**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](mailto: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…..