

Chisago Lakes High School Volleyball

2017 Try Outs

What to Expect	What Will Be Scored
<ul style="list-style-type: none"> • Practice will begin at 8 AM; be early and ensure all registration requirements are met. • Dress appropriately: shorts, t-shirt (no tank tops), tennis shoes that are gym appropriate, knee pads, active ankles if needed). No jewelry. • On day 1, all athletes will practice from 8-11 AM and 12-2 PM. Bring a lunch. • On day 2, all athletes will practice from 8-11; at 11 AM, athletes will be told team placement and team bonding will be from 12-2. If an athlete is cut, she may leave at 11 AM. • If an athlete is not placed on a team, a coach will meet with her individually. • Athletes will be given a note card for personal information and basic athletic information. Coaches will confidentially score athletes on these cards as well. • Try outs will consist of ball control drills, position drills, and wash games to gauge players' skills, volleyball IQ, and intangibles such as work ethic and coachability. • Players can expect to be coached as activities progress, but there will not be fundamental instruction of basic skills during try outs. 	<ul style="list-style-type: none"> • Ball Control based off a free or down ball and scored on a 1-5 scale, 1 being the best. • Serving scored on a 1-5 serving scale with 1 being the best • Serve Receive will be scored on a 1-5 scale with 1 being the best.(detailed above in ball control) off live serves from other athletes. • Positionality will be scored on a 1-5 scale with 1 being the best. For this, athletes will perform drills for their primary and secondary positions and be rated from 1-5 within those positions. • Volleyball IQ and Communication through wash drills and position drills and based on a 1-5 scale with 1 being the best • Coachability, team mentality, work ethic, and integrity as observed in all drills, games, and conditioning on a 1-5 scale with 1 being the best. • Basic Athleticism will be recorded, but not scored on a 1-5 scale. It may be used to aid in final decisions or placements.

What We Are Looking For
<ul style="list-style-type: none"> • As a fundamental skill, ball control is necessary for a player to be successful on a volleyball court and as part of a team. We are looking for players who pass to target at a settable height off free and down balls. • Not only is servicing necessary to put a ball in play, but servers must be able to place their serves in order to make it more difficult for the opposing team. They also need to be able to perform consistently in high-pressure situations. We are looking for serves that are consistently aggressive in speed, style, and height, as well as strategically placed. • As another fundamental key to volleyball, the serve receive pass is the first step to a successful offense. We are looking for serve receive balls that are consistently to target at a settable height. Strong serve receive passers will also communicate early and read the server and ball well. • For positionality, we are looking for hitters (OH, MH, RH) who are aggressive, accurate, can work effectively with a variety of sets, see the defense and can place the ball through a variety of hits, and can also block effectively. Hitters' footwork and transitions play a large role in their success. For setters, we are looking for quick, vocal players who transition from base, to defense, to setting efficiently. We want to see setters who set players strategically, see the defense and the block, lead a team on the court, and who can put up a variety of sets consistently. For defensive specialists, we are looking for players who read hitters well and move quickly and efficiently on the court. We want defensive specialists who get stopped when the opponent contacts the ball, read the hitter well, communicate early, pass consistently to target, and practice relentless pursuit of a ball. • Volleyball IQ and communication go hand in hand. We are looking for players who are comfortable on the court and understand rotation and placement. We want players who communicate early and often and help build team chemistry through their court awareness and intentionality. Furthermore, we want players who show they know how to exploit an opponent's weaknesses and bolster their own team's strengths. • As coaches, we believe it is imperative to be coachable and to work for the team. We are looking for athletes who genuinely take feedback and put it into action, actively support other players on and off the court, push through challenging work as much as possible, and always respond to all coaches and teammates with complete respect.