

Volleyball Try-Out Tips for Players

1. Be prepared - go to college matches, go to open gyms before try-outs, attend camps and clinics, do some conditioning, practice on your own.
2. Arrive on time - or early!
3. Be ready to play - shoes and kneepads on, hair tied back, use restrooms, etc.
4. Help with equipment - nets, balls sweep floor, etc.
5. Be friendly - Talk to one person you don't know - introduce yourself, make them comfortable.
6. If you are nervous, ACT as if you have confidence.
7. When the coach talks, be in the front of the group and LISTEN
8. Move quickly to get a ball, partner, etc. and start the drill quickly
9. Choose a partner or group that is positive, active, hard-working, etc.
10. Avoid partners that goof off, laugh at mistakes, talk while the coach is talking, etc.
11. Do each skill as well, or better, than you want to do in a game
12. Call EVERY ball, don't wait for your coach to remind you.
13. Talk to your partner or group members to encourage and reward them during the drill
14. Never end the drill on a bad performance. Even if you can't end with a perfect pass, end with at least one thing corrected - feet in the right position, arms correct, etc.
15. When the coach gives you a correction or feedback, listen, make eye contact, nod or say "yes" or "O.K." to indicate you have heard, then TRY to do the skill the way the coach asked.
16. Stay focused, work hard, and always do a little bit extra
17. Help with the equipment at the end of practice
18. Tell the coach(s) "Thank You" at the end of practice.

Remember that coaches are people, too. Having try-outs and making cuts is very difficult and coaches do their best to choose the players who they feel will make the best team. Coaches feel bad when they have to cut players, so they are usually looking for reasons to keep a player.

In most cases, there are a few players who are very good, and they are easy to place on the team. Then, there are usually some players who clearly don't have the experience or abilities and are fairly easy to separate onto the cut list. However, for a large number of players in the middle that have fairly similar skills and abilities, coaches are looking for reasons to keep or cut those players.

Here is my "reason to keep" list:

1. Has at least some of the physical attributes and skills required by the sport.
2. Hard working, listens, tries to do the skill the way they are told
3. Even if low skilled at the start, shows improvement and ability to learn
4. Works well with others, has a positive attitude, contributes to the team
5. Asks questions in an appropriate way at an appropriate time
6. Don't do things that annoy the coach

Here is my "reason to cut" list:

1. Despite their best efforts, the player is unable to perform or improve the skills needed.
2. Doesn't pay attention, talks while the coach is talking, always needs reminders
3. Makes inappropriate or negative comments such as, "This is boring," or "I can't serve overhand," or "I don't like passing, can we scrimmage?"
4. Is one usually in the group that goofs off, laughs at mistakes, and doesn't focus on the skill or drill.
5. Is "high maintenance": Always draws attention to themselves, always has a "problem"
6. Does things that annoy the coach and disrupts practice.