

Chisago Lakes High School Volleyball Tryout Expectations

What to Expect:

- Tryouts will begin at 8am; be early and ensure nets are set up and all registration requirements are met.
- Dress appropriately: shorts, t-shirt (no tank tops or crop tops), tennis shoes that are gym appropriate, knee pads, long hair tied back, outdoor tennis shoes and running shorts. Jewelry is not allowed to be worn other than small studs above the chin. Bring a water bottle.
- On day 1, all athletes will practice from 8-11am and 12-2pm. Bring a lunch.
- On day 2, all athletes will practice from 8-11am and 12-2pm. Bring a lunch. By 2pm, all will be notified of team placement.
- If an athlete is not placed on a team, a coach will meet with her individually.
- Tryouts will consist of athletic assessment, ball control drills, position drills, and scrimmage games to gauge players' volleyball skills, athleticism, volleyball IQ, and intangible skills such as work ethic and coachability.
- Coaches will not give fundamental instruction of basic skills during tryouts.

What Will be Scored (all skills scored on a 1-5 scale with 5 being the best):

- Ball Control based off a free/down ball, during partner drills, and in general game play
- Serving over and in, consecutively, with aggression, and to intentional zones/spots. A tangible score from our "Serve 16" drill will be recorded
- Serve Receive form, communication, reading, collaboration, and accuracy off live serves from other athletes
- Defense including speed, reading, digging ability/accuracy, and court movement
- Positionality, where athletes will perform drills for their primary and secondary positions. A program-wide depth chart will be created per position
- Volleyball IQ and Communication through scrimmage drills and position drills
- Intangible Skills such as coachability, team mentality, work ethic, and integrity as observed in all drills, games, and conditioning
- Athletic assessment will include recording mile time, pass/fail for a sprinting drill, time for an agility drill, approach vertical and hang time, height, reach, wingspan, and a general 1-5 score in multiple other agility drills

We Are Looking For:

- 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 **serving** 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. We expect passing ability from all positions.

- 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.