14U/16U TRAINING BLUEPRINT

sports imports



KEVIN HAMBLY

Stanford Women's Head Volleyball Coach
2x National Champion, 3 x ACC Coach of the Year

PHILOSOPHY

> *"What separates the great athletes is mentality and work ethic and their willingness to make the mistakes necessary to grow and to push themselves."*

MENTALITY SEPARATES ATHLETES

The players who reach the next level are willing to make mistakes, learn from them, and embrace the process of improvement.

DEVELOPMENT DRIVES SUCCESS

Long-term player development should remain the priority as athletes begin specializing and preparing for higher levels

COACHING CUES

BUILD COMPLETE PLAYERS

Every player should be passing, setting, attacking, and defending, even as positions begin to develop.

LET THEM LEARN THROUGH MISTAKES

Don't coach athletes to avoid errors. Help them understand why the mistake happened and what to do next time.

CREATE GAME-LIKE TRAINING

Use drills that force players to read the game, make decisions, and solve problems under pressure.

BUILD VOLLEYBALL IQ

Ask questions, encourage problem solving, and help players recognize patterns instead of giving every answer.

KEY CONSTRAINTS

- Continue teaching every athlete every volleyball skill, no matter the position.
- Create game-like drills that require players to read and make decisions.
- Encourage players to make mistakes and learn from them instead of avoiding failure.
- Prioritize quality repetitions over running systems.
- Teach athletes how to recover through hydration, nutrition, and taking care of their bodies.

FOUR FOUNDATION SKILLS

Position-Specific Skills | Volleyball IQ | Decision Making | Recovery & Athletic Development