



ATOMIC Volleyball

Skill: Underhand Serving

Sample Training Sequence

Overview

TEACHING POINTS: (Reference – **Atomic Volleyball: Instructor’s Manual** – p. 49)

- **BODY POSITION:** - NON-DOMINANT FOOT – **forward** (facing target)
- BALL **rests** in NON-DOMINANT HAND

- **HAND POSITION:** - HITTING HAND: thumb away from the hand ('L') – ‘lock’ the wrist
- Contact area – PALM

- **BODY MOTION:** - **Rock back** when the arm is back - weight on the DOMINANT FOOT (back foot) and;
- **Rock forward** weight is **transferred** (front foot) when contacting the ball;
- HITTING ARM swings like a **pendulum** (follow straight through)
- BALL is hit **out of** the NON-DOMINANT HAND with an **open hand** (preferable) @ **waist height**
- FOLLOW THROUGH facing the target (finish **no higher** than **shoulder height**)

COMMON ERRORS: (Reference – **Atomic Volleyball: Instructor’s Manual** – p. 49)

- **BODY POSITION:** - DOMINANT FOOT – **forward;**
- HOLDING THE BALL **too far in front** of the body
(REACHING too far to hit the ball)

- **BODY MOTION:** - THROWING the ball up to hit;
- FOLLOW THROUGH – **across** the body OR **hand above the shoulders;**
- NOT **transferring weight.**

Warm-up: TEAM CHEER – “YES I CAN”

Consequence Tag

Drills / Activities:

- | | | |
|--|--|--------------|
| 1) WARM-UP FOR SHOULDERS | | PARTNERS |
| a) Baseball throw | | (4X - 6X) |
| b) Two handed overhead throw | | (4X - 6X) |
| c) Baseball throw - bounce the ball off the floor | | (4X - 6X) |
| d) Two handed overhead throw - bounce the ball off the floor | | (4X - 6X) |
| 2) REVIEW SERVING POSITION | - Body / Hand | TEAM |
| 3) SIMULATED SERVE | - <i>step & swing</i> | INDIVIDUAL |
| 4) 'BOWLING' | - UNDER the net | PAIRS |
| 5) UNDERHAND TOSS | - OVER the net | PAIRS |
| 6) SERVE TO THE WALL | - partner provides feedback
- <i>is the ball @ waist height on contact?</i>
- <i>is the support hand in front of hitting hand?</i> | PAIRS |
| 7) SERVE IT OVER | - serve & catch | PAIRS / TEAM |
| 8) SERVE IT OVER | - serve & PASS & catch | PAIRS / TEAM |
| 9) SUGGESTED PROGRESSIONS: | - increase distance from the net
- increase the height of the net (badminton / volleyball)
- serve to left side / right side of the court
- serve to front half / back half of the court
- Team Relay A-T-O-M-I-C | |
| 10) Additional activities / drills: | | |
| NOVICE, INTERMEDIATE and ADVANCED LEVELS - | | |
| (Reference – Atomic Volleyball: Instructor's Manual – pp. 51) | | |

Game Patterning & Circulation Volleyball: Activity / Game: **TO, ALONG** and **OVER**

a) 3 on 3

GAME PLAY: 3 on 3 OR 4 on 4

Game Play format: TWO ball

1) Catch & toss; STV*; Volley

2) Pass (*fore arm*); STV; Volley

CONCLUSION: Team Relay Overhead pass / Fore arm pass / Underhand serve

ATOMIC Volleyball

Skill: Underhand Serving

Sample Training Sequence

Detailed plans

Intro / info & expectations:

Volleyball: a game that can be played many years past high school
the ultimate team sport
learning proper technique helps make the game more fun

Goal for the training sessions:

- have fun
- learn proper technique for major skill areas
 - overhead passing; fore arm passing; serving; hitting; blocking
- use the skill in game situations
- learn pattern of ball movement & roles of players

To get the 'most' out of the training requires:

- YOUR best effort;
- YOU try everything,
- YOU Listen carefully;
- YOU ask questions when you're not sure

“Ability is what you’re capable of doing.

Motivation determines what you do.

Attitude determines how well you do it.”

- Lou Holtz

Objectives: To hit the ball over the net with an underhand motion to start the game.

Warm-up: TEAM CHEER – “YES I CAN”

Consequence Tag

Drills / Activities:

- 1) **WARM-UP FOR SHOULDERS** PARTNERS
- a) Baseball throw (4X - 6X)
 - b) Two handed overhead throw (4X - 6X)
 - c) Baseball throw - bounce the ball off the floor (4X - 6X)
 - d) Two handed overhead throw - bounce the ball off the floor (4X - 6X)
- 2) **REVIEW SERVING POSITION – Body / Hand** TEAM (entire group)
- 3) **SIMULATED SERVE** INDIVIDUAL
- Drill progression:
- *No ball*
 - *Step + simulated serving motion - arm swing*
- Drill completion: - *Simulated serves* (5X)
- FOCUS ON:
- Weight transfer & gentle rocking motion
 - Arm swings from the shoulder – Pendulum motion
- 4) **'BOWLING'** - **UNDER** the net PAIRS
- Drill progression: 1 ball/pair
- *Partners on opposite sides of the net, facing one another.*
 - *Partners 3 – 4 steps back from the net*
 - *Step + 'bowl' the ball under the net - arm swing motion*
- Drill completion: 'bowl' the ball back and forth (5X)
- FOCUS ON:
- Weight transfer & gentle rocking motion

5) **UNDERHAND TOSS** - **OVER** the net PAIRS

Drill progression:

- 1 ball/pair
- Step + underhand toss the ball **OVER** the net
- Partners on opposite sides of the net, facing one another.
- Partners 3 – 4 steps back from the net

Drill completion: underhand toss the ball back and forth (5X)

FOCUS ON: Weight transfer & gentle rocking motion

6) **SERVE TO THE WALL** PAIRS

Drill progression:

- 1 ball/pair
- one partner serves; one partner provides feedback
- Partners 5 – 6 steps back from the wall
- Partner providing feedback – behind and to the side of serving partner

Drill completion: Serve the ball to the wall (3X – switch; 2 reps)
Feedback given after each serve

FOCUS / FEEDBACK: ***“Is the ball @ waist height on contact?”***
“Is the support hand in front of hitting hand?”

7) **SERVE IT OVER** Serve & CATCH PAIRS or GROUPS OF 4

Drill progression:

- Partner **A** serves to Partner **B**
- Partner **B** catches the ball – fore arm passing position
- Partner **B** serves to Partner **A** (pairs) or Partner **C** (if groups of 4)
- Partner **A** / Partner **C** catches – fore arm passing position
- Return serve in the opposite direction
- Partners 5 – 6 steps back from the net

Drill completion: serve the ball back and forth 5 X / player

8) SERVE IT OVER

Serve & PASS & Catch

PAIRS or GROUPS OF 4

Drill progression:

- Same as above + receiving partner fore arm passes ball to themselves
- Partner **A** serves to Partner **B**
- Partner **B** fore arm passes the ball to themselves & catches the ball
- Partner **B** serves to Partner **A** (pairs) or Partner **C** (if groups of 4)
- Partner **A** / Partner **C** passes the ball to themselves & catches the ball
- *Partners 5 – 6 steps back from the net*

Drill completion:

serve the ball back and forth

5 X / player

9) SUGGESTED PROGRESSIONS:

- increase distance from the net
- increase the height of the net (badminton / volleyball)
- serve to left side / right side of the court
- serve to front half / back half of the court
- Team Relay **A-T-O-M-I-C**

Team members earn a 'letter' (towards spelling – ATOMIC) for each successful completion of:

- a) SERVE & retrieve;
- b) Serve & CATCH;
- c) Serve & PASS & Catch

Game Patterning & Circulation Volleyball:

Activity / Game: TO, ALONG and OVER

Review ball movement pattern / Review player movement pattern

N. B. DON'T LET THE BALL HIT THE FLOOR!

3 on 3: Player positioning: Player 1 (**P1**) 'back row';
Player 2 (**P2**) 'power' (front lt.)
Player 3 (**P3**) 'setter' (front rt.)

Modifications / Adaptations: 1st / 2nd / 3rd contacts

- (1st) Toss – (2nd) STV – (3rd) VOLLEY – **ROTATE POSITIONS;**
- (1st) STV – (2nd) STV – (3rd) VOLLEY – **ROTATE POSITIONS;**
- (1st) PASS (*Overhead or Fore arm*) - (2nd) STV – (3rd) VOLLEY – **ROTATE POSITIONS**

Game Play: TWO Ball - 3 on 3 OR 4 on 4

1st ball initiated with a serve (player); 2nd ball - initiated with a toss (Coach) to a backrow player:

1 serve & 1 toss to each team – serve alternates between teams after every TWO ball sequence

e. g., TWO ball sequence:

Ball 1 - Team A serves to Team B – RALLY FOR THE POINT

Ball 2 – Coach tosses a ball to Team B – RALLY FOR THE POINT;

Serve alternates to Team B (rotate in a new server and . . .)

Ball 1 - Team B serves to Team A – RALLY FOR THE POINT

Ball 2 – Coach tosses a ball to Team A – RALLY FOR THE POINT;

Serve alternates to Team A (rotate in a new server and . . .)

‘Ball movement’ options:

- | | | |
|--------------------------------|----------------|-------------------|
| a) P1: <u>Catch & Toss</u> | P2: <u>STV</u> | P3: <u>VOLLEY</u> |
| b) P1: <u>STV</u> | P2: <u>STV</u> | P3: <u>VOLLEY</u> |
| c) P1: <u>PASS</u> (Fore arm) | P2: <u>STV</u> | P3: <u>VOLLEY</u> |

RELAY: Teams of 4 - 6

- Line up in single file on end line.
- 1st player runs to net with a ball - @ net STV (1X) & Fore arm pass to self (1X) + catch, then;
- With the ball, runs under the net to the far wall – touches the ball to the wall;
- Player returns towards the net, stops and underhand serves the ball over the net to the team member at the front of the line;
- The player at the front of the line ‘collects’ the team ball;
- The player at the front of the line can leave the line and repeat the ‘drill’ once the 1st teammate has crossed the original start line;
- Continue until every team member has completed the sequence of ‘drills’.

Conclusion: Review: Underhand serving technique
HYDRATION – take in water during each break; before bed & 1st thing in the morning; 1 hr prior to coming to training session.

TEAM CHEER!