



Toowoomba Volleyball Association

Newsletter February 2025 #2

Dear Players, Coaches, Parents and other valuable TVA community members,

Welcome to issue #2 of the TVA Newsletter for 2025. Aimed to keep you informed of the range of events happening within the TVA, VQ and VA communities.

Did you know that we are on [Facebook](#) and [Instagram](#)?

We also have our TVA [website](#) up and running.

This Month:
Premier League
Business League
Referee's Whistle

Upcoming:
Clash of the Titans
TVA AGM

Your business - HERE!

The Toowoomba Volleyball Association is keen to have the support of local businesses in driving our athlete development. Do you own or work for a business that is seeking a sponsorship outlet? Please get in touch with TVA through Lizzie Mahon (president@tva.org.au) to discuss.

TVA's Annual General Meeting

Join us for our Annual General Meeting.

Everyone is welcome!

We'd love to hear from you!

If you'd like to register your interest in coming along or to apply for a committee position for 2025/26, please email Secretary@tva.org.au

As always, follow our pages on Instagram and Facebook, and our website for more information.




ANNUAL GENERAL MEETING

All welcome!

 **Sunday**
30th March 2025

 **Time**
12pm

 Toowoomba Sports Club, 360 Ruthven St

Please register your interest with the below email.

Secretary@tva.org.au

 www.tva.org.au



Volleyball Queensland Awards



Earlier this month, Volleyball Queensland hosted their annual awards evening. Identifying key and outstanding players, officials, coaches and community members that contributed to VQ across 2024.

TVA is pleased to announce that our very own Will Smith was recognised at the awards night. Receiving the award for Most Improved Player U17 Boys White.

This is a tremendous achievement, and we can't wait to see what Will is able to achieve this year!

Congratulations, Will!

Clash of the Titans

Remember everyone, our Annual Clash of the Titans is coming up in April.

Start thinking about teams and nominations. Follow our socials to continue getting up to date information.

Keep an eye out for further information.



Referee's whistle

As of 2025, the Fédération Internationale de Volleyball (FIVB) has implemented several rule changes to enhance the game's flow and fairness. Key updates that affect our competition include:

1. Rotational Position Adjustments:

- **Serving Team Flexibility:** Players on the serving team are now permitted to occupy any position on the court at the moment of service contact, eliminating positional faults for the serving side. This change aims to strengthen defense and prolong rallies.
- **Receiving Team Requirements:** The receiving team must maintain traditional rotational order, ensuring players adhere to their designated positions during service.

2. Screening Rule Modification:

- **Serving Team Restrictions:** Players on the serving team are prohibited from raising their hands above their heads during service until the ball has crossed the net, minimizing visual obstruction for the receiving team.

These updates reflect the FIVB's commitment to evolving the sport, enhancing fairness, and improving the spectator experience.

For a visual overview of these changes, you might find the following video informative:

[Volleyball Rule Change Video 2025](#)

For Season 2, 2025 we will be encouraging all teams and referees to apply the new rules. Please note that the continuation of the previous rules by any team does not breach current rules. Warnings may be given however, to teams that “screen” at the net.

THIS MONTHS COACHES QUOTE



Coach's Corner

Decoding Talent and Expertise - Adapted from Volleyball Pro Hub

Talent vs. Expertise: The Science Behind the Skills

- **Talent:** It's not just about natural ability! Talent is accelerated skill acquisition, driven by:
 - Efficient movement patterns (e.g., kinetic chains for spiking and serving).
 - Heightened proprioceptive awareness (knowing where your body is in space).
 - Rapid progression through motor learning stages (cognitive → associative → autonomous).
 - Genetic advantages like fast-twitch muscle fibers for explosive power.
- **Expertise:** Mastery goes beyond physical skills. It's about:
 - Advanced motor control: Near-automatic execution of complex skills.
 - Perceptual-cognitive abilities: Anticipation, pattern recognition, and decision-making under pressure.
 - Creative problem-solving: Innovating plays based on deep tactical understanding.

Key Insights for Coaches:

1 Biomechanics in Action:

- Understand how kinetic chains (leg drive → trunk rotation → arm swing) generate power and accuracy in skills like spiking and serving.
- Teach players to internalize these sequences for efficient movement.

2 Motor Learning Principles:

- Break down skills into progressive drills that align with the stages of motor learning:
 - Cognitive Stage: Focus on understanding and conscious effort.
 - Associative Stage: Refine technique through repetition.
 - Autonomous Stage: Execute skills effortlessly under pressure.
- Use constraints-led training to guide players toward optimal movement solutions.

3 Perceptual-Cognitive Training:

- Develop players' ability to anticipate opponents' actions and recognize patterns in game situations.

- Use video analysis to highlight key cues (e.g., opponent body language, ball trajectory).
- Incorporate game-based drills to simulate real-match pressure and improve decision-making.

Practical Coaching Strategies:

- **Leverage Talent:** Use skilled players as benchmarks for demonstrations, but avoid direct comparisons. Focus on individual progress for all players.
- **Teach Fundamentals:** Reinforce biomechanically sound techniques for skills like serving, spiking, and blocking.
- **Provide Effective Feedback:** Offer specific, timely, and actionable feedback to guide players through skill development.
- **Foster a Growth Mindset:** Celebrate effort, resilience, and learning from mistakes. Encourage players to believe in their ability to improve.