



Competition Ideas

Top 10 Nominee

Whenever a player makes a standout play in practice -- huge kill, picture-perfect set, incredible ace, dynamite dig or block -- call it a "SportsCenter top 10 nominee." (Explain what this means beforehand as many of the girls will have no clue what you're talking about.) Let individual players do the same when they see a teammate make an amazing play. Make sure only the very best plays in your gym receive this "nod."

At the end of practice, have the team or yourself or a designated player select the No. 1 SportsCenter highlight of the practice from among the nominees. See if this increases the intensity, energy, fun and effort in your team's practice.

Mad Hatter Event

Some Iowa middle and high schools found a fun way to get more people playing and introduced to volleyball. The event is called Mad Hatters and it's simple enough to run.

Everyone signs up as an individual, and new teams are drawn before every round. Depending on how many courts you have, you can draw numbers out of a hat or use poker chips.

All players with the same number or color are a team for that set. Play one set to 25, take a short water break, record their scores on a big blank chart with their names and a bunch of other blank columns for their score difference each set (example +4 or -4) and then redraw teams.

At the end, total everyone's score for prizes. You can give out prizes for the highest score, lowest score and the score closest to zero.

The main advantage to this is that you DO NOT have to have a team to come out and play. This is also a great event for indoor or beach, adult or younger players! Have your current players invite their peers to come out and try volleyball, then have your players be the referees for the event.