

Playing Time



- Players will earn their playing time through their performance in practice.
- Just because a player is not a starter does not mean that they are not or cannot become a better player. The most dramatic improvement of any player will come about because of their hard work in practice.
- You are not paying for playing time. You are paying for the time and training the girls are getting in practice that will enable them to become better volleyball players, with the hope of earning game time based on many factors: skill, mental toughness, court presence, consistency, effort and desire, attitude, discipline, and volleyball IQ.
- Coaches have a reason for every decision that they make as a coach. Even if you don't understand what that reason is you have to trust the experience enough not to question every decision that we make.

The following are a few areas that are commonly not understood:

When making up a lineup, skill is only one factor in the decision making process. Sometimes an all around/ball handling/leader type player is more valuable on the court than an athlete who is a better hitter but doesn't provide the ball handling we need, or works better with the team than an athlete who has an attitude or court presence issue. Sometimes an athlete has found a way to make themselves too valuable to take off the court, because of their communication, their effort, their discipline, or their reliability. Athletes in the lineup will be athletes who contribute to the team not only individually skill wise, but who also contribute to their teammates mentally and emotionally as well. In other words they not only do their job, but they make the people around them better. This is very important to a coach and a team.

Substitutions are another area that are often misunderstood. Substitutions are made for a variety of reasons:

- Some substitutions are for momentum breaks.
- Some are for creating a change in chemistry on the floor.
- Some are for attitude or court presence reasons.
- Some are for performance reasons.
- Some are for playing time reasons.

Athletes who have shown a high level of consistency in practice will be left in a game situation a lot longer when making errors than an athlete who has not show a lot of consistency in practice. That is why you see one athlete make a string of mistakes and not get taken out of the game right away, where another girl will be pulled after just a few mistakes. Also, if an athlete is providing something else that is valuable to the team such as ball handling or court leadership, even when making errors, they may be left in the game because they are still providing something too valuable to take off the floor.

Individual roles will be defined as the season progresses. Part of being a good teammate and consequently having a successful team is learning to accept your individual role on the team. Be the best you can be in whatever your role is, while still trying to improve yourself and working to see your role evolve as the season progresses. Nothing is set in stone. Roles can and will change as the season progresses.

Remember that this process starts in practice. That is where the athletes are proving themselves to their coaches and their teammates.