



RALEIGH VOLLEYBALL PRACTICE RULES AND EXPECTATIONS

1. Be at the gym 15 minutes before practice time to help set-up nets.
2. Be prepared – hustle to practice after school and have all of your equipment on and in good condition when practice starts.
3. When in the gym, you are **thinking volleyball** – talk of other things will not improve your physical or mental volleyball skills. Leave your **cell phone OFF IN YOUR BAG**.
4. Warm Ups
5. Everyone is involved in practice during drills; either performing the drill, shagging, or feeding balls to the coach – no one should be standing and visiting. A GOOD TEAM PLAYER ALWAYS HELPS OUT THEIR TEAMMATES IN SOME WAY!
6. We make mistakes – WE NEVER MAKE EXCUSES.
 - a. Admit it, fix it and learn from it.
7. If a coach runs out of balls – penalty for everyone – we want everyone hustling at all times – YOU WILL PLAY LIKE YOU PRACTICE!
8. When feeding a ball to a coach – place it in the cart or their hand – DO NOT THROW A BALL IN THE CART OR AT THE COACH.
9. YOU MUST PLAY EVERY LIVE BALL – a ball should never beat you without you making an effort to keep it alive. It's the effort that counts and will carry over to games.
10. Practice time is where you improve your skill – skill improvement does not take place as much during a match as it does in practice. A concentrated effort is needed at all times by everyone. You earn your spot on the court in practice. You should be a better player when you step off the court than when you stepped on each day.
11. Dress Code – RVC Practice T-shirts only.
12. Always run around a drill and never through it or roll a ball through it – safety of players during a drill is extremely important and first priority.
13. Fundamentals must be sound if you are to become a good/great volleyball player and we are to become a good/great volleyball team. Bad habits will not be tolerated and as coaches we will work hard to help you break them. Do not take our persistent reminders as getting down on you as a player but rather helping you to remember how to do the skill right.
14. Positive attitudes, comments and encouragement are the only things that will be allowed by teammates – if you don't have anything nice to say, don't say anything at all!
15. As a team member you must be able to work with anyone on the team, therefore, make sure you do drills with all members of the team. Choose a different partner each day – building a united team begins with you.
16. Water breaks will be taken when directed by the coach – bring your own water bottle to prevent the spread of illness. This also allows you to listen to your coaches while taking a short break.
17. Listen all the time – even if a coach is helping someone else – don't make the same error.
18. Help take down nets.