

Mike Burchuk's Tips for Playing Volleyball

IYFV SUMMER CAMP 2006



1. Have respect for your opponent's but don't give them too much credit!
2. Whether you are in training or in competition, it's important that you go for every ball! "but I couldn't reach it," "but I didn't think I could get it, ".....NO BUT'S...GO FOR THE BALL..... unless it compromises your safety.
3. Try to stay strong mentally when the going gets tough, when your team has made a few mistakes or you're behind in the score. This is the time to show what you are made of.
4. Don't get too down or discouraged if you lose the first game of a match. To win the match its insignificant whether you win game 1 and 2 or game 2 and 3.
5. Try to help your teammate when she has made a mistake in a match. A slap on a hand is better than a "look".
6. When the score is 23-23, HIT THE BALL! (way too many players tip in this situation). Holding back often causes technical errors. Trust yourself.
7. A team with a strong court presence (body confident language, talk, eye contact, etc. improves its chance for performance (as opposed to quiet, looking at the floor, negative body language)
8. It's OK to make mistakes. That's how you learn. Try to learn from them and after you've made one, don't dwell on it.
9. Don't get too up emotionally or overconfident when the score is 23-15 and don't get too down or discouraged when the score is 15-23.
10. Try not to overly concern yourself with the result of the contest. Focus on the task at hand. Professional golfers consistently say they perform better if they concentrate or focus on their next shot instead of the score.
11. Good court communication (both verbal and non verbal) absolutely makes a team stronger.
12. Try not to get psyched out by the oppositions' hitting warm-up. Rarely does a top team or the top hitter hit the ball as well in an actual match as they do in the warm-up.
13. It is important to play hard but just as important to train and play smart.
14. Try not to get too distracted by a questionable call by an official. It's part of sports. In the long run the calls usually even out.
15. A team that works hard together is much more effective than one player who tries to do it by herself. There is no comparison between the strength of a wolf and the strength of a wolfpack.
16. To be successful you must be able to persevere. Success is getting up one more time then you fall down.....And in going through life you will fall down a few times.