

SMASHBALL – Learn to Train

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

Session 1

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

ACTIVITY: *Court lines:* move along the court lines
- forward / backward / side steps / cross over steps / kangaroo hops / skipping / hopping one foot (left . . . right)

DYNAMIC EXERCISES: (To the net and back)

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

SKILL INSTRUCTION: *Attacking / Hitting - Arm swing from toss*

TEACHING POINTS: (Reference – **Atomic Volleyball: Instructor’s Manual** – p. 57)

➤ **ARM SWING:**

- ‘**BATMAN**’ - both arms swing **back** (*BATMAN’S cape*)
 - ‘**SUPERMAN**’ - both arms swing **up** (*SUPERMAN flying*)
 - ‘**GREEN ARROW**’ - hitting arm ‘brought back’
- elbow (*of hitting arm*) **above & behind** shoulder
 - ‘**HULK SMASH**’ - reach for the roof; snap wrist – *LITTLE ‘C’*;
- ‘pull through’ to the thigh – *BIG ‘C’*; tummy tuck
- contact ball when arm is @ 12 o’clock position
- swing at the ball, leading with the elbow
- #### ➤ **COMMON ERRORS:**
- ‘**SUPERMAN**’ - only lifting the hitting arm
 - ‘**GREEN ARROW**’ - dropping the elbow below the shoulder;
- bringing the elbow even with the shoulder and NOT behind the shoulder
 - ‘**HULK SMASH**’ - NOT snapping the wrist;
- NOT ‘pulling through’ to the thigh

SKILL ACTIVITIES:

ARM SWING

Goal:

- To introduce and practice the arm swing for attacking/hitting the ball

How to Play:

- Review – Arm Swing
BATMAN → SUPERMAN → GREEN ARROW → HULK SMASH
- Children repeat the arm swing actions (5X)
- Coach provides feedback – in *front* and to the *side* of athletes

What to Look For:

- “Is the elbow of the hitting arm **ABOVE** the shoulder?”
- “Is the elbow of the hitting arm **BEHIND** the shoulder?”

ARM SWING WITH TOWEL

Goal:

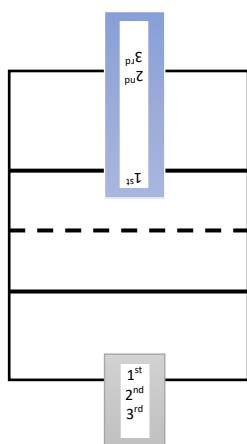
- To practice the arm swing for attacking/hitting the ball

How to Play:

- 1 small towel (*hand towel*) / athlete (2 or 3 towels to share within the group)
- children line up – single file - facing a basketball rim (or object of comparable height)
- 1st athlete, stands under the rim
- using proper arm swing technique, the athlete attempts to hit the rim as they swing the towel to ‘GREEN ARROW’ position and then again when they progress through the ‘HULK SMASH’ action
- after their arm swing the 1st athlete moves to the back of the line and the 2nd athlete replaces her/him under the rim and goes through the arm swing actions
- Children repeat the arm swing actions (4-5X)
- Coach provides feedback – in front and to the side of athletes as they try to ‘hit the rim’.

What to Look For:

- “Is the elbow of the hitting arm **ABOVE** the shoulder?”
- “Is the elbow of the hitting arm **BEHIND** the shoulder?”
- “Is the child/athlete ‘reaching’ as high as possible to try to contact the rim?”



‘SOFT’ BALL THROW

{Standing}

GROUPS – (4 – 6)

Goal:

- To practice the arm swing for attacking/hitting the ball

How to Play:

- ½ of each group lines up behind the endline facing the other half of their group on the opposite endline
- 1 ‘soft’ ball/group (*sponge ball or tennis ball*)
- player with the ball runs to within 1 step of the net and ‘throws’ (*using proper arm swing technique*) the ball over the net and off of the floor in the direction of other ½ of their line
- ‘thrower’ cycles to the back of their line
- 1st player in the ‘receiving’ line retrieves the ball, runs to within 1 step of the net and ‘throws’ the ball over the net, and off of the floor in the direction of other ½ of their line
- ‘thrower’ cycles to the back of their line

What to Look For:

@ the **NET** - (*badminton net OR lowered volleyball net*)

- 'throw' the ball over the net, to the floor
- 'throw' the ball 'back & forth' (*using proper arm swing*) (3 – 4 X through the group)

SKILL INSTRUCTION: ATTACK THE BALL – Instruction

Key points to emphasize:

- contact point on the ball;
- arm action
- wrist snap & follow through – 'spin the ball'

'HIT' THE BALL – coach holding the ball

Goal:

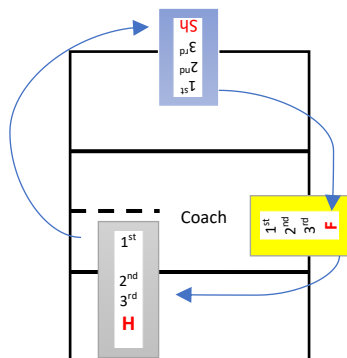
- To practice attacking/hitting the ball.

How to Play:

- REVIEW – Arm Swing

BATMAN – SUPERMAN – GREEN ARROW – HULK SMASH

- N. B. 'HULK SMASH' - reach for the roof;
- snap wrist (*relaxed wrist*);
- contact ball when arm is @ 12 o'clock position
- swing at the ball, leading with the elbow
- 'pull through' to the thigh;
- 'spin the ball' toward the floor



- ~1/3 of the group (**H**itters) lines up behind the attack line near the Coach
- ~1/3 of the group (**Sh**aggers) lines up behind the end line facing the **H**itters
- ~1/3 of the group (**F**eeders), each holding a ball, lines up behind the Coach
- Coach holds a ball, above the height of the net, in front of the 1st **H**itter
- Using proper arm swing the 1st **H**itter attacks (hits/spikes) the ball over the net
- '**H**itter' runs to the back of the **Sh**aggers line
- 1st player in the **Sh**aggers line retrieves the ball, runs to back of the **F**eeders line
- 1st player in the **F**eeders line gives (feeds) their ball to the Coach and then runs to back of the (**H**itters) line
- 'spin the ball' towards the floor
- 3 – 4 X through the group

What to Look For:

@ the **NET** - (*badminton net OR lowered volleyball net*)

- "Is the elbow of the hitting arm **ABOVE** the shoulder?"
- "Is the elbow of the hitting arm **BEHIND** the shoulder?"
- "Did the ball spin forward?"
- "Did the hitter 'pull through' to the thigh?"

GAME ACTIVITY: **Throw & Catch - 1** Beginner

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 the forehead, waist, low to the ground, with arms outstretched in front, like a forearm pass)
- Clap 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

SKILL ACTIVITIES:

'HIT' THE BALL – self-toss

GROUPS – (4 – 6)

Goal:

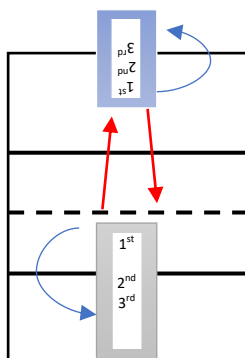
- To practice attacking/hitting the ball.

How to Play:

- REVIEW – Arm Swing

BATMAN – SUPERMAN – GREEN ARROW – HULK SMASH

- N. B. 'HULK SMASH'
 - reach for the roof;
 - snap wrist (*relaxed wrist*);
 - contact ball when arm is @ 12 o'clock position
 - swing at the ball, leading with the elbow
 - 'pull through' to the thigh;
 - 'spin the ball' toward the floor



- ½ of the group lines up behind the endline facing the other half of the group
- 1 volleyball/group
- player with the ball runs to within 1 step of the net, self-toss and HIT the ball over the net, off of the floor in the direction of other ½ of the group
- 'hitter' cycles to the back of the line on her/his side of the net
- 1st player in the 'receiving' line retrieves the ball, runs to within 1 step of the net, self-toss and HIT the ball over the net, off of the floor in the direction of other ½ of the group
- 'hitter' cycles to the back of the line on her/his side of the net
- 'HIT' the ball 'back & forth' (*using proper arm swing*)
- 'spin the ball' towards the floor
- 3 – 4 X through the group or used a timed interval (e. g., 3 -4 minutes)

What to Look For:

@ the NET - (*badminton net OR lowered volleyball net*)

- "Is the elbow of the hitting arm **ABOVE** the shoulder?"
- "Is the elbow of the hitting arm **BEHIND** the shoulder?"
- "Did the ball spin forward?"
- "Did the hitter 'pull through' to the thigh?"

GAME:

Smashball – (Beginner) – A - Cooperation (*Sask Vball – Level 1*)

Goal:

- Rally the ball back and forth within the playing space

How to Play:

- 2 v 2
- Use **1 contact** to play the ball over the net:
 - 1st contact – Self-toss & attack
- Player 1 starts by hitting the ball with one (or two) hand overhead over the net
- Player 1 and 2 on the opposite side try to catch the ball (*one bounce allowed*) before ball touches the floor
- Player that catches the ball then runs up to the net, self-toss and hit the ball over the net with one hand overhead

- The hit must bounce within the playing boundaries
- The goal is to rally the ball between team as many times 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: 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: Take initiative, ‘call the ball’, be confident in yourself, 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

Relay: Toss & catch / Toss & Attack

Review: Arm swing / Tossing success

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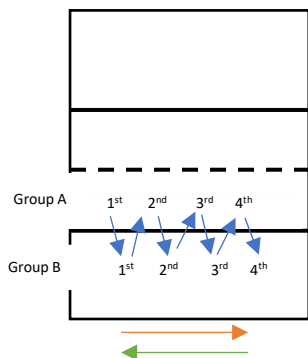
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Session 2

WARM-UP:

ACTIVITY:

Zig-Zag **tossing** relay – underhand / overhead **OR Ball tag**



Goal:

- To toss the ball diagonally
- To simulate the arm action of an overhead pass
- To simulate the arm action of a fore arm pass

How to Play:

- 1st player Team A tosses the ball to 1st player Team B
- 1st player Team B tosses the ball to 2nd player Team A
- Continue to zig-zag passing until the ball reaches 4th player Team B
- Ball is then tossed back and forth in the reverse direction . . . 4th player Team B tosses the ball to 4th player Team A

Throw:

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

Catch:

- Catch the ball with both hands at different heights (e.g., with arms outstretched in front, like a forearm pass; above the forehead, like an overhead pass)

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

DYNAMIC EXERCISES: (To the net and back)

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

- Sprint (2X)
- Leg kicks @ net or wall

- Shoulders:
- Baseball throw
 - 2 handed overhead throw
 - Baseball throw, into the floor – bounce to partner
 - 2 handed overhead throw, into the floor – bounce to partner

SKILL ACTIVITY:

Reach & Hit

- **Hitting** 2 – 3 m from net:

- 1) Self-toss & **hit**
- 2) Coach's toss & **catch**
- 3) Coach's toss & **hit**

Goal:

- Hit the ball over the net with one hand

How to Play: 1. Self-toss - HIT

- Create a single-file line of hitters (~ ½ team) starting 2-3 meters from the net (on the left-hand side of the court)
- Create a single-file line of defenders (~ ½ team) on the opposite side of the net to catch (shag/retrieve) the hit balls.
- 1st defender is positioned ~2m in front of the end line, facing the 1st hitter
- remaining defenders – line up single-file behind the end line.
- 1st hitter, self-toss the ball with two hands, to a height of the antennae or higher, hit the ball over the net (stand and hit).
- 1st defender (shagger) retrieves the ball by catching it, if possible, before it touches the floor or after one bounce and runs to the back of the hitters' line.
 - Hitter runs to the back of the defenders' line
- Player rotation: Hitter => Defender => Hitter => Defender . . .

What to Look For:

Hitter:

- Quickly move the body underneath the ball
- Move the arms up to the “Superman” position, reaching as high as possible, (**both arms**)
- Rotate the dominant arm back and the non-dominant arm high in front like “Green Arrow / Robin Hood” with his bow and arrow
- Swing the dominant arm forward leading with the elbow
- Contact ball at 12 o'clock position
- Hit ball over the net . . . with downward spin
- Quickly run to the back of the defenders' line on the other side of the net

NOTE: By starting to hit farther from the net, the children learn not to hit the ball directly downward but with a slight arc.

How to Play: 2. Coach's toss - CATCH

- Create a line of **hitters** (~ ½ team) starting 2-3 meters from the net (on the left-hand side of the court). Create 2 lines if there is an assistant coach/instructor to toss for the 2nd line (right-hand side of the court)
- Create a line of **feeders** (~ ½ team) behind the Coach, at the net each with a ball (Coach is located in the middle or slightly to the right side of the court)
- Coach tosses the ball with two hands ~3 meters off the net, to a height ~1 - 2m above height of the antennae for the hitter to catch the ball (without jumping).
- Hitter (catcher) catches the ball and runs to the back of the feeders' line
- Feeder runs to the back of the hitters' line
- Players rotate after each hit.
- Player rotation: Hitter => Feeder => Hitter => Feeder . . .

What to Look For:

Hitter:

- Quickly move the body underneath the ball
- Move the arms up to the "Superman" position
- Catch the ball with arms fully extended (*reaching as high as possible*)
- Quickly run to the back of the feeders' line

NOTE: By starting to hit farther from the net, the children will learn not to hit the ball directly downward but with a slight arc.

How to Play: 3. Coach's toss - HIT

- Create a line of **hitters** (3 - 4 players) starting 2-3 meters from the net (on the left-hand side of the court)
- Create a line of **feeders** (3 - 4 players) behind the Coach, at the net each with a ball (Coach is located in the middle or slightly to the right side of the court)
- Create a line of **defenders** (3 - 4 players) on the opposite side of the net to catch (shag) the hit balls.
- Defenders are near the end line, facing the hitters
- Coach tosses the ball with two hands ~3 meters off the net (to the height of the antennae . . . or a little higher) for the hitter to hit the ball over the net (without jumping).
- The 1st defender (shagger) retrieves the ball by catching it, if possible, before it touches the floor or after one bounce
- Hitter runs to the back of the defenders' line
- Defender runs to the back of the feeders' line
- Feeder runs to the back of the hitters' line
- Players rotate after each hit.
- Player rotation: Hitter => Defender => Feeder => Hitter => Defender => Feeder . . .

What to Look For:

Hitter:

- Quickly move the body underneath the ball
- Move the arms up to the "Superman" position, reaching as high in the air as possible
- Rotate the dominant arm back and the non-dominant arm high in front like "Green Arrow / Robin Hood" with his bow and arrow
- Swing the dominant arm forward leading with the elbow
- Contact made with the ball at 12 o'clock position (*reaching as high as possible*)
- Hit ball over the net . . . with downward spin

- Quickly runs to the back of the defenders' line

NOTE: By starting to hit farther from the net, the player will learn not to hit the ball directly downward but with a slight arc.

Defender:

- Stand in a ready, low defensive position in the middle of the court
- Move the body positively towards the direction the ball is hit
- Catch the ball before it hits the floor (or after one bounce)
- Run behind the feeders' line

Variations:

Harder:

- Add 2 players on the opposite side of the net who try to defend the ball
- Increase the height of the net and add the jump
- Add a blocker at the net
- Ask hitter to "tip" the ball over the net using the inside of the finger tips (in which case the dominant arm swings up and gently directs the ball in the front part of the court)

GAME:

Smashball – (Beginner) – B – Cooperation (Sask Vball – 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:
 - 1st contact – Catch & toss to partner
 - 2nd contact - Self-toss & attack
- Initiate with a player from Team A hitting the ball over the net with one (or two) hand overhead
- Player 1 or 2 on the opposite side (Team B) try to catch the ball (*one bounce allowed*) before ball touches the floor
- Player who catches the ball tosses to their teammate who has moved to the net
- Player at the net self-tosses and hits the ball over the net with one (or two) hand overhead
- The hit 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: If the ball is on our side of the net, I can move to the net to receive the ball from my partner.
- A: If the ball is on the other side of the net, I can be in a defensive position ready to play the ball.

SKILL ACTIVITY:

Reach & Hit

- Hitting 2 – 3 m from net:

Partner's toss & hit

Goal:

- Hit the ball over the net with one hand

How to Play: 3. Partner's toss - HIT

- Create a single-file line of hitters (3 - 4 players) starting 2-3 meters from the net (on the left-hand side of the court)
 - Create a single-file line of feeders (3 - 4 players) behind the Tosser, at the net, each with a ball
(Tosser is located in the middle or slightly to the right side of the court)
 - Create a single-file line of defenders (3 - 4 players) on the opposite side of the net to catch (shag) the hit balls.
 - Defenders are near the end line, facing the hitters
 - Tosser tosses the ball with two hands ~3 meters off (away from) the net, to a height ~1m above height of the antennae for the hitter to hit the ball over the net (without jumping).
 - The 1st defender (shagger) retrieves the ball by catching it, if possible, before it touches the floor or after one bounce
 - Hitter runs to the back of the defenders' line
 - Defender runs to the back of the feeders' line
 - Feeder runs to the back of the hitters' line
 - Players rotate after each hit.
 - Player rotation: Hitter => Defender => Feeder => Hitter => Defender => Feeder . . .
- ROTATE IN A DIFFERENT TOSSER AFTER EVERY 4 – 5 TOSSES
ENABLE EACH PLAYER TO TAKE ON THE ROLE OF TOSSER

What to Look For:

Hitter:

- Quickly move the body underneath the ball
- Move the arms up to the "Superman" position, reaching as high in the air as possible
- Rotate the dominant arm back and the non-dominant arm high in front like "Green Arrow / Robin Hood" with his bow and arrow
- Swing the dominant arm forward leading with the elbow
- Contact made with the ball at 12 o'clock (reaching as high as possible)
- Hit ball over the net . . . with downward spin
- Quickly runs to the back of the defenders' line

NOTE: By starting to hit farther from the net, the children will learn not to hit the ball directly downward but with a slight arc.

Defender:

- Stand in a ready, low defensive position in the middle of the court
- Move the body positively towards the direction the ball is hit
- Catch the ball before it hits the floor (or after one bounce)
- Run behind the feeders' line

Variations:

Harder:

- Increase the height of the net and add the jump
- Add 2 players on the opposite side of the net who try to defend the ball
- Add a blocker at the net
- Ask hitter to “tip” the ball over the net using the inside of the finger tips (in which case the dominant arm swings up and gently directs the ball in the front part of the court)

SKILL INSTRUCTION: Overhead passing Coaching Resources: Overhead passing video (*SaskVball website*)

✓ Instructor demonstration & explanation – Overhead passing

TEACHING POINTS: HAND POSITIONING

- TRIANGLE – Thumbs & Pointer fingers
- CUP THE HANDS – Wrist wrinkles (*Creases*);
- THUMBS POINT TOWARD EYES – “See the tips of the thumbs”

SKILL ACTIVITY: Throw & Catch - 2 (using proper hand positioning)

Goal:

- Throw the ball in various ways and catch (USING OVERHEAD PASSING POSITIONING) as many times as possible.

How to Play:

- Each child is given a ball and stands in their playing area.
- Each child attempts to throw in various ways and catch (USING OVERHEAD PASSING POSITIONING):

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 above the head
- 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:

1 x 1 – Intermediate – Toss – Catch – **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 INSTRUCTION: **Overhead passing** Coaching Resources: Overhead passing video

HAND POSITIONING – ‘Follow through’ / ‘Finish’

TEACHING POINTS:

- PALMS TO CEILING ON FINISH – **‘W’**
- WEIGHT ON LEFT FOOT (*Rt. foot forward*)

GAME:

1 x 1 – Intermediate – Toss – Catch – **PUSH**

Goal

- Maintain a rally

How to Play:

- Partner A tosses to Partner B who **catches** using cupped hands (Overhead passing technique)
- Partner B **‘pushes’** the ball back over the net to Partner A who catches using cupped hands (Overhead passing technique)
- Partner A **‘pushes’** the ball back over the net to Partner B who catches using cupped hands (Overhead passing technique)

N. B. - high toss

Variation:

- change distances of partners from net – 1m, 2m, 3m

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 push the ball higher; I could push the ball farther.

GAME:

Smashball

(Sask Vball – Level 3)

Goal:

- Rally the ball back and forth within the playing space

How to Play:

- 2 v 2 – Use **3 contacts** before playing the ball over the net:
 - 1st contact – Player 1 - Catch & toss to Player 2 @ the net
 - 2nd contact – Player 2 - Catch & toss along the net
 - 3rd contact – Player 1 - Attack / hit the tossed ball
- Initiate with a player from Team A hitting the ball over the net with one (or two) hand overhead
- Player 1 or 2 on the opposite side (Team B) try to catch the ball (*one bounce allowed*) before the ball touches the floor
- Player that catches the ball (e. g., Player 1) tosses to their teammate (Player 2) who has moved to the net
- Player 2 at the net, catches the ball and tosses it along the net to Player 1, who has moved to the net in a hitting position.
- Player 1 hits the ball over the net with one (or two) hand overhead
- The hit 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: If the ball is on our side of the net, I can move to the net to receive the ball from my partner.
- A: If the ball is on the other side of the net, I can be in a defensive position ready to play the ball.

Relay: Self-toss – Catch - PUSH / Self-toss & Attack

Review: Arm swing / OH passing technique

SMASHBALL – Learn to Train

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

Session 3

Goals: Arm swing + jump & attack
Overhead passing

WARM-UP:

ACTIVITY: Zig-Zag tossing relay – over the net - underhand / overhead *OR* Amoeba tag

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

Shoulders:

- Baseball throw
- 2 handed overhead throw
- Baseball throw, into the floor – bounce to partner
- 2 handed overhead throw, into the floor – bounce to partner
- **Self-toss & hit to partner**

Review Arm Swing: BATMAN / SUPERMAN / GREEN ARROW / HULK SMASH

*N. B. Wrist snap – spin the ball
Arm swing – ‘pull through’ to the hip*

Demonstrate the wrist / arm action

SKILL ACTIVITY:

REACH & HIT • hitting from 2 – 3 m from net:

Goal:

- Hit the ball over the net with one hand

How to Play: 1. Self-toss - HIT

- Create a single-file line of hitters (~ ½ team) starting 2-3 meters from the net (on the left-hand side of the court)
- Create a line of defenders (~ ½ team) on the opposite side of the net to catch (shag) the hit balls.
- 1st defender is positioned ~2m in front of the end line, facing the 1st hitter
- Remaining defenders – line up single-file behind the end line.
- 1st hitter, self-toss the ball with two hands to a height ~1 - 2m above height of the antennae hit the ball over the net (without jumping).
- 1st defender (shagger) retrieves the ball by catching it, if possible, before it touches the floor or after one bounce and runs behind the hitter's line.
 - Hitter runs to the back of the defenders' line
- Player rotation: Hitter => Defender => Hitter => Defender . . .

What to Look For:

Hitter:

- Quickly move the body underneath the ball
- Move the arms up to the “Superman” position
- Rotate the dominant arm back and the non-dominant arm high in front like “Green Arrow / Robin Hood” with his bow and arrow
- Swing the dominant arm forward leading with the elbow
- Contact made with the ball at 12 o'clock position
- Hit ball over the net . . . with downward spin
- Quickly run to defenders' location on the opposite side of the net

NOTE: By starting to hit farther from the net, the player will learn not to hit the ball directly downward but with a slight arc.

How to Play: 2. Partner's toss - HIT

- Create a line of hitters (3 - 4 players) starting 2-3 meters from the net (on the left-hand side of the court)
- Create a line of feeders (3 - 4 players) behind the Tosser, at the net, each with a ball (Tosser is located in the middle or slightly to the right-side of the court)
- Create a single-file line of defenders (3 - 4 players) on the opposite side of the net to catch (shag) the hit balls
- Defenders are near the end line, facing the hitters
- The tosser, tosses the ball with two hands ~3 meters off the net to a height ~1 - 2m above height of the antennae, hitter hits the ball over the net (without jumping)
- The 1st defender (shagger) retrieves the ball by catching it, if possible, before it touches the floor or after one bounce
- Hitter runs to the back of the defenders' line
- Defender runs to the back of the feeders' line
- Feeder runs to the back of the hitters' line
- Players rotate after each hit

- Player rotation: Hitter => Defender => Feeder => Hitter => Defender => Feeder . . .

What to Look For:

Hitter:

- Quickly move the body underneath the ball
- Move the arms up to the “Superman” position
- Rotate the dominant arm back and the non-dominant arm high in front like “Green Arrow / Robin Hood” with his bow and arrow
- Swing the dominant arm forward leading with the elbow
- Contact made with the ball at 12 o’clock (reaching as high as possible)
- Hit ball over the net . . . with downward spin
- Quickly runs to the back of the defenders’ line

NOTE: By starting to hit farther from the net, the player will learn not to hit the ball directly downward but with a slight arc.

Defender:

- Stand in a ready, low defensive position in the middle of the court
- Move the body positively towards the direction the ball is hit
- Catch the ball before it hits the floor (or after one bounce)
- Run behind the feeders’ line

Variations:

Harder:

- Increase the height of the net
- Add 2 players on the opposite side of the net who try to defend the ball
- Add a blocker at the net
- Ask hitter to “tip” the ball over the net using the inside of the finger tips (in which case the dominant arm swings up and gently directs the ball in the front part of the court)

INSTRUCTION:

*Breakdown - skill components – technique explanation – **JUMP & ATTACK***

SKILL ACTIVITY:

JUMP & REACH & ATTACK

- **hitting** from 2 – 3 m back from net:

1) Coach-toss & **catch**

2) Coach-toss & **HIT** (Hit – Defend – Feed – Hit)

3) Partner toss & **HIT** – (each player tosses to their entire group – Rotate)

- Group A - HITS; Group B plays DEFENSE, RETRIEVES & FEEDS

- Switch roles: Group B - HITS; Group A plays DEFENSE, RETRIEVES & FEEDS

SKILL ACTIVITY:

JUMP & REACH & ATTACK

- **hitting** from 2 – 3 m from net:

Goal:

- Hit the ball over the net with one hand

How to Play: 1. Coach's toss - CATCH

- Create a line of hitters (~ ½ team) starting 2-3 meters from the net (on the left-hand side of the court). Create 2 lines if there is an assistant coach/instructor to toss for the 2nd line (right-hand side of the court)
- Create a line of feeders (~ ½ team) behind the Coach, at the net each with a ball (Coach is located in the middle or slightly to the right side of the court)
- Coach tosses the ball with two hands ~3 meters off the net to a height ~1 - 2m above height of the antennae for the hitter to **jump** and catch the ball
- Hitter runs to the back of the feeders' line
- Feeder runs to the back of the hitters' line
- Players rotate after each hit.
- Player rotation: Hitter => Feeder => Hitter => Feeder . . .

What to Look For:

Hitter:

- Quickly move the body underneath the ball
- Move the arms up to the "Superman" position
- Jump and catch the ball with arms fully extended (reaching as high as possible)
- Quickly run to the back of the feeders' line

How to Play: 2. Coach's toss - HIT

- Create a line of hitters (3 - 4 players) starting 2-3 meters from the net (on the left-hand side of the court)
- Create a line of feeders (3 - 4 players) behind the Coach, at the net each with a ball (Coach is located in the middle or slightly to the right side of the court)
- Create a line of defenders (3 - 4 players) on the opposite side of the net to catch (shag) the hit balls.
- Defenders are near the end line, facing the hitters
- Coach tosses the ball with two hands ~3 meters off the net to a height ~1 - 2m above height of the antennae for the hitter to **jump** and **HIT** the ball
- The 1st defender (shagger) retrieves the ball by catching it, if possible, before it touches the floor or after one bounce
- Hitter runs to the back of the defenders' line
- Defender runs to the back of the feeders' line
- Feeder runs to the back of the hitters' line
- Players rotate after each hit.
- Player rotation: Hitter => Defender => Feeder => Hitter => Defender => Feeder . . .

What to Look For:

Hitter:

- Quickly move the body underneath the ball
- Move the arms up to the "Superman" position, reaching as high in the air as possible
- Rotate the dominant arm back and the non-dominant arm high in front like "Green Arrow / Robin Hood" with his bow and arrow
- Swing the dominant arm forward leading with the elbow

- Contact made with the ball at 12 o'clock (reaching as high as possible)
- Hit ball over the net . . . with downward spin
- Quickly runs to the back of the defenders' line

Defender:

- Stand in a ready, low defensive position in the middle of the court
- Move the body positively towards the direction the ball is hit
- Catch the ball before it hits the floor (or after one bounce)
- Run behind the feeders' line

Variations:

Harder:

- Increase the height of the net
- Add a blocker at the net
- Add 2 players on the opposite side of the net who try to defend the ball
- Ask hitter to "tip" the ball over the net using the inside of the finger tips (in which case the dominant arm swings up and gently directs the ball in the front part of the court)

How to Play: 3. Partner's toss - HIT

- Create a line of hitters (3 - 4 players) starting 2-3 meters from the net (on the left-hand side of the court)
- Create a line of feeders (3 - 4 players) behind the Tosser, at the net each with a ball
(Tosser is located in the middle or slightly to the right side of the court)
- Create a line of defenders (3 - 4 players) on the opposite side of the net to catch (shag) the hit balls.
- Defenders are near the end line, facing the hitters
- Tosser, tosses the ball with two hands, ~3 meters off the net to a height ~1 - 2m above height of the antennae for the hitter to **jump** and **HIT** the ball
- The 1st defender (shagger) retrieves the ball by catching it, if possible, before it touches the floor or after one bounce
- Hitter runs to the back of the defenders' line
- Defender runs to the back of the feeders' line
- Feeder runs to the back of the hitters' line
- Players rotate after each hit.
- Player rotation: Hitter => Defender => Feeder => Hitter => Defender => Feeder . . .

What to Look For:

Hitter:

- Quickly move the body underneath the ball
- Move the arms up to the "Superman" position
- Rotate the dominant arm back and the non-dominant arm high in front like "Green Arrow / Robin Hood" with his bow and arrow
- Swing the dominant arm forward leading with the elbow
- Contact made with the ball at 12 o'clock (reaching as high as possible)
- Hit ball over the net. . . with downward spin
- Quickly runs to the back of the defenders' line

Defender:

- Stand in a ready, low defensive position in the middle of the court
- Move the body positively towards the direction the ball is hit
- Catch the ball before it hits the floor (or after one bounce)
- Run behind the feeders' line

Variations:

Harder:

- Increase the height of the net
- Add a blocker at the net
- Add 2 players on the opposite side of the net who try to defend the ball
- Ask hitter to “tip” the ball over the net using the inside of the finger tips (in which case the dominant arm swings up and gently directs the ball in the front part of the court)

GAME:

1 x 1 – Intermediate – Toss – Catch – Push

Goal

- Maintain a rally

How to Play:

- Partner A tosses to Partner B who **catches** using cupped hands (Overhead passing technique)
- Partner B **‘pushes’** the ball back over the net to Partner A who catches using cupped hands (Overhead passing technique)
- Partner A **‘pushes’** the ball back over the net to Partner B who catches using cupped hands (Overhead passing technique)

N. B. - high toss

Variation:

- change distances of partners from net – 1m, 2m, 3m

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 push to ball higher; I could push the ball farther.

SKILL ACTIVITY:

WALL RELAY *Toss-Catch*

Goal

- Catch and **Push** a ball off of the wall as many times as possible

How to Play:

- Teams of 4 / 5 children line up, single-file, facing a wall (~1 - 2 m from the wall)
- 1st player starts by throwing the ball high off the wall and runs behind his/her line
- 2nd player attempts to catch the ball (using OH passing technique) before it touches the floor. This player PUSHES the ball high (using OH passing technique) off the wall and runs behind his/her line
- 3rd player attempts to catch the ball (using OH passing technique) before it touches the floor. This player PUSHES the ball high (using OH passing technique) off the wall and runs behind his/her line
- Continue to ‘cycle’ through the team, like a relay for 1 – 2 minutes

What to Look For:

- The number of 'catches' for each of the team.
- Emphasize the "combative" spirit of keeping the ball off the floor for the benefit of the team
- Encourage movement behind or under the ball
- Encourage children to toss/PUSH the ball only hard enough so that the ball bounces off the wall in a way that their teammate can catch it properly. In the spirit of making their teammates successful

Variations:

Easier

- Use lighter and/or lighter balls
- Start 1 meter from the wall
- Use a toss in place of a PUSH

Harder

- Start farther from the wall
- Replace the toss with a PUSH with 2 hands (overhead)

GAME:

Human Net

Goal:

- a) **Catch - Push** / b) **Catch – Self-toss & Volley (STV)** the ball 'back and forth' with a partner and avoid the middle person intercepting the ball

How to Play:

- Groups of 3, minimum (match teams by height). Team sizes can vary and do not have to be equal in size
- Two children pass the ball back and forth (catch + STV) with a third child in the middle (creating a net) who tries to intercept. The first person to be intercepted or to mishandle the ball, becomes the net and changes role 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 Push/STV 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"
- Replace the **Push** over the player in the middle, with a **STV**

GAME:

1 x 1 – Intermediate – Toss – Catch – Self-toss & Volley (STV)

Goal

- Maintain a rally

How to Play:

- Partner A **self-tosses** and volleys (passes) to Partner B who **catches** using cupped hands (Overhead passing technique)

- Partner B **self-tosses** and volleys (passes) the ball back over the net to Partner A who catches using cupped hands (Overhead passing technique)
- Continue to rally back and forth (~ 3 - 4 minutes)
- How many times can you pass the ball over the net without it contacting the floor?

Variation:

- change distances of partners from net – 1m, 2m, 3m

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 pass to ball higher; I could pass the ball farther.
- A: I could use legs for the greater distances (**USE LEGS FOR THE GREATER DISTANCES**)

GAME:

1 x 1 – Intermediate – Toss – Catch – Self-toss & Volley (STV) – TEAM COMPETITION

Goal:

- Score a point by aiming the ball in an open space

How to Play:

- 1st player Team A **self-tosses** and volleys (passes) into the Team B's court
- 1st player Team B tries to **catch** the ball. (If the ball lands in the playing area, a point is scored for Team A. If the ball lands outside the playing area or is not played over the net a point is scored for Team B)
- After the STV, 1st player Team A moves to the back of her/his team's line and is replaced on the court by the 2nd player on team A
- 1st player Team B **self-tosses** and volleys (passes) into the Team A's court. (If the ball lands in the playing area, a point is scored for Team B. If the ball lands outside the playing area or is not played over the net a point is scored for Team A)
- After the STV, 1st player Team B moves to the back of her/his team's line and is replaced on the court by the 2nd player on team B
- Continue to rally back and forth until one team has scored 4, 5, 6, 7 . . . points (determined by teacher/instructor/coach)

What to Look For:

- Encourage getting back into ready position after ball is sent over the net
- Encourage consistency in the self-toss
- Help children look for open spaces and aim the ball in that space
- Children waiting should be focused, ready and move quickly in the playing space as soon as their teammate played the ball over the net.

Variation:

“Steal the bean bag” scoring option:

- Add 4 bean bags per team
- Once a player scores a point, s/he runs over to steal a bean bag. The next players enter the court and play their game
- Again, the player who scores a point steals a bean bag from the opposing team and so on until one team has stolen all the bean bags

GAME:

Smashball

(Sask Vball – Level 4)

Goal:

- Rally the ball back and forth within the playing space

How to Play:

- 3 v 3 – Use **3 contacts** before playing the ball over the net:
 - 1st contact – Catch & toss to teammate @ the net
 - 2nd contact – Catch & Toss along the net
 - 3rd contact – Attack / hit the tossed ball
- Initiate with a player from Team A hitting the ball over the net with one (or two) hand overhead
- Player 1 or 2 or 3 on the opposite side (Team B) tries to catch the ball (*one bounce allowed*) before the ball touches the floor
- Player that catches the ball tosses to a teammate who is positioned at the net
- Player at the net (setter) tosses the ball along the net to teammate from the back left side, who has moved to the net into a hitting position.
- Player who receives the toss, hits the ball over the net with one (or two) hand overhead
- The hit must bounce within the playing boundaries
- Team members rotate on the court (clock-wise) Hitter -> Setter -> back right side -> back left side -> Hitter . . .
- If a team has more than 3 members, then player in back right side rotates off the court after the hit and is replaced by the teammate waiting off of the court
- Teams rotate after each hit that originates from their side
- 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: If the ball is on the other side of the net, I can be in a defensive position ready to play the ball.

Relay: Toss & Attack @ net / STV & forearm catch @ wall / Toss & Attack @ net

Cool down: **Shoe Pass** - This is a great activity for strengthening abdominals.

Kids sit in a circle with their left shoes in their right hands.

Start in a crunch position, knees bent, feet on the floor.

Give the following challenges:

- Tap the shoe on the floor next to your right foot
- Lie down and tap the shoe on the floor over your head
- Curl up and tap your shoe by the right foot again
- Move the shoe to your left hand. Tap next to the left foot
- Lie down and tap on the floor over your head
- Curl up and tap your shoe by the left foot again
- Transfer shoe between hands, under your knees. Each time the shoe is passed tap by the foot on that side.

Review: Arm swing / OH passing technique

SMASHBALL – Learn to Train

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

Session 4

Goals: Forearm passing (catch / bump)
Overhead passing (*continued – Smashball game*)
Arm swing + jump & attack (*continued – Smashball game*)

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
- 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 (sideway left . . . sideway right . . . front . . . back) and children move in that direction, always keeping that ready position while moving
- After each 10 to 15 second, 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 (keep knees bent, shoulders forward {always facing the instructor}, arms in front, palms up)

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

Leg kicks @ net or wall

- Shoulders:
- Baseball throw
 - 2 handed overhead throw
 - Baseball throw, into the floor – bounce to partner
 - 2 handed overhead throw, into the floor – bounce to partner
 - **Self-toss & hit to partner**

SKILL INSTRUCTION: Forearm passing

Coaching Resources: Fore arm passing video (*Sask Volleyball website*)
Atomic Volleyball: Instructor's Manual – p. 41

Instructor demonstration & explanation – Fore arm passing

- **TEACHING POINTS:**

Demonstrate the 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'*)

Demonstrate the ARM position

- Arms are straight
- Platform (*fore arms*) are behind the ball
- Arms (hands) are away from the body

What to Look For:

COMMON ERRORS -

- 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

SKILL ACTIVITY: Throw & Catch – Underhand - Intermediate

Goal:

- Throw and catch (underhand – *forearm passing position*) a ball as many times as possible

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 at different heights (e.g., with arms outstretched in front, like a forearm pass)
- Catch the ball with outstretched arms in front (like a forearm pass)
- Clap your hands (once . . . 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)
- Create other ways to catch the ball

What to Look For:

- Encourage defensive spirit to stop the ball from grounding
- Fast feet and stay low when moving to get into ready position to catch the ball
- Arms straight “like a plank” in front of body, wrists must be lower than waist height
- Emphasize catching below waist level
- 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

- Reduce the size of the playing space

Harder

- 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

SKILL ACTIVITY:

Bumping Basics

Goal:

- Move and perform forearm passes

How to Play:

- In pairs facing each other (one partner with her/his back to the net and the other in the court facing the net . . . facing their partner)
- Child at the net:
 - rolls ball (making partner move from side to side) to their partner who catches the ball with the arms fully straight and with the ball in the centre of their body.
 - receiver returns the ball to partner by throwing the ball while imitating the forearm pass
- Repeat each progression for ~1 minute then have children switch roles

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
- Increase distance between players

SKILL INSTRUCTION: Forearm passing – Part 2

Review / demonstrate the arm position

- Arms are straight
- Platform (*fore arms*) behind the ball
- Arms (hands) away from the body
- **Contact the ball, with forearms, ~10 cm above the wrist and ‘push’/bump the ball**

SKILL ACTIVITY: Bumping Basics (*continued*)

How to Play:

- In pairs facing each other (one partner with back to the net and the other partner in the court)
- Child at the net:
 - Throws ball to partner who **forearm passes the ball**
- Repeat each progression for ~1 minute then have children switch roles

What to Look For:

Thrower

- Makes an effort to properly throw the ball (tosses underhand, like a flattened rainbow)
- 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 when catching / passing the ball (forearm pass)
- No jumping to catch/pass the ball – Use arms only (**the only movement is at the shoulders**)

Variations:

Easier

- Have children move shorter distances 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
- Increase distance between players
- The partner at the net does an overhead pass to self before catching the ball

GAME: 1 x 1 – Intermediate – Toss – Pass – Catch

Goal:

- Maintain a rally

How to Play:

- Partners on opposite sides of the net, facing one another
- Partner A tosses to Partner B - forearm pass to self and catch the ball
- Partner B tosses to Partner A - forearm pass to self and catch the ball
- Continue to rally back and forth (1 minute then increase the distance from the net)
- How many times can you pass the ball, back and forth over the net without it contacting the floor?

What to Look For:

- Encourage defensive spirit to stop the ball from grounding
- Fast feet and stay low when moving to get into ready position to play the ball
- Arms straight “like a plank” in front of body, wrists must be lower than waist height
- **Emphasize contacting the ball below waist level**
- Encourage consistency in the tosses
- Encourage movement behind or under the ball
- No jumping to catch/pass the ball – Use arms only (*the only movement is at the shoulders*)
- 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

- Reduce the size of the playing space
- Progress from a toss back and forth between Player A and Player B, to a toss, forearm pass to self and catch.

Harder

- Increase the size of the playing area
- Increase the distance the players are positioned from the net - **1m, 2m, 3m**

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 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.

GAME

Go Fish

Goal:

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

How to Play:

- 6+ players per court (3 per 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 catch the ball
- The players switch sides after their toss and their 'catch' from the bounce
- 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 side of the court, to the left side of the court
- Encourage children to quickly move to the next action

Variations:

Easier

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

Harder

- Have throwers aim an open space and challenge receivers
- Change starting point distance from the net
- Replace the throw with a hit with 2 hands over the net
- Can also be used as a serving exercise

Equipment:

- 3 balls per court
- 3 hoola hoops per court

GAME

The Bumper – Toss – Forearm pass & Catch

Goal:

- Rally the ball back and forth over the net

How to Play:

- Teams of 4, 4 objects (hoola hoops / cones / pylons) one object in each of the 4 corners of the court
- Team A players stand behind their end line with one player from their team standing in the middle of the court with a ball
- Team B players stand behind their end line of their respective court and one player from their team stands in the middle of their court
- 1st player on Team A initiates the activity by slapping the ball to signal the 1st player on Team B to run to touch the object in a corner (hoola hoop / cone / pylon . . .)
- Player on Team A tosses the ball as soon as the passer (player on Team B) has touched the object in the corner
- Player on Team B runs into the court, towards the tossed ball and attempts to forearm pass the ball to self and catch the ball
- Player on Team B continues the rally by slapping the ball to signal the 2nd Player on Team A to run to touch the object in a corner (hoola hoop / cone / pylon . . .)
- Player on Team B tosses the ball as soon as the passer (player on Team A) has touched the object in the corner
- Player on Team A runs into the of the court towards the ball and attempts to forearm pass the ball to self and catch the ball
- Goal is to rally the ball over the net as long as possible. Both teams play cooperatively

Tactical Talk:

- Q: Did you achieve your goal of maintaining a rally? Why or why not?
- A: Open answers
- Q: What could you do differently to stop the ball from grounding?
- 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

- Replace forearm pass with a catch
- Use bigger/lighter ball

Harder

- Have players go into the hoola-hoop with both feet before getting into position in the middle of the court

GAME:

Smashball

(Sask Vball – Level 5)

Goal:

- Rally the ball back and forth within the playing space

How to Play:

- 3 v 3 – Use **3 contacts** before playing the ball over the net:
 - 1st contact – Catch & toss to teammate @ the net
 - 2nd contact – Catch & **Self-toss & Volley** along the net
 - 3rd contact – Attack / hit the passed ball
- Initiate with a player from Team A hitting the ball over the net with one (or two) hand overhead
- Player 1 or 2 or 3 on the opposite side (Team B) tries to catch the ball (*one bounce allowed*) before the ball touches the floor
- Player that catches the ball tosses to a teammate who is positioned at the net
- Player at the net (setter) self-tosses and volleys (**STV**) the ball along the net to teammate from the back left side, who has moved to the net into a hitting position.
- Player who receives the volley, hits the ball over the net with one (or two) hand overhead
- The hit must bounce within the playing boundaries
- Team members rotate on the court (counter-clockwise) Hitter -> Setter -> back right side -> back left side -> Hitter . . .
- If a team has more than 3 members, then player in back right side rotates off the court after the hit and is replaced by the teammate waiting off of the court
- Teams rotate after each hit that originates from their side
- 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: If the ball is on our side of the net, I can move to the net to receive the ball from my partner.
- A: If the ball is on the other side of the net, I can be in a defensive position ready to play the ball.

Relay: Toss & OH pass @ net / self-toss off the end wall, forearm & catch / Toss & Attack @ net

Cool down: **Shoe Pass** - This is a great activity for strengthening abdominals.

Kids sit in a circle with their left shoes in their right hands.

Start in a crunch position, knees bent, feet on the floor.

Give the following challenges:

- Tap the shoe on the floor next to your right foot
- Lie down and tap the shoe on the floor over your head
- Curl up and tap your shoe by the right foot again
- Move the shoe to your left hand. Tap next to the left foot
- Lie down and tap on the floor over your head

- Curl up and tap your shoe by the left foot again
- Transfer the shoe between hands, under your knees. Each time the shoe is passed tap by the foot on that side.

Review: Arm swing / OH passing technique

SMASHBAL – Learn to Train

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

Session 5

- Goals: Review - Arm swing: Batman / Superman / Green Arrow / Hulk Smash
- Jump + Arm swing to attack
- Review - OH pass: TRIANGLE – Thumbs & Pointer fingers
HANDS CUPPED / wrists / finish palms to ceiling
THUMBS POINT TOWARD EYES – See the tips of the thumbs;
FACE THE DIRECTION OF THE PASS
- Smashbal Level 5 – *include forearm pass when receiving tossed ball*
- Review - Forearm passing: Legs / Wt. forward / hands (arms) away from body / platform
FACE THE DIRECTION OF THE BALL

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 participants)
- The player(s) that are '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:

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

Sprint (2X)

Leg kicks @ net or wall

- Shoulders:
- Baseball throw
 - 2 handed overhead throw
 - Baseball throw, into the floor – bounce to partner
 - 2 handed overhead throw, into the floor – bounce to partner
 - **Self-toss & hit to partner**

GAME:

1 v 1 Hitting challenge – Hit and Defense – Cooperation

Goal:

- Rally the ball back and forth over the net

How to Play:

- Teams of 4 (or more) – teams (A & B) are positioned on opposite sides of the net facing one another
- All team members, except for the first player in each line, are in single-file, behind end line
- Player with the ball (1st player Team A) stands near the net, self-toss and attacks (hits the ball) towards the 1st player on the opposite side of the net (Team B)
- Receiving player (1st player Team B) should be in a defensive position - back half of the court
- Following the hit, the attacker moves to the back of her/his team's line
- Receiving player (player on Team B) attempts to catch the ball (using FOREARM passing technique – body / arms) before it touches the floor or from one bounce
 - After catching the ball, the receiving player (player on Team B) runs to a position near the net for a self-toss and attack (hit the ball) toward their partner (second player Team A)
- Following the hit, the attacker moves to the back of her/his team's line
- Rally back & forth between teams until every member of Team A and Team B has had a minimum of 5 attacks

What to Look For:

Defending player:

- Encourage defensive spirit to stop the ball from grounding
- Fast feet and stay low when moving to catch the ball
- Arms straight “like a plank” in front of body
- Wrists must be lower than shoulder height

Offensive player:

- Throw ball to self just above the height of the antennae
- Aim their attack towards the middle of the court
- Reach and contact the ball as high as possible
- Spin the ball towards the floor

Variations

- Add a tosser. After each attack, switch or rotate the tosser and hitter within the same team
- Make the attack and defense a competition. The hitter tries to hit the ball to an open location within the boundaries on the opponent's side, to score a point.

Goal variations:

- Count how many times the ball can be hit and caught before it touches the floor (Cooperation)

SKILL INSTRUCTION: Review

Overhead pass:

- ✓ TRIANGLE – Thumbs & Pointer fingers
- ✓ HANDS CUPPED / wrists / finish palms to ceiling
- ✓ THUMBS POINT TOWARD EYES – See the tips of the thumbs;
- ✓ **FACE THE DIRECTION OF THE PASS**

SKILL ACTIVITY:

- Pass & Shuffle - Overhead**
- Catch & **PUSH** - pass straight line (Linear)
 - pass diagonal
 - Toss & **PASS** - pass straight line (Linear)
 - pass diagonal

Goal:

- Move and perform overhead passes

How to Play: (Linear)

- 2 groups
 - Group A (1 ball/child) space out sideline to sideline - backs to the net
 - Group B single-file line facing 1st child in Group A (A1) {~ 3 – 4 m from net}
- A1 underhand tosses ball to B1 who catches the ball using proper overhead passing position
- B1 returns the ball to A1 with a **Push** – using proper overhead passing position and ‘finish’
- B1 then shuffles to a position in front of A2, repeat the toss – catch – 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 throwing the ball must challenge their partners just the right amount by throwing with two hands in a rainbow-like trajectory at a minimum height of the top of the antennae
- After Group B has moved across the court and back to their starting position, groups switch roles; Group B become tossers with back to the net, Group A toss – catch – push, shuffle and move across the court and back

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 1st child in Group A (A1)
- 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 passing position and **Pushes** the ball diagonally to A2, while ‘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 passing position and **Pushes** the ball diagonally to A3, while ‘facing’ A3
- repeat the toss – catch – **Push**, shuffle across the court . . .

- As soon as B1 has **Pushed** the ball to A3, B2 begins the toss – catch – **Push** sequence and follows B1 across the court
- Players throwing the ball must challenge their partners just the right amount by throwing with two hands in a rainbow-like trajectory at a minimum height of the top of the antennae
- After Group B has moved across the court and back to their starting position, groups switch roles; Group B tossers with back to the net, Group A toss – catch – push, shuffle and move across the court and back

What to Look For:

Thrower

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

Receiver

- Ready position
- Look at the ball
- Get behind the ball
- Body and shoulders **facing the target**
- Arms outstretched, hands cupped and above the forehead, when catching the ball
- Make sure hands are properly positioned on the ball and PUSH to target
- Finish with 'PALMS TO CEILING'

Variations:

Easier:

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

Harder:

- Increase distance between players (tossers and passers)
- Alternate making partner move side to side, then front and back and a mix of different directions
- **Continuous overhead passing (Repeat 'How to Play', substituting a PASS for the PUSH)**

GAME:

2 X 2 (Intermediate)

A – Cooperation

Goal:

- Maintain a rally with a teammate

How to Play:

- 2x2
- Teams of 2 on each side of a net, rally back and forth starting with an underhand serve (or toss) over the net, to opponent (player 1), catch-throw with 2 hands to partner (player 2) at the net, catch-**PUSH** with 2 hands along the net to partner, hit over the net (player 1)
- *With extra players, create multiple teams of 2.
- *Have teams rotate each time a point is scored or the ball is grounded.

Tactical Talk:

- Q: What did you do to keep the ball in play as long as possible?
- A: I pushed the ball with two hands. I aimed the ball high like a rainbow to my partner. I aimed the ball towards the middle of the court to make it easier for players on the other side to play the ball
- Q: What can you do to avoid the ball from grounding on your side of the court?
- A: Get back into ready position immediately after playing ball over the net, hands in front and ready, move quickly with two feet under the ball, catch with 2 hands

Variations:

Easier

- Use bigger/lighter ball
- Lower the height of the net or space divider
- Start the rally from anywhere in the court

Harder

- Replace the catch-Push with an overhead pass to partner

GAME:

Smashball

(Sask Vball – Level 5)

Goal:

- Rally the ball back and forth within the playing space

How to Play:

- 3 v 3 – Use **3 contacts** before playing the ball over the net:
 - 1st contact – Catch & toss to teammate @ the net
 - 2nd contact – Catch & **Self-toss & Volley** along the net
 - 3rd contact – Attack / hit the passed ball
- Initiate with a player from Team A hitting the ball over the net with one (or two) hand overhead
- Player 1 or 2 or 3 on the opposite side (Team B) try to catch the ball (*one bounce allowed*) before the ball touches the floor
- Player that catches the ball tosses the ball **TO THE NET**, to a teammate who is positioned at the net
- Player at the net (setter) self-toss and volley (STV) the ball **ALONG THE NET** to teammate from the back left side, who has moved to the net into a hitting position.
- Player who receives the volley, hits the ball **OVER THE NET** with one (or two) hand overhead
- The hit must bounce within the playing boundaries
- Team members rotate on the court (clockwise) Hitter -> Setter -> back right side -> back left side -> Hitter . . .
- If a team has more than 3 members, then player in back right side rotates off the court after the hit and is replaced by the teammate waiting off of the court
- Teams rotate after each hit that originates from their side
- 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: If the ball is on our side of the net, I can move to the net to receive the ball from my partner.
- A: If the ball is on the other side of the net, I can be in a defensive position ready to play the ball.

Review - Forearm passing: Legs / Wt. forward / hands (arms) away from body / platform
Finish – ‘wrists to target’
FACE THE DIRECTION OF THE BALL

SKILL ACTIVITY: **WALL RELAY - 2 STV (self-toss & volley) - UNDERHAND CATCH - STV**

Goal:

- Catch & STV a ball off of the wall as many times as possible

How to Play:

- Teams of 4 / 5 children, line up single-file facing a wall (~1m from the wall)
- 1st player starts by STV the ball high off of the wall and runs behind their line
- 2nd player attempts to catch the ball (using FOREARM passing technique – body / arms) before it touches the floor
- 2nd player STV the ball high off of the wall and runs behind their line
- Continue to ‘cycle’ through the team, like a relay (2 minutes)

What to Look For:

- Emphasize the “combative” spirit of keeping the ball off the floor for the benefit of the team
- Encourage movement behind or under the ball
- Encourage children to throw/hit the ball only hard enough so that the ball bounces off the wall in a way that their teammate can catch it properly. In the spirit of making their teammates successful

Variations:

Easier

- Use lighter balls

Harder

- Start farther from the wall
- Children attempt to replace the catch with a hit with 2 arms to self (forearm pass), catch, then STV towards the wall

SKILL ACTIVITY:

Russian Passing

Goal

- Move and perform forearm passes

How to Play

- Teams of 3: 2 throwers and 1 passer
- The throwers (each with a ball) face each other with the passer in the middle
- Throwers 6 – 7 m apart
- One thrower starts by throwing the ball to the player in the middle who turns to face the thrower and forearm passes the ball back to them
- Immediately after, the opposite thrower tosses the ball to player in the middle who turns to face that thrower and forearm passes the ball back to thrower
- Repeat for ~1 minute then rotate players

What to Look For

- Ensure the pace of the throws is just right to make the passer move quickly on her /his feet
- Emphasize the importance of having body and shoulders leaning forward before playing the ball

Thrower

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

Passer

- Ready position
- Look at the ball
- Get behind the ball
- Body and shoulders leaning forward
- Arms completely outstretched when passing the ball (forearm pass)
- No jumping to catch the ball . . . **the only arm movement is at the shoulders**

Variations

Easier

- Have children move shorter distances to play the ball
- Replace the forearm pass with a catch and throw

Harder

- Increase the distance between players
- Throwers accelerate the pace by throwing the ball as soon as the passer has finished their previous pass
- The throwers perform an overhead pass to self before catching the ball

GAME:

Smashball

(Sask Vball – Level 6)

Goal:

- Rally the ball back and forth within the playing space

How to Play:

- 4 v 4 (diamond)
- Use **3 contacts** before playing the ball over the net:

BALL 1: SERVE

- 1st contact – Catch & toss to teammate @ the net
- 2nd contact – Catch & **Self-toss & Volley** along the net
- 3rd contact – Attack / hit the passed ball

BALL 2: TOSS (*from coach/instructor*)

- 1st contact – **FOREARM PASS** to teammate @ the net
- 2nd contact – Catch & **Self-toss & Volley** along the net
- 3rd contact – Attack / hit the passed ball

NOTE: Ball 1 & Ball 2 are directed to the same team

- Initiate with a player from Team A hitting the ball over the net with one (or two) hand overhead
- Any player on the opposite side (Team B) tries to catch the ball (*one bounce allowed*) before the ball touches the floor
- Player that catches the ball tosses to a teammate who is positioned at the net
- Player at the net (setter) self-tosses and volleys (STV) the ball along the net to teammate from the left-side OR right-side, who have moved to the net into hitting positions.
- Player who receives the volley, hits the ball over the net with one (or two) hand overhead
- The hit must bounce within the playing boundaries
- Team members rotate on the court (clockwise)
- If a team has more than 4 members, then player in back right side rotates off the court and is replaced by a teammate waiting off of the court
- Teams rotate after their team has received the 2 balls of a two-ball sequence and they are preparing to serve
- 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: If the ball is on our side of the net, I can move to the net to receive the ball from my partner.
- A: If the ball is on the other side of the net, I can be in a defensive position ready to play the ball.

Relay: Toss & OH pass @ net / self-toss off the end wall, forearm & catch / Toss & Attack @ net

Cool down: **Shoe Pass** - This is a great activity for strengthening abdominals.

Kids sit in a circle with their left shoes in their right hands.

Start in a crunch position, knees bent, feet on the floor.

Give the following challenges:

- Tap the shoe on the floor next to your right foot
- Lie down and tap the shoe on the floor over your head
- Curl up and tap your shoe by the right foot again
- Move the shoe to your left hand. Tap next to the left foot
- Lie down and tap on the floor over your head
- Curl up and tap your shoe by the left foot again
- Transfer the shoe between hands, under your knees. Each time the shoe is passed tap by the foot on that side.

Review: Arm swing / OH passing technique / Forearm passing technique

SMASHBAL – Learn to Train

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

Session 6

- Goals:
- Introduce: - underhand serve
 - Review: - Forearm pass: Legs / Wt. forward / hands (arms) away from body / platform
FACE THE DIRECTION OF THE BALL
 - OH pass: TRIANGLE – Thumbs & Pointer fingers
HANDS CUPPED / wrists / finish palms to ceiling
THUMBS POINT TOWARD EYES – See the tips of the thumbs;
FACE THE DIRECTION OF THE PASS
 - Arm swing: *Batman / Superman / Green Arrow / Hulk Smash*
 - Smashbal: Level 6 – include forearm pass when receiving tossed ball

WARM-UP:

ACTIVITY: Red light – Green light

Goal:

- To practice proper body positioning for forearm passing

How to Play:

- players line up across the end line, facing the net
- the Leader (instructor / coach / player) faces the players
- 1st game – Instructor/Coach controls ('calls') the game
- to start, the Leader (instructor / coach) calls out, "Green light" and the players run towards the net
- when the leader calls out, "Red light", all players must STOP in a forearm passing position
- when the Leader again calls out, "Green light" the players continue to run towards the net
- when the leader again calls out, "Red light", all players STOP in a forearm passing position
- continue to alternate, "Green light", "Red light" until one player has reached the net before being stopped by a "Red light"
- if any players start to run towards the net before "Green light" is called, that player returns to the end line and starts over

What to Look For:

- when stopped, players are in a proper forearm passing position:
 - Weight forward;
 - Feet - 'shoulder-width' apart (*Split step*);
 - Legs are bent with knees ahead of toes;
 - Shoulders are over the knees;
 - Arms are straight
 - Arms (hands) are away from the body

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

Shoulders:

- Baseball throw
- 2 handed overhead throw
- Baseball throw, into the floor – bounce to partner
- 2 handed overhead throw, into the floor – bounce to partner
- **Self-toss & hit to partner**

SKILL REVIEW:

Forearm passing:

- Arms are straight
- Arms (hands) are away from the body
- Platform (*fore arms*) are behind the ball
- Contact the ball, with forearms, ~10 cm above the wrist and ‘push’ the ball
- Weight forward
- **FACE THE DIRECTION OF THE BALL**

SKILL ACTIVITY:

Pass & Shuffle - Forearm - Catch & Pass - pass straight line (Linear)
 - pass diagonal

Goal:

- Move and perform forearm passes

How to Play: (Linear)

- 2 groups - Group A (1 ball/child) space out sideline to sideline - backs to the net
 - Group B single-file line facing 1st child in Group A (A1) {~ 3 – 4 m from net}
- A1 underhand tosses ball to B1 who catches the ball - using proper forearm passing position
- B1 returns the ball to A1 with an underhand toss – using proper forearm passing position
- B1 then shuffles to a position in front of A2, repeat the toss – catch – 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 passing 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

- After Group B has moved across the court and back to their starting position, groups switch roles; Group B become tossers with back to the net, Group A toss – catch – toss, shuffle and move across the court and back

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 1st child in Group A (A1)
- 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 **tosses** the ball diagonally to A2, while '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 **tosses** the ball diagonally to A3, while 'facing' A2
- repeat the toss – catch – **toss** - shuffle, across the court . . .
- 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 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 tossers backs to the net, Group A toss – catch – toss, shuffle and move across the court and back

What to Look For:

Thrower

- Makes an effort to properly throw the ball (throws like a flat rainbow)
- 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 facing the ball
- Arms outstretched and straight when receiving and tossing the ball
- No jumping to catch the ball . . . **the only arm movement is at the shoulders**
- Finish with wrists facing target

Variations:

Easier

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

Harder

- Increase distance between players (throwers and passers)
- Alternate making partner move side to side, then front and back and a mix of different directions

SKILL INSTRUCTION: Underhand Serving

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

- **Coaching Resources:** [Underhand serving video](#) – refer to the [Sask Volleyball website](#)

Demonstrate the **BODY** position:

- NON-DOMINANT FOOT – forward (facing target)
- BALL rests in NON-DOMINANT HAND

Demonstrate the **HAND** position:

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

Demonstrate the **BODY** motion:

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

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

What to Look For:

BODY POSITION:

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

BODY MOTION:

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

GAME:

Serve & Play (Beginner) – A

Goal:

- Consecutively serve the ball over the net using an underhand serve.

How to Play:

- Two teams of 2 players
- Play a game using 3 ball contacts: hit the ball (player 1), catch and throw (player 2), hit the ball over the net (player 1).
- The game starts with a serve from behind the end line (adjust distance to suit the strength of the children)
- After each rally, a new player starts the rally with a serve (regardless of which team won the rally).
- The goal is to consecutively serve the ball over the net to spell a particular word (e. g., VOLLEYBALL = 10 consecutive serves)

Tactical Talk:

- Q: What did you do to achieve your goal?
- A: Open answers

- Q: What did you do to effectively start the play?
- A: Took my time to serve, held the ball at waist height, rocked back then forward with my body and arm, looked at the ball while hitting it.
- Q: Why do you think you didn't effectively start the play?
- A: Didn't take my time to serve, held the ball lower / higher than waist height, didn't rocked back then forward with my body and arm, didn't look at the ball while hitting it.

What to Look For:

Server:

- Pulls the hitting arm back behind their body.
- Holds the ball in front of the hitting arm at waist height.
- Steps towards the net with non-dominant foot.
- Feet are facing forward into the court.
- Steps, and hits (serves) the ball, in one continuous motion.
- Hits the ball slightly below centre.
- Shoulders should finish parallel to the net.
- Hand should finish facing the target.
- After hitting the ball, assumes the ready position to learn that the ball may come back to them in a game.

Receiver:

- Moves behind the ball to catch it with two hands
- Arms are straight when catching the ball

Variations:

Easier

- Decrease the distance between server and the net
- Have the receiver catch the ball

Harder

- Increase the distance between server and the net
- After the serve, have the player run to the net and back.
- Receiver stands in different locations in the playing space (near or far from the net) before each serve and the server aims for the new target location
- Receiving player performs an underhand pass to self and catch

SKILL ACTIVITY:

Underhand Serving: Progression

1) 'BOWLING'

Goal:

- Practice weight transfer & rocking motion

How to Play:

- Partners on opposite sides of the net, facing one another
- 1 ball/pair
- Partners stand on the attack line (3m line) or a step behind the attack line
- Step + 'bowl' the ball under the net - arm swing motion
- 'Bowl' the ball back and forth (5x – 6x)

What to Look For:

- NON-DOMINANT FOOT – forward (facing target)
- Rock back when the arm is back - weight on the DOMINANT FOOT (back foot)

- Rock forward with weight transferred to the front foot (*NON-DOMINANT FOOT*) when rolling the ball

Variations:

Easier

- Use bigger/lighter ball

Harder

- Increase the distance between the players

2) UNDERHAND TOSS - ABOVE the net

Goal:

- Practice weight transfer, rocking motion and follow through

How to Play:

- Partners on opposite sides of the net, facing one another
- 1 ball/pair
- Partners stand a step behind the attack line
- Step and underhand toss the ball over the net - arm swing motion
- Toss the ball back and forth (1 minute)

What to Look For:

- NON-DOMINANT FOOT – forward (facing target)
- Rock back when the arm is back - weight on the DOMINANT FOOT (back foot)
- Rock forward with weight transferred to the front foot (*NON-DOMINANT FOOT*) when tossing the ball

Variations:

Easier

- Use bigger/lighter ball

Harder

- Increase the distance between the players
- Receiver plays ball with catch or forearm pass

3) SERVING

Goal:

- Hit the ball with 1 hand underhand (serve) over the net, progressively farther from the net

How to Play:

- Partners on opposite sides of the net, standing on the attack line, facing one another
- 1 ball/pair
- Player 1 serves the ball over the net to partner who catches the ball
- Player 2 serves the ball back over the net to partner who catches the ball
- When both players have successfully served the ball 3 times, the partners both take one giant step back to gradually serve from behind the end line

What to Look For:

Server:

- Pulls the hitting arm back behind their body.
- Holds the ball in front of the hitting arm at waist height.

- Steps towards the net with non-dominant foot.
- Feet are facing forward into the court.
- Steps, and hits (serves) the ball, in one continuous motion.
- Hits the ball slightly below centre.
- Shoulders should finish parallel to the net.
- Hands should finish facing the target.
- After hitting the ball, assumes the ready position to learn that the ball may come back to them in a game.

Receiver:

- Moves behind the ball to catch it with two hands
- Arms are straight when catching the ball

Variations:

Easier:

- Decrease the distance between server and the net
- Have the receiver catch the ball

Harder:

- Increase the distance between server and the net
- After the serve, have the player run to the net and back.
- Receiver stands in different locations in the playing space (near or far from the net) before each serve and the server aims for the new target location
- Receiving player performs an underhand pass to self and catch

GAME:

Setting It Up – A

Goal:

- Set-up partner for success

How to Play:

Teams of 3

- Three players on each side of the net, two are side-by-side mid-court, the other at the net
- ‘Server’ starts by tossing or serving to start the rally.
- Receivers OH pass or forearm pass the ball to the net
- Setter – catch - STV the ball to the player who did not pass the first contact, this player passes the ball over the net with two hands (OH pass)
- Each team counts how many times they successfully use 3 consecutive contacts
- Teams rotates every time their team sends the ball over the net
- If extra players, one player rotates in and one player rotates out every time their team sends the ball over the net

Tactical Talk:

- Q: What did you do to set-up your partner for success (as a setter)?
- A: I was in a ready position to receive the ball. I was in a position to both see my receivers and the opponents. I moved quickly under the ball. I contacted the ball above my forehead. I started with my hands near my forehead then pushed my arms high into the sky.
- Q: What did you do to set-up your partner for success (as a receiver)?
- A: I was in a ready position to receive the ball. I passed the ball high to my teammate at the net. I passed the ball a bit off the net. I let the setter know I was ready to hit.

Variations:

Easier

- Reduce the size of the court

Harder

- Increase the size of the court

SKILL ACTIVITY

Butterfly Drill – Beginner – *Forearm passing focus*

Goal:

- Forearm pass the ball to the setter for STV to attack.

How to Play:

Teams of 4:

- P1 & P4 on one side of the net; P2 & P3 are on the opposite side of the net
- P1 tosses / serves the ball over the net then runs to her/his next position (P2)
- P2 receives the toss / serve with a forearm pass to P3
- P3 is in ready position at the net to catch the ball from the passer (P2), P3 tosses / STV the ball along the net back to P2 who has moved into position to hit it over the net
- P4 stops the ball from grounding by catching the ball then starts the next rally with a toss or serve
- After each successful sequence, players rotate positions. (P1 => P2 => P3 => P4 => P1)

What to Look For:

Tosser / Server

- use a toss or an underhand serve
- uses a toss / serve with a rainbow trajectory
- provides a toss that is directed at P2 and requires minimal movement to make the pass

Receiver

- Moves behind the ball to pass it
- Arms are straight when catching / passing the ball

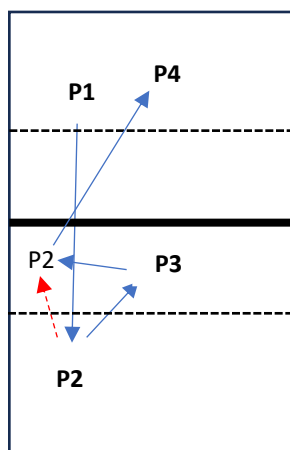
Variations

Easier

- Replace first contact with a catch & toss
- Use lighter/bigger ball

Harder

- Increase the size of the court
- Forearm pass the tossed / served ball



→
Ball movement

GAME:

Smashball

(Sask Vball – Level 6)

Goal:

- Rally the ball back and forth within the playing space

How to Play:

- 4 v 4 (diamond)
- Use **3 contacts** before playing the ball over the net:

BALL 1: SERVE

- 1st contact – Catch & toss to teammate @ the net
- 2nd contact – Catch & **Self-toss & Volley** along the net
- 3rd contact – Attack / hit the passed ball

BALL 2: TOSS (from coach/instructor)

- 1st contact – **FOREARM PASS** to teammate @ the net
- 2nd contact – Catch & **Self-toss & Volley** along the net
- 3rd contact – Attack / hit the passed ball

NOTE: Ball 1 & Ball 2 are directed to the **same** team

- Initiate with a player from Team A serving the ball over the net
- Any player on the opposite side (Team B) tries to catch the ball (*one bounce allowed*) before the ball touches the floor
- Player that catches the ball tosses to a teammate who is positioned at the net
- Player at the net (setter) self-tosses and volleys (STV) the ball along the net to teammate from either the left-side or right-side, who have moved to the net into hitting positions.
- Player who receives the volley, hits the ball over the net with one (or two) hand overhead
- The hit must bounce within the playing boundaries
- Teams rotate after their team has received the 2 balls of a two-ball sequence and they are preparing to serve
- Team members rotate on the court (clockwise)
- If a team has more than 4 members, then player in back right side rotates off the court and is replaced by a teammate waiting off of the court
- 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: If the ball is on our side of the net, I can move to the net to receive the ball from my partner.
- A: If the ball is on the other side of the net, I can be in a defensive position ready to play the ball.

Relay: Toss & OH pass @ net / self-toss off the end wall, forearm & catch / Toss & Attack @ net

Review: Underhand serve - hand
- body movement

SMASHBAL – Learn to Train

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

Session 7

Goals:	Introduce	- 2-step Approach - Jump + Attack
	Review	- OH pass: FACE THE DIRECTION OF THE PASS
		- Forearm pass: Legs / Wt. forward / hands (arms) away from body / platform FACE THE DIRECTION OF THE BALL
Smashball	Level 6	- include forearm pass when receiving tossed ball - 4 v 4

WARM-UP: ACTIVITY:

Toss & Catch & Moving

Goal:

- To toss the ball back and forth as many times as possible in the allotted time

How to Play:

- Teams of 4 players (2 groups of 2);
- Groups on opposite sides of the net, single-file, facing each other
- Play is initiated with a two-handed toss over the net (underhand or overhand)
- After tossing the ball the tosser (Group A) runs to the end line at the back of their court and does an assigned exercise/movement:
(e.g., 2 jumping jacks; 2 push-up; shuffle steps to the nearest sideline; 2 burpees; 2 mountain climbers. . .)
- Receiver (Group B), catches the ball in a proper overhead passing position (hands above forehead; thumbs pointed towards eyes; wrists bent - 'krinkles') and tosses (underhand) the ball back to Group A
- After tossing the ball the Group B player runs to the end line at the back of their court and does an assigned exercise/movement:
(e.g., 2 jumping jacks; 2 push-up; shuffle steps to the nearest sideline; 2 burpees; 2 mountain climbers. . .)

Dynamic:

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

Leg kicks @ net or wall

- Shoulders:
- Baseball throw
 - 2 handed overhead throw
 - Baseball throw, into the floor – bounce to partner
 - 2 handed overhead throw, into the floor – bounce to partner
 - **Self-toss & hit to partner**

REVIEW

Overhead pass:

- TRIANGLE – Thumbs & Pointer fingers
- HANDS CUPPED / wrists bent / finish palms to ceiling
- THUMBS POINT TOWARD EYES – See the tips of the thumbs;
- **FACE THE DIRECTION OF THE PASS**

SKILL ACTIVITY:

Pass & Shuffle – Overhead - Toss & Pass - *pass straight line*
- *pass diagonal*

Goal:

- Move and perform overhead passes

How to Play: (Linear)

- 2 groups - Group A (1 ball/child) space out sideline to sideline - backs to the net
- Group B single-file line facing 1st child in Group A (A1) {~ 3 – 4 m from net}
- A1 underhand tosses ball to B1
- B1 returns the ball to A1 with an overhead pass
- B1 then shuffles to a position in front of A2, repeat the toss – PASS – catch, 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 throwing the ball must challenge their partners just the right amount by throwing with two hands in a rainbow-like trajectory at the height of the antennae
- After Group B has moved across the court and back to their starting position, groups switch roles; Group B become tossers with back to the net, Group A, **PASS**, shuffle and move across the court and back

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 1st child in Group A (A1)
- 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 **overhead** passes the ball **diagonally** to A2, while 'facing' A2
- B1 shuffles to a position in front of A2
- A2 returns the ball to B1 with an underhand toss
- B1 **overhead** passes the ball **diagonally** to A3, while 'facing' A3
- repeat the toss – PASS – catch - shuffle, across the court . . .
- 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 the ball must challenge their partners just the right amount by throwing with two hands in a rainbow-like trajectory at the height of the antennae
- After Group B has moved across the court and back to their starting position, groups switch roles; Group B tosses backs to the net, Group A, **PASS** and shuffle and move across the court and back

What to Look For:

Thrower

- Makes an effort to properly throw the ball (~ antennae height)
- 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 facing the target

Variations:

Easier

- Have children move shorter distances to play the ball
- Reduce the distance between Throwers and Passers

Harder

- Pass diagonally
- The partner at the net catches the ball in an overhead pass position
- Increase distance between players (throwers and passers)
- Alternate making partner move side to side, then front and back and a mix of different directions
- Continuous passing (All players are using an overhead pass . . . no catch and toss)

GAME:

It Takes 2 To Tango – A – Overhead passing focus

Goal:

- Maintain a rally

How to Play:

- In teams of 2, two teams play a cooperative game (use half the court – divided length-wise)
- The game starts with a self-toss and volley (overhead pass) over the net
- The receiving player plays the first contact (using an overhead pass) while the non-receiving player quickly runs around his/her partner to catch, self-toss and volley (overhead pass) the ball over the net
- This is an excellent game to encourage the non-receiving player to move as soon as she identifies that she will not play the first contact

Tactical Talk:

- Q: Were you able to achieve the goal of maintaining a rally? Why or why not?
- A: Open answers
- Q: What did you do to maintain a rally?
- A: I passed the ball high to give time to my partner to move and play the ball
- Q: What can you do when you don't have the ball to increase your team's success?
- A: Receiving player: call the ball before the ball reaches the net, forearm pass or

overhead pass using a rainbow trajectory to give time to my partner to move around me.

Non-receiving player: identify quickly that I will not be receiving the ball, react quickly to run around my partner.

Variations:

Easier

- Replace first contact with a catch
- Use bigger/lighter ball

Harder

- Increase the size of the court
- Receiving player plays the ball with a forearm pass
- Ball is played over with a self-toss and hit

SKILL INSTRUCTION: **Approach – Foot work** – 2-step approach (lead up to 3-step approach)

2-step approach: **Right - Left – JUMP** (Rt. Handed hitter)
 Left - Right - JUMP (Lt. Handed hitter)

SKILL ACTIVITY: **FOOT WORK: ‘CLOSE STEP’ TRAINING: (2-STEP APPROACH)**

Goal:

- To introduce and practice the ‘close step’ (2-step approach) as a lead up to the traditional 3-step approach to attacking (spiking) the ball

REVIEW - Arm swing: *Batman / Superman / Green Arrow / Hulk Smash*

1) APPROACH, JUMP & ARM SWING

How to Play:

- group (4 – 6 players) line up across the end line of the court
- group move towards the net practicing the ‘close step’

What to Look For: e. g., *Rt. handed hitter*

- uses two-step footwork to move toward the net
- Left foot *ahead* . . . pause . . . ‘close step’ - [**Right – Left**]; repeat sequence to the net
- starts with **Left foot ahead of body** – arms back in BATMAN position
- ‘close step’ [**Right – Left**] - arms move from BATMAN to SUPERMAN position
- uses large back and front arm swing (both arms) for maximum height
- jumps with fully extended arms, reaching as high above the head as possible (SUPERMAN position)
- uses the GREEN ARROW position to rotate back the hitting arm;
- completes the arm swing – use the HULK SMASH motion – wrist snap & ‘pull through’

2) APPROACH & ATTACK - Coach holding ball

How to Play:

- Coach holds the ball ~0.25m above net height
- 3 roles: ‘hitter’; ‘shagger’ (retrieving); ‘feeder’
- Player - approach, jump and hit/attack the ball
- Player movement: hit -> shag -> feed -> hit . . .

What to Look For: e. g., *Rt. handed hitter*

- uses two-step footwork to move toward the net
- Left foot *ahead* . . . pause . . . ‘close step’ - **[Right – Left]**
- starts with **Left foot ahead of body** – arms back in BATMAN position
- ‘close step’ **[Right – Left]** - arms move from BATMAN to SUPERMAN position
- uses large back and front arm swing (both arms) for maximum height
- jumps with fully extended arms to reach towards the ball
- uses the GREEN ARROW position to rotate back the hitting arm;
- contacts the ball with an open hand when hitting
- completes the arm swing and hits the ball
- uses the HULK SMASH motion – wrist snap & ‘pull through’
- spins the ball over the net towards the floor

3) APPROACH & CATCH - Coach tossing the ball

How to Play:

- Coach tosses the ball ~2.0 m above net height
- 2 roles: ‘catcher’; ‘feeder’
- Player approaches, jumps and catches the ball – *above the height of the net*
- Player movement: catch -> feed -> catch -> feed . . .

What to Look For: e. g., *Rt. handed hitter*

- uses two-step footwork to move toward the net
- Left foot *ahead* . . . pause . . . ‘close step’ - **[Right – Left]**
- starts with **Left foot ahead of body** – arms back in BATMAN position
- ‘close step’ **[Right – Left]** - arms move from BATMAN to SUPERMAN position
- uses large back and front arm swing (both arms) for maximum height
- jumps with fully extended arms to catch the ball - *above the height of the net*

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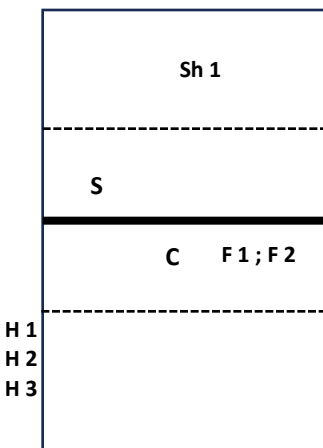
4) APPROACH & ATTACK (HIT) - Coach tossing the ball

How to Play:

- Coach tosses the ball ~2.0 m above net height
- 4 roles: ‘hitter’; ‘safety’ (*opposite side of the net from hitter – prevent balls from coming under the net in the area of the hitter*); ‘shagger’ (retriever); ‘feeder’
- Hitter . . . approach, jump and attack (hit/spike) the ball – *above the height of the net*
- Player movement: hitter -> safety -> shagger -> feeder -> hitter . . .

What to Look For: e. g., *Rt. handed hitter*

- uses two-step footwork to move toward the net
- Left foot *ahead* . . . pause . . . ‘close step’ - **[Right – Left]**
- starts with **Left foot ahead of body** – arms back in BATMAN position
- ‘close step’ **[Right – Left]** - arms move from BATMAN to SUPERMAN position
- uses large back and front arm swing (both arms) for maximum height
- jumps with fully extended arms to reach for the ball - *above the height of the net*
- uses the GREEN ARROW position to rotate back the hitting arm;
- contacts the ball with an open hand when hitting



H - Hitter F – Feeder
S - Safety Sh – Shagger
C - Coach

- completes the arm swing and hits the ball
- uses the HULK SMASH motion – wrist snap & ‘pull through’
- spins the ball over the net towards the floor

5) APPROACH & CATCH – Setter - STV (Self-toss & Volley)

How to Play:

- Each player ‘sets’ (STV) for a group (4 – 6 players)
- Setter ‘sets’ (STV - overhead pass) the ball ~2.0 m above net height
- alternate setter each rotation through the group
- 2 roles: ‘catcher’; ‘feeder’
- Catcher . . . approach, jump and catch the ball – *above the height of the net*
- Player movement: catch -> feed -> catch -> feed . . .

What To Look For: e. g., Rt. handed hitter

- uses two-step footwork to move toward the net
- Left foot *ahead* . . . pause . . . ‘close step’ - **[Right – Left]**
- starts with **Left foot ahead of body** – arms back in BATMAN position
- ‘close step’ **[Right – Left]** - arms move from BATMAN to SUPERMAN position
- uses large back and front arm swing (both arms) for maximum height
- jump with fully extended arms to catch the ball - *above the height of the net*

6) APPROACH & ATTACK (HIT) – Setter - STV (Self-toss & Volley)

How to Play:

- Each player ‘sets’ (STV) for a group (4 – 6 players)
- Setter ‘sets’ (STV - overhead pass) the ball ~2.0 m above net height
- alternate setter each rotation through the group
- 4 roles: ‘hitter’; ‘safety’ (*opposite side of the net from hitter – prevent balls from coming under the net in the area of the hitter*); ‘shagger’ (retriever); ‘feeder’
- Hitter . . . approach, jump and attack (hit/spike) the ball – *above the height of the net*
- Player movement: attack -> safety -> shag -> feed -> attack . . .

What to Look For: e. g., Rt. handed hitter

- uses two-step footwork to move toward the net
- Left foot *ahead* . . . pause . . . ‘close step’ - **[Right – Left]**
- starts with **Left foot ahead of body** – arms back in BATMAN position
- ‘close step’ **[Right – Left]** - arms move from BATMAN to SUPERMAN position
- uses large back and front arm swing (both arms) for maximum height
- jumps with fully extended arms to contact the ball - *above the height of the net*
- uses the GREEN ARROW position to rotate back the hitting arm;
- contacts the ball with an open hand when hitting
- completes the arm swing and hits the ball
- uses the HULK SMASH motion – wrist snap & ‘pull through’
- spins the ball over the net towards the floor
- player movement: attack -> safety -> shag -> feed -> attack . . .

GAME:

Smashball

(Sask Vball – Level 6)

Goal:

- Rally the ball back and forth within the playing space

How to Play:

- 4 v 4 (diamond)
- Use **3 contacts** before playing the ball over the net:

BALL 1: SERVE

- 1st contact – Catch & toss to teammate @ the net
- 2nd contact – Catch & **Self-toss & Volley** along the net
- 3rd contact – Attack / hit the passed ball

BALL 2: TOSS (from coach/instructor)

- 1st contact – **FOREARM PASS** to teammate @ the net
- 2nd contact – Catch & **Self-toss & Volley** along the net
- 3rd contact – Attack / hit the passed ball

NOTE: Ball 1 & Ball 2 are directed to the **same** team

- Initiate with a player from Team A serving the ball over the net
- Any player on the opposite side (Team B) tries to catch the ball (*one bounce allowed*) before the ball touches the floor
- Player that catches the ball tosses to a teammate who is positioned at the net
- Player at the net (setter) self-tosses and volleys (STV) the ball along the net to teammate from either the left-side or right-side, who have moved to the net into hitting positions.
- Player who receives the volley, hits the ball over the net with one (or two) hand overhead
- The hit must bounce within the playing boundaries
- Teams rotate after their team has received the 2 balls of a two-ball sequence and they are preparing to serve
- Team members rotate on the court (clockwise)
- If a team has more than 4 members, then player in back right side rotates off the court, and is replaced by a teammate waiting off of the court
- 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: If the ball is on our side of the net, I can move to the net to receive the ball from my partner.
- A: If the ball is on the other side of the net, I can be in a defensive position ready to play the ball.

Relay:

Toss & Attack @ net / Self-toss and Volley off the end wall, forearm & catch / Toss & Underhand serve @ net

Review:

2-step approach

SMASHBAL – Learn to Train

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

Session 8

Goals:	Introduce	- Overhand serve – IF other skill areas are sufficiently developed
	Review	- 2-step Approach - Jump + Attack - Underhand serve - OH pass: FACE THE DIRECTION OF THE PASS - Forearm pass: Legs / Wt. forward / hands (arms) away from body / platform FACE THE DIRECTION OF THE BALL
	Smashball	Level 6 - <i>include forearm pass when receiving tossed ball</i> - 4 v 4

WARM-UP: ACTIVITY:

Serve & Catch & Moving

Goal:

- To serve the ball back and forth as many times as possible in the allotted time

How to Play:

- Teams of 4 players (2 groups of 2);
- Groups on opposite sides of the net, single-file, facing each other
- Play is initiated with an underhand serve over the net
- After serving the ball the server (Group A) runs and touches the end line and does an assigned exercise/movement:
e.g., 2 jumping jacks; 2 push-ups; shuffle steps to the nearest sideline; 2 burpees; 2 mountain climbers . . .
- Receiver (Group B), catches the ball in a proper forearm passing position (arms are straight; arms (hands) are away from the body, and serves (underhand) the ball back to Group A
- After serving the ball the Group B player runs and touches the end line and does an assigned exercise/movement:
e.g., 2 jumping jacks; 2 push-ups; shuffle steps to the nearest sideline; 2 burpees; 2 mountain climbers . . .

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

Leg kicks @ net or wall

- Shoulders:
- Baseball throw
 - 2 handed overhead throw
 - Baseball throw, into the floor – bounce to partner
 - 2 handed overhead throw, into the floor – bounce to partner
 - **Self-toss & hit to partner**

SKILL INSTRUCTION: REVIEW

Forearm passing:

- Arms are straight
- Arms (hands) are away from the body
- Platform (*fore arms*) are behind the ball
- Contact the ball, with forearms, ~10 cm above the wrist and 'push' the ball
- Weight forward
- **FACE THE DIRECTION OF THE BALL**

SKILL ACTIVITY:

Pass & Shuffle – Forearm - Toss & Pass - pass straight line
- pass diagonal

Goal:

- Move and perform forearm passes

How to Play: (Linear)

- 2 groups - Group A (1 ball/child) space out sideline to sideline - backs to the net
- Group B single-file line facing 1st child in Group A (A1) {~ 3 – 4 m from net}
- A1 underhand tosses ball to B1
- B1 returns the ball to A1 with a forearm passing
- B1 then shuffles to a position in front of A2, repeat the toss – pass - shuffle to move in front of A3 . . .
- As soon as B1 has passed the ball to A3, B2 receives a toss from A1 and follows B1 across the court
- Players tossing the ball must challenge their partners just the right amount by tossing with two hands in a low 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 back to the net, Group A toss – pass – shuffle and move across the court and back

What to Look For:

Thrower

- Makes an effort to properly throw the ball (throws like a flat rainbow)
- 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 facing the ball
- Arms outstretched and straight when receiving and passing the ball
- No jumping to catch the ball . . . **the only arm movement, when passing, is at the shoulders**
- Finish with wrists facing target

Variations:

Easier

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

Harder

- Increase distance between players (throwers and passers)
- The partner at the net catches the ball in an overhead pass position
- Continuous forearm passing
- Alternate making partner move side to side, then front and back and a mix of different directions

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 1st child in Group A (A1)
- 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 forearm passes the ball diagonally to A2, while 'facing' A1
- B1 shuffles to a position in front of A2
- A2 returns the ball to B1 with an underhand toss
- B1 forearm passes the ball diagonally to A3, while 'facing' A2
- repeat the toss – **pass** - shuffle, across the court . . . and back to the starting side
- As soon as B1 has **passed** the ball to A3, B2 begins the toss – pass - shuffle sequence and follows B1 across the court
- Players tossing the ball must challenge their partners just the right amount by 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 are tossers, backs to the net, Group A toss – **pass** - shuffle and move across the court and back

SKILL REVIEW:

Underhand Serving

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

- [Coaching Resources: Underhand serving video – Sask Volleyball website](#)

BODY position:

- NON-DOMINANT FOOT – forward (facing target)
- BALL rests in NON-DOMINANT HAND

HAND position:

- HITTING HAND: thumb away from the hand ('L') – 'lock' the wrist (*firm contact surface*)
- Contact area – PALM

BODY motion:

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

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

What to Look For:

BODY POSITION:

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

BODY MOTION:

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

GAME:

Serving for Success

Goal:

- Dealing with pressure when serving

How to Play:

- 2 groups of 4-6 players
- Each group of servers line up behind one of the end lines, on opposite sides of the net
- Each player with a ball
- The first player (on one side of the net) serves the ball over the net then runs to retrieve their ball and lines up behind the group on the other side of the net.
- The first player in the second group serves the ball and runs to retrieve it and go behind the opposite line
- Players say out loud the number of consecutive serves completed
- If a player misses a serve, all players sprint to the opposite end line and the team (both groups) starts back at zero
- The goal is that each player takes his/her turn to serve the ball and collectively (as a team of 8 or 10 or 12 players), they need to serve 25 (20 . . . 15 . . .) successfully in a row (teacher/coach sets the goal based on the level of your group).

What to Look For:

Server:

- Takes the time to serve effectively (up to 8 seconds)
- With his/her body language (eyes, focus), player has confidence in his/her serve
- Serve the type of ball that you are most comfortable with, the goal is team success

Other players:

- Encourage each other, in good times and in harder times
Key message: the more they focus on achieving their goal, the easier it will be. The more mistakes accumulate, the more challenging it becomes (doubt sets in, confidence starts to be affected, players blame each other).

Variations:

Easier

- Reduce the distance from the net

Harder

- Add a variety of physical challenges (*run to opposite endline and complete 2 jumping-jacks . . . 2 burpees . . .*) each time a student misses their serve, which will accumulate fatigue

GAME:

It Takes 2 To Tango – A – Overhead passing focus

Goal:

- Maintain a rally

How to Play:

- In teams of 2, two teams play a cooperative game (use half the court – divided length-wise)
- The game starts with a self-toss and volley (overhead pass) over the net
- The receiving player plays the first contact (using an overhead pass) while the non-receiving player quickly runs around his/her partner to catch the ball and then self-toss and volley (overhead pass) over the net
- This is an excellent game to help the non-receiving player to move as soon as she identifies that she will not play the first contact

Tactical Talk:

- Q: Were you able to achieve the goal of maintaining a rally? Why or why not?
- A: Open answers
- Q: What did you do to maintain a rally?
- A: I passed the ball high to give time to my partner to move and play the ball
- Q: What can you do when you don't have the ball to increase your team's success?
- A: Receiving player: call the ball before the ball reaches the net, overhead pass using a rainbow trajectory to give time to my partner to move around me.
Non-receiving player: identify quickly that I will not be receiving the ball, react quickly to run around my partner.

Variations:

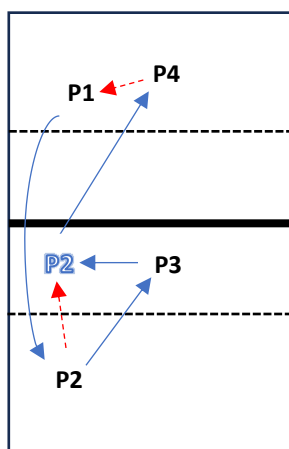
Easier

- Replace first contact with a catch
- Use bigger/lighter ball

Harder

- Increase the size of the court
- Receiving player plays the ball with a forearm pass
- Ball is played over with a self-toss and hit

GAME:



Ball movement
→

Butterfly Drill – Forearm passing focus

Goal:

- Forearm pass the ball to the setter for STV to attack.

How to Play:

Teams of 4:

- P1 & P4 on one side of the net; P2 & P3 are on the opposite side of the net
- P1 **serves** the ball over the net then runs to his/her next position (P2)
- P2 receives the serve with a forearm pass to P3
- P3 is in ready position at the net to catch the ball from the passer (P2), P3 tosses / STV the ball along the net back to P2 who has moved into position to hit it over the net
- P4 stops the ball from grounding by catching the ball then starts the next rally with a serve
- After each successful sequence, players rotate positions. (P1 => P2 => P3 => P4 => P1)

What to Look For:

Server:

- uses an underhand serve
- uses a serve with a rainbow trajectory
- provides a serve that is directed at P2 and requires minimal movement to make the pass

Receiver:

- Moves behind the ball to pass it
- Arms are straight when catching / passing the ball

Variations

Easier

- Replace first contact with a catch & toss
- Use lighter/bigger ball

Harder

- Increase the size of the court
- Forearm pass the served ball

GAME:

Smashball

(Sask Vball – Level 6)

Goal:

- Rally the ball back and forth within the playing space

How to Play:

- 4 v 4 (diamond)
- Use **3 contacts** before playing the ball over the net:

BALL 1: SERVE

- 1st contact – Catch & toss to teammate @ the net
- 2nd contact – Catch & **Self-toss & Volley** along the net
- 3rd contact – Attack / hit the passed ball

BALL 2: TOSS (from coach/instructor)

- 1st contact – **FOREARM PASS** to teammate @ the net
- 2nd contact – Catch & **Self-toss & Volley** along the net
- 3rd contact – Attack / hit the passed ball

NOTE: Ball 1 & Ball 2 are directed to the **same** team

- Initiate with a player from Team A serving the ball over the net
- Any player on the opposite side (Team B) tries to catch the ball (*one bounce allowed*) before the ball touches the floor
- Player that catches the ball tosses to a teammate who is positioned at the net
- Player at the net (setter) self-tosses and volleys (STV) the ball along the net to teammates from either the left-side or right-side, who have moved to the net into hitting positions.
- Player who receives the volley, hits the ball over the net with one (or two) hand overhead
- The hit must bounce within the playing boundaries
- Teams rotate after their team has received the 2 balls of a two-ball sequence and they are preparing to serve
- Team members rotate on the court (clockwise)

- If a team has more than 4 members, then player in back right side rotates off the court, and is replaced by a teammate waiting off of the court
- 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: If the ball is on our side of the net, I can move to the net to receive the ball from my partner.
- A: If the ball is on the other side of the net, I can be in a defensive position ready to play the ball.

Relay: Toss & Attack @ net / Self-toss and Volley off the end wall, forearm pass & catch / Toss & Underhand serve @ net

Review: Underhand serve - hand
 - body movement
 2-step approach

EXTRA DRILLS / GAMES

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

GAME:

Spike it

Goal:

- Organize an offensive system with the help of teammates
- To rally the ball between teams as many times as possible

How to Play:

Similar to “Smashball Proficient” but on a higher net

- Teams of 4 (3 contacts)
- The rally starts with a one-handed hit over the net
- One of the receiving players either catches or lets the ball bounce then catch-throw to player at the net who sets the ball along the net to one of the hitters
- The hit must bounce within the playing boundaries
- Mandatory 3 contacts before sending the ball over the net

Tactical Talk:

- Q: Did you do to 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 as soon as I see the ball is coming in my direction, move positively towards the ball after it is hit, take initiative to move behind the ball before catching/ playing it

- Q: What can you do when you don't have the ball?
- A: Hitter: Move quickly into hitting position after throwing ball to partner, moving back into ready position after hitting ball over the net.

Receiver: Stand in a defensive ready position, move behind the ball to catch it before or after it bounces, get back into defense position as soon as your team hits the ball over the net.

Setter: Be ready to receive the ball from teammates, get into defense/ block position at the net as soon as your team hits the ball over the net

- Q: During the second contact, what could you have done to help your partner be more successful in hitting the ball over the net?
- A: Set the ball high and off the net to increase your partner's success to play the ball over the net

Variations:

Easier

- Replace the second hit by a catch-throw

Harder

- Eliminate the bounce by a direct hit (forearm pass)
- Setter sets the ball to player who did not receive the ball

What to Look For:

Setter:

- Move to the net as soon the hit is not directed in your direction
- Stand in a ready position at the net to receive the ball from partner
- Set the ball high and off the net to increase your partner's success to play the ball over the net
- Follow your hitter after you set the ball to cover your hitter from a block

Receiver:

- Be in a ready defense position, relaxed and alert
- "Call" the ball and take initiative to move behind the ball before catching/playing it
- Throw/pass the ball to the net
- Move quickly into hitting position immediately after passing the ball to the net
- Move quickly into ready position in the middle of the court after your team hits the ball

SKILL INSTRUCTION: Overhand Serving

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

- [Coaching Resources: Underhand serving video – Sask Volleyball website](#)

Demonstrate the **BODY** position:

- NON-DOMINANT FOOT – forward (facing target)
- BALL rests (*cradled*) in NON-DOMINANT HAND in front of DOMINANT arm

Demonstrate the **HAND** position:

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

Demonstrate the **ARM** position:

- FINGERS point to ceiling
- ELBOW above shoulder
- ELBOW behind shoulder

Demonstrate the **BODY** motion:

- Rock back when the arm is back - weight on the DOMINANT FOOT (back foot) and;
- Rock forward weight is transferred (front foot) with the toss and arm swing

Demonstrate the **BALL TOSS**:

- ball tossed to a HEIGHT ~ equal to the diameter of the vball above the maximum reach of the server
- **LANDING LOCATION** – when practicing the toss
 - in front of DOMINANT foot
(e. g., Rt. Foot for Rt. Handed server)
(e. g., Lt. Foot for Lt. Handed server)
 - slightly ahead and beside NON-DOMINANT foot

Demonstrate the **ARM SWING and CONTACT**:

- OPEN HAND (preferable)
- contact area – PALM
- ‘strike’ the ball slightly below centre
 - hit it slightly upwards
 - give the ball a ‘high five’

Discuss the **FOLLOW THROUGH**:

- hitting hand faces the target (finish **no lower** than the **shoulder**)

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

What To Look For:

BODY POSITION:

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

BODY MOTION:

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

SKILL ACTIVITY:

OVERHAND SERVING: Progression

1) TOSSING PRACTICE

INDIVIDUAL

Goal:

- Practice the toss with consistency in the height and landing location of the ball

How to Play:

- 1 ball/player
- player tosses ball to self and lets the ball ‘land on the line’ (repeat 10X)
 - use a location on the floor where 2 lines X one another

What to Look For:

- consistency in the height of the toss and landing location of the ball

2) OVERHAND THROW - ABOVE the net

Goal:

- Practice weight transfer, rocking motion and follow through

How to Play:

- Partners on opposite sides of the net, facing one another
- 1 ball/pair
- Partners stand a step behind the attack line (*3m line*)
- Step and overhand throw (baseball throw) the ball over the net
- Toss the ball back and forth (5x – 6x)

What to Look For:

- Elbow BEHIND shoulder
- Elbow ABOVE shoulder
- NON-DOMINANT FOOT – forward (facing target)
- Rock back when the arm is back - weight on the DOMINANT FOOT (back foot)
- Rock forward with weight transferred to the front foot (*NON-DOMINANT FOOT*) when throwing the ball

Variations:

Easier

- Use smaller / lighter ball

Harder

- Increase the distance between the players
- Receiver plays ball with catch or forearm pass

3) SERVING

Goal:

- Hit the ball with 1 hand overhand (serve) over the net progressively farther from the net

How To Play:

- With a partner, each player stands on the attack line (3m line) on opposite sides of the net facing one another
- Player 1 serves the ball over the net to her/his partner (player 2) who catches the ball
- Player 2 serves the ball back over the net to her/his partner.
- When a player successfully serves the ball 3 times in a row, they take one giant step back to gradually move to serve from behind the end line

What to Look For:

Server:

- Pulls the hitting arm back behind their body (shoulder).
- Elbow of hitting arm is ABOVE shoulder
- Holds the ball in front of the hitting arm at approximately shoulder height.
- Steps towards the net with non-dominant foot.
- Feet are facing forward into the court.
- Steps, and hits (serves) the ball, in one continuous motion.
- Hits the ball slightly below centre.
- Shoulders should finish parallel to the net.
- Hitting hand should finish facing the target.

- After hitting the ball, assumes the ready position to learn that the ball may come back to them in a game.

Receiver:

- Moves behind the ball to catch it with two hands
- Arms are straight when catching the ball (forearm passing position)

Variations:

Easier:

- Decrease the distance between server and the net
- Have the receiver catch the ball

Harder:

- Increase the distance between server and the net
- After the serve, have the player run to the net and back.
- Have players alternate between underhand and overhand serves
- Receiver stands in different locations in the playing space (near or far from the net) before each serve and the server aims for the new target location
- Receiving player performs an underhand pass to self and catch

SKILL INSTRUCTION: INTRODUCTION

Approach – Foot work – 3-step approach

- 3-step approach:** **Left - Right - Left** - (Rt. Handed hitter)
 Right - Left - Right - (Lt. Handed hitter)

SKILL INSTRUCTION: REVIEW

- Arm swing: *Batman / Superman / Green Arrow / Hulk Smash*

SKILL ACTIVITY: **FOOT WORK: TRAINING: (3-STEP APPROACH)**

(Examples for a Rt. Handed hitter)

Goal:

- To introduce and practice the regular 3-step approach to attacking (spiking) the ball

1) APPROACH & JUMP

How to Play:

- groups (4 – 6 players) line up across the end line of the court
- groups move towards the net practicing the 3-step approach

What to Look For: e. g., *Rt. handed hitter*

- uses 3-step footwork to move toward the net
- starts with **Right foot ahead of body** – arms hanging in front
- ‘close step’ [**Right – Left**] - arms move from BATMAN to SUPERMAN position
- uses large back and front arm swing (both arms) for maximum height
- jumps with fully extended arms – SUPERMAN position

2) APPROACH & ATTACK - Coach holding ball

How to Play:

- Coach holds the ball ~0.25m above net height
- 3 roles: 'hitter'; 'shagger' (retriever); 'feeder'
- Player - approach, jump and hit/attack the ball
- Player movement: hit -> shag -> feed -> hit . . .

What to Look For: e. g., Rt. handed hitter

- uses 3-step footwork to move toward the net
- starts with **Right foot ahead of body** – arms hanging in front
- 'close step' [**Right – Left**] - arms move from BATMAN to SUPERMAN position
- uses large back and front arm swing (both arms) for maximum height
- jumps with fully extended arms – SUPERMAN position
- uses the GREEN ARROW position to rotate the hitting arm behind the shoulder;
- completes the arm swing – use the HULK SMASH motion – wrist snap & 'pull through'
- contacts the ball with an open hand when hitting
- spins the ball over the net . . . towards the floor

3) APPROACH & CATCH - Coach tossing the ball

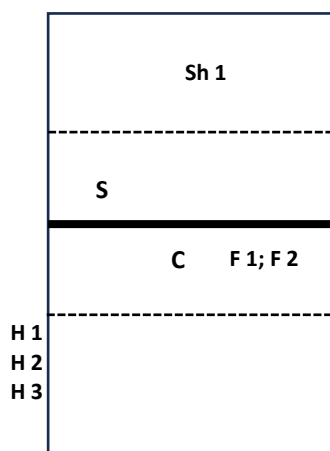
How to Play:

- Coach tosses the ball ~2.0 m above net height
- 2 roles: 'catcher'; 'feeder'
- Player - approach, jump and catch the ball – *above the height of the net*
- Player movement: catch -> feed -> catch -> feed . . .

What to Look For: e. g., Rt. handed hitter

- uses 3-step footwork to move toward the net
- starts with **Right foot ahead of body** – arms hanging in front
- 'close step' [**Right – Left**] - arms move from BATMAN to SUPERMAN position
- uses large back and front arm swing (both arms) for maximum height
- jumps with fully extended arms – SUPERMAN position
- catch the ball - above the height of the net

Sh 3
Sh 2



H - Hitter F – Feeder
S - Safety Sh – Shagger
C - Coach

4) APPROACH & ATTACK (HIT) - Coach tossing the ball

How to Play:

- Coach tosses the ball ~2.0 m above net height
- 4 roles: 'hitter'; 'safety' (*opposite side of the net from hitter – prevent balls from coming under the net in the area of the hitter*); 'shagger'; 'feeder'
- Player - approach, jump and hit the ball – *above the height of the net*
- Player movement: attack -> safety -> shag -> feed -> attack . . .

What to Look For: e. g., Rt. handed hitter

- uses 3-step footwork to move toward the net
- starts with **Right foot ahead of body** – arms hanging in front
- 'close step' [**Right – Left**] - arms move from BATMAN to SUPERMAN position
- uses large back and front arm swing (both arms) for maximum height
- jumps with fully extended arms – SUPERMAN position
- uses the GREEN ARROW position to rotate back the hitting arm

- contacts the ball with an open hand when hitting
- uses the HULK SMASH motion – wrist snap & ‘pull through’
- spins the ball over the net . . . towards the floor
- constant player movement: attack -> safety -> shag -> feed -> attack . . .

GAME:

Team It Up

Goal:

- Effectively cover the court space with multiple players

How to Play:

- 4 x 4
- Teams use 3 consecutive contacts (catch & toss or pass) and attempt to move the ball to, along and over the net and rally as long as possible with their opponent
- Once the teams are warmed up and have played a few rallies, add this variation:
 - Each team rotates once their team has played the ball over the net.
 - If extra players, have one person leave the court while another enters the court throughout the rally. (Player in back right leaves the court and is replaced by a player on the side)
- The goal is to keep the ball in play as long as possible

Tactical Talk:

- Q: Where you able to achieve the goal of maintaining a rally? Why?
- A: Open answers
- Q: What did you do to maintain a rally?
- A: I passed the ball high to give time to my teammates to move and play the ball
- Q: What can you do when you don't have the ball to increase your team's success?
- A: *Receiving player*: call the ball before the ball reaches the net, forearm pass or overhead pass using a rainbow trajectory to give time to my setter to play the ball.
Non-receiving player: identify quickly that I will not be receiving the ball, react quickly to be ready to hit.
Setter: be in a ready position to receive the ball from my teammates, pass the ball not too tight to the net, pass the ball high enough so that the hitter has time to get ready to hit.
- Q: With the rotations?
- A: I passed the ball high to give time to my teammates to move and play the ball.
 I passed the ball off the net

What to Look For:

Receiving players

- Defensive attitude to stop the ball from grounding
- Call the ball before it reaches the net
- Encourage players to say “switch” out loud to remind teammates to switch (rotate positions) at the same time

Non-receiving players

- Use non-verbal communication to demonstrate that they are not playing the ball

Setters

- Be in a ready position to receive the ball
- Call “mine” to communicate to others that you are taking the second contact
- Shoulders facing target
- Use a high trajectory
- Pass the ball off the net

Variations:

Easier:

- Replace first or second contact with a catch & throw
- Reduce size of court

Harder:

- Increase size of court