**OJVA Culture**

* Welcome to OJVA……
* You now have a Large target on your back!!!!!
	+ All teams, Every team at every age… If you have a OJVA you have a target
	+ Every team we play is going to give you their best shot……
		- DO not make their year by letting them compete with you
		- You also owe it to every team you play to give them your best effort.
		- Beat them Ugly and not give your best effort, joke around and they will say you are NOT THAT GOOD and you are a jerk.
		- Beat them bad and be a great competitor and they will say you are very good
		- Be humble Be confident Be Sure Be a Volleyball player that younger Vaball players want to be like
		- You and your family have made this choice…. It is not a light burden and should not be taken lightly.
		- You will get the “Oh, you play for OJVA” your answer is “Yes I DO, I really like the way we Train and PLAY”
* Art of Coaching app
* Chats on Mental health via facebook
* Covid Update
	+ We are completely at the mercy of the Scientific numbers……
	+ We will not be open for atleast another 2 weeks
	+ When we can open we will be open that day and will be training the next
* Pandemic issues that are effecting you and everyone else in your position… We are all in the same boat
	+ Recruiting
	+ Training
	+ Mental
* New Challenges
	+ How do we prepare
	+ We have had to change how we look things
	+ How we adapt is the key
		- Speed
		- Commitment to the new normal
		- Change the way you think about things and then the things you think about will change!!!!
		- We can not control the wind…. But we can control the Sail and the direction it will take us.
		- We are in a dark Shadow right now….. But to have a shadow there must be a bright light to cast that shadow.
* What are the positives that OJVA has over other
	+ All fall we had training
	+ We had high level of training
	+ We will be able to get back into the gym as soon as we can.
* How can we/You/your team stay connected
* Each day we all need to be committed and focused on getting BETTER
	+ How are you going to get better everyday
	+ How can I make training better
* Prep for training
	+ Sweats
	+ Pratice T’s
	+ Balls and carts out
	+ Ice for injuries, Taping up
* Use of courts before training times
* Pick up your garbage
* Social Media
	+ Pics to OJVAmedia@gmail.com
	+ Not with Coaches
	+ Not with your parents
	+ Goods and Bads
* Water and Water bottles
	+ Take to your court
	+ Get sips during off court time
* Playsight
* Equipment put away after practice
* Training kits at facility
* Visualization and situations
* Work Hard, Practice hard,
	+ Physically
		- Precise movements
		- No wasted motion/extra movement
	+ Mentally
		- How does the drill work
		- What are the goals of the drill
		- How is this drill going to make you better
* Handing Balls to coaches/ Balls in Machine
* Be responsible
* Be Accountable
* Life experiences…..
	+ That will and do prepare you for the real world
* No Phones on or used in facility
* Older players help younger players
* Club Goals and players goals work together
* The 20 E’s
	+ Energy End result tEchnical
	+ Excitement Effort Ethics- Work
	+ Enthusiasm Exceed Encore
	+ Entertainment Education
	+ Execution Excellence
	+ Evaluation Expectations
* Two four letter words
	+ HARD
	+ WORK
* Game MUSTS
	+ All non playing players need to be standing on the bench area
		- Calling every ball in and out
		- Cheering
		- Every point we score…… Person closest to the bench/coaches must high hi 4-5 every player not playing and then stay at end of line
		- Calling out the hitters of the opponetnts
		- Calling out the defense
	+ OnCourt players
		- After every point for or against….. Team comes together in middle of court.
		- 5 Things before we serve…. Everytime!!!!
			* Front Row or Back row Setter
				+ If front row

 who is blocking and where are we forcing the dump

What are the options for the hitters and now who has the dump?

* + - * Who are the hitters…. Where are they going?
			* Who is the Priority on a:
				+ Good Pass
				+ OK Pass
				+ Bad Pass
			* What defense are we in?
			* What are we blocking? All 4 positions…..