



Doing Your Best at Volleyball Tryouts

There is an old saying that goes, "You never have a second chance to make a first impression." Nowhere is this truer than at a volleyball tryout. **Doing your best at tryouts can be the difference between being on the team or not.**

BE PREPARED. The coaches are not babysitters and do not want to spend the time/energy looking after our players. We expect players to be mature enough to be prepared when it is time for a practice, match, or varsity tournament.

There are many ways to get prepared for the tryout. Make sure you know when the tryout session begins. Showing up late for a tryout is a sure-fire way to be noticed, but it is not the kind of attention you should be looking for. Plan to arrive 10-15 minutes before the scheduled start time. Besides revealing your maturity level and character, arriving early allows you to relax and begin focusing on doing your best. Rushing in at the last minute will leave you tense and flustered.

Plan to warm up on your own before the start time. There are several reasons for warming up before a tryout. The most important reason is that by warming up, you are more likely to perform at your peak. Getting blood flowing and your muscles ready also reduces the chances of an injury during practice. Finally, it shows the coaches that you are mature enough to understand the correct way to prepare physically for an athletic event.

One of the most important ways to be prepared is to be in good physical shape. If you have not been playing volleyball nor doing any conditioning work in the weeks leading up to the tryout, you're not likely to be as sharp as you'd like. To prepare for tryouts, you should begin a workout schedule early enough to be physically fit. To a very large degree, your performance at a tryout is heavily dependent upon your physical conditioning.

BE CONFIDENT. Have confidence in yourself. You need to believe in yourself and your abilities. A player with a great deal of confidence is not likely to crack under pressure during a match. After all, if you do not believe that you can make the team, why should the volleyball coaches and staff believe it?

Coaches will always notice confident players. You can play confidently in the following ways: Show poise even when things are going badly. Be aggressive and go after every ball that comes your way. Be fearless while hitting and blocking. Go all-out on every play.

BE A HARD WORKER. Playing volleyball at a high level takes a tremendous amount of work. Coaches are drawn to players who are willing to work hard enough to play at that level. Never assume you will be selected for the team if you are giving anything less than 100 percent of your abilities.

Another way to demonstrate your willingness to work hard is by hustling everywhere. If you are shagging balls, run to get them (be a champion ball-shagger!). After taking your turn at a drill, run back to the line for your next turn. When the team takes water breaks, run to the drinking fountain or to your water bottle.

BE A TEAM PLAYER. The rules require that six players be on the court during a volleyball game, so it's impossible for even the best player in the world to win a match by him/herself. In addition to athleticism and skill, coaches are always looking for players who work well with others to build a team.

During tryouts, you can demonstrate that you are a team player by doing your best to get along with other players. Cheer for others when they make a good pass. High five someone who just had a monster block. Get excited when a teammate serves an ace during a scrimmage. Players who exhibit a positive attitude toward tryout competitors are likely to make good team players during the season.

BE POSITIVE. Coaches want players who love playing the game because they are more likely to maintain their enthusiasm for the entire season. Show your enthusiasm during the tryout by keeping a smile on your face. Be friendly to everyone you interact with.

Have fun and make sure people who are watching can tell you love playing volleyball.

BE SERIOUS. Your volleyball program may only be select only a limited number of players for the volleyball teams. The coaches will invest a great deal of time, energy and commitment to this group. They want to be sure that the athletes we select are equally serious about their commitment to the volleyball team and program.

Show that you are serious by the way you present yourself at the tryout. Wear appropriate clothing – do not show up in jean shorts or revealing tops. Do not wear jewelry, and think twice about wearing outrageous fingernail polish. You would not look like that during a match, so why would you show up that way for volleyball tryouts?