

# Arizona Sidelines

Volume 1, Issue 1

Winter 2007

## Arizona Region Introduces Arizona Sidelines

*A Quarterly newsletter for Volleyball Coaches*

Welcome to the inaugural Arizona Sidelines Volleyball Coaching Newsletter.

This newsletter will be e-mailed to those coaches who sign up for it online on the Arizona Region website ([www.azregionvolleyball.org](http://www.azregionvolleyball.org)) or request it by phone or e-mail with the Region office staff.

Arizona Sidelines hopes to help volleyball coaches with articles and information furthering volleyball coach's education throughout Arizona, a goal that the Region staff takes very seriously and works toward constantly.

If you have any input for the newsletter, or would just like some information on a particular subject, please let us know.



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## What is, in your opinion, the most important skill in being a successful coach?

*Arizona Sidelines asked this of several coaches across the country from different levels and venues; here were the responses we got:*

**"The ability to teach the game."**

Hugh McCutcheon. MS, MBA.  
Head Coach, USA Men's Volleyball Team

**"The most important skill.....Patience."**

Lisa Stuck  
Head Coach, Glendale Community College

**"Direct, objective, and consistent interpersonal communication skills is the place to begin."**

Tom Melton  
Director, Gold Medal Squared Volleyball

**"Decision making is one of the most important skills in being a successful coach. Coaches must make thousands of decisions in the course of a season. A few of those decisions include, but aren't limited to, the methods you will use in practice, what mechanics will you teach your players, how will you motivate your team, and deciding what should be practiced TODAY and why. Each one of those decisions is going to be different from coach to coach. Making poor decisions could weigh heavily on the success of their program."**

Brad Lyans  
Assistant Coach, Pierce College

**"Every player has the desire to be addressed as an individual."**

Marv Dunphy  
Men's Head Coach, Pepperdine University

**"I think having, first of all, the knowledge to teach technique, and secondly, the patience and ability to focus on that technique with an**

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## What do Your Athletes Want From Their Coach?

Often, we hear a one sided argument about what Coaches expect from their athletes; physically, skill wise, mentally. But often times, a good coach should research and act upon what an Athlete wants from them.

Flagstaff phenom and Arizona High Performance alum Nikki Kaminskas, in her Senior year at Georgia Tech University playing middle blocker for the Yellow Jackets, says patience should be a big part of a Coaches makeup.

"Nothing happens perfectly the first time around." She says. "As long as you have a coach who is willing to be patient with you, but still demand your-all time and time again, you will become a great player."

Former Glendale Community College and Arizona State University libero Stephanie Gaeta feels that diversity is key. "You need to be able to coach all around." Gaeta states. "You can't just coach what you were good at or what you specialized in when you played or coached last. If that were the case, you'd see some teams with six potential setters, defensive specialists or middles on the court."

Benson's Ellen East, another Arizona Region High Performance alumni, who is currently setting at Western New Mexico University says, "I think the most important thing for a coach is to be a good teacher and earn respect from their players." Ellen adds, "It's imperative for a coach to stay positive and encouraging no matter the situation in the game."

Former High School standout Trisha Thurston, who is competing for West Virginia Wesleyan softball team says, "The most important skill in being a successful coach is reading and understanding your athletes." Thurston adds, "All athletes are different in their learning styles, and a coach needs to be able to adapt his or her style to get the best out of each player."

As coaches, it's a part of our job to continue our education and pass that on to our athletes, our assistant coaches and staff. To do that, we must listen; to our peers, other coaches and maybe most importantly, our athletes.

## USA High Performance Looking For Coaching Talent

If you are a Coach in the Arizona Region with up to date IMPACT or CAP certification and in good standing with the Region, we would love for you to get involved with USA Volleyball's High Performance Program and the Arizona Region's Program as well.

To get involved, fill out the application linked here

<http://www.usavolleyball.org/media/highperformance/07HPCoachAp.pdf>

Fill it out and mail or fax it to the Region office at

Arizona Region Office  
2105 S. 48th Street, Suite 108  
Tempe, AZ 85282-1019  
(602) 454-1427 Fax

Applications for both Region Team coaches, Region Team assistant coaches and National Team Tryout coaches will be taken from these applications. The High Performance Director and HP hiring committee will evaluate and offer these coaching positions accordingly.

ALL APPLICATIONS MUST BE RECEIVED NO LATER THAN 5 P.M. NOVEMBER 30, 2007.

For more information, contact the Region Office at 602-454-1367

## **AZ. COACHING RECERTIFICATION**

Each of these upcoming Coaching events can be used as a recertification of your IMPACT accreditation with the proper paperwork filled out, signed and submitted to the Arizona Region Office.

## **COACHING CALENDAR OF EVENTS**

### **2007 AVCA CONVENTION**

SACRAMENTO, CALIFORNIA

DECEMBER 12-15

[WWW.AVCA.ORG](http://WWW.AVCA.ORG)

### **GOLD MEDAL SQUARED WEEKEND CLINIC**

KINGDOM COURTS, PHOENIX

NOVEMBER 9-11

<http://eteamz.active.com/AZSky>

### **USAV CAP**

COLORADO SPRINGS, Co.

NOVEMBER 16-18

[WWW.USAVOLLEYBALL.ORG](http://WWW.USAVOLLEYBALL.ORG)

## **PrepVolleyball.Com Wants to Hear From Arizona Volleyball Coaches!**

John Tawa, the publisher of PrepVolleyball.com is looking for new, original and unpublished articles on instruction or coaching coaches.

He can pay up to \$100 per article.

If you're interested, submit your articles, of any length, (with photos if necessary for demonstration purpose) to John at [www.prepvolleyball.com](http://www.prepvolleyball.com).

**athlete and see it through until it becomes a habit with them. Quite often coaches will correct or instruct an athlete, see them perform a skill successfully after being corrected, and then assume the athlete 'has it'."**

Patrick Mooney

Head Coach, South Mountain Community College

**"Most important skill: Getting your team to respect and 'buy in' on what on your coaching methods, teachings and style. No matter how good your message, if the players are not receiving and accepting, it is lost."**

Tom Pingel

Director of USAV High Performance

**"The most important part of being a successful coach is having a clear and concise vision for your team both on and most importantly off the court. Once you have created your definiteness of purpose for your team, then you will be clear to shape your team through calculated decisions. Clarity will allow you to: pick the best players for your team, write the most effective practice plans and decide how to proceed when there are matters of conflict. In summary, the culmination of a team and personal mission."**

Neil Mason

Founder, Director of TCA Volleyball Club

**"Undoubtedly the ability to understand and effectively use different styles of communication on different personalities is the most useful skill in coaching. No two people 'understand' words the same, the key is finding out how each individual 'hears' the message you are trying to convey."**

Todd Dagenais

Assistant Coach, University of Southern California

**"Most important skill in being a successful coach is understanding how to train the skills of the game, get your players to buy into your system and know how to motivate different types of personalities."**

Melissa Wolter

Head Coach, Western Florida University

# FREE COACHING RESOURCES

## USOC OLYMPIC COACH E-MAGAZINE

FREE UNITED STATES OLYMPIC COMMITTEE ARTICLES ABOUT IMPROVING ATHLETE PERFORMANCE IN A VARIETY OF FIELDS, SUCH AS PSYCHOLOGY, NUTRITION, SPORTS MEDICINE, STRENGTH AND CONDITIONING, AS WELL AS OTHER TOPICS OF INTEREST TO COACHES.

[HTTP://COACHING.USOLYMPICTEAM.COM](http://coaching.usolympicteam.com)

## CHAMPIONSHIP COACHES NETWORK E-NEWSLETTER

SIGN-UP TO GET FREE MONTHLY COACHING TIPS AND STRATEGIES FROM THE JEFF JANSSEN PEAK PERFORMANCE NEWSLETTER.

[HTTP://WWW.CHAMPIONSHIPCOACHESNETWORK.COM/PUBLIC/MAIN.CFM](http://www.championshipcoachesnetwork.com/public/main.cfm)

## VOLLEYBALL TRAINING FOR PEAK PERFORMANCE

A FREE MONTHLY NEWSLETTER, THE VOLLEYBALL TRAINING JOURNAL E-NEWSLETTER OFFERS NEW STRENGTH AND CONDITIONING TIPS ALONG WITH PLAYING STRATEGIES, DRILLS, AND TIPS FOR DEVELOPING YOUR SKILLS.

[HTTP://WWW.STRENGTH-AND-POWER-FOR-VOLLEYBALL.COM/INDEX.HTML](http://www.strength-and-power-for-volleyball.com/index.html)

## A GUIDE TO VOLLEYBALL BASICS

THIS 23 PAGE USA VOLLEYBALL PUBLICATION IN COOPERATION WITH THE SGMA VOLLEYBALL COUNCIL IS GREAT FOR BEGINNING COACHES LOOKING FOR SKILLS, RULES AND PLAYING TIPS.

[HTTP://WWW.USAVOLLEYBALL.ORG/MEDIA/EDUCATION/GUIDETOVBASICS.PDF](http://www.usavolleyball.org/media/education/guidetovbasics.pdf)

## The StatMan

Doug Strauss is the head statistician for the AVP Beach Volleyball tour.

Doug was recently asked, **“What statistic, in your opinion, can make the most difference in winning and losing a match, by tracking it during the match?”**

“To me, especially for beach volleyball, hitting percentage is the key. I know this differs a little from indoor volleyball, as I think the benchmark is higher on the beach. I kind of equate the indoors standard of .300 as being equivalent to .400 on the beach (the

average hitting percentage this season was just over .380). Here are some stats from the 2007 AVP season:

**The team outhitting the other team in a match wins over 90% of the time!**

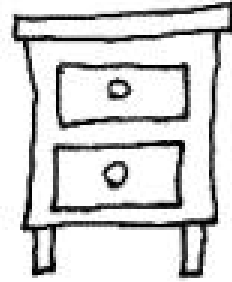
Furthermore, here is a look at a team's record when hitting a certain percentage:

.400 or above	1240-308	.801
.300 to .399	387-576	.402
under .300	85-828	.093

Obviously to track that during a match it helps to be doing it on a computer, which we have the capability of doing but don't always do.”

# On the Night Stand

*In this feature, we will highlight articles, books and resources that may help you on your journey toward coaching excellence.*



## How Not to Talk to Your Kids    The inverse power of praise.

By **Po Bronson**    Published Feb 9, 2007    New York Magazine

This article reexamines what specifically we should be praising our children for. It is easily applicable to coaching.

<http://nymag.com/news/features/27840>

## The Coach; John Wooden

Hall of Fame Coaching legend John Wooden's career is encapsulated here in this invigorating website including his ageless roadmap for any coach, the Pyramid of Success.

<http://www.coachwooden.com>



## Wayne Gretzky-Style 'Field Sense' May Be Teachable

By **Jennifer Kahn**    Published May 22, 2007    Wired Magazine

Arizona and USOC researcher Peter Vint's work is discussed in this article discussing whether an athlete's seemingly innate abilities can be trained.

[http://www.wired.com/science/discoveries/magazine/15-06/ff\\_mindgames](http://www.wired.com/science/discoveries/magazine/15-06/ff_mindgames)

## The Best Gifts for a Volleyball Player

By **John Kessel**

A great read for coaches and Parents on what gifts you can give your volleyball player as the holiday season approaches. Only these gifts can't be purchased at the local sporting goods store.

<http://www.usavolleyball.org/media/newsletter/GiftsforaVolleyballPlayer.pdf>



