

Athlete Tryout Plan

***Separate Players based on positions

Times may vary dependent on player numbers

1. Warm-up (15 mins):

- Include dynamic exercises to assess agility and quick footwork.
- shuffle (sideline to midline) - cones (shuffle zig-zag) (physical assessment)

2. Basic Skills Assessment (30 mins):

- Passing: Emphasize footwork and lateral movement during passing
- General Game warmup...line at the back of the court, high toss, tip, spike, running toss
 - Serving: Assess serve - Serve to location (power/accuracy/consistency)
- Serve with 2 receivers per side...pass to target...passer replaces target

Water as you do jump testing

3. Vertical Testing (5 mins):

- Conduct vertical jump testing to gauge players' explosiveness (How high can you stick the "note" -we need sticky notes) - Player jumps up and sticks sticky note with their name on in on the wall.
 - Observe the takeoff and landing mechanics.

4. Net Play (40 mins):

- **Blocking:** Evaluate players' ability to time blocks and penetrate the net.
 - 3 "hitter" from the 3m line (Power/Mid/Right). Coach is behind blockers and points to "hitter". Hitter slaps the ball and bounces it before hitting over the net. Blockers adjust to block "hitters".
 - Bring in back row players to pass up garbage to setter (assess all skills)
- **Spiking:** Assess approach, timing, and hitting technique.
 - 4 UP drill (short tip/deep tip/hard cross/hard line) - tossed by coaches
- **Setting:** Assess setters while hitters are doing 4 UP drill
 - Set a spot on the wall
 - Set to zones (1,3,5,7,9 - eg 17, 33, 51, 72, 94) In system
Out of System
 - Setter Attacks (Dump/Tip/Swipe/Hit)
 - ***Setting: Focus on foot positioning and quick release***

5. Specialized Skills (30 mins):

- Defensive drills: Focus on lateral movement, digging, and diving.
- Pursuit- Long toss, spike, tip, toss to sideline, spike, tip
 - 3 Attackers vs 6 player defense
 - Coach toss from defensive side, pass to setter, set P/M/R, defense blocks/digs

6. Scrimmage (40 mins):

- Full game simulation, emphasizing net play situations.
- Pay specific attention to vertical testing results during gameplay.

7. Cool-down and Feedback (15 mins):**

- Incorporate stretches targeting areas used in vertical and net play.
- Provide detailed feedback on each player's performance, highlighting strengths and areas for improvement.

Skills to look for:

- Vertical Jump: Assess players' explosive power.
- Footwork: Evaluate agility and quickness in lateral and forward movement.
- Net Play: Focus on blocking, spiking, and overall effectiveness at the net.
- Communication: Teammates coordinating effectively.
- Technique: Proper form in passing, serving, setting, and hitting.
- Movement: Agility and quick response on the court.
- Teamwork: Collaboration and support during drills and games.