

**Weekly Update Rules:** 1) Make parents feel like they are a part of the team! 2) All players & parents receive this update to their email 3) Clear & Concise on Housekeeping items 4) Promote volleyball education through Volleyball Insights section.

### ***Volleyball Insights - After first competition (MEPL)***

I want to focus on some of the big things that coaches look for in a first competition and give you a sense of where the team is at. As we progress through the season I'll get into some technical aspects of the game and try to help you understand those more completely. Here are some of my observations from the weekend. . . . .

1). ***The team has a tremendous will to compete.*** We played a total of 12 games in our 5 matches and 6/12 were 2-3 point games. We won every single one of them, including a couple where things looked pretty bleak. This is my number one take from our opening weekend. This simply cannot be taught or coached to the extent that I see on our team. I go back to my son's observation at the Friendship weekend in Muncie "dad those girls have incredible motors." That was on full display throughout the two days. One coach even took me aside to ask me "how do you get those players to find that extra gear?"

2) ***The girls have an amazing connection and support for each other.*** The performance of the players on the bench was simply outstanding. I have an expectation for every player on the sideline that you are not there to spectate, you are there to PARTICIPATE. Bench players help to win matches!! I'm sure you were able to observe the excitement, energy and celebrations from our bench throughout the weekend.

3) ***We serve the crap out of the ball!*** This is the number one identity I want our team to have. When teams play us I want this to be the number one thing they worry about. I've observed this in practice, but was unsure if the team would continue their aggression in a competition environment. There was no back down, even with some misses, even in high pressure situations, players continued to be super aggressive with their serves.

One thing we will be focusing on improving is our performance in Serve Receive. We simply put our setters in emergency or uncomfortable positions far too often and this was directly linked to when our team struggled in serve reception during our matches.

## **Parent Communication after MLK Tournament - First major tournament of the season. (Won Tournament)**

WOW!! What a weekend. I can't begin to tell you how much I appreciate all of the work, sacrifice, love and great parenting that you all put into your daughters throughout this tournament. In particular the ultra fast turn around from finishing so late on Sunday evening and starting in the morning on Monday. I've done it before as a parent myself and believe me I know how difficult it is. Thank you all so much! Let's get to it for your weekly update. . . . .

### ***Practice Schedule***

Tuesday - off

Thursday - 5 pm - 8:15 pm Skills 5-5:50 and Team 6-8:15

***Sunday - 2-5 pm***

***Reminder:*** I will be absent from Thursday's practice as Wilma and I stayed over in Florida to visit with family in Fort Myers. I will be back for Sunday's practice.

### ***Volleyball Insights***

I want to begin with the comments I made above. A three day tournament is a far different animal than the normal two day from a physical and mental standpoint. This is where you as parents really have a tremendous impact as a part of our team. Your guidance in helping your daughters keep themselves properly fueled and rested is such a critical component to playing well. At no point on Monday during our 3 matches did I sense that this was an issue affecting our performance! It was total domination in this area by you as parents and our players.

Regarding the volleyball components of the weekend I felt we saw really good improvement from our first event in MEPL the previous weekend. We have started very simple with our attacking offense in serve receive, transition from a dig, and free ball. All three of those areas were much improved and the setters/attackers are getting comfortable with the tempo we want to play at in each of those areas. In the next several practices and continuing with power league we will be looking to add new tempos and attack patterns for the players. Having said that for the championship final

match we felt we needed to show our opponent some different attack angles and mix our shots up more than we did in our first match. High Tide simply had a remarkable defense performance in our first match and dug everything it seemed like we hit at them. The first adjustment we asked our attackers to make was to mix their shots up. Add some tips and rolls and the girls really responded well to that feedback. We had some great success scoring on off speed shots in the final. More importantly our setters and outside pins were able to make an adjustment that we asked for by swinging our left pin inside to the middle creating a different digging angle on a faster tempo ball for High Tide, something we really hadn't begun to work on at all in practice. We had some great success with that as well. The players ability to process in match adjustments for a 15U team was my number 1 take away from this weekend. They really excelled in this area!

Lastly, I continue to be amazed at the team's will to compete and their love for each other. They share a remarkable bond that allows comebacks that you witnessed in the quarter final match and final match to occur. Many teams don't fight off 11 match points in a season let alone in two high stakes matches. To be sure we are not going to win every one of those, but two weeks into the season we have more of them than most teams have for an entire season. Your daughters are a joy to coach in so many ways! Thank you for the opportunity to help them grow as players and young women.

Coach Jeff