

Skill: Fore arm passing

Sample Training Sequence

Overview

TEACHING POINTS: (Reference - **Atomic Volleyball: Instructor's Manual** – p. 41)

- [Coaching Resources: Fore arm passing video](#)

- **BODY POSITION:** Weight forward; Feet - 'shoulder-width' apart (*Split step*)
Legs are bent with knees ahead of toes;
Shoulders over the knees;
'Roll' shoulders forward (*Shoulder 'shrug'*).
- **HAND POSITION:** Overlap hands or 'fist-in-fist';
Thumbs are parallel
Thumbs point to the floor
- **ARM POSITION:** *Hands are NOT brought together until:*
Arms are straight
Platform (*fore arms*) are behind the ball
Arms (hands) are away from the body

COMMON ERRORS: (Reference - **Atomic Volleyball: Instructor's Manual** – p. 41)

- [Coaching Resources: Fore arm passing video](#)

- **BODY POSITION:** 'Standing up' to pass
- **HAND POSITION:** 'Interlocking' fingers when putting hands together;
Thumbs are not parallel
- **ARM POSITION:** *Bent* arms;
Arms (Hands) are not away from the body
Swinging arms at the ball

Warm-up: for suggestions of games refer to the Sask Volleyball web site:

Coaches --- Resources to help You Coach --- Atomic Volleyball --- Warm Up Games (*list of 14 different games*)

Drills / Activities:

1) REVIEW

Forearm passing position – **BODY / HANDS / ARMS**

- | | | |
|-------------------------------------|--|--------------------------|
| 2) SELF-TOSS & CATCH | a) Arms straight + Ball at or below 'belly button' height
b) Arms straight + Hands away from body | INDIVIDUAL
INDIVIDUAL |
| 3) TOSS & CATCH | (Focus - proper <i>BODY POSITIONING: FEET / LEGS / SHOULDERS</i>) | PAIRS |
| 4) BUTTERFLY DRILL | Catch & Toss to target | TEAM (entire group) |
| 5) REVIEW | Forearm passing position – HANDS / ARMS | TEAM (entire group) |
| 6) TOSS & PASS | Stationary - kneeling position;
- standing position | PAIRS |
| 7) TOSS & PASS | Movement: 'Touch-up' (forward-backward - <u>LINEAR</u> pass) | PAIRS |
| 8) TOSS & PASS | Movement: Lateral (side to side - <u>LINEAR</u> pass) | Groups of 3 |
| 9) TOSS & PASS | Movement: Lateral (side to side - <u>DIAGONAL</u> pass) | Groups of 3 |
| 10) BUTTERFLY DRILL | PASS to target | TEAM (entire group) |
| 11) STV* & PASS | (Overhead pass + Fore arm pass combination)
*STV – Self-Toss & Volley | PAIRS |
| 12) PASS TO ME, PASS IT OVER | | PAIRS |

13) SUGGESTED PROGRESSIONS:

- a) Stationary passing: Change distances
- b) Movement: Forward / Backward
Lateral: side to side
Diagonal passing – 'dip the shoulder'
Passing from back row positions to position 2 (*setter's position/front rt. side*)
- c) Pass a 'served' ball: Toss by coach
Underhand serve
Overhand serve

14) GAME PLAY: Atomic Smashbal – Level 6; 7; 8

Reference: Atomic SMASHBAL Training suggestions & Resources

OR

Refer to the Sask Volleyball web site:

- a) **INDOOR --- Developmental Programs --- Training Resources**
- b) **INDOOR --- Developmental Programs --- Gameplay Progressions**

Skill: Fore arm passing

Sample Training Sequence

Detailed plans

(Reference - **Atomic Volleyball: Instructor's Manual** – p. 41)

- [Coaching Resources: Fore arm passing video](#)

“Ability is what you're capable of doing.

Motivation determines what you do.

Attitude determines how well you do it.”

- Lou Holtz

Warm-up: Game of Tag or another game that will encourage movement

Game: “RED LIGHT – GREEN LIGHT” - ‘Ready to run – Ready to pass’- moving forward / backward

Drills / Activities: **NOTE:** Drill repetition ‘numbers’ are suggested *minimums*

1) REVIEW forearm passing position – BODY / ARMS

TEAM (entire group)

- **BODY POSITION:** Weight forward; Feet are ‘shoulder-width’ apart (***Split step***)
Legs are bent with knees ahead of toes;
Shoulders over the knees;
‘Roll’ shoulders forward (***Shoulder ‘shrug’***);
Hips & shoulders ‘directed’ to the oncoming ball
- **ARM POSITION:** *Hands are NOT brought together until:*
 - Arms are straight
 - Platform (*fore arms*) are behind the ball
 - Arms (*hands*) are away from the body

2) SELF-TOSS & CATCH

INDIVIDUAL

Drill progression: **Self-toss** – underhand (*2 hands*)

- vary the height of each toss (*head height / net height / antennae height*)
- catch the ball at **BELLY BUTTON HEIGHT OR LOWER** (*above the knees*)

Drill completion:

- a) toss & catch (5X)
- b) same as above + **STRAIGHT ARMS & HANDS AWAY FROM BODY** (5X)
- c) same as above + **PROPER BODY POSITION** (5X)

3) TOSS & CATCH

PAIRS

Drill progression: **Partners toss** – underhand (2 hands)

- 4 – 5 steps distance between partners (*same side of the net*)
- vary the height of each toss
- ‘receiving’ partner catches the ball at **BELLY BUTTON HEIGHT OR LOWER** (*above the knees*)

Drill completion: *Toss & Catch*

FOCUS ON:

- a) straight arms & hands away from body (5X – switch roles)
- b) proper body position - catch at **BELLY BUTTON HEIGHT OR LOWER** (*above the knees*) (5X)

4) BUTTERFLY DRILL (*‘Follow the ball’*)

TEAM (entire group)

Drill progression: **Coaches** toss – coach & ‘catcher’ - opposite sides of the net
– 2 coaches / 2 **catching** lines / 2 targets

(Reference – **Atomic Volleyball: Instructor’s Manual** – p. 43)
– [Explanation of Butterfly Passing Drill - video](#)

- catch the ball – hands, arms and body, in fore arm passing position
- toss the ball to the target (*player in setter position*) – **move to become the target**
- ‘feed’ ball to coach (*same side of the net*)
- run to opposite side of net to the ‘catching’ line
- repeat the catch/toss/feed/run progression
- players 5 – 7 m from the net

Drill completion:

- a) Coaches toss to the 1st person in ‘line’ (3X through the ‘line’)
- b) Players move from: catching – target – feed – catching . . .

5) REVIEW forearm passing position – HANDS & ARMS

TEAM (entire group)

- **HAND POSITION:** Overlap hands or fist-in-fist;
Thumbs are parallel
Thumbs point to the floor
- **ARM POSITION:** *Hands are NOT brought together until:*
 - Arms are straight
 - Platform (**fore arms**) are behind the ball
 - Arms (**hands**) are away from the body
- **CONTACT POINT:** 5 – 10 cm above the wrist

6) TOSS & PASS

- Stationary

PAIRS

Drill progression: **Partner** tosses – partners - same side of the net

***TEACHING NOTE:** ALL arm movement is at the **shoulders**

- i. Passing from **knees**
 - 2 – 3 steps distance between partners
 - Toss is 'in front' of the passer (*passer should 'reach out' to pass*)
 - pass the ball at **BELLY BUTTON HEIGHT OR LOWER** (*above the knees*)
- ii. Passing from **standing position**
 - 3 – 4 steps distance between partners
 - Toss is 'in front' of the passer (*passer should 'reach out' to pass*)
 - pass the ball at **BELLY BUTTON HEIGHT OR LOWER** (*above the knees*)

Drill completion:

- a) Passing from knees (5X – switch roles)
- b) Passing from standing position (5X – switch roles)

7) TOSS & PASS

– Movement: **'Touch-up'** (*forward - backward - LINEAR pass*) PAIRS

Drill progression: **Partner** tosses – partners - same side of the net

TEACHING NOTE: Passer must be STOPPED to pass
Passer must use proper passing technique:
Body / arms / hands

- Partner **A** {*tosser*} (*with back to net*) – holds ball
- Partner **B** {*passer; 4 – 5 steps away from the net*} runs towards Player **A**:
 - touches the ball (**'touch-up'**);
 - runs backwards away from the net;
 - stops to receive the toss when Partner **A** slaps the ball
- Partner **A** tosses the ball to Partner **B**
- Partner **B** passes the ball to Partner **A**
- *Repeat:* touch-up / run back / slap ball / toss / pass / catch / touch-up . . .
- Tosser should vary the distance the passer travels backwards to pass

Drill completion:

- a) 'Touch-up' - Toss – Pass - Catch (5X – switch roles)

8) **TOSS & PASS** – Movement: **Lateral** (side to side- **LINEAR** pass) Groups of 3

Drill progression: **Partners** toss – ALL partners - SAME side of the net

TEACHING NOTE: Passer must be STOPPED to pass
Passer must use proper passing technique:
Body / arms / hands

- Partner **A** & Partner **B** (backs to net; side-by-side: 1 – 2 steps apart) – each hold a ball
- Partner **C**
 - 4 – 5 m distance back from the net;
 - stands directly across from Partner **A**;
 - receives a toss from Partner **A** and passes back to Partner **A**;
 - shuffle step sideways to be directly across from Partner **B**
 - receives a toss from Partner **B** and passes back to Partner **B**;
 - shuffle step sideways to be directly across from Partner **A**
 - Repeat the toss-pass & shuffle / toss-pass & shuffle

Drill completion:

- a) Pass to **A** + pass to **B** = **1 X** (5 X – switch roles)

9) **TOSS & PASS** – Movement: **Lateral** (side to side- **DIAGONAL** pass) Groups of 3

Drill progression: **Partners** toss – ALL partners - SAME side of the net

TEACHING NOTE: Passer must be STOPPED to pass
Passer must use proper passing technique:
Body / arms / hands
Passer ‘dips’ the shoulder in the *direction of the pass*

- Partner **A** & Partner **B** (backs to net; side-by-side: 1 – 2 steps apart – **1 ball**)
- Partner **C**
 - 4 – 5 m distance back from the net;
 - stands directly across from Partner **A**;
 - receives a toss from Partner **A** and passes to Partner **B**;
 - shuffle step sideways to be directly across from Partner **B**
 - receives a toss from Partner **B** and passes to Partner **A**;
 - shuffle step sideways to be directly across from Partner **A**
 - Repeat the toss-pass & shuffle / toss-pass & shuffle.

Drill completion:

- a) Pass to **B** + pass to **A** = **1 X** (5 X – switch roles)

10) **BUTTERFLY DRILL** (*'Follow the ball'*) **PASS** to target TEAM (entire group)

Drill progression: **Coaches** toss – coach & PASSER - opposite sides of the net
- 2 coaches / 2 **passing** lines / 2 targets

(Reference – **Atomic Volleyball: Instructor's Manual** – p. 43)
- [Explanation of Butterfly Passing Drill - video](#)

- PASS the ball to the target (*player in setter position*) – **move to become the target**
- 'target' catches the ball and then 'feeds' ball to coach (*same side of the net*)
- run to opposite side of net to the 'passing line
- repeat the pass -> target-> feed -> run to the 'opposite side' progression
- players 5 – 6 m from the net

Drill completion:

- a) Coaches toss to the 1st person in 'line' (3X through the 'line')
- b) Players move from: passing – target – feed – passing . . .

11) **STV* & PASS** (*Overhead pass + Fore arm pass combination*) PAIRS
(***STV – Self-Toss & Volley**)

Drill progression: Partners - opposite sides of the net; facing each other

- Partners are 2 – 3 steps back from the net
- Partner **A** – STV the ball over the net to Partner **B**
- Partner **B** – fore arm pass to self; catch the 'pass'
- Partner **B** – STV the ball over the net to Partner **A**
- Partner **A** – fore arm pass to self; catch the 'pass'

Drill completion:

- a) Partner **A** to Partner **B**; Partner **B** to Partner **A** = 1X (10X)

12) **PASS IT OVER, PASS TO ME** (*Overhead pass + Fore arm pass combination*) PAIRS

Drill progression: Partners - opposite sides of the net; facing each other

- Partners are 2 – 3 steps back from the net
- To initiate . . . Partner **A** – STV the ball **over the net** to Partner **B**
- Partner **B** – fore arm **pass to self** and overhead PASS the ball back to Partner **A**
- Partner **A** – fore arm pass to self and overhead PASS the ball back to Partner **B**

Drill completion:

- a) Partner **A** to Partner **B**; Partner **B** to Partner **A** = 1X (10X)

13) SUGGESTED PROGRESSIONS:

- a) Stationary passing: Change distances
- b) Movement: Forward / Backward
Lateral: side to side
Diagonal passing – ‘dip the shoulder’
Passing from back row positions to position 2 (*setter’s position/front rt. side*)
- c) Pass a ‘served’ ball: Toss by coach
Underhand serve
Overhand serve

14) GAME PLAY: Atomic Smashbal – Level 6; 7; 8

Reference: [Atomic SMASHBAL Training suggestions & Resources](#)

OR

Refer to the Sask Volleyball web site:

- a) INDOOR --- Developmental Programs --- Training Resources
- b) INDOOR --- Developmental Programs --- Gameplay Progressions

Smashbal - Level 6 - 3 v 3

Game play Format - **2 (two) ball**

Contact progression

- Ball 1** - 1st contact - Catch w Split-step & toss
- 2nd contact - Catch & Self-Toss & Volley (**STV**)
- 3rd contact - Jump & Attack (Spike)

- Ball 2** - 1st contact - **Fore arm pass**
- 2nd contact - Catch & **STV**
- 3rd contact - 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 (*3 players on the court at a time*)

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 (serve / 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.