

GALLATIN HIGH SCHOOL RAPTOR VOLLEYBALL

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Background

- Personal Introduction
- Gallatin High School
 - Opened 2021
 - 1,500 students
 - Four Teams (our philosophy of keeping 8-10 girls per team)

Building Your Staff

1. Find people with similar coaching philosophies.
2. Find people you enjoy being around.
3. Find people who have different strengths than you.
4. *LOYALTY.*

Philosophy

- *Build relationships.
- *Fundamental Development.
- *Teaching lifelong lessons.
- *Develop the whole student-athlete inside and out.
- *Foster a love and respect for the game and their teammates.
- *Develop a competitive mindset and mental toughness.
- *Develop self-confidence.
- *Develop a successful well-rounded program at every level.
- *Develop and promote multi-sport athletes.
- *Develop good working relationships with other coaches/staff within the building.
- *Become a successful team that makes it to the state tournament and competes for trophies.

Our Program

- **Be consistent.**
- **Be good communicators.**
- **Hold your players accountable.**
- **Coach with KEY WORDS – use the key words to correct technique.**
- **Use film!**

Our Program

- **Be prepared for practice.**
- **All players participate in drills – minimize standing, maximize reps.**
- **Basic fundamentals everyday as well as advanced strategies.**
- **Drills should be competitive.**
- **SUCCESS builds CONFIDENCE. Give positive feedback regularly.**

Try Out Process

- *Measurables - vert, box jump, pro shuttle, conditioning each day.
- *Fundamental skill focus (serve and serve receive ranking).
- *Majority is live drill play that we can stat and take notes on.
- *Two rounds of cuts.
- *Each girls gets an envelope/letter.
- *Post try out meetings.

Working with your players

- ***Communicate, Communicate, Communicate.**
- ***Be realistic & honest about expectations.**
- ***How are you and “we” going to do this?**

Player/Program Development

*Team Covenants (must be realistic, must be able to uphold 100% of the time, max of three).

*Book Club once a week. (The Team Captain's Leadership Manual by Jeff Janssen, The Champion's Mind by Jim Afremow, Get with it Girls by Teri Clemens, John Wooden's Pyramid of Success, Mamba Mentality by Kobe Bryant)

*Questionnaires (How competitive are you?, How mentally tough are you?, What are your strengths as a teammate?, etc.)

*Motivational quotes & discussions.

*Team goals for sticker chart.

Player/Program Development

*Team building- Amazing Race, whitewater rafting, ropes course, dinners, lunch, speed dating questions on the bus, crafts, etc. (program wide).

*Community Service - Visit a retirement community, read to elementary students, shop/wrap at Christmas for the giving tree, help at the food bank.

*On road trips WE TAKE THEIR PHONES!!

Practice Structure

*The first half of the season = 2 hour practices, shorter pre-game depending on the week/matches we have.

*The second half of the season = max 1:40 hour practice regardless of schedule.

*Postseason = 1-1:30 hour practices.

*Varsity & JV practice together and Sophomore & Freshman teams practice together.

*Two days a week program lifts together before practice.

*Varsity and JV will do 3-4 days of lifting/mobility.

Our Practice Structure

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>
Weights 25 min	Weights 25 min	Mobility 20 min	Weights/Mobility/Off
Co-Op 10min	Stations 15min	Co-Op 10min	Stations 15 min
Positions 20min	Team Time 20 min	Positions 20min	Team Time 20 min
Other 75min	Other 70min	Other 65-75 min	Other 60 min

Our Practice Structure

Stations

- Ball Control
- Serve Progression
- Speed/Agility
- Bands

Co-Op

- All team cooperative
- Timed, Goals, Consequence
- Mix Teams

Other

- 5-8 min Serving
- 10 min Butterfly Drill
- 10 min Conditioning/Water
- 35-50 min 6 v 6 Play
- **10 min of Pressure Situations

Coaching Community

*Don't be afraid to reach out and ask questions.

*Build relationships with other coaches and create a support network.

*Questions???

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