

Lakeside JV Volleyball Goals

Individual Goals

- Graduate as soon as possible
- Be more social
- Get physically fit
- Better hitting, passing, setting, blocking
- Improve approach
- Do my best & have fun
- Be a leader/help others
- Improve vertical jump
- Have 13 aces/less than 5 serves in net
- Be nominated for captain

Team Goals

- Go undefeated
- Bond/in synch
- Better approach/hit
- Be encouraging
- Every player be able to serve
- Have an awesome time
- Beat Decatur
- Always stay positive
- Be good sports
- Never lose hope and never back down
- Everyone become friends
- Have team sleepover

Coach's Goals

- Each player 100 bumps against wall.
- Triangle drill 100+ kept alive
- 8+ players > 2" increase in jump
- Better record than last year
- Everyone serve in during a game
- Successfully run a quick set out of middle
- Use a back row setter in a game
- Get everyone a chance to hit
- Prepare 4 players to move to Varsity!
- Back set for a kill
- Jump serve for an ace
- Serve to zones
- Find a role for each player where they can succeed
- Two different players roof balls
- Pancake!
- More digs
- Find satisfaction in the joy expressed by players