

10 Things **NEVER Do** at a Tryouts

Now that we're in tryout season, players are focused on impressing coaches so they can earn a spot on the team. I asked a few of my Elite coaches to share things they DON'T want to see from players during a tryout. If you're a player, read and heed.

1. Don't give your setter a hard time

Got blocked? Hit out of bounds? Shake it off and move on without placing blame.

2. Don't bring your cell phone into the gym

Coaches don't want to see you texting when you should be concentrating on volleyball.

3. Don't form cliques

Be sure to rotate who your partner is for drills and invite new people into your group.

4. Don't ever quit on a ball

Go for everything, even if you know it's unlikely that you'll get to it. Even in pepper! Coaches want players who give their all on every ball.

5. Don't talk when the coach is talking

It is disrespectful and sends a bad message to the coach.

6. Don't do anything halfway

Lazy footwork on free balls, not covering the hitter, walking to shag balls, etc. Give your all whenever you are in the gym.

7. Don't pay attention to your parents on the sidelines

No conversations or gestures. Coaches want to focus on the player, not the parent.

8. Don't carry a mistake with you into the next play

A coach can tell by your body language if you're not over being blocked on the previous point.

9. Don't be resistant to stepping into another position

Jump in, even if it's not the one you're trying out for. Coaches want players who can adjust and are willing to be versatile if that's what's needed to make a drill work or help the team.

10. Don't give off a negative vibe

Look like you're having fun playing the game. Smile, be upbeat, support your teammates, and enjoy yourself. Coaches like players who bring positive energy to the court.

Bonus: Don't show up for a tryout wearing a t-shirt from a different club!



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