

Mission Statement

Our mission as an organization, is to provide girls in grade 4-8 the opportunity to improve their volleyball skills, play competitive volleyball, meet new people, and have fun.

Grade Level Expectations

4th Grade

- **Call the ball**
- **Positive attitude and good sportsmanship**
- **Players are always in the ready position**
- **Proper passing, setting, serving, and hitting techniques**
- Know the base positions on the court
- Transition on and off the net
- **Work to serve overhand, but may use underhand if necessary**
- Setter in the front-right position
- Always attempt 3 contacts before sending the ball over

5th Grade

- **Call the ball**
- **Positive attitude and good sportsmanship**
- **Players are always in the ready position**
- **Proper passing, setting, serving, and hitting techniques**
- Know the base positions on the court
- Transition on and off the net
- **Work to serve overhand, but may use underhand if necessary**
- Setter in the front-right position
- **Attempt 3 contacts before sending the ball over**
- **Try to make 3rd contact an attack**
- Begin to learn a stand drive
- Introduce blocking
- Introduce 3 person serve receive

6th Grade

- **Call the ball**
- **Positive attitude and good sportsmanship**
- **Players are always in the ready position**
- **Proper 4 fundamental techniques (passing, setting, serving, hitting)**
- Work on footwork for an attack
- Work on blocking and double blocking on the sides
- Know the base positions on the court
- **Transition on and off the net**
- Be able to serve overhand
- Be able to do a stand drive on the third touch
- **Introduce the 6-2 or 4-2 offense (setter RB position or setter in RF position)**
- **Introduce positions (LH, MB, RH, S, DS)**
- Learn to “switch” at the beginning of a rally or after the ball is returned to opponent’s side
- Introduce Service and Serve Receive positions

7th Grade

- **Call the ball**
- **Positive attitude and good sportsmanship**
- **Players are always in the ready position**
- **Proper 4 fundamentals**
- **Know serve and serve receive positions**
- **Transition on and off the net**
- **Use the a 6-2 or 5-1 offense**
- **Have 1 or 2 designated setters for each game**
- Overhand serve and begin working on serving zones
- Focus on attack footwork and blocking
- Introduce coverage while blocking and hitting
- **Know where to go for 2 positions**
- Introduce setting zones and use 5's, 2's and 9's
- Introduce reading opponent's offense and players

8th Grade

- **Call the ball**
 - **Positive attitude and good sportsmanship**
 - **Players are always in the ready position**
 - **Proper 4 fundamentals**
 - **Know the base positions on the court**
 - **Know serve and serve receive positions**
 - Consistent overhand serving, serve some zones, introduce modified serves
 - **Transition on and off the net**
 - **Run a 5-1 or 6-2 offense**
 - **Have 1 or 2 designated setters for each game**
 - **Know the offensive, defensive, and free-ball coverages**
 - Double block on all outside and weak-side hits
 - Call for location of sets and introduce faster tempo offense
 - Focus on attack footwork and blocking
 - Call out front-row and back-row setters
 - Anticipate and read opponents' play
 - Introduce offensive strategy and ball placement
- ** The items in bold are the base line skills for that individual grade.

Uniforms

Jerseys will be provided. Each player is expected to wear black shorts (spandex not required) and shoes not worn outdoors.

Practices

Each team will have 1-2 practices per week. Each practice will be 1-1/2 hours in length. Practices will be held either at Parkview Elementary School or Middle School. Practice schedules are determined on a weekly bases. Coaches are responsible for communicating schedules to players and parents.

Tournaments

Each team will have 4 tournaments. Tournament dates are from April 9-May21. Coaches can choose to have their team play 3 or 4, or 5 or more matches per tournament. If the team is playing 3 or 4 matches, WIVL (Wisconsin Independent Volleyball League) tries to schedule them consecutively so that you play half day. (morning or afternoon) If the team is playing 5 or more matches, it will more than likely be all day.

All tournament sites are within 1 ½ hours of Chippewa Falls. A detailed tournament schedule will be posted every Sunday at www.gnbl.org for the next Saturday's tournament. Coaches are responsible for communicating tournament sites and schedules to their players and parents.

Lengths of matches vary by grade. 4th, 5th, and 6th grade matches are scheduled 50 minutes apart. (40-45 minute matches with a 5-10 minute warm-up for the next match) 7th and 8th grade matches are scheduled 55 minutes apart. (45-50 minute matches with a 5-10 minute warm-up for the next match)

Each team must provide one of the two line judges needed for each match. We are relying on parents to volunteer. If there are no willing volunteers, the match may be considered a forfeit. Teams may still play the match but it will not count towards overall standings. This may also affect the team's ability to participate in future tournaments.

League standing, rules and regulations and tournament info can be found at www.gnbl.org. Standings are updated after every tournament.

Tryouts

7th and 8th grade girls have the opportunity to tryout for the "A" team. Tryouts are two days in length. It is mandatory to be present both days. Independent evaluators will judge the girls skills and volleyball knowledge while they participate in drills. After tryouts girls will be placed on teams and coaches will be in contact shortly after.

