

Thunder Volleyball Philosophy

The Thunder Volleyball program is committed to providing quality physical training and competition at the local, regional, and national levels. This competitive athletic experience can enhance social development, contribute to mental and physical health, and teach the values of teamwork, responsibility, self-discipline, and motivation. The intent of Thunder's coaching staff is to teach, train, and coach each athlete in the proper execution of fundamental and advanced skills, on an individual and team basis.

Thunder coaches:

- **Teach** fundamental skills as outlined in the club's coaching manual.
- **Train** athletes to perform individual and team skills, which are repeated to develop muscle memory.
- **Coach** during competition on a consistent and perpetual basis to ensure the mastery of skills learned.

The Thunder coaching approach to achieving perfection will be met by continuing to be the "voice in the ears of our players" throughout teaching, training and coaching. Individual coaching styles are recognized as an asset to the Thunder program, but will always be in compliance with overall club philosophy and consistent in training methods.

Through persistent determination, Thunder coaches' preparation for all situations will be accomplished by:

- preparing appropriate practice plans
- using the Thunder team-coaching concept
- timely arrival for practices and tournaments

Positive reinforcement is used to give continuous **Feedback** to form a **Strategy** in order to achieve an overall successful **Outcome**. Thunder coaches will implement a congruent and harmonious state that allows Thunder athletes and teams to perform competitively and aggressively, without concern of external influences.

Thunder applies the concepts of the 4-D's (Determination, Dedication, Desire, and Discipline) and 3-P's (Positive Peer Pressure), to instill Thunder athletes with the idea that it is fun to work hard. This will be accomplished in a fair and firm manner with the expectation of consistent work ethics and a mandatory positive attitude. Respect is compulsory and reciprocated between coaches, players, parents, officials and opponents at all times. Any lack of respect will not be tolerated. Coaches and athletes will be held accountable and responsible for their behavior on and off the court, striving for perfection together.