



High Performance (RTDP) Tryout Overview and Schedule					
12:00 PM	Staff Arrival				
12:15 PM	Staff Meeting on Court / Check-in Begins				
12:30 PM	Greet Athletes and Parents, encourage <i>light</i> warm-up				
1:00 PM	Welcome				
1:05 PM	Staff set up first drill, Laura & Beth meet with parents				
	Backrow Exchange (likely 3 v 3 on one court)				
1:20 PM	Serving, warm-up as needed then zones 1, 5, short zones or drops (no 6)				** Bros have a free serve/pass on separate courts
	WATER				
1:30 PM	Positional 1:	MBs blocking vs Setters, coach bowl to 'bro			
		Pins hitting 2 IAR: 1st off coach toss, 2nd off 'bro OOS set			
		Bro's are rotating between courts, one on Pin court			
		<i>Evaluators controlling Bro rotation, based on OOS setting eval</i>			
	WATER				
1:50 PM	Positional 2a:	MB's & Setters FBSO Offense: R1 - Gap ea. MB. switch setters; repeat 1 & B1			
		Pins & Bros, statted S/P. Two groups: serving & passing, coach serves every 4th or miss.			
	Positional 2b:	MB's & Setters FBSO Offense: R2 - Gap ea. MB. switch setters; repeat 1; TRANS vs GO, set FR/BR switch			
		Pins & Bros, coach on 3, 2nd contact to coach			
	WATER				
2:10 PM	Neville's 5s (most likely due to numbers)				
		Team of 5 stays on Nev's side, scores each dig & won point, AE's are minus.			
		Other side fills 5 players on each deadball, receives FB from coach to start the rally			
2:25 PM	6 V 6: 3+3 (Serve, FB, trans L/R)				
		Rotations: 1/4/2/5/3/6			
		Team A: receives serve, receives FB (little bounce), receives coach trans			
		Team B: same series; then next row for both teams & repeat. Keep total score			
3:00 PM	6 V 6 FIVB rules	Cut the prior drill short as needed to play at least one full set of regular volleyball.			
		Make comparison match-ups as needed for final decisions.			
3:30 PM	Cool down, final remarks				
Role Expectations					
Court Coaches					
Be prepared to run the drills on the courts. Read the plan ahead of time, ask all questions via email or at meeting.					
Priority #1 is players are getting opportunities in the drill - pay attention that people are rotating & the drill is running as intended.					
Priority #2 is that all players are being engaged and having a positive experience.					
* Catch them doing things right, try to use their names if at all possible					
* Keep corrective feedback to a minimum, and with the intent to run the drill or for safety					
* Skill instruction may be appropriate at times (setter footwork e.g.) but not technique work (passing mechanics e.g.)					
Evaluators					
When given an evaluation assignment, ask clarifying questions to be ready to start evaluation immediately when drill begins.					
Serve/Pass evaluators will rate passes on a basic 3pt scale:					
0=aced, 1=overpass or single OOS option, 2=setter can set GO or RED, 3=setter can run all offense options					
Add up the total # over total attempts (e.g. 28pts/13att) so if players get multiple rounds it'll be easier to get a total #.					
Serve/Pass evaluators keep stopwatch or watch timer to ensure proper time opportunities.					
All evaluators on overall evaluation sheet: please write specific comments for each kid evaluated.					
Lead Coach					
Set up campers to appropriate courts, explain drills to campers, make sure drills start correctly, set up evaluators,					
ensure every camper has a written evaluation, adjust drills and camper rotations as needed to accomplish this.					