

ATOMIC SMASHBAL

TRAINING SUGGESTIONS & RESOURCES

GAME PLAY & SKILL DEVELOPMENT

Background: Smashbal

- is a volleyball game-play variation that emphasizes attacking (hitting/spiking).
- off of an ATTACK - the receiving team can *catch* the ball directly, OR after the ball bounces once, and still continue the rally.
- off of a SERVED or TOSSED ball - the receiving team is expected to catch/play the ball directly (no bounce).

NOTE: introductory progressions use a CATCH & TOSS method for ball movement ('passing') between players.

as the players' skills improve they should be encouraged to progress (transition) to the use of volleyball skills for all contacts ('passes') during game play.

Note: These training suggestions are also available in chart form.

Refer to: ***Atomic Smashbal Game Play-Skill Progressions Summary Sheet***

Session #1:

Skill introduced - Attack (Spike) - *Arm swing*

Game play - **Level 1** - 2 v 2

Game play Format - **1 (one) ball**

Contact progression

- 1st contact - **Toss to Self & Attack**
- 2nd contact - None
- 3rd contact - None

Game play description

- Teams of 3 or 4
- *Circulation (rotate in & rotate out)*

Session #2:

Skill introduced

- OH pass
- Attack (Spike) - *Arm swing*

Game play - **Level 2** - 2 v 2

Game play Format - **1 (one) ball**

Contact progression

- 1st contact - Catch & toss
- 2nd contact - **Catch; Toss to Self & Attack**
- 3rd contact - None

Game play description

- Teams of 3 or 4
- *Circulation (rotate in & rotate out)*

- Session #6:**
- Skill introduced**
 - Attack (Spike): Approach & Arm swing
 - Underhand serve
 - Game play – Level 6** - 3 v 3
 - Game play Format** - **2 (two) ball**
 - Contact progression**
 - Ball 1**
 - 1st contact - Catch & toss (to the net)
 - 2nd contact - Catch - Toss to Self - Overhead pass (along the net)
 - 3rd contact - Stand & Attack (Spike) OR Jump & Attack (Spike)
 - Ball 2**
 - 1st contact - **Fore arm pass**
 - 2nd contact - Catch - Toss to Self - Overhead pass (along the net)
 - 3rd contact - Stand & Attack (Spike) OR Jump & Attack (Spike)
 - Game play description**
 - Initiate - **Ball 1** - player SERVE;
 - **Ball 2** - coach TOSS
 - Regular rotation – teams rotate when the 2-ball sequence is initiated from their side
 - Teams of 3 or more

Background: Two ball

- game is divided into a series of **two ball** sequences:
 - BALL 1** - initiated by player; teams rally for a point
 - BALL 2** - initiated by coach toss (*simulated* serve); teams rally for a point.
- the two ball sequence (**Ball 1** – serve; **Ball 2** - toss) alternates between teams after EACH sequence of two balls, regardless of which team scores.
- BALL 1 / BALL 2 are directed to the **same team**;
 - e.g., **Sequence #1:**
 - **BALL 1** – Served to team **A**; teams rally for a pt. (*Team B player serves to Team A*)
 - **BALL 2** - Tossed to team **A**; teams rally for a pt. (*Team A coach tosses to Team A*)
 - Sequence #2:** (*Players on Team A rotate one position*)
 - **BALL 1** – Served to team **B**; teams rally for a pt. (*Team A player serves to Team B*)
 - **BALL 2** - Tossed to team **B**; teams rally for a pt. (*Team B coach tosses to Team B*)
 - Sequence #3:** (*Players on Team B rotate one position*)
 - repeat Sequence #1.
 - Sequence #4:** (*Players on Team A rotate one position*)
 - repeat Sequence #2.
- Sequences alternate until the game is concluded.

Session #7:	Skill introduced	- Overhand serve - Attack (Spike): Approach & Arm swing																											
	Game play	- Level 7 - 3 v 3																											
	Game play Format	- Triple ball																											
	Contact progression	<table border="0"> <tr> <td>Ball 1</td> <td>- 1st contact</td> <td>- Catch & toss (to the net)</td> </tr> <tr> <td></td> <td>- 2nd contact</td> <td>- Catch & 'Push' ball (along the net)</td> </tr> <tr> <td></td> <td>- 3rd contact</td> <td>- Jump & Attack OR Approach, Jump & Attack</td> </tr> <tr> <td>Ball 2</td> <td>- 1st contact</td> <td>- Fore arm pass</td> </tr> <tr> <td></td> <td>- 2nd contact</td> <td>- Catch - Toss to Self - Overhead pass (along the net)</td> </tr> <tr> <td></td> <td>- 3rd contact</td> <td>- Jump & Attack OR Approach, Jump & Attack</td> </tr> <tr> <td>Ball 3</td> <td>- 1st contact</td> <td>- Fore arm pass</td> </tr> <tr> <td></td> <td>2nd contact</td> <td>- Catch - Toss to Self - Overhead pass (along the net)</td> </tr> <tr> <td></td> <td>3rd contact</td> <td>- Jump & Attack OR Approach, Jump & Attack</td> </tr> </table>	Ball 1	- 1 st contact	- Catch & toss (to the net)		- 2 nd contact	- Catch & 'Push' ball (along the net)		- 3 rd contact	- Jump & Attack OR Approach, Jump & Attack	Ball 2	- 1 st contact	- Fore arm pass		- 2 nd contact	- Catch - Toss to Self - Overhead pass (along the net)		- 3 rd contact	- Jump & Attack OR Approach, Jump & Attack	Ball 3	- 1 st contact	- Fore arm pass		2 nd contact	- Catch - Toss to Self - Overhead pass (along the net)		3 rd contact	- Jump & Attack OR Approach, Jump & Attack
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	Game play description	- Initiate <ul style="list-style-type: none"> - Ball 1 - player SERVE; - Ball 2 - coach TOSS; - Ball 3 - coach TOSS; - Regular rotation – teams rotate when the triple ball sequence is initiated from their side																											

Background: Triple ball:

- game is divided into a series of **triple ball** (3 ball) sequences:

- **BALL 1** - initiated by player; teams rally for a point
- **BALL 2** - initiated by coach toss (*simulated serve*); teams rally for a point.
- **BALL 3** - initiated by coach toss (*simulated serve*); teams rally for a point.

- the triple ball sequence (**Ball 1** – serve; **Ball 2** – toss; **Ball 3** - toss) alternates between teams after **EACH** sequence of 3 balls, regardless of which team scores.

- e.g., **Sequence #1:**

- **BALL 1** - Served to team A; teams rally for a pt. (*Team B player serves to Team A*)
- **BALL 2** - Tossed to team A; teams rally for a pt. (*Team A coach tosses to Team A*)
- **BALL 3** - Tossed to team B; teams rally for a pt. (*Team B coach tosses to Team B*)

Sequence #2: (*Players on Team A rotate one position*)

- **BALL 1** - Served to team B; teams rally for a pt. (*Team A player serves to Team B*)
- **BALL 2** - Tossed to team B; teams rally for a pt. (*Team B coach tosses to Team B*)
- **BALL 3** - Tossed to team A; teams rally for a pt. (*Team A coach tosses to Team A*)

Sequence #3: (*Players on Team B rotate one position*)

Sequence #1 is repeated.

Sequence #4: (*Players on Team A rotate one position*)

Sequence #2 is repeated.

- Sequences alternate until the game is concluded.

