

# SMASHBAL - FUNDamentals

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

## Session 1

**WARM-UP:** Name game Toss to a team member and name the recipient

**ACTIVITY:** **WALK LIKE A . . .**

*Lead or assign a player to lead children in making different locomotion movements around the gym for a couple of minutes*

• Movements can include: walk, skip, jump with one foot, jump with two feet, roll on the ground, stretch to touch the ceiling, jumping jacks, lunge, side steps, hip rotation, etc., ...

**DYNAMIC EXERCISES:** (To the net and back)

- Jog
- High knees
- Butt kicks
- Knee hugs – *lift from under the knee*
- Running backwards – *leaning forward*
- Shuffle – defensive position
- Arm circles – fwd arm circles / backwd arm circles
- Funky Chicken
- Sprint (2X)

**GAME:**

**BEAT YOUR RECORD** – (A): *Cooperation* – same side of the net

**Goal:**

- To see how many times each team can catch the ball before the ball is dropped. That's the record to beat
- Each team tries to get a higher score (Try to beat their own record)

**How to Play:**

- With a partner, children establish a playing area separated by a rope on the floor and marked with pylons (or floor lines)
- Play a cooperative game of throw and catch with a ball, while staying within their playing area
- Count each time the ball is caught without being dropped

**Tactical Talk**

- Q: Where did you send the ball to keep the rally going?
- A: I threw the ball to my partner on the other side
- Q: How did you throw the ball to make it easier for your teammate to catch it?
- A: I used two hands and threw the ball like a rainbow
- Q: How did you catch the ball?
- A: I was in a ready position, move towards the ball and used two hands

**SKILL ACTIVITY:** **THROW & CATCH** – Beginner (individual)

**Goal:**

- Throw and catch a ball in various ways and as many times as possible

**How to Play:**

- Each child is given a ball and stands in their playing area  
(playing area marked by floor lines / pylons / rope)
- Each child attempts to throw and catch the ball in the following ways:

**Throw**

- Throw the ball with two hands **to** different heights (e. g., to their forehead, to the height of a basketball rim, to the ceiling)
- Throw the ball with two hands **from** different heights (e. g., from above their head, their waist, low to the ground)
- Throw the ball using **one** hand (right hand . . . left hand, alternate right-left-right-left)
- Throw the ball using **one** hand then **two** hands (alternate between the two)
- Create other ways to throw the ball

**Catch**

- Catch the ball with both hands at different heights (e. g., at their forehead, waist, low to the ground, with arms outstretched in front, like a forearm pass)
- Clap their hands before catching the ball
- Turn before catching the ball (e. g., half-turn, full turn)
- Catch the ball behind their back or neck
- Create other ways to catch the ball

**What to Look For:**

- Emphasize ball control
- Encourage consistency in the tosses
- Encourage movement behind or under the ball
- Help children understand the concept of keeping the ball off the floor, by imagining that the ball is a breakable object such as a light bulb

**Variations:**

- Play a game of “Simon Says” using different ball handling variations

**Easier**

- Use lighter and/or larger balls
- Reduce the size of the playing space

**Harder**

- Use smaller balls
- Increase the size of the playing area
- Limit the amount of time the children keep the ball in their hands before tossing it again
- Children toss the ball in the air, then touch one, two or three different body parts before catching the ball

## GAME:

### BEAT YOUR RECORD – (B): *Competition* – same side of the net

#### Goal:

- Beat your team's record in maintaining a rally and begin to throw the ball to open spaces

#### How to Play:

- Each team tries to beat their record from the previous game
- Add a **competition** between the two players. Each child attempts to throw the ball to an open space on the opponent's playing area

#### What to Look For

- Move positively towards the ball in different directions

## GAME:

### 1X1 (Beginner) – A – *Cooperation* – opposite sides of the net

#### Goal:

- Throw the ball back and forth as many times as possible

#### How to Play:

- With a partner, throw and catch the ball **over the net**

#### Tactical Talk:

- Q: What did you do to achieve your goal with your partner?
- A: I moved quickly behind the ball to catch it and try to throw it to my partner
- Q: How did you throw the ball to send it over the net and successfully to your partner?
- A: I have to throw the ball like a rainbow, not too high towards the sky (it will not go over the net) and not too low and forward (it will go into the net)
- Q: How do you react when your partner misses the ball?
- A: I get frustrated because s/he misses a lot
- Q: What can you do to make your partner more successful?
- A: I can try to send the ball to her/him and make it easier for her/him to catch

#### Variations:

- Increase the distance (off the net) from which the children must toss the ball
- Use an underhand toss (1 hand / 2 hands)
- Use an overhead toss (1 hand / 2 hands)
- Use an underhand catch
- Use an overhead catch

## SKILL ACTIVITY: ROCKET LAUNCHER – (Underhand toss)

### Goal:

- Send the ball over the net using **2-handed underhand** throws

### How to Play:

- Entire group begins on one side of the playing area (*start ~ 1 - 2 m back from the net*)
- Arrange the children in a line across the court (*~1m separating the children*)
- Imagine they are trying to send a rocket into the air
- At the instructor's signal, children attempt to send the ball over the net, then retrieve their ball before returning to the starting point
- All children must be on the same side of the net before they can send the ball a second time
- Request children to: **2-handed underhand throw (like a rainbow)**
- After **three consecutive throws** over the net, each child takes one step back from his/her starting position

### What to Look For:

- Have the children adjust their point of contact (above the forehead) in order for them to succeed putting the ball over the net.  
*For instance, if the ball is contacted in front of the face, then the ball will most likely go into the net whereas if the ball is contacted above the head, the ball will most likely go upwards and not cross the net.*

### Variations:

- Have children toss and hit the ball over the net, then run under the net to catch the ball before it touches the floor on the other side
- Replace the throw with a **toss to self then hit the ball** with 2-handed overhead and/or 1-hand overarm (right/left hand)
- Add **targets** on the other side of the net (front half/back half; left side/right side of the court)

## GAME: SMASHBALL – (Beginner) - A

(Sask Volleyball – Level 1)

### Goal:

- Rally the ball back and forth within the playing space

### How to Play:

- Teams of 2 on the court
- Player 1 starts by tossing the ball over the net
- Player 1 and 2 on the opposite side try to catch the ball (*one bounce allowed*) before the ball touches the floor
- Player who catches the ball then runs up to the net to toss it over the net
- The hit must bounce within the playing boundaries
- The goal is to rally the ball between teams as many times as possible

### **Tactical Talk:**

- Q: Did you achieve your goal to rally the ball back and forth? Why or why not?
- A: Open answers
- Q: What could you have done differently to keep the ball in play?
- A: “Call” the ball, move behind the ball before catching/playing it
- Q: What can you do when you don’t have the ball?
- A: Player 1: Get into ready position in the middle of the court as soon as your team hit the ball over the net.  
Player 2: Move with partner in support of his/her actions. When I don’t have the ball I can show that I support what s/he does, get into ready position in the middle of the court as soon as I’ve hit the ball over the net
- Q: What can you do to avoid having the ball fall in between both of you?
- A: Call the ball, be confident in myself, and explore other solutions as a team

### **Variations:**

#### **Easier**

- Use bigger/lighter ball
- Allow two bounces
- Roll the ball to partners who are visually impaired

#### **Harder**

- Increase court size
- Roll the ball to partners who are blindfolded to increase awareness of various types of challenges

## **GAME:**

### **SMASHBALL – (Beginner) - B – Competitive**

**(Sask Volleyball – Level 1)**

#### **Goal:**

- 3 consecutive passes over the net, followed by scoring

#### **How to Play:**

- Repeat game A as previous
- Teams must perform 3 consecutive tosses over the net (and into the opponent’s court), before attempting to score a point
- A point is scored if the ball bounces twice, if a toss goes into the net or bounces outside the playing boundaries

#### **What to Look For:**

##### **Player 1:**

- “Call” the ball and take initiative to move behind the ball before catching/playing it
- Move and get into a position to hit the ball over the net
- Move quickly into ready position in the middle of the court after hitting the ball

##### **Player 2:**

- Move and follow your partner in his/her actions
- Move quickly into ready position in the middle of the court after hitting the ball

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### Session 2

#### WARM-UP: ACTIVITY:

#### ANTS IN YOUR PANTS

##### Goal:

- Move forward, backward and laterally

##### How to Play:

- Children spread out across the gym, leaving at least an arm's length of space between each other (*with larger numbers of children, have two lines, separated by ~ 1.5 - 2m*)
- They stand in a dynamic position as if they carry an extra-large pizza in their arms or riding a motorcycle
- Facing the children, instructor points in various directions (*lt. side or rt. side, front or back*) and children move in that direction, always keeping that ready position while moving
- After each 10 to 15 seconds, take short breaks, to let the children recuperate

##### What to Look For:

- Look to ensure they keep the ready position while they move in different directions (knees bent, shoulders forward {*always facing the instructor*}, arms in front, palms up)

#### DYNAMIC EXERCISES: (To the net and back)

- Jog (2X)
- High knees
- Butt kicks
- Knee hugs – lift from below
- Running backwards
- Shuffle – defensive position
- Arm circles – fwd / backwd
- Funky Chicken
- Sprint (2X)
- Leg kicks @ net or wall

#### GAME:

**1X1** (Beginner) – **A** – *Cooperation* – opposite sides of the net

##### Goal:

- Throw the ball back and forth as many times as possible

##### How to Play:

- With a partner, throw and catch the ball **over the net**
- Add variations from Session 1 game play

*e. g., increase the distance from the net  
underhand toss – overhead catch*

### **Tactical Talk:**

- Q: What did you do to achieve your goal with your partner?
- A: I moved quickly behind the ball to catch it and try to throw it to my partner
- Q: How did you throw the ball to send it over the net and successfully to your partner?
- A: I have to throw the ball like a rainbow, not too high towards the sky (it will not go over the net) and not too low and forward (it will go into the net)
- Q: How do you react when your partner misses the ball?
- A: I get frustrated because he misses a lot
- Q: What can you do to make your partner more successful?
- A: I can try to send the ball to him and make it easier for him to catch

### **Variations:**

- Increase the distance (off the net) from which the children must toss the ball
- Use an underhand toss (1 hand / 2 hands)
- Use an overhead toss (1 hand / 2 hands)
- Use an underhand catch
- Use an overhead catch

## **SKILL ACTIVITY:**

### **BODY PARTS**

#### **Goal:**

- Explore **contacting** the ball with different body parts

#### **How to Play:**

- Each child with ball, stands in a designated area in the gym.
- S/he experiments throwing, hitting and catching the ball using various body parts.

#### ***Some activities to try:***

- Throw the ball and hit it with:
  - the right/left hand; open/closed hand; inside/outside of foot, elbow, arm, knee, leg, head, etc., then catch it before it touches the ground
- Throw the ball into the air and hit it straight up twice or more, before it touches the ground
- Hit the ball up to a predetermined height  
(e. g., very low – no higher than the instructor’s head)
- Throw, hit, then catch the ball between elbows, knees, etc.
- Juggle the ball (hot potato)
- Create other ways to throw, hit and catch the ball

#### **What to Look For:**

- Emphasize the **importance of catching the ball**
- Emphasize ball control
- Encourage the children to strike the ball only hard enough to get the desired outcome
- Encourage movement behind or under the ball

#### **Variations:**

- Play a game of “Simon Says” using different ball handling variations
- Play a game of “Follow the Leader” using different ball handling variations
- Instead of catching the ball, children must continue to strike the ball in a controlled manner using various body parts and at different heights
- With a partner, toss and catch at various heights and with different body parts

## GAME:

**1X1** (Beginner) (B) – *Competition* – opposite sides of the net

### Goal:

- Pass the ball back and forth as many times as possible

### How to Play:

Repeat game A with the following variations:

- Add competition between players
- Add players to each team

### What to Look For:

- Look for children's attitude, posture when his or her partner makes mistake
- Reinforce positive behaviour and give suggestions on how to transform negative behaviours into positive behaviours towards oneself and their partner

### Variations:

#### Easier

- Use bigger/lighter balls
- Lower the height of the net or space divider
- Roll the ball to partners who are visually impaired and have them catch and toss the ball to partner

#### Harder

- Increase the height of the net or space divider
- Increase the distance (off the net) from which the children must throw the ball
- Self-toss and hit the ball above the forehead (one or two hands)

## GAME:

### THE MESSENGERS - A

#### Goal:

- Pass (underhand toss) as many messages (balls) as possible to your partners over the interceptors (opponents in the middle)

#### How to Play:

- Team A "The Messengers" must transfer the balls from one ball cart to another by throwing the ball to their partner without having it be intercepted by "the interceptors" (players in the middle). If the message is successfully received, players put the ball in the ball cart on their side of the court
- Team B "The Interceptors" try to intercept the messages (by staying in their zone). If they succeed in intercepting the ball, they put the ball in their designated cart
- The team with the most balls wins
- Rotate players to play different roles

#### Tactical Talk:

- Q: What did you do to successfully transfer your message?
- A: I threw the ball high, I communicated with partners on the other side of the interceptors
- Q: How did you send the ball to your partners?
- A: I must aim not too high and not too low, just enough to get the ball over the interceptors.



### What to Look For:

- Emphasize the importance of working with partners on the other side of the interceptors by communicating (using the body, the eyes, the face, words)
- Messengers: Encourage the children to throw/hit the ball only hard enough to get the desired outcome (not too far)
- Catcher: Encourage movement behind or under the ball, catch with 2 hands
- Interceptors: quick feet, quick change of directions (side to side)

### Variations:

- Messengers (throwers): Increase the distance (from the interceptors) from which the children must throw the ball.
- Messengers (catchers): Try to catch the ball underhand / overhead before it touches the floor

## GAME:

### **BULLS-EYE**

#### Goal:

- Cooperate as a team and ground a ball in each of 3 target areas as quickly as possible
- Ground one ball in the **closest** target area, then the **middle** target area and then the **farthest** target area
- The first team to ground a ball in each of the three target areas is considered the winning team

#### How to Play:

- Teams of 4 – 6 players
- Teams line-up in single-file facing the targets (*hoola hoops / mats / chairs / rope / grouping of pylons . . .*) on the opposite side of the net/barrier (*badminton net/bench/rope/floor line*)
- Each team member has their own ball. If there are not enough balls, share balls with team members after the balls are retrieved
- The first player on each team throws/tosses/hits the ball over the net/barrier aiming for first (*nearest*) target
- The first player then runs to the target side to retrieve their ball and return to the back of the line for their team on the starting side
- Once the first player has retrieved her/his ball the second player in line tosses her/his ball toward the targets
- If the first player **hit** (ground the ball) the nearest target, then the second player tries to ground the ball in the second (*middle*) target
- If the first player **did not** hit (ground the ball) the nearest target, then the second player tries to ground the ball in the first (*nearest*) target
- Team members take turns tossing and retrieving the balls aiming for the targets
- The goal for each team is to ground one ball in the **closest** target area, then the **middle** target area and then the **farthest** target area

#### Tactical Talk:

- Q: What did you do to achieve your goal?
- A: Open answer
- Q: What could you do differently to ground the ball in the target areas?
- A: Toss the ball softer or harder depending on the distance to the targets.

#### Variations:

##### ***Easier***

- Use bigger/lighter ball

### **Harder**

- Increase the distance the teams line up from the net/barrier
- Increase the distance of the targets from the net/barrier
- Increase the height of the barrier

### **Equipment:**

- 3 target areas per team (*hoola-hoops / mats / ropes / chairs / pylons*)
- 1 ball per player

## **GAME:**

### **SMASHBALL – (Beginner) – B – Competitive**

**(Sask Volleyball – Level 1)**

#### **Goal:**

- 3 consecutive passes following by scoring

#### **How to Play:**

- 2 v 2
- Use **1 contact** (*toss*) to play the ball over the net:
- Teams must perform 3 consecutive hits (*tosses*) back and forth over the net (and into the opponent's court), before attempting to score a point
- A point is scored if the ball bounces twice, if a hit (*toss*) goes into the net or bounces outside the playing boundaries

### **SMASHBALL – (Beginner) – B – Cooperation**

**(Sask Volleyball – Level 2)**

#### **Goal:**

- Rally the ball back and forth within the playing space

#### **How to Play:**

- 2 v 2 – Use **2 contacts** before playing the ball over the net:
  - 1<sup>st</sup> contact – Catch & toss to partner (at the net)
  - 2<sup>nd</sup> contact - Toss over the net
- Initiate with player from Team A tossing the ball over the net with one (or two) hands
- Player 1 or 2 on the opposite side (Team B) try to catch the ball (*one bounce allowed*) before ball touches the floor
- Player that catches the ball tosses to their teammate who has moved to the net
- Player at the net tosses the ball over the net with one (or two) hand overhead
- The hit (*toss*) must bounce within the playing boundaries
- Try to complete as many rallies between the teams as possible.

#### **Tactical Talk:**

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to keep the ball in play?
- A: "Call" the ball, take initiative to move behind the ball before catching/playing it
- Q: What can you do when you don't have the ball?
- A: Player 1: Get into ready position in the middle of the court as soon as your team hit the ball over the net.  
Player 2: When I don't have the ball I can move to the net and get into ready position to receive the toss from my partner
- Q: What can you do to avoid having the ball fall in between both of you?
- A: Take initiative, call the ball, be confident in yourself, and explore other solutions as a team

## SMASHBAL - FUNdamentals

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

### Session 3

#### **WARM-UP: ACTIVITY:**

#### **FOLLOW THE LEADER – SPORTS STYLE**

##### **Goal:**

- Move in different ways

##### **How to Play:**

- Lead or assign a child to lead others in moving around the gym for a few minutes imitating ways in which people move playing different sports:
  - Swimming (backstroke, front crawl...), skiing (cross country, downhill...), volleyball (overhead/forearm pass, spike, dive...), basketball (dribble, shoot, pass...), fencing, etc.
- Ask a different child to lead and propose a new sport
- Ask to move as “famous sports Stars” to make it fun and creative

#### **DYNAMIC EXERCISES:** (To the net and back)

- Jog (2X)
- High knees
- Butt kicks
- Knee hugs – lift from below
- Running backwards
- Shuffle – defensive position
- Arm circles – fwd / backwd
- Funky Chicken
- Sprint (2X)
- Leg kicks @ net or wall

## GAME:

### HUMAN NET

#### Goal:

- Pass (toss) / **Catch** (above the forehead) / Pass (toss) the ball back and forth with a partner and avoid the middle person intercepting the ball

#### How to Play:

- Groups of 3 (match teams by height; team sizes can vary and do not have to be equal in number)
- Two (or more) children pass the ball back and forth (*catch and throw - underhand or overhead catch*) with a third child in the middle (*creating a net*) who tries to intercept. The first person to be intercepted or to mishandle ball, becomes the net and changes roles with the person in the middle.
- Pass the ball back and forth as many times as possible

#### What to Look For:

- Emphasize the importance of working with partners on the other side of the interceptors by communicating with the body, the eyes, using words
- Encourage the children to throw/'pass' the ball only hard enough to get the desired outcome (*not too far*)
- Catcher: encourage movement behind or under the ball, catch with 2 hands

#### Variations:

- Have children increase the distance from "the net"
- Overhead 'push' the ball to their partner

## SKILL ACTIVITY:

### THROW & CATCH (individual)

#### Goal:

- Throw and catch a ball in various ways and as many times as possible

#### How to Play:

- Each child is given a ball and stands in their playing area (*marked by floor lines / pylons / rope*).
- Each child attempts to throw and catch the ball in the following ways:

#### **Throw**

- Throw the ball **to** different heights (e.g., to your forehead, to the height of a basketball rim, to the ceiling)
- Throw the ball **from** different heights (e.g., from above your head, your waist, low to the ground)
- Throw the ball using **one** hand (right hand . . . left hand, alternate right-left-right-left)
- Throw the ball using **two** hands
- Create other ways to throw the ball

#### **Catch**

- Catch the ball with both hands at different heights (e.g., at your forehead, waist, low to the ground, with arms outstretched in front, like a forearm pass)
- Clap your hands before catching the ball
- Turn before catching the ball (e.g., half-turn, full turn)
- Catch the ball behind your back or neck
- Create other ways to catch the ball

### What to Look For:

- Emphasize ball control
- Encourage consistency in the tosses
- Encourage movement behind or under the ball
- Help children understand the concept of keeping the ball off the floor, by imagining that the ball is a breakable object such as a light bulb

### Variations:

- Play a game of “Simon Says” using different ball handling variations

#### ***Easier***

- Use lighter and/or larger balls
- Reduce the size of the playing space

#### ***Harder***

- Use smaller balls
- Increase the size of the playing area
- Limit the amount of time the children keep the ball in their hands before tossing it again
- *Children toss the ball in the air, then touches one, two or three different body parts before catching the ball*

## **GAME:**

### **DESERT ISLAND - A**

#### Goal:

- Ground as many balls as possible into the opponent’s ***desert islands***

#### How to Play:

- Teams of 2
- Cooperate as a team to aim the ball in the designated area
- One player per team takes his/her turn to throw (toss)-hit the ball over the net using 2 hands (overhead or underhand) and aiming for one of the desert islands (designated area)
- The defending team attempts to catch the ball before it reaches the island
- The goal for each team to ground as many balls as possible into the opponent’s desert islands

#### Tactical Talk:

- Q: What did you do to achieve your goal?
- A: Open answer
- Q: What could you do differently to stop the ball from grounding on your side?
- A: Demonstrate a defensive spirit/attitude, fast feet, stay low when moving around, get quickly into ready position in the middle of the court to play the ball

#### Variations:

##### ***Easier***

- Use bigger/lighter ball

##### ***Harder***

- Replace the catch with a forearm pass

#### Equipment:

- 4 - 6 target areas per court (mats, ropes, cones)
- 1 ball per court

**SKILL ACTIVITY:** **WALL RELAY** – *Underhand toss & catch*

**Goal:**

To throw and catch the ball as many times as possible (underhand catch & toss with straight arms)

**How to Play:**

- Teams of 4 / 5 line up, single file, facing a wall
- 1<sup>st</sup> player starts by throwing the ball high off the wall and runs to the back of the line
- 2<sup>nd</sup> player attempts to catch the ball (using straight arms) before it touches the floor
- 2<sup>nd</sup> player throws the ball high off the wall and runs to the back of the line
- 3<sup>rd</sup> player catches the ball (using straight arms) . . . and so on like a relay
- Count how many time the ball can be caught before it touches the floor

**Variations:**

- Ball is caught above the forehead
- Player '**pushes**' (from above their forehead) high off the wall – runs to the end of the line

**GAME:**

**SMASHBALL** – (Beginner) – B – *Cooperation*

**(Sask Volleyball – Level 2)**

**Goal:**

- To **rally the ball back and forth** within the playing space

**How to Play:**

- 2 v 2 – Use **2 contacts** before playing the ball over the net:
  - 1<sup>st</sup> contact – Catch & toss to partner
  - 2<sup>nd</sup> contact - Toss over the net
- Try to complete as many rallies between the teams as possible.

**Tactical Talk:**

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to keep the ball in play?
- A: "Call" the ball, take initiative to move behind the ball before catching/playing it
- Q: What can you do when you don't have the ball?
- A: Move into a position to be able to receive the ball from my partner or, move into position to receive the ball when the other team plays the ball over the net

## SMASHBALL – (Beginner) – B – Competitive

(Sask Volleyball – Level 2)

### Goal:

- To **score points** during each rally

### How to Play:

- 2 v 2 – Use **2 contacts** before playing the ball over the net:
  - 1<sup>st</sup> contact – Catch & toss to partner
  - 2<sup>nd</sup> contact - Toss over the net

### Tactical Talk:

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to score more points during the rallies?
- A: “Hit the ball to open areas of the court”
- Q: What could you prevent the ball from grounding on your side during the rallies?
- A: “Call” the ball, take initiative to move behind the ball before catching/playing it
- Q: What can you do when you don’t have the ball?
- A: “Be in a defensive position and ready to move behind the ball hit by our opponent”

## SMASHBAL - FUNdamentals

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### Session 4

Goal: Introduce Overhead passing - **hand position**

#### WARM-UP: ACTIVITY:

#### LATE FOR SCHOOL

##### Goal:

- Move with agility to prepare for, and travel to school after waking up 'late'

##### How to Play:

- The teacher/instructor leads the children in a variety of actions
- Explain that they are asleep and suddenly wake up and are late for school. Everything the child does is done on the spot but in a hurry:
  - Brush your teeth, wash your face, put on your clothes, run downstairs, run back up (*forgot to put pants on*), run back down stairs, eat breakfast, pick up your backpack, open front door, shut door, run down the street, jump over a hedge, look both ways, cross the road etc.
- Finally arrive at school slowing down panting and puffing then suddenly stop at the closed gates.
- *Oh No! It's Saturday!!*

#### DYNAMIC EXERCISES: (To the net and back)

- Jog (2X)
- High knees
- Butt kicks
- Knee hugs – *lift from below*
- Running backwards
- Shuffle – defensive position
- Arm circles – fwd / backwd
- Funky Chicken
- Sprint (2X)
- Leg kicks @ net or wall

#### SKILL ACTIVITY:

**THROW & CATCH** - Individual (**using proper hand positioning**) – Beginner level

##### Goal:

- Throw the ball in various ways and catch the ball **overhead**, using **cupped hands**

##### How to Play:

- Each child is given a ball and stands in their playing area.
- Each child attempts to throw and catch the ball in the following ways:

##### Throw:

- Throw the ball **to** different heights (e.g., to your forehead, to the height of the antennae; to the ceiling)
- Throw the ball **from** different heights (e.g., from above your head, your waist, low



to the ground)

- Throw the ball using two hands

#### **Catch:**

- *Catch the ball with both hands cupped*
  - Clap your hands (1X . . . 2X . . . 3x) before catching the ball
  - Touch a body part before catching (e. g., *knee, elbow, hip, shoulder . . .*)
  - Turn before catching the ball (e.g. half-turn, full turn)
  - Catch the ball behind your back or neck
  - Create other ways to catch the ball

#### **What to Look For:**

- Emphasize ball control
- Encourage consistency in the tosses
- Encourage movement behind or under the ball
- Help children understand the concept of keeping the ball off the floor, by imagining that the ball is a breakable object such as a light bulb

#### **Variations:**

##### ***Easier***

- Use lighter and/or larger balls
- Reduce the size of the playing space

##### ***Harder***

- Use smaller balls
- Increase the size of the playing area
- Limit the amount of time the children keep the ball in their hands before tossing it again

## **GAME:**

### **HUMAN NET**

#### **Goal:**

- Pass (toss) / **Catch** (above the forehead) / Pass (toss) the ball back and forth with a partner and avoid the middle person intercepting the ball

#### **How to Play:**

- Groups of 3 (match teams by height; team sizes can vary and do not have to be equal in number)
- Two (or more) children pass the ball back and forth (*catch and throw - underhand or **overhead catch***) with a third child in the middle (*creating a net*) who tries to intercept. The first person to be intercepted or to mishandle ball, becomes the net and changes roles with the person in the middle.
- Pass the ball back and forth as many times as possible

#### **What to Look For:**

- Emphasize the importance of working with partners on the other side of the interceptors by communicating with the body, the eyes, using words
- Encourage the children to throw/'pass' the ball only hard enough to get the desired outcome (*not too far*)
- Catcher: encourage movement behind or under the ball, catch with 2 hands (**cupped hands**)

#### **Variations:**

- Have children increase the distance from "the net"
- Overhead 'push' the ball to their partner

## SKILL ACTIVITY:

### A) 1 x 1 – Intermediate – Toss – Catch (**Cupped hands**) – Toss

#### Goal:

- Maintain a rally

#### How to Play:

- 1 x 1 (Partner A / Partner B) – opposite sides of the net
- Partner A tosses to Partner B who catches using cupped hands (Overhead passing technique)
- Partner B tosses the ball back to Partner A, who catches using cupped hands (Overhead passing technique)
- partners, rally (toss-catch-toss) back and forth over the net

*N. B. - high toss*

#### Variation:

- change distances of partners from net – 1m, 2m, 3m
- change the location of tossed ball – underhand toss / overhead toss

#### Tactical Talk

- Q: What problems did you experience in getting the ball to your partner?
- A: My partner had to run a long way to catch the ball; the ball didn't get over the net
- Q: What changes might you make, to increase the likelihood that your partner will receive the ball?
- A: I could toss to ball higher; I could toss the ball farther

## SKILL ACTIVITY:

### ROCKET LAUNCHER – (**Overhead toss**)

#### Goal:

- Send the ball over the net using **2-handed overhead** throws

#### How to Play:

- Entire group begins on one side of the playing area (*start ~ 1 - 2 m back from the net*)
- Arrange the children in a line across the court (*~1m separating the children*)
- Imagine they are trying to send a rocket into the air
- At the instructor's signal, children attempt to send the ball over the net, then retrieve their ball before returning to the starting point
- All children must be on the same side of the net before they can send the ball a second time
- After **three consecutive throws** over the net, each child takes one step back from his/her starting position

#### What to Look For:

- Have the children adjust their point of contact (above the forehead) in order for them to succeed putting the ball over the net.

*For instance, if the ball is contacted in front of the face, then the ball will most likely go into the net whereas if the ball is contacted above the head, the ball will most likely go upwards and not cross the net.*

### Variations:

- Have children toss and hit the ball over the net, then run under the net to catch the ball before it touches the floor on the other side
- Replace the throw with a **toss to self then hit the ball** with 2-handed overhead and/or 1-hand overarm (right/left hand)
- Add **targets** on the other side of the net (front half/back half; left side/right side of the court)

## GAME:

### SMASHBALL

(Sask Volleyball – Level 3)

{Timed games – e. g., 5 minutes}

### Goal:

- To **score points** during each rally

### How to Play:

- 2 v 2 – Use **3 contacts** before playing the ball over the net:
  - 1<sup>st</sup> contact – Partner A - Catch & toss to Partner B @ the net
  - 2<sup>nd</sup> contact – Partner B - Catch & toss along the net
  - 3<sup>rd</sup> contact – Partner A – Catch & Push the ball over the net
- Try to complete as many rallies between the teams as possible.

### Tactical Talk:

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to score more points during the rallies?
- A: “Hit the ball to open areas of the court”
- Q: What could you prevent the ball from grounding on your side during the rallies?
- A: “Call” the ball, take initiative to move behind the ball before catching/playing it
- Q: What can you do when you don’t have the ball?
- A: “Be in a defensive position and ready to move behind the ball hit by our opponent”

## SMASHBAL - FUNdamentals

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

### Session 5

Goals: Overhead **hand position** (*Review*)  
Forearm **arm position** (*Introduction*)

#### WARM-UP:

#### ACTIVITY:

**'DABBER' TAG** (using pool noodles)

**Goal:**

- To tag all members of the group as quickly as possible

**How to Play:**

- One player is 'IT' (One player for every ~6 players)
- The player(s) that is 'it' must tag the other players as quickly as possible, using a pool noodle
- To tag a player, the person(s) who is 'it' must use the end of the pool noodle and 'dab' the noodle to tag
- Players can only be 'tagged' **below the knees** to be removed from the game

**DYNAMIC EXERCISES:** (To the net and back)

- Jog (2X)
- High knees
- Butt kicks
- Knee hugs – *lift from below*
- Running backwards
- Shuffle – defensive position
- Arm circles – fwd / backwd
- Funky Chicken
- Sprint (2X)

Leg kicks @ net or wall

## SKILL ACTIVITY:

### PARTNER UP – Beginner

#### Goal:

- Work with a partner as a target and encourage players to work towards cooperative goals

#### How to Play:

- With a partner, stand 3 meters apart. Have one player throw the ball to the partner, while the other one catches.

#### Throwing to a partner:

- With two hands – **Overhead pass/push**

- Rainbow ball trajectory

#### Catching from a partner:

- Trap the ball (catch with 2 hands, arms, chest)
- With hands then trap the ball
- With 2 hands only without dropping the ball
- Clap hands before catching the ball with 2 hands
- Create other things to do before catching the ball with 2 hands

#### What to Look For:

- Emphasize the importance of working with a partner, helping him or her achieve success by throwing a ball with control (throw with 2 hands, rainbow trajectory)
- Emphasize ball control
- Encourage the children to toss the ball only hard enough to get the desired outcome
- Encourage movement behind or under the ball

#### Variations:

##### Easier

- Use lighter and/or larger balls
- Reduce the distance between partners

##### Harder

- Increase the distance between the players
- Add a net or rope between the two players (the rope should be at a height where the players experience success)
- The receiving player must first hit the ball off one or more parts of their body before catching it
- Players must talk during contacts (e. g., saying “Mine”, counting, counting back to zero, singing)

## INSTRUCTION:

### Forearm passing

#### Demonstrate the ARM position

- Arms - straight
- Arms (hands) are away from the body

## SKILL ACTIVITY:

### THROW & CATCH - Individual (*using proper arm positioning*) – Beginner level

#### Goal:

- Throw the ball in various ways and catch the ball using proper arm and hand positioning

#### How to Play:

- Each child is given a ball and stands in their playing area.
- Each child attempts to throw and catch the ball in the following ways:

#### Throw:

- Throw the ball **to** different heights (e.g., to your forehead, to the height of the antennae; to the ceiling)
- Throw the ball **from** different heights (e.g., from above your head, your waist, low to the ground)
- Throw the ball using two hands

#### Catch:

- *Catch the ball with both arms straight and hands away from the body*
  - Clap your hands (1X . . . 2X . . . 3x) before catching the ball
  - Touch a body part before catching (e. g., *knee, elbow, hip, shoulder . . .*)
  - Turn before catching the ball (e.g., half-turn, full turn)

#### What to Look For:

- Emphasize ball control
- Encourage consistency in the tosses
- Encourage movement behind or under the ball
- Help children understand the concept of keeping the ball off the floor, by imagining that the ball is a breakable object such as a light bulb

#### Variations:

##### Easier

- Use lighter and/or larger balls
- Reduce the size of the playing space

##### Harder

- Use smaller balls
- Increase the size of the playing area
- Limit the amount of time the children keep the ball in their hands before tossing it again

## SKILL ACTIVITY:

### BUMPING BASICS

#### Goal:

- Move and catch the ball using proper forearm arm position

#### How to Play:

- In pairs facing each other (one partner with their back to the net and the other in the court facing the net . . . (and their partner), the child at the net:
  - Rolls ball to their partner (making partner facing the net, move from side to side)
- Receiving partner (partner facing the net) catches the ball with the straight arms, hands away from the body and with the ball in the centre of their body.
  - Receiver returns the ball to partner (@ the net) by throwing the ball while imitating the arm action for a forearm pass

#### Variations

##### Easier

- Have children move shorter distances (side to side) to play the ball
- Reduce the distance between players

##### Harder

- Alternate making partner move side to side, then front and back and a mix of different directions
- The partner at the net catches the ball using proper forearm arm position
- Increase distance between players

## GAME:

### SMASHBALL

(Sask Volleyball – Level 3)

#### Goal:

- To score points during each rally

#### How to Play:

- 2 v 2 – Use **3 contacts** before playing the ball over the net:
  - 1<sup>st</sup> contact – Partner A - Catch & toss to Partner B @ the net
  - 2<sup>nd</sup> contact – Partner B - Catch & toss along the net
  - 3<sup>rd</sup> contact – Partner A – Catch & Push/Toss
- Try to complete as many rallies between the teams as possible.

#### Tactical Talk:

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to score more points during the rallies?
- A: “Call” the ball, take initiative to move behind the ball before catching/playing it
- A: “Hit the ball to open areas of the court”
- Q: What can you do when you don’t have the ball?
- A: “Be in a defensive position and ready to move behind the ball hit by our opponent”

## SMASHBAL - FUNDamentals

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

### Session 6

Goals: Overhead **hand position** (*Review*)  
Forearm **arm position** (*Review*)

#### WARM-UP:

#### ACTIVITY:

#### ANIMAL STATUES

##### Goal:

- Move randomly like animals and stop in different balanced positions

##### How to Play:

- teacher/instructor calls out a type of animal (**monkey, bear, giraffe, seal, chicken, elephant, cat, octopus, bird, rabbit, horse . . .**) and the children move randomly around the gym like the animal.
- teacher/instructor calls 'freeze' and the children must freeze and balance in position.
- teacher/instructor can first provide suggestions for animals and then ask children to decide what animal they will be.

They can become a Stork (standing on one leg), Crocodile (lying on their belly), Monkey (simulating climbing up a tree), Dog peeing (two hands and one foot on the ground), Angry bear (knees bent, arms in the air) etc.

#### DYNAMIC EXERCISES: (To the net and back)

- Jog (2X)
- High knees
- Butt kicks
- Knee hugs – *lift from below*
- Running backwards
- Shuffle – defensive position
- Arm circles – fwd / backwd
- Funky Chicken
- Sprint (2X)

Leg kicks @ net or wall

#### GAME:

#### DESERT ISLAND - A

##### Goal:

- Ground as many balls as possible into the opponent's **desert islands**

##### How to Play:

- Teams of 2
- Cooperate as a team to aim the ball in the designated area
- One player per team takes his/her turn to throw-push-hit the ball over the net using 2 hands (overhead or underhand) and aiming for one of the desert islands (designated area)
- The defending team attempts to catch the ball before it reaches the island



### **Tactical Talk:**

- Q: What did you do to achieve your goal?
- A: Open answer
- Q: What could you do differently to stop the ball from grounding on your side?
- A: Demonstrate a defensive spirit/attitude, fast feet, stay low when moving around, get quickly into ready position in the middle of the court to play the ball

### **Variations:**

#### **Easier**

- Use bigger/lighter ball

#### **Harder**

- Replace the underhand toss with an overhead toss

### **Equipment:**

- 4 - 6 target areas per court (hoola-hoops, mats, ropes)
- 1 ball per court

## **SKILL ACTIVITY:**

### **CATCH & SHUFFLE** - *Toss & Catch - straight ahead (linear)* - *diagonal*

#### **Goal:**

- Move and use forearm body and arm position to catch and toss

#### **A) How to Play** (Linear)

- 2 groups - Group A (1 ball/child) - backs to the net spaced apart sideline to sideline  
- Group B single-file line facing 1<sup>st</sup> child in Group A (A1)  
- 3 – 4 steps separation between A1 & B1
- A1 underhand tosses ball to B1 who catches the ball using proper forearm passing position
- B1 underhand tosses ball to A1 who catches the ball using proper overhead passing position
- B1 then shuffles to a position in front of A2, repeat the toss – catch – toss, then shuffle in front of A3 . . .
- As soon as B1 has returned the ball to A3, B2 receives a toss from A1 and follows B1 across the court
- Players practice their forearm arm position by shuffling from one partner to another
- Players throwing the ball must challenge their partners just the right amount by throwing with two hands in a low rainbow-like trajectory at approximately **waist-height**
- After Group B has moved across the court and back to their starting position, groups switch roles; Group B become tossers with backs to the net, Group A move from side to side – *Catch – Toss – Shuffle*

#### **B) How to Play** (Diagonal)

- 2 groups - same positioning set up as **Linear** Catch & Shuffle
- B1 underhand tosses ball to A1 who catches the ball using proper overhead passing position
- A1 returns the ball to B1 with an underhand toss
- B1 catches the ball using proper forearm passing position and underhand tosses the ball **diagonally** to A2 (overhead catch), while still 'facing' A1
- B1 shuffles to a position in front of A2

- A2 returns the ball to B1 with an underhand toss
- B1 catches the ball using proper forearm passing position and underhand tosses the ball **diagonally** to A3, while still 'facing' A2  
{**NOTE:** When B1 is receiving the ball, their *shoulders / hips / feet* are 'facing' the direction of the incoming ball}
- repeat the toss – catch – toss, shuffle in front of A3 . . .
- As soon as B1 has tossed the ball to A3, B2 begins the toss – catch – toss sequence and follows B1 across the court
- Players practice their forearm passing body position by shuffling from one partner to another
- Players throwing the ball must challenge their partners just the right amount by throwing with two hands in a low rainbow-like trajectory at approximately **waist-height**
- After Group B has moved across the court and back to their starting position, groups switch roles; Group B become tossers with backs to the net, Group A move from side to side – Catch – Toss - Shuffle

### **What to Look For**

#### Thrower

- Makes an effort to properly throw the ball (rainbow path)
- Challenge partner just the right amount (ensuring that partner experiences success and making it progressively more difficult)

#### Receiver

- Ready position
- Look at the ball
- Get behind the ball
- Body and shoulders leaning forward
- Arms completely outstretched and straight when catching the ball
- No jumping to catch the ball . . . the only arm movement is at the shoulders to toss to the partner at the net
- Finish with hands (wrists) pointing to target

### **Variations:**

#### Easier

- Have children move shorter distances to play the ball
- Reduce the distance between players (line A & line B)

#### Harder

- Alternate making partner move side to side, then front and back and a mix of different directions
- Partner at the net catches the ball in an overhead pass position
- Increase distance between players (line A & line B)
- Tosser uses a flatter tossing trajectory

## **GAME:**

### **HOT POTATO RELAY – A (Cooperation) – Overhead passing**

#### **Goal:**

- Keep the ball in play as long as possible

#### **How to Play:**

- Two teams – on opposite sides of the net
- Teams line up, single-file behind the end line

- One player from one team (Team A – A1), stands in the middle of the court and starts by throwing the ball over the net
- A1 then moves to the back of their line @ the endline
- 1<sup>st</sup> player from the opposite team (Team B – B1), on the other side of the net, quickly moves into the court to catch the ball, then self-toss, catch and *PUSH* (throw) with two hands (**overhead**) over the net
- B1 then moves to the back of their line @ the endline
- next player from Team A (A2), quickly moves into the court to catch the ball, then self-toss, catch and *PUSH* (throw) with two hands (**overhead**) over the net.
- A2 then moves to the back of their line @ the endline
- a ‘back and forth’ rally continues
- a point is scored each time a ball is caught

#### **Tactical Talk**

- Q: What did you do to keep the ball in play as long as possible?
- A: I hit the ball with two hands. I aimed the ball high like a rainbow over the net. I aimed the ball towards the middle of the court to make it easier for my partner on the other side
- Q: What can you do to avoid the ball from grounding on your side of the court?
- A: While waiting behind the court, I should stay focused and ready to quickly move into the court as soon as my teammate played the ball over the net

#### **Variations:**

##### Easier

- Use bigger/lighter balls
- Catch and throw the ball
- Lower the height of the net or space divider
- Have children start 2 meters from the net

##### Harder

- Have children start farther from the net
- Have the children **self-toss and PUSH** the ball over the net

## **SKILL ACTIVITY:**

### **TO, ALONG & OVER**

#### **Goal:**

- Transition quickly in between actions

#### **How to Play:**

- In this activity, the focus is on the second contact.
- Players are in pairs
- Each pairs have 1 ball
- The activity starts with both players lying face down at the end line.
  - On the teacher’s/instructor’s signal, the player without the ball (P1) quickly runs **TO** the net to get into ready position to receive the ball.
  - As soon as the first player starts to run to the net, the player with the ball (P2) throws it to the net then moves to the net and gets into position to catch the ball.
  - P1 catches and throws the ball **ALONG** the net to P2 using a rainbow trajectory.
  - P2 plays (catches and pushes) the ball **OVER** the net.
- The goal is for players to quickly transition between actions and set their partner up for success by using high ball trajectories.

- Have a team of two players on the receiving side retrieve (defend against) the ‘hit’ ball and return to the end line on the hitters’/throwers’ side.
- The next group of two players repeat the same movements on the teacher’s/ instructor’s signal.

#### What to Look For:

##### Player 1:

- Move to the net as soon as the signal is given and as quickly as possible
- Stand in a ready position at the net to receive the ball from partner
- Set (toss) the ball high and off the net to increase your partner’s success to play the ball over the net

##### Player 2:

- Throw the ball **TO** the net using a high ball trajectory
- Move quickly into hitting position immediately after throwing the ball
- Move quickly into ready position in the middle of the court after hitting the ball

#### Variations:

##### Easier:

- Use a bigger and lighter ball
- Replace the contact, for players that seem to have the most difficulty, with a catch and throw.

##### Harder:

- Use only direct hits (two-hand overhead pass along the net or hit over the net).
- Add a player on the opposite side that attempts to defend and stop the ball from grounding
- Add another team on the opposite side and have both sets of players return to their starting position after each throw over the net. The trigger for the teams to move from the lying down position is when the opposing team gets ready to send the ball over the net.
- Raise the height of the net

## GAME:

### SMASHBALL

**(Sask Volleyball – Level 4)**

#### Goal:

- To score points during each rally

#### How to Play:

- 3 v 3 – Use **3 contacts** before playing the ball over the net:
  - 1<sup>st</sup> contact – Partner A - Catch & toss to Partner B @ the net
  - 2<sup>nd</sup> contact – Partner B - Catch & toss along the net
  - 3<sup>rd</sup> contact – Partner C – Moves to net / Catch and overhead toss ball over the net
- Try to complete as many rallies between the teams as possible.

#### Tactical Talk:

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to score more points during the rallies?
- A: “Call” the ball, take initiative to move behind the ball before catching/playing it
- A: “Toss the ball to open areas of the court”
- Q: What can you do when you don’t have the ball?
- A: “Be in a defensive position and ready to move behind the ball hit by our opponent”

## SMASHBAL - FUNDamentals

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

### Session 7

Goals: Overhead **hand position** (*Review*)  
Forearm **arm position** (*Review*)

#### WARM-UP:

#### ACTIVITY:

#### BALL TAG (w underhand toss)

##### Goal:

- To transfer the ball over the net using an underhand toss . . . retrieve the ball, and use the ball to 'tag' another player

##### How to Play:

- one player, with the ball is 'it'. The other players (the group) are on the opposite side of the net.
- The player who is 'it', tosses the ball (underhand) over the net into the court occupied by the 'group' of players.
- The player who is 'it', runs under the net to retrieve the tossed ball. When the ball has been retrieved, 'it' tries to tag a player from the 'group' by touching them with the ball.
- Once a player has been tagged, they are now 'it'. They return to the 'tossers' side and underhand toss the ball over the net . . . retrieve the ball . . . and try to tag another player from the 'group'.
- The person who is 'it' can be prevented from coming across to tag a player from the 'group' if the tossed ball is caught by one of the players in the 'group'. If the tossed ball is caught, it is returned to the 'tossers' and the toss is repeated until the ball is not caught.
- If a member of the 'group' attempts to catch the ball, but is not successful (the ball is dropped), then that player becomes 'it', and takes the place of the person who was 'it'.

#### DYNAMIC EXERCISES: (To the net and back)

- Jog (2X)
- High knees
- Butt kicks
- Knee hugs – *lift from below*
- Running backwards
- Shuffle – defensive position
- Arm circles – fwd / backwd
- Funky Chicken
- Sprint (2X)

Leg kicks @ net or wall

## GAME:

**BULLS-EYE** (1<sup>st</sup> competition – underhand toss; 2<sup>nd</sup> competition - overhead toss)

### Goal:

- Cooperate as a team and ground a ball in each of 3 target areas as quickly as possible
- Ground one ball in the **closest** target area, *then* the **middle** target area and *then* the **farthest** target area
- The first team to ground a ball in each of the three target areas is considered the winning team

### How to Play:

- Teams of 4 – 6 players
- Teams line-up in single-file facing the targets (*hoola hoops / mats / chairs / rope / grouping of pylons . . .*) on the opposite side of the net/barrier (*badminton net/bench/rope/floor line*)
- Each team member has her/his own ball. If there are not enough balls, share balls with team members after the balls are retrieved
- The first player on each team throws/tosses/hits the ball over the net/barrier aiming for the first (*nearest*) target
- The first player then runs to the target side to retrieve their ball and return to the back of the line for their team on the starting side
- Once the first player has retrieved her/his ball the second player in line tosses her/his ball toward the targets
- If the first player **hits** the nearest target, then the second player tries to ground the ball in the second (*middle*) target
- If the first player **did not** hit the nearest target, then the second player tries to ground the ball in the first (*nearest*) target
- Team members take turns tossing and retrieving the balls aiming for the targets
- The goal for each team is to ground one ball in the **closest** target area, *then* the **middle** target area and *then* the **farthest** target area

### Tactical Talk:

- Q: What did you do to achieve your goal?
- A: Open answer
- Q: What could you do differently to ground the ball in the target areas?
- A: Toss the ball softer or harder depending on the distance to the targets.

### Variations:

#### **Easier**

- Use bigger/lighter ball

#### **Harder**

- Increase the distance the teams line up from the net/barrier
- Increase the distance of the targets from the net/barrier
- Increase the height of the barrier

### Equipment:

- 3 target areas per team (*hoola-hoops / mats / ropes / chairs / pylons*)
- 1 ball per player

## GAME:

### SHOP 'TILL YOU DROP - A

#### Goal:

- Make as much money as possible by “selling” (throwing) the ball over the net and “buying” (catch) as many balls as possible

#### How to Play:

- With a partner on each side of a net, one child tries to “sell” (throw) a ball to a partner who attempts to “buy” (catch) the ball
- The throws used are:
  - i) 2-hand underhand throw;
  - ii) 2-hand overhead throw (push)
- The catches used are:
  - i) 2-hand underhand catch;
  - ii) 2-hand overhead catch
- The goal is to make as much money as possible by working as a team. If a child is able to throw a ball to a partner who is able to catch it, they each make 1 dollar
- They count how much money they can make within the specified amount of time

#### Tactical Talk:

- Q: What did you do to get the ball to go over the net?
- A: I aimed not too high towards the sky and not too low into the net. I started not too far from the net
- Q: What did you do to catch the ball?
- A: I moved quickly under the ball I called “mine” before catching the ball

#### Variations:

- Underhand throw and underhand catch
- Underhand throw and overhead catch
- Overhead throw and overhead catch
- Overhead throw and underhand catch
- Replace the overhead throw with a toss to self, catch and **push** over the net

## SKILL ACTIVITY:

### CATCH & SHUFFLE - Toss & Catch - straight ahead (linear) - diagonal

#### Goal:

- To *toss, catch & move* and using an overhead toss/push and underhand catch

#### How to Play: (Linear)

- 2 groups
  - Group A (1 ball/child) backs to the net - spaced apart sideline to sideline
  - Group B single-file line facing 1<sup>st</sup> child in Group A (A1)
  - 3 – 4 steps separation between A1 & B1
- A1 overhead tosses ball to B1 who catches the ball using proper forearm passing position
- B1 returns the ball to A1 with an underhand toss
- B1 then shuffles to a position in front of A2, repeat the *overhead toss – underhand catch – underhand toss*, shuffle in front of A3 . . .
- As soon as B1 has returned the ball to A3, B2 receives a toss from A1 and follows B1 across the court
- Players practice their forearm arm position by shuffling from one partner to another
- Players overhead tossing the ball must challenge their partners just the right amount by throwing with two hands in a rainbow-like trajectory

- After Group B has moved across the court, and back to their starting position, groups switch roles; Group B become tossers with backs to the net, Group A move from side to side – *Catch – Toss – Shuffle*

**How to Play:** (*Diagonal*)

- 2 groups
  - Group A - backs to the net - space out sideline to sideline
  - Group B (**1 ball/child**) single-file line facing 1<sup>st</sup> child in Group A (A1)
  - 3 – 4 steps separation between A1 & B1
- B1 underhand tosses ball to A1 who catches the ball using proper overhead passing position
- A1 returns the ball to B1 with an overhead toss (or push)
- B1 catches the ball using proper forearm passing position and underhand tosses the ball **diagonally** to **A2**, while still ‘facing’ A1
- B1 shuffles to a position in front of A2
  - A2 returns the ball to B1 with an overhead toss (or push)
  - B1 catches the ball using proper forearm passing position and underhand tosses the ball **diagonally** to **A3**, while still ‘facing’ A2
- {**NOTE:** When B1 is receiving the ball, their *shoulders / hips / feet* are ‘facing’ the direction of the incoming ball}
- repeat the *toss – catch – toss, shuffle* in front of A3 . . .
- As soon as B1 has tossed the ball to A3, B2 begins the *toss – catch – toss* sequence and follows B1 across the court
- Players practice their forearm passing body position by shuffling from one partner to another
- Players throwing the ball must challenge their partners just the right amount by throwing with two hands in a rainbow-like trajectory
- After Group B has moved across the court, and back to their starting position, groups switch roles; Group B become tossers with their backs to the net, Group A move from side to side – *Catch – Toss – Shuffle*

**What to Look For:**

Thrower (Tosser)

- Makes an effort to properly throw the ball (rainbow path)
- Challenge partner just the right amount (ensuring that partner experiences success and making it progressively more difficult)

Receiver

- Ready position
- Look at the ball
- Get behind the ball
- Body and shoulders leaning forward
- Arms completely outstretched and straight when catching the ball underhand
- No jumping to catch the ball . . . the only arm movement is at the shoulders to toss to the partner at the net
- Finish with hands (wrists) pointing to target

**Variations:**

Easier

- Have children move shorter distances to play the ball
- Reduce the distance between players (line A & line B)

Harder



- Increase distance between players (line A & line B)

**SKILL ACTIVITIES:** **WALL RELAY** Toss – Catch –Toss (progress to *Push-Catch-Push*)

**Goal:**

- **Push** and catch a ball off of the wall as many times as possible (in a given period of time)

**How to Play:**

- Teams of 4, 5 or 6 line up, single-file, facing a wall
- 1<sup>st</sup> player starts by **PUSHING** (overhead throw) the ball high off the wall and runs to the back of his/her line
- 2<sup>nd</sup> player in line attempts to catch the ball (using **FOREARM** passing technique – body / arms) before it touches the floor
- 2<sup>nd</sup> player **PUSHES** (overhead throw) the ball high off the wall and runs behind the to the back of his/her line.
- 3<sup>rd</sup> player attempts to catch the ball (using **FOREARM** passing technique – body / arms) before it touches the floor
- the **PUSH – CATCH – ROTATE** sequence repeats = **Wall relay**

**Goal variations:**

- Ball is caught using **OVERHEAD** catch

**GAME:**

**SMASHBALL**

**(Sask Volleyball – Level 4)**

**Goal:**

- To complete as many continuous rallies as possible with the two teams (**COOPERATION**)
- To score points during each rally (**COMPETITION**)

**How to Play:**

- 3 v 3 – Use **3 contacts** before playing the ball over the net:
  - 1<sup>st</sup> contact – Partner A - Catch & toss to Partner B @ the net
  - 2<sup>nd</sup> contact – Partner B - Catch & toss along the net
  - 3<sup>rd</sup> contact – Partner C – Moves to net / Catch and overhead toss ball over the net
- Try to complete as many rallies between the teams as possible (**COOPERATION**);
- Try to ground the ball in the opponent’s court to score a point (**COMPETITION**)

**Tactical Talk:**

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to score more points during the rallies?
- A: “Call” the ball, take initiative to move behind the ball before catching/playing it
- A: “Toss the ball to open areas of the court”
- Q: What can you do when you don’t have the ball?
- A: “Be in a defensive position and ready to move behind the ball tossed by our opponent”

## SMASHBAL - FUNdamentals

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

### Session 8

Goals: Overhead **hand position** (*Review*)  
Forearm **arm position** (*Review*)

#### **WARM-UP:** **ACTIVITY:**

#### **BALL TAG** (w overhead toss)

##### **Goal:**

- To transfer the ball over the net using an overhead toss (PUSH) . . . retrieve the ball, and use the ball to ‘tag’ another player

##### **How to Play:**

- one player, with the ball is ‘it’. The other players (the group) are on the opposite side of the net.
- The player who is ‘it’, tosses the ball (overhead with two hands) over the net into the court occupied by the ‘group’ of players.
- The player who is ‘it’, runs under the net to retrieve the tossed ball. When the ball has been retrieved, ‘it’ tries to tag a player from the ‘group’ by touching them with the ball.
- Once a player has been tagged, they are now ‘it’. They return to the ‘tossers’ side and overhead toss the ball over the net . . . retrieve the ball . . . and try to tag another player from the ‘group’.
- The person who is ‘it’ can be prevented from coming across to tag a player from the ‘group’ if the tossed ball is caught by one of the players in the ‘group’. If the tossed ball is caught, it is returned to the ‘tossers’ and the toss is repeated until the ball is not caught.
- If a member of the ‘group’ attempts to catch the ball, but is not successful (the ball is dropped), then that player becomes ‘it’, and takes the place of the person who was ‘it’.

#### **DYNAMIC EXERCISES:** (To the net and back)

- Jog (2X)
- High knees
- Butt kicks
- Knee hugs – *lift from below*
- Running backwards
- Shuffle – defensive position
- Arm circles – fwd / backwd
- Funky Chicken
- Sprint (2X)

Leg kicks @ net or wall

## GAME:

### UNDER THE BRIDGE

#### Goal:

- Maintain a rally while moving when players don't have the ball

#### How to Play:

- 2 teams of 2 players on opposite sides of the net
- players start the rally with an overhead throw/push over the net
- the child receiving the ball (player 1) catches the ball with an underhand catch, using proper forearm arm and hand position
- player 1 underhand tosses the ball to partner (player 2) who catches the ball (using proper overhead hand position)
- Player 2 then throws or pushes the ball over the net
- Player 1 then goes under the legs of the player 2 then they both get into ready position for a returned ball
- Play continues as long as possible

#### What To Look For:

##### Player 1

- "Call" the ball before the ball crosses the net
- Take initiative to move behind the ball before playing it
- Get into position to go under your partner's legs
- Move quickly into ready position in the middle of the court

##### Player 2

- Play the ball high above the net
- Get ready to receive your partner as s/he goes under the legs
- Move quickly into ready position and into the middle of the court

#### Tactical Talk:

- Q: What did you do to maintain the rally?
- A: I moved quickly behind the ball, I did an underhand catch with straight arms
- Q: What did you do when you didn't have the ball?
- A: I was in a ready position, I moved closer to my partner, I reminded her to straddle her legs for me to go under, I got back into ready position in the middle of the court
- Q: How did you send the ball over the net?
- A: I pushed the ball in a rainbow-like trajectory over the net
- Q: If the goal is to cooperate with the team on the other side of the net, why do you think it's useful to use a high trajectory?
- A: To give more time to players on the other side of the net to get into ready position and receive the ball

#### Variations:

##### Easier

- Reduce the playing space
- Player raises their legs to make it easier to go underneath

##### Harder

- Increase playing space

## SKILL ACTIVITY:

### CATCH & SHUFFLE - Toss & Catch - straight ahead (linear) - diagonal

#### Goal:

- To *toss, catch & move* and use an underhand toss and overhead catch

#### How to Play: (Linear)

- 2 groups
  - Group A (1 ball/child) backs to the net - spaced apart sideline to sideline
  - Group B single-file line facing 1<sup>st</sup> child in Group A (A1)
  - 3 – 4 steps separation between A1 & B1
- A1 underhand tosses ball to B1 who catches the ball using proper overhead hand position to catch the ball
- B1 returns the ball to A1 with an overhead toss (push)
- B1 then shuffles to a position in front of A2, repeat the underhand toss – overhead catch – overhead toss (push), shuffle in front of A3 . . .
- As soon as B1 has returned the ball to A3, B2 receives a toss from A1 and follows B1 across the court
- Players underhand tossing the ball must challenge their partners just the right amount by throwing with two hands in a rainbow-like trajectory
- After Group B has moved across the court and back to their starting position, groups switch roles; Group B become tossers with backs to the net, Group A move from side to side – *Catch – Toss – Shuffle*

#### How to Play: (Diagonal)

- 2 groups
  - Group A - space out sideline to sideline - backs to the net
  - Group B (**1 ball/child**) single-file line facing 1<sup>st</sup> child in Group A (A1)
  - 3 – 4 steps separation between A1 & B1
- B1 underhand tosses ball to A1 who catches the ball using proper overhead passing position
- A1 returns the ball to B1 with an underhand toss
- B1 catches the ball using proper overhead hand position and overhead tosses (push) the ball **diagonally** to A2, 'facing' A2
- B1 shuffles to a position in front of A2
- A2 returns the ball to B1 with an underhand toss
- B1 catches the ball using proper overhead hand position and overhead tosses (push) the ball **diagonally** to A3, 'facing' A3

{NOTE: When B1 is receiving the ball, her/his *shoulders / hips / feet* are 'facing' the direction of the person to whom they will toss the ball}

- repeat the *toss – catch – toss, shuffle* sequence in front of A3 . . .
- as soon as B1 has tossed the ball to A3, B2 begins the *toss – catch – toss* sequence and follows B1 across the court
- players throwing (tossing) the ball must challenge their partners just the right amount by throwing (tossing) with two hands in a rainbow-like trajectory
- after Group B has moved across the court and back to their starting position, groups switch roles; Group B become tossers with their backs to the net, Group A move from side to side – *Catch – Toss – Shuffle*

### **What to Look For:**

#### Thrower (Tosser)

- Makes an effort to properly throw the ball (rainbow path)
- Challenge partner just the right amount (ensuring that partner experiences success and making it progressively more difficult)

#### Receiver

- Ready position
- Look at the ball
- Get behind the ball
- Body and shoulders leaning forward
- Arms above head and hands 'form a basket' when catching the ball

### **Variations:**

#### Easier

- Have children move shorter distances to play the ball
- Reduce the distance between players (line A & line B)

#### Harder

- Increase distance between players (line A & line B)

## **SKILL ACTIVITY:**

### **GO FISH**

#### **Goal:**

- Throw a ball to a target and move the body behind the ball

#### **How To Play:**

- 6+ players per court (3 players/side)
- One player starts with a ball in the middle of the court and an opposing player on the other side of the net holding a hoola-hoop
- The player aims to throw the ball in the hoola-hoop on the other side of the net while the player with the hoola-hoop attempts to make the ball bounce in the hoop then catches the ball
- The players rotate sides
- Change the starting point of the throwers (near/far from the net, right/left side of the court)

#### **What To Look For:**

- Help children look for open spaces and aim the ball in that space
- Children's shoulders should face where they want to send the ball
- Encourage them to explore the entire court, aim near the net, far from the net, to the right of the court, to the left of the court
- Encourage children to quickly move to the next action

#### **Variations:**

##### Easier

- Use larger and/or lighter balls
- Reduce distance between partners

##### Harder

- Have throwers aim to an open space and challenge receivers
- Replace the throw with an overhead push with 2 hands over the net
- Change starting distance from the net

## GAME:

### SMASHBALL

(Sask Volleyball – Level 4)

#### Goal:

- To complete as many continuous rallies as possible with the two teams (COOPERATION)
- To score points during each rally (COMPETITION)

#### How to Play:

- 3 v 3 – Use **3 contacts** before playing the ball over the net:
  - 1<sup>st</sup> contact – Partner A - Catch & toss to Partner B @ the net
  - 2<sup>nd</sup> contact – Partner B - Catch & toss along the net
  - 3<sup>rd</sup> contact – Partner C – Moves to net / Catch and overhead toss ball over the net
- Try to complete as many rallies between the teams as possible (COOPERATION)
- Try to ground the ball in the opponent’s court to score a point (COMPETITION)

#### Tactical Talk:

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to score more points during the rallies?
- A: “Call” the ball, take initiative to move behind the ball before catching/playing it
- A: “Toss the ball to open areas of the court”
- Q: What can you do when you don’t have the ball?
- A: “Be in a defensive position and ready to move behind the ball tossed by our opponent”

**Summary:** Future programming - Smashball - FUNdamentals – this same program  
- Smashball - Learn to Train – next progression in programming  
- Play with a beach ball – outdoors and/or indoors