



ATOMIC SMASHBAL

TRAINING SUGGESTIONS & RESOURCES GAME PLAY & SKILL DEVELOPMENT

Background: Smashbal

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

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

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

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

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

Session #1: Skill introduced - Attack (Spike) - *Arm swing*

Game play - Level 1 - 2 v 2

Game play Format - 1 (one) ball

Contact progression - 1st contact - Toss to Self & Attack

- 2nd contact - None - 3rd contact - None

Game play description - Teams of 3 or 4

- Circulation (rotate in & rotate out)

Session #2: Skill introduced - OH pass

- Attack (Spike) - Arm swing

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

Game play Format - 1 (one) ball

Contact progression - 1st contact - Catch & toss

- 2nd contact - Catch; Toss to Self & Attack

- 3rd contact - None

Game play description - Teams of 3 or 4

- Circulation (rotate in & rotate out)

Session #3: Skill introduced - Fore arm pass

- OH pass

Game play - Level 3 - 2 v 2

Game play Format - 1 (one) ball

- 1st contact **Contact progression** - Catch & toss (to the net); run to hitting position @ net

> - 2nd contact - Catch & toss (along the net)

- 3rd contact - Stand & Attack (Spike) OR Jump & Attack (Spike)

Game play description - To, Along & Over the Net

- Teams of 3 or more

- Circulation (rotate in & rotate out)

Session #4: Skill introduced - Attack (Spike) - Approach / Foot work

- Fore arm pass

Game play - Level 4 - <mark>3 v 3</mark>

Game play Format - 1 (one) ball

Contact progression - 1st contact - Catch & toss (to the net)

> - 2nd contact - Catch & toss (along the net)

- 3rd contact - Stand & Attack (Spike) OR Jump & Attack (Spike)

Game play description - Teams of 3 or more

- Circulation (rotate in & rotate out)

Session #5: Skill introduced - Underhand serve

- Attack (Spike): Approach / Foot work

Game play - **Level 5 -** 3 v 3

Game play Format - 1 (one) ball

- 1st contact - Catch & toss (to the net) **Contact progression**

> - 2nd contact - Catch - Toss to Self - Overhead pass (along the net)

- 3rd contact - Stand & Attack (Spike) OR Jump & Attack (Spike)

Game play description - Teams of 3 or more

- Circulation (rotate in & rotate out)

Session #6:

Skill introduced

- Attack (Spike): Approach & Arm swing

- Underhand serve

Game play – Level 6

- 3 v 3

Game play Format

- 2 (two) ball

Contact progression

Ball 1 - 1st contact

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- Catch & toss (to the net)

- 2nd contact

- Catch - Toss to Self - Overhead pass (along the net)

- 3rd contact

- Stand & Attack (Spike) OR Jump & Attack (Spike)

Ball 2 - 1st contact

- Fore arm pass

- 2nd contact

- \mbox{Catch} - \mbox{Toss} to \mbox{Self} - $\mbox{Overhead}$ pass (along the net)

- 3rd contact

- Stand & Attack (Spike) OR Jump & Attack (Spike)

Game play description - Initiate - Ball 1 - player SERVE;

- Ball 2 - coach TOSS

- Regular rotation teams rotate when the 2-ball sequence is initiated from their side
- Teams of 3 or more

Background: Two ball

- game is divided into a series of two ball sequences:

BALL 1 - initiated by player; teams rally for a point

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

- the two ball sequence (**Ball 1** serve; **Ball 2** toss) alternates between teams after EACH sequence of two balls, regardless of which team scores.
- BALL 1 / BALL 2 are directed to the same team;
 - e.g., Sequence #1:
 - o <u>BALL 1</u> Served to team A; teams rally for a pt. (Team B <u>player</u> serves to Team A)
 - O **BALL 2** Tossed to team **A**; teams rally for a pt. (Team A <u>coach</u> tosses to Team A)

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

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

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

- repeat Sequence #1.

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

- repeat Sequence #2.
- Sequences alternate until the game is concluded.

Session #7: Skill introduced - Overhand serve

- Attack (Spike): Approach & Arm swing

Game play - **Level 7 -** 3 v 3

Game play Format - Triple ball

Contact progression Ball 1 - 1st contact - Catch & toss (to the net)

- 2nd contact - Catch & 'Push' ball (along the net)

- 3rd contact - Jump & Attack **OR** Approach, Jump & Attack

Ball 2 - 1st contact - Fore arm pass

- 2nd contact
 - Catch - Toss to Self - Overhead pass (along the net)
 - 3rd contact
 - Jump & Attack OR Approach, Jump & Attack

Ball 3 - 1st contact - Fore arm pass

2nd contact - Catch - Toss to Self - Overhead pass (along the net) 3rd contact - Jump & Attack **OR** Approach, Jump & Attack

Game play description - Initiate - Ball 1 - player SERVE;

- Ball 2 - coach TOSS;

- Ball 3 - coach TOSS;

Background: Triple ball:

- game is divided into a series of triple ball (3 ball) sequences:
 - BALL 1 initiated by player; teams rally for a point
 - BALL 2 initiated by coach toss (simulated serve); teams rally for a point.
 - BALL 3 initiated by coach toss (simulated serve); teams rally for a point.
- the triple ball sequence (**Ball 1** serve; **Ball 2** toss; **Ball 3** toss) alternates between teams after **EACH** sequence of 3 balls, regardless of which team scores.
 - e.g., Sequence #1:
 - o **BALL 1** Served to team A; teams rally for a pt. (Team B player serves to Team A)
 - o BALL 2 Tossed to team A; teams rally for a pt. (Team A coach tosses to Team A)
 - o <u>BALL 3</u> Tossed to team B; teams rally for a pt. (Team B <u>coach</u> tosses to Team B)

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

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

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

Sequence #1 is repeated.

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

Sequence #2 is repeated.

- Sequences alternate until the game is concluded.

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⁻ Regular rotation – teams rotate when the triple ball sequence is initiated from their side

Session #8: Skill introduced - Overhead pass (set) a tossed ball

- Blocking

Game play - Level 8 - 3 v 3

Game play Format - Triple ball

(Refer to the **Atomic Smashbal Summary Sheet** for suggestions re: Contacts on serve receive vs Contacts when defending)

Ball 1 - 1st contact **Contact progression:** - Catch & Toss

> - 2nd contact - OH pass (set) — using proper technique - 3rd contact - Jump & Attack OR Approach, Jump & Attack

Ball 2 - 1st contact - Fore arm pass

> - 2nd contact - Catch - Toss to Self - Overhead pass (along the net) - 3rd contact - Jump & Attack **OR** Approach, Jump & Attack

Ball 3 - 1st contact - Fore arm pass

> - 2nd contact - Catch - Toss to Self - Overhead pass (along the net) - 3rd contact - Jump & Attack OR Approach, Jump & Attack

Game play description - Initiate - Ball 1 - player SERVE;

> - Ball 2 - coach TOSS; - Ball 3 - coach TOSS;

Resources:

Sask Volleyball web site: http://www.saskvolleyball.ca/

INDOOR -> DEVELOPMENTAL PROGRAMS -> ATOMIC SMASHBAL ->

Training Suggestions & Resources

Game Play Summary Sheet – CHART / DIAGRAM

COACHES -> COACHING RESOURCES ->

Atomic Smashbal

SKILL DEVELOPMENT: Attacking/Hitting - pdf;

> Forearm Passing - pdf; Video; Overhead Passing - pdf; Video Overhand Serving - pdf; Video Underhand Serving – pdf; Video

GAME PLAY DEVELOPMENT: Game Play Summary Sheet

Introduction to Smashbal video (OVA overview) -

https://www.youtube.com/watch?v=-DRbQhxno5Q&t=4s

Triple Ball (6 v 6) - Summary of Rules - Video

Volleyball Canada: Smashball Trainer app: Download (Free): Apple App Store OR Google Play

⁻ Regular rotation - teams rotate when the triple ball sequence is initiated from their side