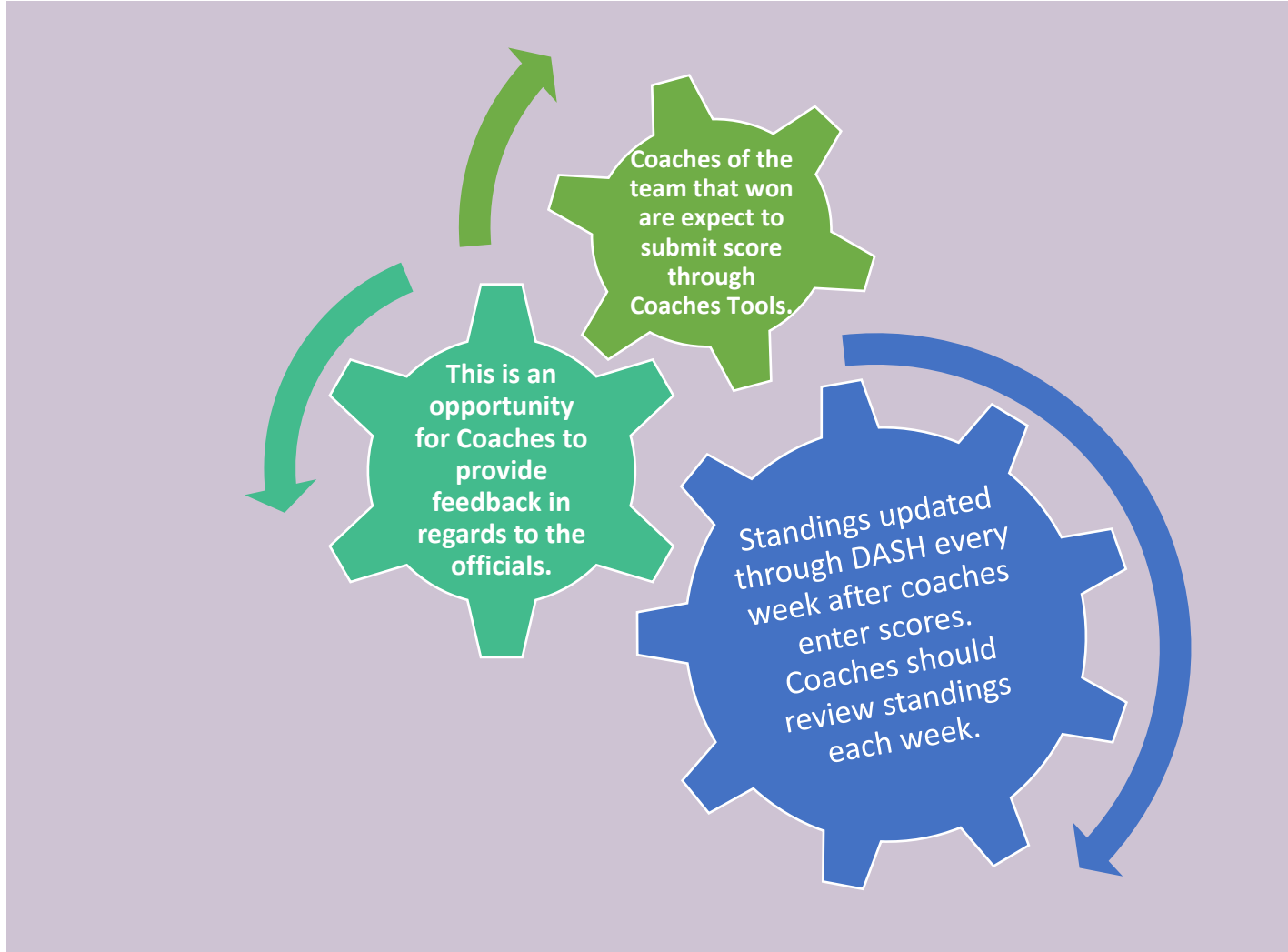
3rd game forfeit occurs at game time + 15 minutes with less than five players.

Forfeit scores: Core: 0-15, 0-15, 0-15

Forfeit scores: Competitive: 0-25, 0-25, 0-15



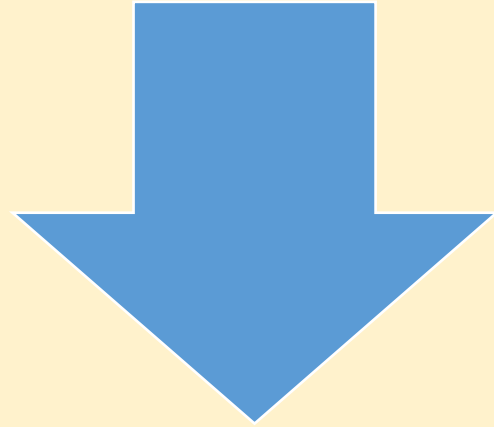
REGULAR SEASON STANDINGS



Please email volleyball@psaplano.org for score correction requests.



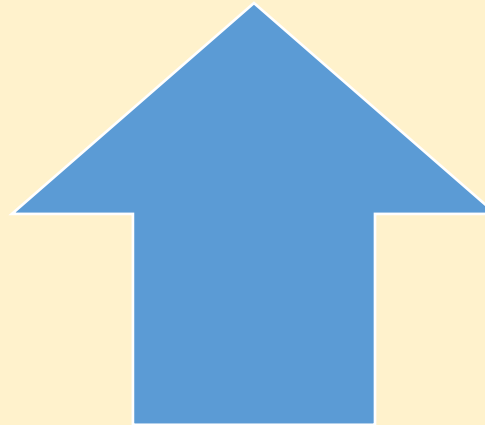
REGULAR SEASON STANDINGS



PSA will analyze the standings and will swap divisions after two weeks of games to ensure balanced divisions



It will be used a report to indicate which teams are having an exception performance. Be aware that your team can be change of division during the Season



TEAM INFORMATION

If needed, may add players until 3rd regular season week,

All games can be played with a minimum of 5 players.

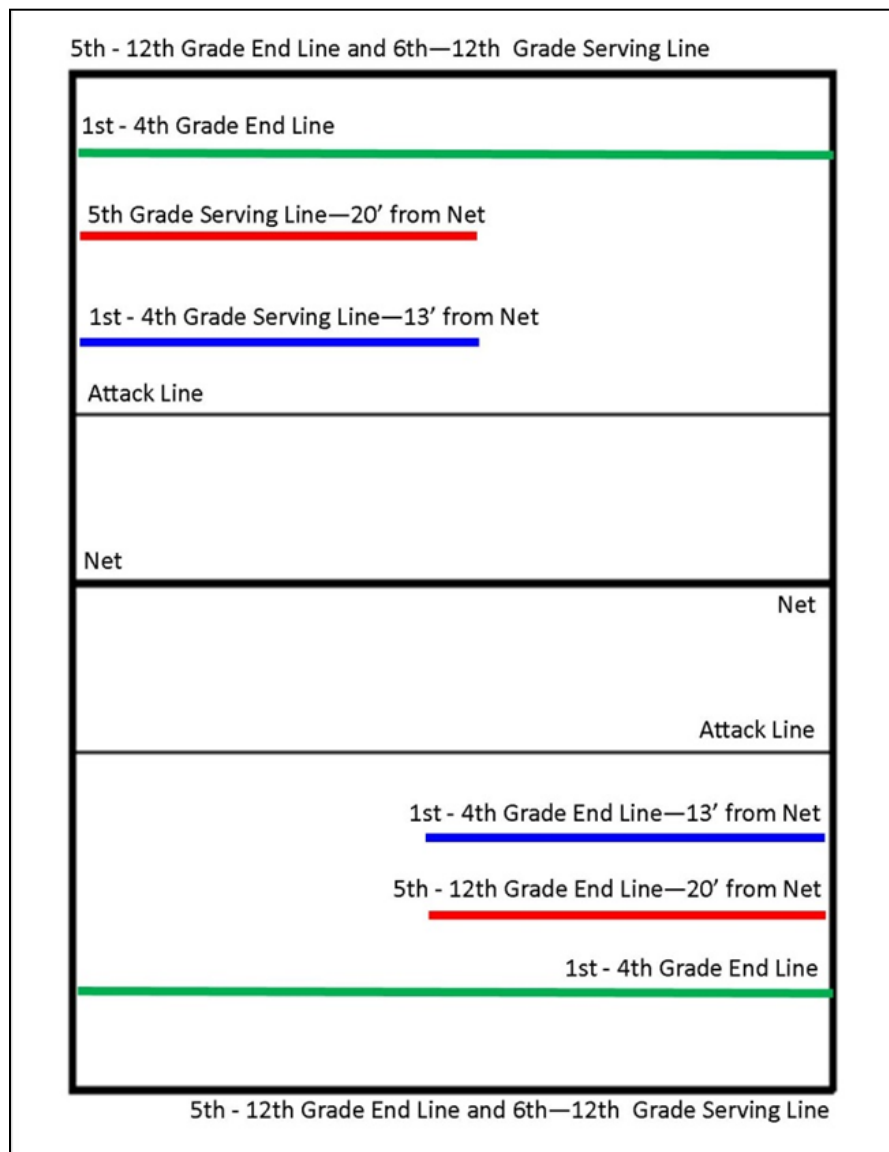
Bench includes players and coaches listed on roster only. **No siblings, no additional guests allowed on bench.**

Coaches must remain seated throughout match.

Uniforms must be in place by third week of season



COURT AND NET INFORMATION



Net Height:

1st - 4th Grades-
6'0"

5th Grade- 6' 6"

6th Grade- 7'0"

7th Grade & Up-
7'4"

HS Coed- 7'8"



OFFICIALS

Trained referee and scorekeeper provided for every regularly scheduled game.

Adult Volleyball Supervisor on duty, plus site coordinators.

Officiating feedback should be entered when entering scores.

Additional feedback can be sent to volleyball@psaplano.org. Please be specific.

Always hiring referees and scorekeepers. Instructions on website.



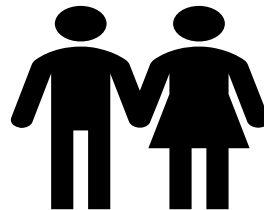
OFFICIALS



Coaches should model GOOD SPORTSMANSHIP and RESPECT when communicating with Referees and/or Scorekeepers and/or Supervisors.




Any coach found to be verbally abusive (yelling, bullying, cursing, etc.) toward any member of the PSA Officials or any opposing coach/team will subject to **SUSPENSION.**



Parents are not allowed to communicate with either Referees or Scorekeepers in anyway.



GAME FORMS



Game Date: 03/24/12 PSA Volleyball
 Game Time: 4:00pm Recreational League
 Court: Green 3 Line Up Card

Super Spikers vs Volley Girls


NET

4	3	2
#21 Monika	#9 Amber	#17 Heather
5	6	1
#14 Jenny	#5 Caitlin <small>(Play w rotates in)</small>	#99 Starla <small>(Play w rotates out)</small>

7 #12 Kristen
 8 #85 Meredith
 9 #1 Karen
 10 #77 Mandy

Scissors icon: Give to coordinator before game

Line Up Card
Team Name



Server #	Jersey #	Player Name
1	99	Starla
2	17	Heather
3	9	Amber
4	21	Monika
5	14	Jenny
6	5	Caitlin
7	12	Kristen
8	85	Meredith
9	1	Karen
10	77	Mandy

PSA COMPETITIVE LEAGUE LINE UP CARDS

Game 1 Line-Up Sheet Libero

TEAM

M	III	II
V	VI	I

Sub: _____

Game 2 Line-Up Sheet Libero

TEAM

M	III	II
V	VI	I



Sub: _____

Game 3 Line-Up Sheet Libero

TEAM

M	III	II
V	VI	I

Sub: _____

Player _____ Jersey # _____



PSA PLAYERS
EAT FREE!

- Psychological Concerns
- Special Needs
- ADHD/ADD Care
- Educational Evaluations
- Nutrition
- Mail Care/Communications



PLAYING RULES COMPETITIVE



COMPETITIVE RULES

Available on PSA's website under Volleyball tab.

Scorer's table will have a complete set of rules and a quick reference copy.

Two 30-second time-outs per game.

Injured player - Official's timeout

- Any injuries involving blood - must be covered.
- No hard plastic or metal jewelry may be worn during games. No hard hair accessories will be permitted.

Referee's decisions are final.



COMPETITIVE RULES

Two games to 25, third game to 15.

Rally scoring- point from every serve.

May drop the ball in case of bad toss; one serve per term of serve.

The ball may contact the net

No re-dos.

May overhand pass (set) first ball on a serve, still no blocking or attacking the serve.

Positions allowed (libero included).



COMPETITIVE RULES

Rally scoring is used.

Each serve results in a point to the team who wins the rally.

- Games 1 and 2 to 25 points.
- Game 3 to 15.
- A 2 point advantage DOES NOT have to exist.

Mandatory playing time

- Must play each player at least 50% of the **match** (all back row or all front row will count as 50%).



COMPETITIVE RULES

HITTING THE BALL DURING PLAY

- Players may not touch the net. Hair is an exception.
- May step on the centerline but may NOT completely cross it

Play at the net



- First violation – warning
- Second violation - loss of serve and/or point awarded to opponent

Out of rotation



- Coaches may NOT question a referee's call - send "captain."

Conduct of the match



COMPETITIVE RULES

HITTING THE BALL DURING PLAY



Kicking the ball (intentionally) is not allowed.

Back row attack

- Must leave floor behind the 10' line.

Special rotations (positions)

- Competitive leagues MAY use any switching formation.

Liberos:

used in 5th grade and above – liberos MAY serve in one position.

Liberos:

Before replacing another back row player, the libero has to sit out for one play/point/rally. The exception where the libero does not have to leave the court to replace a different back row player is if he/she is rotating into the serving position



COMPETITIVE RULES

MANDATORY PLAY TIME

The mandatory player participation rule is 50% of the match. The coach should manage substitutions to approximate 50% or greater per match playing time for all players.

Coaches can be suspended by violating this rule.

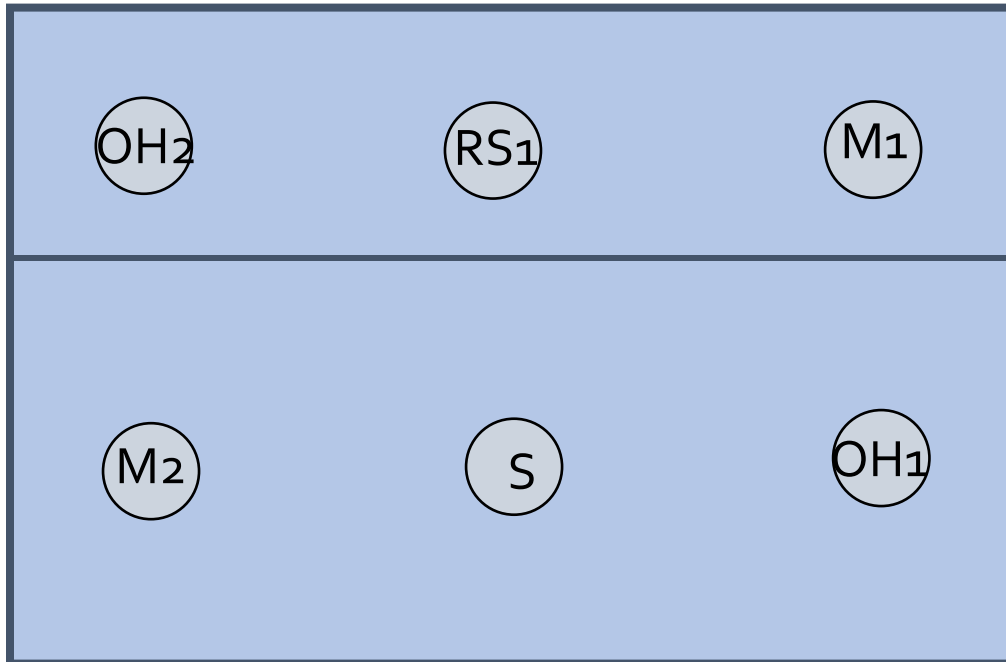
Previously substituted players returning to the court must substitute back into the same position in the serving order.

Chronic or repeated lateness or absenteeism of a player may result in loss of playing time. Your League Coordinator must be contacted prior to assessing any penalty or disciplinary action toward any player.

COMPETITIVE RULES

EXAMPLE OF LIBERO ENTRANCE

L



Legend:

L = Libero

M1 = Middle Blocker 1

M2 = Middle Blocker 2

OH1 = Outside Hitter

OH2 = Outside Hitter

RS1 = Right side hitter or
Setter 1

S = Setter

PRACTICE PLANNING TIPS

Have a written plan.



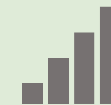
Over-plan.



Keep drills fast-moving.



Increase repetitions when possible.



Players return when they have fun.



HOW TO HAVE A SUCCESSFUL SEASON



QUESTIONS





Have a
Great
Season!

