

Jim McLaughlin's Rules for Playing Volleyball

(and so much more!)

as scribed by Sara Billey

1. Have Fun!
2. Work hard to improve yourself.
3. You are responsible for your attitude.
4. See and hear things that tell you where to be.
5. Be mindful of what you are doing.
6. Make a commitment.
7. Compete.
8. Improve individually and then say and do things to make the team better.
9. Simple movements are better than complex movements.
10. The best coaches know their players.