

Worley



Tiger Volleyball

TRYOUT REQUIREMENTS:

What are the coaches looking for in a potential Worley Volleyball player?

All coaches are looking for athletes who are dedicated, disciplined, respectful, hardworking and successful in the classroom. We are also looking for athletes who have knowledge of the game of volleyball and can perform basic volleyball skills. The basic volleyball skills include passing with good form, setting and overhand serving.

TRYOUT EVALUATIONS:

What are the athletes tested on?

The athletes will be tested on the one-mile run, vertical jump, shuttle run for agility, passing, setting, and serving. The athletes will also be placed on teams and evaluated in scrimmaging situations.

Summer Workout:

It is very important to get your body ready for tryouts. One of the skills you need to adjust to is a one mile run. All athletes are tested on the one mile run during tryouts. The better your time is the better your score will be. One mile = 4 laps around the track. It will be good practice if you try to run that at least once per week during the morning or evening. Please do not run during the heat of the day.

Volleyball Skills:

The more you contact a ball this summer the more prepared you will be. Listed below are some skills you will be tested on and some repetitions you can do at home to improve. It is highly recommended for you to attend camps or clinics this summer to improve your skills. Your PE teacher should have information about summer camps offered in Mansfield.

Forearm Passing:

Technique:

Stand with your feet shoulder width apart, right foot slightly in front, and bend your knees. Put your arms straight out in front of you. Make a fist with your right hand and cup your left hand around it. Press your thumbs together and make your platform straight. The ball should bounce off your fore arms between your wrist and you mid lower arm.

Easy Drill: 50 passes to the wall or with a partner. Focus on control and speed.

Over Hand Passing:

Technique: Stand with your feet shoulder width apart, right foot slightly in front, and slightly bend your knees. Bring your thumbs up to your forehead and touch your forehead. Spread your fingers and pull your thumbs off your forehead.

Bend your knees and set the ball. When you finish your arms should be straight out in front of you at an angle. Wrists should not break.

Easy Drill: 50 passes to the wall or with a partner

Over Hand Serving:

Serve the ball and strike it with your hand above your shoulders. You should step with the opposite foot of the hand that contacts the ball. The most important thing you can do is move your arm like a whip to contact the ball and step as you contact the ball.

Easy Drill: 25 serves to the wall and 3 sets of 10 push-ups

PAPERWORK NEEDED:

Please make sure that all the necessary paperwork is completed before tryouts. In order to tryout, all athletes must have a **completed physical, two notarized emergency cards, an acknowledgement of rules, steroid agreement, medical history, MISD dual participation, and MISD code of conduct.**

TRYOUT DATES AND TIMES:

7th Grade: Fri. Aug 29th 6:30am-8:15am
Tues. Sept 2nd -5th 6:30am-8:15am
First Posting Friday, Sept 5th 4:00pm
Sat, Sept. 6th 8:00am-9:30am Final Posting 9:45am

8th Grade: Tues. Sept 2nd-5th 3:45-5:30pm
Sat. Sept. 6th 10:00am-11:30am
Teams will be posted at 11:45am Sat. Sept. 6th

All Tryout Days are Mandatory. If an athlete does not show up for one of these days they can be cut from tryouts.

For any questions contact Coach Wade:
817-473-5308