

Dick Powers Volleyball YES!

**37 Years of Volleyball Experience
A Division of Powers Human Development**

SATURDAY SCHOOL GUTS VOLLEYBALL CAMPS COACHING CLINICS

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Philosophy and Protocol of Teaching and Coaching

The following is explanation of what can be observed when seeing any Dick Powers Volleyball Teacher/Coach work with athletes, parents, and other coaches.

You will observe extensive psychological self-awareness fostered within athletes with the intention of gaining ongoing and sequential mental control for their productive body actions.

Due to our abilities to structure productive learning environments, all integrated curriculum and programming bring about observable successes in those with whom we associate.

The work we do with athletes is of the utmost importance, and more than 26,000 athletes and their parents have entrusted Dick Powers Volleyball to positively affect their lives.

My name is Dick Powers and my professional background is in teaching, curriculum development, and the administration of academic and sport program development for pre-school through collegiate age students and athletes.

My staff and I believe that all training and playing date spent working with athletes should provide opportunity for positive progression and growth.

Since 1976, my initial year of teaching in the classroom, coaching on the volleyball court, and training athletes to become more successful, my staff and I have diligently made efforts to promote positive and productive growth for all with whom we associate.

At every training date, each athlete is expected to be better than the last time we worked together. In training, we do our best to eliminate the variables presented to us by each athlete, and we provide a pathway for concrete mental and physical actions to occur.

When teaching, we utilize an effective combination of teaching modalities including, auditory (listening), visual (seeing), kinesthetic (learn by doing), and teaching (helping others).

We believe that the growth and progression of each athlete and the development of the team concept are of paramount importance.

The initial time spent with our athletes in any of our programming (Saturday School and Guts Summer Camps) allows us opportunities to observe and analyze the behavior patterns, both productive and non productive, of each athlete.

These behavioral patterns include the ingrained neurological body movement patterns (footwork) and specific volleyball skills that lead to muscle memory and habits.

We constantly ask ourselves and consider many questions - *How productive are the habits of each athlete? How effective are the specific sport skills related to volleyball? How quickly will the athlete expand their mental parameters and allow mental and physical growth to occur? What learning modality or combination thereof (visual, auditory, kinesthetic) does each athlete best utilize in her learning style?*

These observable characteristics become apparent very quickly. Athletes are provided ownership of their actions, with growth monitored and motivated by our direct guidance.

Athletes in training dictate their individual learning curves. They are expected to acquire and master the necessary physical movements, skills, and mental control to become a winner.

In training, we build upon the positives brought to us by each athlete and begin the elimination process of ineffective, and possibly injurious, body movement patterns and skills (arm swing, foot placement, and defensive floor work).

Quickly extinguished, by playing challenging and enjoyable word games, are the following behavioral patterns brought to us by athletes:

- The athlete's verbal response of "What?" - usually given by an athlete when addressed by an adult.
- The physical action of walking away from an adult prior to closure of an adult's best efforts in explanation.

Athletes are urged to be aware and proud of the development of their mental and physical abilities. Ownership and self-direction determines the growth of each athlete.

Dick Powers Volleyball utilizes honest management strategies. Our consistent people management strategies and techniques provide a strong base for further growth and development within all athletes. Most players utilize only a certain percentage of their potential effectiveness in physical and mental skills. We do our best to extend the mental and physical capacities of all our athletes.

We are demanding, in kind yet firm manner, with regard to the appropriate and productive application of biomechanics in body movement patterns and in specific volleyball skills. All training and development is presented in an intense, yet user-friendly, atmosphere with learning being the primary objective for all in attendance.

We, the entire staff, strive for each participant to utilize correct skills, become more valuable as a potential team member, and learn how to prevent injuries. As athletes perform movements and skills correctly, more effective and productive results will occur with less possibility of injury.

Great Satisfaction is Derived from Success

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