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Coaching of Volleyball

History of Volleyball

The history of volley ball is rich with roots spreading more than 100 years ago. The origin of the sport can be traced back in 1895 in the united states of America when William G. Morgan decided to fuse elements of several sporting disciplines to give rise to volleyball (Volleyball Worldwide). More than three sports were thought of in coming up with the game such as basketball, baseball, handball and tennis in an effort to create a game that would be of less contact that the then popular sports. William was an instructor at the Men’s Christian Association (YMCA) and it was due to the classes he had that he opted to create this game that would be suitable for the businessmen in he instructed. The intentions were for the game to be played indoors within the confines of a gymnasium but could also fit well while playing in an outdoor situation. The ball was to be kept in the air crossing two sides of a net suspended slightly six feet from the ground. Most of the rules that were established by Morgan have since been kept intact up to the current times. The game started with the ball being served from one side of the net towards the opponent side then the opponents would not allow the ball to hit the ground and return it back to the opposite side. Play would continue with the ball being passed back and forth with scoring being registered in the instance the ball hits the ground.

The spread of the sport would be attributed to the US soldiers during the second world war across the rest of Europe. It is worth noting that similar to the United States, Japan and Russia also started volleyball associations nationally in the year 1920 (Volleyball Worldwide). Other nations in Europe followed suit and soon started recognizing the sport at the national level as well.On a global level, it is worth noting that the three nations; japan, United states and Russia have been forces to reckon with in the sport exuding dominance all along the history of competitive games since being acknowledged nationally.

My Coaching Philosophy

In establishing the coaching principles, it is worth noting that it is necessary that the beliefs of setting the foundation are based off the setting up of a system. This is in line with strength and consistency that would allow a structure that can be adhered to for a successful program. One should set to have a positive impact on the players under their development as a mission reflecting core values intended. In most situations, the coach acts as a role model to the athletes therefore a formidable philosophy would go a long way in establishing long-term relationships that would facilitate various levels of success on and off the field.

One of the most important considerations is that the development of players is always key in setting the path to success rather than only making considerations for winning. The decisions made should first consider the wellbeing of the athletes then improvement that would necessitate winning following. This is not to state that winning is not to be of much importance, but that all situations should be enjoyable to guide into more satisfaction in winning.

In establishing a relationship with the players, it is important that the aspect of respect is developed. This is necessary in facilitating guidance and development. Bearing in mind that it is a team sport, it is also imperative that even among the athletes, respect is fostered so that corporation can be enabled in the court. Communication will in essence become much easier with aspects of administering discipline within the team being enhanced in more ways than one. Taking responsibility for the team is also key. It sets ground for aspects of hard work to be cultured in addition to passion for the game. As everyone seeks to make contributions at their own level, aspects of encouragement should be built to allow for positive addition to the team. Everyone’s roles should always be treated as being of importance to build confidence among the players and allow positive energy to flow in the team. At the end of the day, learning should be facilitated through the necessary structures put in place so that technique can be featured in play.

Another Coach’s Professional Coaching Philosophy (John Forman)

Process Precedes Performance

The foundation of sustained success is a mentality of continuous improvement at all levels of the program, and in every individual. This shifts the focus away from current performance and frees everyone to pursue growth and learning. It also creates better alignment toward goals and fosters a positive dynamic. More broadly, it allows for adaptation to change.

Respect Given is Respect Earned

We should at all times seek to be worthy of respect. Being worthy of respect starts with giving respect. Those who respect the other members of the program and everyone associated with it, who respect the institution and the community, and who respect the game and their opponents earn that respect right back.

Team Level Principles  
It’s About the Players, Not Me

Coaching is about being in service to others, not yourself. My job is to do everything I can to help those I coach grow, develop, and succeed – no more, no less.

Everyone is a Key Contributor

We all play an important part in the success or failure of the team. The fact that some members may have a more prominent role at times does not change this.

Positivity in Both Directions

It is important that we support each other in a positive, constructive way. It’s equally important for each of us to accept the same in return.

Every Team is Different

I coach based on the current team’s unique composition. This is the only way to maximize its potential

Only Communicated and Enforced Expectations Matter

We can only get what we expect if we set forth those expectations and ensure that they are always lived up to in practice – on and off the court.

Coaching Principles  
The More I Talk, the Less They Learn

Coaching is not lecturing. My job is to create a structure by which the players are able to work on the techniques and tactics they need to continue their development. Then to let them get on doing so with only as much interruption as is necessary.

Everything Starts with Priorities

Progress begins with identifying the needs, putting the most important things at the top of the list, and working on them first. Most rapid progress requires being focused on your priorities and not allowing other things to distract.

Playing Principles  
Relentless Defense

We do not let balls hit the floor on our side of the court uncontested – ever!

Intelligent Decision-Making

We will be aware of the situation and make the play with the best chance of success.

The Little Things Matter

We will always be in the moment, focused on our responsibility right now.

Key words important in my coaching Philosophy

* Respect
* Responsibility
* Passion
* Communication
* Discipline
* Attitude
* Success
* Corporation
* Positivity
* Development
* Winning

Volleyball skill of choice: Serving.

Works Cited

Forman, John. "Volleyball Coaching Philosophy - Coaching Volleyball". *Coaching Volleyball*. N.p., 2013. Web. 19 Mar. 2017.

Volleyball Worldwide. "Volleyball - General Information". *Volleyball.org*. Web. 19 Mar. 2017.