



Information for (new) youth members and their parents



What you need to know when playing in the C youth

- Your team consists of 6, 7, 8 or 9 players
- There are 6 players in the field (5 is exceptionally allowed)
- There are also C teams that consist of 4 players for the 4 against 4 competition
Then of course there are 4 players in the field
- There is no turning in but players can be substituted
- The field is 9 by 7 meters
- The net hangs at a height of 2.10 meters
- The ball can go over the net in 1, 2 or 3 times
- Almost every week you play a game at home or away
- Home games are always on Saturdays
- Away matches can also be played on weekdays from 19:00



What you need to know when playing in the C youth

- A match consists of 4 sets of 25 points each with a decisive 5th set at a 2-2 score up to 15 points
- A set must be won by 2 points difference
- Each team has one of the parents as coach, with possibly an assistant coach
- At a home game, a parent must also count
- Each team has a ball bag with 5/6 balls (the team is responsible for this throughout the season)
- For each match, the DWF (Digital Competition Form) must be filled in (by the coach or one of the parents) There is a separate manual how to fill in the DWF
- Team data is exchanged per team to keep in touch with each other (attendance/absence/driving schedule)
- It is useful to create a WhatsApp group for the team, the coach and the trainer
- Every team Coach can register with the youth committee via: jeugdcommissie@vchoofddorp.nl



What you need to know when playing in the C youth

- Every player must play in a VCH youth outfit, this must be purchased via Kledingcoordinator@vchoofddorp.nl
- Sometimes 2nd hand outfits can also be purchased Check the VCH website at [VCH Kleding \(www.vchoofddorp.nl\)](http://www.vchoofddorp.nl).
- It is recommended to order the outfit in time due to a long delivery time
- There are fitting moments during the 1st training sessions



Training

- You train 1 time 1.5 hours every week
- Training sessions are on Monday, Wednesday or Friday from approximately 18:00
- If you would like to train more, discuss this with your trainer and the youth committee
- Training sessions are usually in the FBK hall at the Arnolduspark, but also in FLM (Floriande Midden sports hall) at the schools at Island 4
- Training times and location can be found on the website: [Training schedule 2024-2025 - Volleybal Club Hoofddorp](#)
- Training is with your team on 1 field. Sometimes with another team or with players who train, but do not play competition
- In training, the coach will work with the team to familiarize the team with the game of volleyball and to prepare well for a match



Home games

- Make sure you arrive on time
- Start half hour before the start time of the match with a joint warm-up, play in pairs and, after the signal from the referee, strike in with the team
- If you play a match in the early round, the fields must first be built up. Parents help with this
- Make sure someone is responsible for the ball bag and always take it with you, both home and away, otherwise you will not be able to play
- The referee checks the completed DWF and checks the players
- Referees are sometimes A-youth players, they often still have to learn, do not enter into the discussion. You can ask questions after the game
- The coach determines the line-up and arranges for the team to be ready
- After the last game in the hall, you clean up the field as a team. Helping parents
- Showering is recommended afterwards. Because of hygiene but also for the team feeling



Away matches

- Most away games are on Saturday but sometimes also during the week, from 19:00
This depends on the club and which home days/evenings this club has
- The number of away matches depends on your pool
- Parents arrange transport among themselves, a WhatsApp group is useful
A driving schedule can also be useful
- Carpooling is often fun and more practical (petrol / parking costs)
- Make sure the whole team is present half an hour in advance
- Take into account travel time and possible traffic jams during rush hour
- In case of force majeure with late arrival, always contact the club or team you are on your way to. Then something can often be arranged. Being late or not showing up leads to point loss and/or fines
- If a team has a shortage of players on a matchday, it is up to the coach or the team to arrange substitutes in time. At the start of the season, a substitute list will be distributed who can fill in where.
- If you cannot find a solution, please contact the team coordinator from the youth committee in time



How does the DWF work?

- The Digital Match Form (DWF) must be digitally completed/adjusted by the coach or a parent before each match
- Filling in incorrectly can lead to a fine
- Team composition, so names, jersey numbers and captain must be well stated
- Every game, one of the team members must be captain
This can be a fixed person or varying per match
- Arrange an account and log in to login.nevobo.nl
- Exactly how the DWF should be completed is set out in an extensive manual made by and available to the Youth Committee
- If you can't figure it out, please contact your team coordinator of the Youth Committee



What does a coach do?

- The coach is usually one of the parents
- The coach can be a different coach every game, a permanent coach is recommended
- The coach coaches the team constructively
- The main goal is to play together, winning is fun
- The coach ensures that the players start the warm-up and then play in pairs
- The coach indicates who will start in the field and at what position
- The coach changes substitutes with field player(s) per set
- Switching in between is allowed, but there are rules for that
The coach must then request substitutions from the referees
- The coach ensures that everyone plays about the same amount (social change)
- The coach may request 2 time-outs of 30 seconds per set to consult with the team during the match and give directions
- The coach ensures that the team shakes hands with the opponent afterwards and cleans up the field, if necessary
- When there is no assistant coach, then also the duties of the assistant coach.



What does an assistant coach do?

- An assistant coach is usually also one of the parents
- An assistant coach supports the coach
- An assistant coach ensures that the water bottles are filled on time (or has the substitutes fill them)
- Takes care of 'wounded', and catches team members who are not doing well
- Possibly helps with counting or keeps an eye on the count



Questions?

If you have any questions, please contact the youth committee:

jeugdcommissie@vchoofddorp.nl



Thanks for the attention!