

Smashball - Learn to Train

Ages: 9 - 11 Gr. 4 - 6

Court size - Badminton or 1/2 Volleyball crt (divided length-wise)

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
Skill focus	Arm swing & Attack	Overhead passing	Jump & Attack	Forearm passing	Passing development	Underhand serve	2-step approach	Overhand serve/Blocking
Warm-up	Court lines	Ball Tag / Zig-Zag tossing relay	Amoeba Tag / Zig-Zag tossing relay	Ants in Your Pants	Dabber Tag (Pool noodle tag)	Red light - Green light	Octopus Tag / Toss & Catch & Moving	Back to Back Tag / Serve & Catch & Moving
	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises
Activities / Games		Shoulder warm-up	Shoulder warm-up	Shoulder warm-up	Shoulder warm-up	Shoulder warm-up	Shoulder warm-up	Shoulder warm-up
	Skill intro Attack - Arm swing	Reach & Hit Self-toss / Coach toss	Reach & Hit	Skill intro Forearm passing	1 v 1 Hitting Challenge	Pass & Shuffle Forearm passing	Pass & Shuffle Overhead passing	Pass & Shuffle Forearm passing
	Skill development Arm Swing	Smashball SK Level 2	Skill intro Jump & Attack	Throw & Catch - 3	Skill review Overhead passing	Skill intro Underhand serving	It Takes 2 To Tango	Skill review Underhand serving
	Throw & Catch - 1	Reach & Hit Partner toss	1 x 1 Intermediate Push	Bumping Basics	Pass & Shuffle Overhead passing	Serve & Play	Skill intro 2-step - Approach Footwork	Serving for Success
	Skill development Arm Swing	Skill intro Overhead passing	Wall Relay - 1	Skill development Forearm passing	2 x 2 Intermediate	Skill development Underhand serving	Skill development Toss & Approach to Attack	It Takes 2 To Tango
		Throw & Catch - 2	Human Net	Bumping Basics	Smashball SK-Level 5	Setting it Up	Skill development Overhead pass & Approach to Attack	Butterfly Drill
		1 x 1 Intermediate Toss	1 x 1 Intermediate STV	1 x 1 Intermediate	Skill review Forearm passing	Skill review Forearm passing		
		Skill development Overhead passing		Go Fish	Wall Relay - 2	Butterfly Drill		
		1 x 1 Intermediate Push		The Bumper	Russian Passing			
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<i>Game play format</i>	SK - Level 1	SK - Level 2/3	SK - Level 4	SK - Level 5	SK - Level 5/6	SK - Level 6	SK - Level 6	SK - Level 6