

Factors to consider in developing a successful program - college, high school, or club
Dave Shondell - Purdue University for Iowa Coaches Clinic - March 2-3, 2007

1. Previous Experiences - Daleville, Muncie Central, and Munciana VBC
2. Rejuvenate the spirit of the team / Energize the players - How?
 - a. Show excitement about the future - be extremely positive, but honest
 - b. Display unparalleled commitment in time and effort
 - c. Demonstrate your passion and commitment for the program
3. Build the confidence of each player
 - a. Through team meetings
 - b. Through individual meetings
 - c. Specific drills to increase self-esteem
 - d. Positive communications during and after practice
 - e. Periodic phone calls and notes to players
4. Build trust and “teamness”
 - a. Develop cohesion through activities - know your team
 - b. Develop togetherness through common goal / vision
 - c. Establish new guidelines for the program to follow
5. Create a productive gym “culture”
 - a. Extremely important facet of improving a program
 - b. Increase the effort in practice through better understanding of expectations
 - c. Instill a better attitude
 1. team meetings
 2. sharing philosophies
 3. leading by example - inserting intensity and self-motivated players into practice gym
 - d. Specific drills will encourage a particular culture
 - e. Coaches demanding a consistent tough mentality every day
 - f. Expectations of better results day after day - “get better every day”
6. Establish program environment
 - a. Where will the athletes prioritize volleyball on their list?
 - b. What are their expectations of their teammates?
 - c. Spending more time as a team
 - d. Off the court guidelines / rules - “If you do anything to hinder the progress of the team, expect to pay the consequences”
 - e. Follow the dream
7. Determine the vision for the team / program
 - a. Everyone must buy into the plan for the program - help players create the vision
 - b. Vision or goals - long term and more immediate
 - c. Dream large - something to really excite the team / make it worthwhile
 - d. Don’t be ridiculous with immediate goals - realistic
 - e. “Get better every day” and “can’t believe that was the same team we played last year”
 - f. Believing in the mission will encourage effort, attitude, and teamness
 - g. When to set goals? Don’t set them too early and be flexible

8. Prioritize skill emphasis of the team - know your talent and timetable
 - a. Evaluate team and opponents to determine how you can be successful - what constitutes success in your situation?
 - b. What are strengths and weaknesses of team? How can you become effective as a team?
 - c. Making sure the team understand your emphasis and target those skills in each practice
 - d. In our case - we were not very talented so we elected to work at things we could achieve - serving, passing, and defense
 - e. Off-season and pre-season practice emphasis - percentage of time on primary areas

9. Establishing your program's identity - a calling card or the signature of the program
 - a. What will your team do better than any other team - at least make them believe that
 - b. The mentality must be that we are better than our opponent in this area and we will make this aspect of the game become the difference-maker in the match - develop that mentality
 - c. Practice emphasis must demonstrate the priority of your "game-breaker"

10. Importance of the feeder system - high school or college
 - a. High School - elementary and middle school, starting a club, camps, phys. ed. classes, etc.
 - b. College - recruiting is 60-70% of your time and just as crucial to the rate of team success
 - c. Developing a positive environment is the key to attracting top players

11. The Coaching Staff and responsibilities
 - a. A good staff makes all the difference - in training the team and in the mood of the program
 - b. The staff personalities and commitment are huge at all levels
 - c. Coaches taking ownership of certain program areas
 - d. Cohesion of coaching staff - communication, trust, flexibility, etc.
 - e. Development of coaches thru training, education, clinics, experiences, etc. - never stop learning

12. Developing a following - exciting the campus and community support
 - a. Promotions - game activities, football double-headers, midnight madness, recognize other groups
 - b. Student groups forming cheer-blocks - Tark-sharks, Wrecking crew, sport teams
 - c. Booster groups - helping promote
 - d. Speaking engagements
 - e. Thank the crowd after matches - pre-match events to thank the crowd
 - f. Band - Big factor in our matches

13. Importance of an appropriate schedule for your team
 - a. travel considerations - fatigue, time in between matches
 - b. amount of wins necessary to achieve success (NCAA tournament)
 - c. Competition to prepare your team for conference and tournament (high school - play your best at sectional time)
 - d. Conference vs. non-conference during the season
 - e. Player and fan consideration

14. Out-of-season training - College vs. High School
 - a. Stay or get healthy - injury prevention
 - b. Conditioning, strength, speed, and movement
 - c. Skill work - isolate identified skills

- d. Being aware of team cohesion and chemistry during all seasons
15. Head coaches understanding “what is important now?” in daily schedule and planning
- a. Prioritizing your time - know your current situation
 - b. Don’t spread yourself too thin
 - c. Utilizing assistant coaches to their strengths
 - d. Making sure your players are on the appropriate tasks
16. Roster size - small (12 players) vs. large (15-18 players)
- a. Coach’s philosophy, personality, beliefs (Great opportunity for walk-ons)
 - b. What type of players to add - personality, energy, synergy - good characters
 - c. Team players - understand their role, unselfish
 - d. Added depth - strength in numbers (mostly back-court players)
 - e. Very appreciative of opportunity - add enthusiasm and enjoyment to all aspects
 - f. Concern over number of contacts - however, prevents over-use
17. Each person’s understanding of the program and the systems involved
- a. The mission
 - b. The means to the end - the culture
 - c. Defensive philosophy and principals
 - d. Offensive philosophy and principals
 - e. Team first - it is all about what is best for the team
18. Summary
19. Questions or comments: