

# Tamworth Spartans Coaches' Charter

## Context

Tamworth Spartans' teams play in two Volleyball England-affiliated competitive leagues (the National Volleyball League and the West Midlands League), both of which have a tiered league structure with promotion and relegation.

The selection process and criteria used for selecting our teams in these leagues adhere to the following guiding principles. The Club Coach is responsible for ensuring that these principles are adhered to by all our coaches during the season.

## Coaching philosophy

- 1) Squads' seasonal goals are set by squad coaches at the beginning of each season. These will be communicated to the squad and updated as needed.
- 2) Squads are coached, and players selected, with the aim of winning every fixture, if possible.
- 3) Training sessions will work on a combination of skills and tactics, with a target of 50% of training to be game-like. The coach will set the pace and intensity of each session to challenge players.

## Choosing players for each squad

- 4) NVL squad selection is determined at the coach's discretion, based on ability and a player's willingness to commit the extra money and time required. Being part of a NVL squad has no bearing on squad selection or playing time for the regional squads.
- 5) Squad selection is undertaken at the beginning of each season, based on playing ability, experience and playing position (i.e. setter, middle blocker, etc.).
- 6) A depth chart is used to rank players by their playing position(s). This is a tool used initially for allocating players to each squad. Subsequently, it is used to determine team selections for each fixture. The use of the depth chart can be discussed with players but the chart itself will not be published.
- 7) Squad membership can change during the season due to many factors, including a change in a player's abilities; the availability of players for fixtures; and players leaving the club. In most cases, a player can only move squads during the season if they are moving up a division.
- 8) Since players can only change squads by moving up a division, fewer players will be selected (initially, at least) for our 1<sup>st</sup> teams. This is to avoid limiting the playing time of individuals who might otherwise enjoy significant playing time in a lower division.

## **Selection of players for fixtures**

- 9) The number of players selected for a competitive fixture will not exceed 10, except when there are multiple fixtures on the same day (e.g. an NVL double-header).
- 10) Players selected for a fixture will also be determined by playing position, so as to sensibly cover all positions on court (e.g. there is no point taking a team of six setters to a fixture).
- 11) The aim is to announce the team selected for a competitive fixture a minimum of two days beforehand.
- 12) Team selection is initially based on the player's position on the depth chart but the following factors are also considered: availability; positional need; training commitment; attitude; teamwork and communication; and the quality of the opponent.
- 13) The announcement of the starting six for the first set of a fixture will be no later than the end of warm-up period.

## **Time on court**

- 14) The coach will utilise the players selected for a fixture in a way as to be consistent with points 1 and 2 of these guiding principles.
- 15) Players on the bench may be used for strategic and tactical reasons but there is no guarantee that every player will be utilised during a match.