



Volleyball Mentorship

An 8-Week Path to Learning, High
Performance and Opportunities



Introduction

This mentorship program was designed for volleyball athletes who want to develop beyond technical execution and fully understand the game – mentally, tactically, physically, and strategically.

Over 8 weeks, athletes are guided through a structured journey that integrates mindset, leadership, technical development, tactics, statistics, recruiting education, mental performance, and long-term career planning, with a strong focus on pathways within the American volleyball system.

The goal is not only to play better volleyball, but to build athletes who think, lead, and manage their own careers.



CESAR FEIJÃO BENATTI

Cesar Feijão Benatti is a volleyball coach, educator, and mentor with 25+ years of experience developing athletes, coaches, and leaders at every level of the game.

Having worked extensively in Brazil and the United States, Cesar brings a rare blend of international perspective, competitive experience, and educational depth. His career spans youth, club, high school, university, elite performance, and national-team environments, allowing him to understand not only how the game is played — but how people learn, lead, and perform within it.

Cesar currently serves as a Head Volleyball Coach and has also worked within university and formal coach-education settings, bridging applied science with daily coaching reality. His methodology integrates leadership, planning, motor learning, tactical understanding, and performance analysis into a cohesive framework designed to create clarity, autonomy, and sustainable performance.

Rather than relying on isolated drills or rigid systems, Cesar focuses on decision-making, behavior, and learning environments — helping coaches move from reactive coaching to intentional leadership.



Week 1 – Winning Mindset, Behaviors, and Leadership

Performance starts before competition.

This week establishes the foundation of the program by developing the mindset and behaviors that sustain high-level athletes

Focus areas:

- Growth mindset and personal accountability
- Daily behaviors and habits that drive performance
- Leadership through actions, communication, and consistency
- Competitive posture and decision-making under pressure

The objective is to align identity, behavior, and performance.



Week 2 – Individual Technical Development

Technique is approached as a functional tool, not an isolated skill.

Key themes:

- Individual technical development applied to real game demands
- Technical efficiency and adaptability
- Reading the game and adjusting execution
- Athlete autonomy and self-regulation during play

Athletes learn to use technique to solve problems within the game environment.



Week 3 – Tactical Understanding: Playing the Game Better

This week focuses on collective understanding and tactical intelligence.

Athletes will:

- Understand key game systems and tactical structures
- Identify advantages and disadvantages within different systems
- Learn how to be effective even when not the primary option
- Improve decision-making based on game context

The emphasis is on thinking the game, not memorizing plays.



Week 4 – Basic Statistics Applied to Volleyball

Numbers become tools for understanding performance.

Topics include:

- Key performance indicators used in volleyball
- How coaches and programs interpret statistics
- Separating meaningful data from noise
- Using basic data to guide improvement and decisions

The goal is to develop athletes who understand performance through data, without losing the feel of the game.



Week 5 – Recruiting Counseling: Understanding the American System

This module provides a clear and realistic view of the U.S. recruiting landscape, guided by a college coach with 15+ years of experience.

Athletes will learn:

- How recruiting works in the United States
- What college coaches truly evaluate
- Differences between High School, JUCO, and NCAA pathways
- Common recruiting mistakes and how to avoid them
- How to strategically position themselves as recruits

Information becomes clarity and direction.



Week 6 – Integrating Performance: Athlete Identity and Consistency

This week bridges performance domains and prepares athletes for higher competitive demands.

Key topics:

- Integrating technical, tactical, and mental components
- Understanding individual athlete identity
- Building consistency across training and competition
- Managing expectations and competitive roles

The focus is on stability, adaptability, and performance reliability.



Week 7 – Mental Performance

Mental performance is treated as a trainable skill.

Areas of emphasis:

- Focus, attention, and emotional regulation
- Competitive confidence and resilience
- Performing under pressure
- Pre-performance routines and recovery mindset

Athletes learn tools to perform at their best when it matters most.



Week 8 – Roadmap Construction: Pathways in the United States

The final week is fully practical and individualized.

Athletes will:

- Build a personalized roadmap for U.S. pathways (HS, JUCO, NCAA)
- Define short-, medium-, and long-term goals
- Align athletic development with academic and personal planning
- Identify next concrete steps after the program

The mentorship concludes with a clear, realistic, and actionable career plan.



Closing – Action Plan and Next Steps

By the end of the 8-week program, athletes will have:

- A strong performance mindset and leadership foundation
- Improved technical and tactical understanding
- Clarity about recruiting and U.S. pathways
- Mental performance tools for high-pressure environments
- A personalized roadmap guiding their volleyball journey

This program is not an endpoint, but a launchpad for intentional, informed, and sustainable athletic development.

