

# **ASICS MUNCIANA – COACHING THOUGHTS #1**

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## **Top Ten Teaching Tips for Coaching**

1. **Be prepared.** Make a list of what needs to be accomplished during each practice and stick to it.
2. **Manage practice time,** so everything gets covered. Don't dwell on one concept for a full practice trying to get it perfect. Come back and visit it another day.
3. **Be concise.** It seems most kids have an attention span of about 10 - 15 seconds. After that, minds wander, especially if there is some other activity visible. If there is a lot to say, break it into segments.
4. **Explain everything.** Do not assume the players understand what you just said because no one asked a question.
5. **Define terms.** Do not assume that if you use a common term like "block linet" or "base defense" that the players know what that means. Explain, then ask. Keep the conversation interactive.
6. **Demonstrate skills** or have someone properly demonstrate the skill under discussion. Some understand what they see better than what they hear.
7. **Ask players to teach** a skill to the others. The level of the "teacher's" understanding will become readily apparent. If you are learning an offense, ask a player to diagram the play or walk others through it.
8. **Insist on proper execution.** There is no profit in sloppy practice. Learn to do the simple things perfectly rather than the complex haphazardly. The usual reason defenses break down or offensive patterns fail is because some simple part of the process was omitted or poorly performed.
9. **Demand respect from players** for the program, coaches and each other. It is nearly impossible to teach Volleyball in a self-centered environment. Players that disrespect teammates, coaches or the program are like a cancer. Disrespect is treatable if caught early, otherwise its deadly.
10. **Keep it fun.** Use positive incentives rather than punitive. Sometimes, disciplinary action is necessary, but the theme should be one of fun, enthusiasm and encouragement. Mistakes are a normal part of the learning process, so don't over-react when they occur.