

# "What Great Looks Like!" (™) - The Volleyball1on1 Coaching Standard

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## 60-30-10 Rule

60% – Design: "Winning Team Culture" and "What Great Looks Like"(™)

30% – Launch: How we function and thrive as a team

10% – Ongoing Management: Start with science, use video and refer back to "What Great Looks Like."(™)

## 60% - Winning Team Culture:

### Of The Team 1-7:

1. #1 Goal is "To Have Fun with Our Friends Playing Volleyball" - "Keep Playing!"(™) (Create stories!)
2. We believe in "Player Empowerment!" (Players think and question!)
3. Our gym is an "Exploratorium." (Mistakes are encouraged and part of learning!)
4. Players learn to "Compete" and "Thrive under Pressure."
5. Players and coaches strive to "Recognize Excellence" in others.
6. "Energy" and "Momentum" are at the foundation of our culture.
7. "Kaizen" – Players and coaches are "Lifelong Learners" and look to "Improve Daily."

**Affirmation: "Every day in every way I am getting better and better!"**

### Of The Coaching Staff 8-12:

8. We focused on "Whole Person Growth" – Using the Volleyball1on1 Coaching Principals which include:
  - a. Learning as a culture – Believe, Engage, Make Mistakes, Look Stupid, and Practice.
  - b. Metacognition – Players understand how and where they are on the learning cycle.
  - c. Body controls your mind and your mind controls your body. (Power Posing, NLP and more.)
  - d. Players learn to lead or follow in a team using the principals of "The 5 Dysfunctions Of A Team!"
  - e. Players learn to communicate effectively using: Open / Closed Probe Question, and more.
  - f. Players Learn "Tit for Tat Game Theory" as a foundation for interpersonal and business relationships.
  - g. Plus more, see the Volleyball1on1 Coaching Manual, "It's Bigger Than Volleyball!" (™) and "Whole Person Growth!"

**The result: We develop excellent communicative, goal-setting, self-directed, critical thinking lifelong learners who thrive in competition and under pressure, who know how to work as individuals and or with a team as a member or a leader while being fair and considering others.**

9. Guided Discovery is the foundation of teaching / learning.
10. Practice, Drills, Coaching Cues, Life Lessons and more are written on the board each day for easy learning.
11. "The OODA Loop," "Reading the Game," "Slowing the Ball Down," "Slowing the Game Down," and "Dealing with Pressure" is the foundation of how all volleyball skills are taught.
12. "Keep Playing" (™) - We want kids to keep playing beyond high school and college. Develop a love for the game!

## 30% - Launch:

### 5 Dysfunctions of a Team (How to Thrive and Functions as a Team)

## 10% - Ongoing Management:

### Start with Science, Use Video and Refer Back to "What Great Looks Like!" (™)

\* Our culture is explained and defined through language!