

Don't be THAT Player: Top 25 Coaches Pet Peeves



Behavioral (not the same as mechanics and ball related stuff)

1. Being late or not prepared for practice or game time (knee pads not up, hair down, no water bottle, forgetting jersey, warm-ups, shoes etc.) or putting gear on at the very last minute
2. *Shooting like a basketball into the cart when shagging*
3. Talking or bouncing the ball when coach is talking
4. *Walking (in between drills, during drills, while shagging, to/from water breaks, to time-out huddles, to/from substitutions, during the game, and when coach says to hustle)*
5. Goofing off, pouting or not paying attention on the bench during the game
6. *Wandering eyes in a huddle or during practice/game time (i.e. not looking at the coach when he/she is addressing the group, watching another court or game, being distracted by incoming visitors, etc.)*
7. Catching the ball/set during hitting lines (i.e. because you weren't ready or didn't like the set)
8. *Rolling the ball under the net or in drill areas, and not sprinting after the ball & yelling "ball-ball-ball" when ball is headed towards a drill area or near jumpers*
9. Talking back, rolling eyes or ignoring coach when he/she is giving you feedback (showing any signs of bad attitude when coach is trying to help you)
10. *Being distracted or daydreaming during reffing assignments*
11. Not shagging or helping out when you're supposed to - just standing around doing nothing, when other people are working (putting up nets, shagging, cheering, etc.)
12. *Having to go to the bathroom or attend to an injury (conveniently) during warm-up, running, stretching or beginning of practice - do those things before practice!*
13. Begging for a call, arguing or showing attitude at the refs for a bad call
14. *Hand-stands/cart-wheels/dancing/singing during practice or game time (goofing off when you should be focused)*
15. Constantly looking at mom/dad (family members) during practices or between plays in games
16. *Making a mistake and then showing pain or reason why you messed up (i.e. bad set –shaking out the hands, bad hit/serve –holding the shoulder)*
17. Texting in the gym, checking phones during practice, using phones frequently during tournaments or on road trips
18. *Chewing/smacking/popping/twirling gum during practice or game time*
19. Wearing jewelry during practice or game time (you know better)
20. *Miss Know-it-all: being bossy and coaching other players, telling other players what to do or what they should've done (i.e. "that ball was yours")*
21. Full of Excuses (i.e. "this hurts, I'm tired, I had a rough day, I'm still sick, she was in the way, she gave me a bad set, the ball is flat, I couldn't see the server, etc, etc....")
22. *Asking too many questions (i.e. when am I going to play? can I serve? can we have a water break? Are we going to do that drill? or random/irrelevant questions in a huddle)*
23. Selfish players: only cheering and having fun when you are playing or playing well
24. *Not having an open mind or putting effort into changing bad habits (acting like you don't really care)*
25. When coach has to repeat themselves over and over because players aren't listening or aren't really trying to do what they want