

2019 MCA Clinic Presentation

Capital High Head Coach: Rebecca Cleveland

Topic: The Jell-O Approach to Coaching; Plus, Favorite Drills and Games for Next Level PLAY

BMC's of Bruin Volleyball: Our Vision Statement



Strong Foundations

- Multi-dimensional approach to coaching: physical, social, emotional
- PROCESS over product
- Fundamentals
- Position Work
- Weekly Clinics
- 60/40 guide for prac plans
- Promote/Celebrate Academic Achievement & Strength of Character



Lasting Memories

- Bruin Day @ Lake
- JV/Var Retreat
- Bruin Olympics
- Senior Events
- Senior/Coach Lip Sync Showcase
- Alternative Practices (sand vb, crossfit, players choice)
- Fight For It Fridays



Connected-Committed-Compelled

- Coach Collaboration- Shared Input and Planning
- Weekly Quotes on Board
- "Jump Ins" to Practice
- Attitude & Energy Expectations for Staff/Athletes (always add value)
- Bruin Buddies- Beyond Gift Giving (roommates, travel partners, prac partners, pics for banquet video, cheerleaders on bench)
- Mentality: You Get What You Give
- Low Ego-High Output
- Jell-O Approach

FAVORITE DRILLS & ACTIVITIES FOR NEXT LEVEL PLAY

Desired Outcomes:

1. Develop and Refine Fundamentals
2. Increase Fun Thru Challenge
3. Improve Communication, Vision & Problem-Solving Skills
4. Decrease Stressors: Become Comfortable with the Uncomfortable

Activity: “Rock Paper Scissors Tag” Warmup (demo)

- Focus: High Interest Dynamic, Competitive Warmup

Drill: “What’s My Number?” (demo)

- Focus: Basic Passing Mechanics, Vision & Communication

Drill: “Partner Scrap” & “Blocker Scrap” (video)

- Focus: Out of System, Vision & Communication

Drill: “Team Pepper w/ Shadow Blocking” (demo)

- Focus: Vision, Timing, Block Mechanics, Team Ball Control & Communication

Drill: “Butterfly w/ Coverage” (demo)

- Focus: Fundamentals, Coverage & Communication

Drill: “Short Court Progressions” & “Rapid Fire Passing” (video)

- Focus: Fundamentals, Ball Control & Timing

Drill: “1 + 5 Coverage” (video)

- Focus: Serve Receive, Long Rally Simulation w/Covg., Consistency Under Pressure

Activity: “Pump Up the Volume” & “3 C’s” Scrimmages (discuss)

- Focus: Fundamentals & Communication

Activity: “Hand to Hand Combat” 4’s, 5’s or 6 v 6 (demo)

- Focus: Overhead Passing, Out of System & Communication

Activity: Secret Squirrel, Tic Tac Toe, Money Ball Serve-Style (discuss)

- Focus: Fundamentals, Pressure Scenarios & Team Challenges

Activity: Dice Scrimmages (demo)

- Focus: Fun!!

