

SUMMER VOLLEYBALL WORKOUT

Delburne Jr. High Men's Volleyball Team,

I'm excited for the opportunity to get to know, teach, and coach the junior boys this year!

My name is **Scott Rude**. I've had a fairly extensive volleyball background, beginning in Grade 7 at C.J. Peacock School in Cereal, Alberta, and continuing through high school at South Central High School in Oyen. I played primarily as a setter and libero and went on to compete at the collegiate level with Medicine Hat College. I wrapped up my playing career as a "practice player" (a.k.a. "glorified hitting practice player") with the University of Calgary team while I focused on my post-secondary education.

Over the years, I've coached at both the high school and club levels, with my last coaching stint being with the U16 Queens Club in 2012. After that, my wife and I stepped back from coaching to spend more time with our family. Since then, I've remained involved in the sport as a certified Provincial-Level Volleyball Referee, officiating games from junior high up to 4A high school and college levels.

This season, I'll be sharing coaching responsibilities with **Mr. Kartusch**, who will serve as the head coach during the middle of the week. Due to my work schedule, I won't be able to attend Wednesday practices or many league games. However, I will be present at all Monday practices, weekend tournaments, and any additional Friday practices we schedule.

Coaching Philosophy:

At the junior high level, my focus is on creating an environment where players can experience success through purposeful play and strong ball control. I believe that future success in any sport starts with solid fundamentals, so skill development will be a major focus this season.

While I can't promise equal playing time, I can assure you that all players will see court time in line with the Trojans Athletics philosophy. Game-time confidence is built through real experience, and playing time will be influenced by several factors—including attitude, attendance, effort, skill level, and team cohesion.

Our Focus Areas This Season:

1. Skill Development

- While player specialization will naturally occur, all athletes will be expected to build competence in core volleyball skills. Practices will focus heavily on both isolated skill drills and combined skill exercises.

2. Offensive and Defensive Transitions

- Understanding court positions and effectively transitioning between offense and defense is crucial for building game confidence and flow.

3. System Play

- We will introduce systems such as the "4-2," "5-1," and "6-2," as well as serve receive formations like "W," "Cup," and "Three-Man." Mastery will be expected in the system that best suits our team's strengths.

Tryouts will be held:

- **Wednesday, September 3**, from 3:30–5:00 PM in the *Small Gym*
- **Friday, September 5**, from 3:30–5:00 PM in the *Large Gym*

Looking forward to seeing you there!

Best regards,
Scott Rude

SUMMER VOLLEYBALL WORKOUT

Day 1 (Should take 20 mins or less)

- Skipping 100 reps
- Run in place 45 seconds

Complete exercise as fast as you can taking minimal rest

- Push-ups 5 reps
- Side Lunge 10 reps per side
- Tricep Dip 10 reps use a chair or couch
- Side shuffle 10 seconds
- Burpees 5 reps
- Calf Raise 10 reps
- Back Pedal 10 seconds
- Sit up 15 reps
- Wall block jumps 10 reps
- Squats 20 reps

Rest for 1 min then repeat go through 3 times

- Arm Circles 40 secs both directions

Day 2 (should take 20-30 mins)

- Pogo Hops 100 reps (quick pop hops on your toes)

- Inch Worms 5 reps
 - Step Ups 10 reps
- Repeat 3 times

- Plank 30 seconds

- Jump Squats 10 reps
 - Cross Overs 15 seconds
- Repeat 3 times

- Wall Sit 1 minute

- Mountain Climbers 20 reps
 - Broad Jumps 10 reps
- Repeat 3 times

- High Knees 45 seconds

- Attack Approach 10 reps per leg (left right left foot (for right handed) or right left right footwork (for left handed)-jump-knee tracking hand up and make hitting hand come around. In addition you can use a pair of socks to really work on flicking your wrist. The flick of the wrist adds power to your hit.

Complete each workout at least once week. Once or twice a week go for a 1 km run. If you prefer go for a 20 min bike or scooter (non electric) to work on endurance.