



## **Gym Culture**

- **AVB's 3 gym rules:**
  - No walking
  - No complaining
  - Coach is always right / Respect your coaches (stay coachable)
- Effort is a given. Effort includes...
  - Providing loud, meaningful communication in the gym
  - Giving 100% physical effort during every drill or competition
  - Practicing with a competitive attitude.
  - Practicing with discipline in order to overcome distractions
- Positive interactions with self and others.
  - Resist pouting, sulking, not communicating, negative body language, or separating from teammates when frustrated with your own play
  - Resist similar reactions when frustrated with a teammate.

## **Practice Expectations**

- It is OK to bring non-volleyball thoughts into the gym. For example, it is permissible to share your thoughts (about your day, upcoming plans, etc.) as you mingle in the locker room and onto the gym floor prior to the beginning of practice. But once practice begins, confine your thoughts and conversation to volleyball-related topics.

### **Effort**

- How a team moves in between contacts and away from the ball says a lot about that team's commitment to discipline in practice.
- Get up quickly after every floor move (including pepper).
- Jog when shagging. No walking.
- Move quickly out of the way after your drill rep. Never slow down the tempo of a drill because you are frustrated with your rep. Move on...positive communication.
- Figure out the drill being run and actively search for a role (handing balls, guarding against balls rolling under the net, counting successful reps, shagging, etc.).
- Jog to and from all water breaks.
- Jog to and from all "gather in" locations.
- Pick up stray balls in your vicinity and put them into the cart. Don't assume someone else will do this for you.

### **Communication**



- The game of volleyball requires that every player develop the verbal skills to communicate about (primarily to clarify) the many uncertain situations that occur during drills and competitions.
- Some players are naturally more gifted in this area than others. But it doesn't matter. If you are vocally challenged, you must change and learn to verbalize at a level demanded by the game. You are not allowed to use the excuse that you are just a quiet person.
- Communication patterns are as important as physical skills. They are not optional.

### **Acknowledgement Rule**

- Whenever you are spoken to by a coach or teammate you must acknowledge to the speaker that you have heard and understood her/him. Take the emotion out of your response.
- This acknowledgement can be through spoken words or gestures. But it must convey that you have heard what has been said to you.
- Acknowledging that you have been spoken to does not mean that you agree with what has been said.
- Learn to develop an acknowledgement style that invites further communication. Do not leave a coach or teammate thinking that you are unapproachable.
- Respond every time a coach gives you feedback or instruction.
- When a teammate communicates something to you in the heat of battle and you are momentarily offended, acknowledge in a non-inflammatory manner.