



Volleyball Tryout Information and Expectations

Once school begins, athletes please fill out the Volleyball Information & Expectations form to indicate your intention to participate in Rogers Volleyball Tryouts 2023.

Link is not available until school begins on August 9th so that athletes can enter their correct athletic gear number into the form.

Below you will find an outline of what is expected of a Rogers Middle School athlete in terms of attitude before, during, and after tryouts and throughout the season. We will also outline skills that will be scored throughout tryouts and continued into practices for team growth and development.

Athletes will be scored on a scale by coaches and each athlete will have an overall score on the 4 core skills. Each day all skills will be demonstrated, so even if an athlete has a bad day, there are plenty of chances to show your skill.

Give 100% EVERY DAY in all attempts and that is the best you can ask of yourself. Attendance is required each day of tryouts.

What you can expect coaches to be looking for during the tryout process:

1. Athletes need to have a respectful attitude towards their teammates and coaches at all times. Coachability is the process of being able to take direction and constructive criticism (i.e. - keep your shoulders over your toes when you pass) and attempt to try what has been directed. *Respect will be earned and returned between all.*
2. Communication between and with teammates on the court is one of the most important parts of the game. Calling the ball when passing, calling the ball when setting, and calling for the set to hit the ball are all in order to build

trust within and on a team and will ALWAYS be high expectation.

3. Movement- All drills and activities will involve quick defensive or offensive movements. Dynamic warm-ups and drills will be an integral part of the tryout process and implemented in ALL practices every day.

4. Court Awareness is the ability to understand where the court begins and ends. Athletes will understand player zones and positions and when the ball should be contacted and by whom.

5. Passing: includes footwork, platform position, moving to the ball and executing a pass to the setter to set up an offense. Examples of drills included in tryouts:

a. Butterfly- passing off of a toss, be able to drop step or shuffle to the ball (short, deep, laterally)(player driven)

b. Serve receive- passing off of a serve, be able to communicate that you are passing the ball, moving feet/platform to the ball, and pass ball to middle of the court to set up an offense (coach driven)

c. Down ball- passing an attack, be able to move feet/platform to the ball and pass ball to middle of the court to set up offense (combination player/coach driven)

6. Serving: includes foot positioning, elements of a toss, contact point, how it is contacted (for type of serve), possible jump serving (depending on athlete level), consistency. Example of drill included in tryouts:

a. Serving- step, toss, contact, consistency, type of serve attempted

b. Zone- ability to hit specific spots on court (zones 1-4 and a-c) (coach will explain)

7. Setting: includes footwork, hand-ball contact (not hanging on to the ball too long), ability to utilize pass to create an offense (ability to set 3 hitters most of the time), pushing outside, parallel shoulders at all times including back sets

and back row sets. Examples of drills in tryouts:

- a. Stationary off of toss- partner tosses, looking for footwork and hand position and how ball returns to their partner
- b. Tracking- move from setter defensive position to net, react to toss/pass, ability to “better the ball”, hands and ball in setter “frame” to create an offense

8. Attacking: includes footwork, using the guide arm to gauge contact point, consistency and awareness of the opposite court side (read defense and hit where the other team is not). Examples of drills in tryouts:

- a. Approaches- knowledge of approach to hit a volleyball correctly (right handed hitter footwork for 3 step approach: left, right, left and left handed hitter footwork for 3 step approach: right, left, right)
- b. Hitting off toss- coach driven tossing at outside hitting position using approach correctly to contact ball, attempts at hitting in vs. out
- c. Hitting off set- coach/player driven setter sets off of toss from coach and setter sets to outside hitting position using approach to correctly contact the ball, attempts on hitting the ball no matter “type of set”, attempts at hitting in vs. out
- d. Back row attack- using an approach in the back row to hit a ball to the other side of net, knowledge of takeoff point (on or behind 10ft. line)

9. Combined drills: using skills previously attempted to show understanding of court awareness and utilizing communication with teammates on the court. Examples of drills in tryouts:

- a. Serve Receive- passing to target(middle of the court), target set out to outside hitter, communication and serving lanes, responsibility within lanes (short, deep)
- b. Pass, set, down ball- passer will receive down ball (attack), pass needs to be to target, setter sets to hitters (will be run on both sides)

of court simulating a controlled volleyball game)

c. 4 on 4- will assess court awareness, communication, teamwork skills and implementing the 4 core volleyball skills

d. 6 on 6- full team cooperation

Volleyball Tryout Schedule 2023

	Monday 8/14	Tuesday 8/15	Wednesday 8/16	Thursday 8/17	Friday 8/18
8th Grade	7:00 -Class Period	7:00 -Class Period	7:00 -Class Period	No Tryouts	7:00 -Class Period
7th Grade	Class Period-4:30	Class Period-4:30	No Tryouts	Class Period-4:30	Class Period-4:30

Volleyball Practice Schedule 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
8th Grade	7:15 -Class Period	7:15 -Class Period	7:30 -Class Period	GAME DAY No Practice	7:30 -Class Period
7th Grade	Class Period-4:30	Class Period-4:30	6:30 - 7:50 AM	GAME DAY No Practice	Class Period-4:30

If you have any questions, please contact Rogers Girls Coordinator, Haley Weir.

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