



NEWSLETTER

2015 - Issue #1 | Team Rosters & Results | News/Updates

NORCECA 2014

This past Summer, Vision Volleyball was heavily involved in supporting the NORCECA Beach Volleyball Tour. The 3-day tournament was held at the North Bay waterfront park and hosted 32 teams from North and Central America and Caribbean. The event was a phenomenal success with a huge commitment from many key VVC members and volunteers to keep things organized and running smoothly.



VVC looks forward to the return of the NORCECA Beach Tour in 2015 with dates currently being confirmed.



New Season - New Teams!

The 2014-15 Volleyball season is well underway with many teams having completed two or three tournaments already. This year the Vision Volleyball Club has athletes competing on 8 different teams! The team rosters follow:

13UG

Ally Carter, Bronwyn Bourre, Logan Thompson, Tori Gravelle, Carlie Pappano, Olivia Gauthier, Mia Cochran, Rachel Point, Maggie Picco, Megan Alvisi, Meadow Gillispie, Jen Rothwell (C), Genie Thompson (AC)



13UG - OVA Tournament Results
 OVA #1 - 3rd Place
 OVA #2 - 7th Place

John Jeffries - VVC Mentor Coach

Vision Volleyball Club is pleased to announce that John Jeffries has accepted the position of 'Mentor Coach'.



Jeffries, who has a wealth of coaching knowledge and experience, will spend the year helping young coaches at the Vision Volleyball Club.

See more on this at visionvolleyball.ca

New Season - New Teams! (cont'd)

14UG

Emily Hunter, J'aime Rose Ferriss, Danica Gagnon, Meghan Spencer, Jillian Gleason, Kristina Heil, Rebecca Heil, Sara Cirullo, Kylie Cirullo, Sara Grassie, Colleen Bedard (HC), Michelle Graham (AC), Tina Crewson (AC)



15UG

Sara Manning, Emily Drenth, Kate Mah, Hannah Horsman, Tessa Pizalle, Caleigh Porter, Mina Linklater, Shaelyn Laronde, Tianna Head, Chris Derochie (HC), Cheryl Porter (AC)



15UG - OVA Tournament Results
OVA #1 - 4th Place
OVA #2 - 2nd Place

New Season - New Teams! (cont'd)

16UG

Maddie McDiarmid, Alyssa Lafantaisie, Meghan Culin, Olivia Valenti, Zeyana Laplante, Amanda Justice, Julianna Head, Emily Heil, Brianne Rivet, Zoe Gagne, Isabelle Rivest, Emily Drenth, Tiana Head, Danny Gosselin (HC), Dave Hennessy (AC), Colleen Bedard (AC), Rachel Burk (AC)



17UG

Maddie McDiarmid, Alyssa Lafantaisie, Meghan Culin, Olivia Valenti, Zeyana Laplante, Amanda Justice, Julianna Head, Emily Heil, Brianne Rivet, Zoe Gagne, Isabelle Rivest, Rebecca Gough, Holly Macie, Danny Gosselin (HC), Dave Hennessy (AC), Colleen Bedard (AC), Rachel Burk (AC)



18UG

Holly Macie, Annagh Macie, Rebecca Gough, Courtney Pappano, Alex Stockfish, Danyka Wall, Olivia Valenti, Aly Lafantaisie, Isabelle Rivest, Emily Heil, Danny Gosselin (HC), Len Pappano (AC), Karen Morris (AC)



15UB

Steve Bidal, Bryan Coughlin, Cameron Gray, Marshall Point, Lance Sumalde, Andrew Allard, Kyle McDiarmid, Jared Mechefske, Gabriel Paquette, Alexander Paquette, Chan Crocker (HC), David Culin (AC), John Jeffries (PC), Charles Pepin (PC)

Picture Coming SOON
15UB - OVA Tournament Results
OVA #1 - 7th Place

18UB

Keats Vanderlee, Avery VanDusen, Matt Culin, Ryan Hatt, Antoine Pepin, Braiden Coughlin, Josh Leblond, Jeffrey Walton, Curtis MacPherson, Garrett McParland, Jared Chatelaine, Charles Pepin (HC), Murray Doucette (AC)

Picture Coming SOON
18UB - OVA Tournament Results
OVA #1 - 5th Place

COACH NEWS

Drills vs Skills | Danny Gosselin

Often times it's necessary to move back to the basics...and what I mean by that is often as coaches we tend to overlook the most rudimentary skills - the fundamental skills that got us to become coaches to start with. Let's explore how we as coaches and parents need to help kids love and understand the value of these basic abilities. Of course I'm referring to the forearm pass (bump) and the overhead pass (volley).

In the late 80's the International Volleyball Federation (FIVB) moved away from having players pass the first ball with only forearms, to allowing athletes to pass the first ball with hands at the grass roots level. And a subsequent mess developed. As it happened, almost all of our athletes lost the ability to pass with the forearms. All the federations quickly recognized the mistake, and then FIVB quickly moved to change the rules back. In fact they did it even better, when they brought in Triple Ball.

I know what happens when you hear the words 'triple ball'. Right now all parents give a collective eye roll. It's terrible to watch and hard for the kids that are already skilled to play, but that's not the point. The point is basic skills. I'm going to go you one better and share some stats. Alberta Volleyball has documented that the standard game of volleyball will result in a missed serve or direct ace 40% of the time for 13-14 year old athletes. Triple Ball produces 73% more contacts and 72% more rallies which allows athletes to "play" much more. Preventing players to switch positions allows athletes to experience the challenges of each position and helps them develop a broader range of skills. Rotating substitution allows every athlete to play equally. This is a critical concept as volleyball is a late developing sport and any athlete, regardless of their ability at 13/14 years of age, could be a future star. Not to mention that it prevents any one player from dominating a game. Often times we see a team with one over-developed player who can over hand serve and will go back to the line and serve 10 in a row. Triple ball stopped that and allowed young players who are less developed to partake in the game. Allowing all players to pass the first ball from a controlled toss provides the opportunity to develop the reaction time needed. Also, at least once in every set, every player will have a chance to volley a ball and forearm at least one ball....the most basic skills. I understand it's very part game-like, but it ties into my next topic.

Whole drills vs part drills is another topic closely contested. A part drill is when you break one particular part of the game and make drills with them. For example a toss, a set and then a tip over the net with no one on the other side digging or playing out the ball. Generally these are very high volume drills, meaning a lot of balls are going over and over again.

Whole drills are low volume and many players are involved. One ball gets put into the drill and it will get played out every time. Kids learn the skills at a slower rate in this system but develop more court knowledge at an early age.

In part drills, kids learn skills faster but struggle to learn their roles in a 6-person game. I'm a strong believer in both whole and part drills.

I start all of my practices working on a specific skill then move into competitive wash drills that simulate game like conditions (A wash drill is when a ball is put in play and played out, most times they are situational). It's very good for learning, and for teaching players how to deal with certain game-like situations. Again both systems have merit, but I'm a part drill guy first because I have always wanted all my players to have a lot of volume. I'm a strong believer in coaching games. Coaches like me tend to spend a great deal of time in the first two years doing allot of in-game court management, especially with players obviously struggling, but long term I have found players will have developed all of the fundament skills necessary to move forward.

I tend to over-value one small part of the game at a time. I love to work for weeks on end on say, passing a top spin serve. I work hard on teaching kids that when a ball is tossed and the arm goes up, they should take a step forward. This is because balls that have topspin will come down sooner then balls that float. I'm often criticized for moving too slowly through the various skills. However, since volleyball is a late blooming sport as stated in my previous article... what's the rush? Let's not win at all costs. Let's work on player development, skill development and enjoy the learning process together. Give your coach a chance to get to know your kids, and their strengths.

So if you're watching a practice and the coach seems to be doing a lot of the same drill and your child is 12,13,14 and you're wondering why...there is your answer. So please take time and learn what the coach's true intentions are with the drills that he/she puts together for practice.

Next Edition...

- Vision Volleyball Club Executive Members
- Tournament Coverage
- Update Team Competition Results & More...

