



Pre-Match and Game Time Activities for CMVL Coaches

Part of successful coaching is managing time to the best of your ability, which includes understanding protocols and procedures at the beginning of your match. This document outlines the general process and highlights some ideas to make your “Match Management” a success for your team.

Pre-Match Preparation *(Do this the night before)*

- Using the CMVL roster, prepare two (2) copies of your roster, by player # (also list last name, first name). These will be handed into the scorer’s table before each match begins.
- Using the CMVL Lineup sheet, prepare your starting line-up in list format – Player #, Name, from 1-6 (Serving positions). You do not need to complete the circles for each match until service is determined.
- Review league rules and facility obstacles



Hint: If you want to put together your line up sheet, do it in pencil as you may have last minute changes due to player sickness, traffic, etc. Both the CMVL Roster and CMVL Lineup sheets can be found on the website under “Links: CMVL Documents”

Approximately 15-10 minutes before the match

- Referee will call the Team Captains (“TC”) to the Scorer’s Table. You may have up to 2 TC’s
- General introductions are made and gym specific rules are reviewed
- Coin toss is made, visiting TC makes the call in the air
- Team who serves first will take the entire court for warm-ups, lasting 4-5 minutes for each team. (Confirm the time with the Ref prior during team/game introductions.)
- The team who receives serve will then take the floor for their warm-ups. (Same, 4 or 5 minutes)
- Other players/team should clear the court as quickly as possible, while returning all balls to the basket
- Team line-ups and rosters need to be submitted 10 minutes before the match starts

Managing your warm-up time

- Once you hear the Ref saying that you are on, move quickly
- Have 1-2 familiar drills ready for your team – don’t introduce a new activity now. To get more touches, use two lines with an assistant
- Have parents/siblings ‘shag’ that balls and return them to the basket
- Keep comments positive and “coaching” to a minimum. At this point, it is up to the players.
- Watch stray balls that may get onto the court – make sure they are not a potential hazard for the players
- If you asked for a time warning, check in with the ref – they can forget too
- Once your time is up, have your players shag the balls for the other team quickly and get off the court



Hint: Ask the Referee for a warning at 1 minute remaining in your time so your team can ensure a few practice serves. When you get the notice, immediately move to serves.

After Warm-ups

- Collect all balls and return to basket
- Get your starting Line-UP on the court in Service / Serve Receive order. The Ref will check this before taking the stand

Between games

- Between the first and second games:
 - Both teams that are on the court (eg: 6 players each) will go to their respective end lines.
 - The Referee will blow his/her whistle and make a move with both arms across his body – right arm in front, left arm behind the back. This is the indication to the teams that they should switch sides
 - The team to the Ref's LEFT (looking at the court from the Ref stand) will go around (behind) the Ref's stand to the other court.
 - The team to the Ref's RIGHT (looking at the court from the Ref stand) will go to their bench, get their gear and move in front of the Scorer's table to the opposite bench
 - The players from either team that are not on the court at the end of the game will pick up their gear and transition to the opposite bench for the next game
- Between second and third game (if needed):
 - Both teams that are on the court should go to their respective benches
 - Referee will call for Team Captains (this may be done by simply making the "C" sign with his/her hands)
 - Home TC will call the coin flip for serve/side
 - If change of side is needed, teams will change benches
 - Game will start within 2 minutes

End of match

- Both teams will go to their respective end lines. All players will be there, led by current 6 on court
- Teams will proceed from the end line to the side line together, towards the right side of the net when the Ref signals them forward.
- Teams will cross alongside each other at the net and congratulate the other team
- Teams will then return to their respective benches and make room for the next team/matches

A few additional thoughts –



Please remind your players that all balls should be returned to the other team by rolling the ball under the net. Don't throw them or kick them.



If it is your first match as a Coach, get there a few minutes (extra-early) and talk to the Ref and opposing Coach. We all want you to succeed.



Remind all you parents and spectators to be positive and supportive of the players at all times. They are always trying to do their best.



If a Referee makes a bad call, don't discuss it during a match. They may be aware of it as well and might 'correct' it later. But, do talk after the match to make sure you understand the call.



If there is something that you want to bring to the attention of the league, or questions that you have, please contact your Coordinator or contact us via the web. We are here to support you. Good luck!