

# What To Do To Become a Volleyball Coach

By Colin Glass

The topic sounds simple, doesn't it? But many athletes that aspire to become a coach are not sure where to start. You don't have to have been a volleyball athlete in high school and/or club to be a coach. Below are steps that should be taken to become a coach. These steps are in the order I took in becoming a coach but can likely be done in a variety of ways.

1. **Get certified as a level one coach.** In Canada, there are 3 parts to achieve each level of certification to become a coach, which are technical, theoretical, & practical.
  - a. **Technical** – volleyball sport-specific coaching. This course will give you a strong background on how to demonstrate the skills and strategies required to play the sport. It will give you a different perspective than when you were coached or taught the skills and strategies.
  - b. **Theory** – essential principles of coaching generic to all sports. This part consists of topics like planning a practice, how to teach and analyze skills, and the role of the coach.
  - c. **Practical** – the coach's actual coaching experience applying theory & technical knowledge. We will touch on this later.

Contact your local state/provincial volleyball association to find out dates and times for the technical and/or practical courses or, in other countries, to find out what is required to get certified.

2. **Work with a coach you respect and admire.** Take the initiative and ask a coach if you can help them out with their team for the season, whether it is for school or club. First, the coach will be so flattered that you asked to work with him/her that they would only say yes. Also, because there is a shortage of coaches, let alone assistant coaches, they would take you on as an assistant. Also, you will learn a lot from this coach through their practices, how they deal with athletes, the decisions they make, etc. If this person is a coach's coach, they will mentor you and give you opportunities to run a drill or even plan and run a practice. Lastly, the experience will be applied to your practical piece of getting certified (at least in Canada).
3. **Apply at schools and volleyball clubs for coaching positions.** Once you have the experience and confidence in being an assistant coach and are ready to be a head coach, talk to coaches you know to find out what is available. Go to your former schools (whether it be junior/middle school or high school) and see if they need any head coaches. Go to the volleyball club(s) you were involved with and see if they have head coaching opportunities. Because there is a shortage of coaches, you should not have a problem finding a position.

When looking for a position, you may want to consider looking at a variety of age groups, not just varsity (i.e. 17 & 18 year olds), for example. Coaching at different age groups gives a coach a vast amount of experience in dealing with athletes at different levels of skill. Just like any athlete, a coach should also be well-rounded.