## ATOMIC SMASHBAL

## TRAINING SUGGESTIONS \& RESOURCES <br> 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 | $-1^{\text {st }}$ contact | - Toss to Self \& Attack |
|  |  | $-2^{\text {nd }}$ contact | - None |
|  |  | $-3^{\text {rd }}$ contact | - None |

Game play description - Teams of 3 or 4

- Circulation (rotate in \& rotate out)

Session \#2: Skill introduced $\quad-\mathrm{OH}$ pass

- Attack (Spike) - Arm swing

Game play - Level 2-2 v 2
Game play Format - 1 (one) ball
Contact progression $\quad-1^{\text {st }}$ contact $\quad$ - Catch \& toss
$-2^{\text {nd }}$ contact $\quad$ - Catch; Toss to Self \& Attack

- $3^{\text {rd }}$ 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 |  |
| Contact progression | $-1^{\text {st }}$ contact | - Catch \& toss (to the net); run to hitting position @ net |
|  | $-2^{\text {nd }}$ contact | - Catch \& toss (along the net) |
|  | $-3^{\text {rd }}$ 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 -Level4-3v3
Game play Format - 1 (one) ball
Contact progression $-1^{\text {st }}$ contact $\quad$ - Catch $\&$ toss (to the net)

- $2^{\text {nd }}$ contact - Catch \& toss (along the net)
- $3^{\text {rd }}$ 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 5-3v3
Game play Format - 1 (one) ball
Contact progression $-1^{\text {st }}$ contact $\quad$ - Catch \& toss (to the net)

- $2^{\text {nd }}$ contact $\quad$ Catch - Toss to Self - Overhead pass (along the net)
- $3^{\text {rd }}$ contact - Stand \& Attack (Spike) OR Jump \& Attack (Spike)

Game play description - Teams of 3 or more

- Circulation (rotate in \& rotate out)

| Skill introduced | - Attack (Spike): Approach \& Arm swing |
| :--- | :--- | :--- |
|  | - Underhand serve |

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:
- BALL 1 - Served to team A; teams rally for a pt. (Team B player serves to Team A)
- BALL 2-Tossed to team A; teams rally for a pt. (Team A coach tosses to Team A)

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

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

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

- repeat Sequence \#1.

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

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

| Game play | - Level 7-3v3 |  |
| :---: | :---: | :---: |
| Game play Format | - Triple ball |  |
| Contact progression | Ball $1-1^{\text {st }}$ contact | - Catch \& toss (to the net) |
|  | - $2^{\text {nd }}$ contact | - Catch \& 'Push' ball (along the net) |
|  | - $3^{\text {rd }}$ contact | - Jump \& Attack OR Approach, Jump \& Attack |
|  | Ball $2-1^{\text {st }}$ contact | - Fore arm pass |
|  | - $2^{\text {nd }}$ contact | - Catch - Toss to Self - Overhead pass (along the net) |
|  | - $3^{\text {rd }}$ contact | - Jump \& Attack OR Approach, Jump \& Attack |
|  | Ball 3-1 ${ }^{\text {st }}$ contact | - Fore arm pass |
|  | $2^{\text {nd }}$ contact | - Catch - Toss to Self - Overhead pass (along the net) |
|  | $3^{\text {rd }}$ contact | - Jump \& Attack OR Approach, Jump \& Attack |
| Game play description | - Initiate - Ball 1 - player SERVE; |  |
| - Ball 2 - coach TOSS; |  |  |
| - Ball 3 - coach TOSS; |  |  |

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


## 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.
- $\quad \underline{B A L L} 3$ - initiated by coach toss (simulated serve); teams rally for a point.
- the triple ball sequence (Ball $\mathbf{1}$ - serve; Ball $\mathbf{2}$ - toss; Ball $\mathbf{3}$ - toss) alternates between teams after EACH sequence of 3 balls, regardless of which team scores.
- e.g., Sequence \#1:
- BALL 1 - Served to team A; teams rally for a pt. (Team B player serves to Team A)
- BALL 2 - Tossed to team A; teams rally for a pt. (Team A coach tosses to Team A)
- BALL 3-Tossed to team B; teams rally for a pt. (Team B coach tosses to Team B)

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

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

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

- Blocking

Game play
Game play Format

- Level 8-3v3
- Triple ball
(Refer to the Atomic Smashbal Summary Sheet for suggestions re: Contacts on serve receive vs Contacts when defending)

| Contact progression: | Ball 1 | - $1^{\text {st }}$ contact | - Catch \& Toss |
| :---: | :---: | :---: | :---: |
|  |  | - $2^{\text {nd }}$ contact | - OH pass (set) - using proper technique |
|  |  | - $3^{\text {rd }}$ contact | - Jump \& Attack OR Approach, Jump \& Attack |
|  | Ball 2 | - $1^{\text {st }}$ contact | - Fore arm pass |
|  |  | - $2^{\text {nd }}$ contact | - Catch - Toss to Self - Overhead pass (along the net) |
|  |  | - $3^{\text {rd }}$ contact | - Jump \& Attack OR Approach, Jump \& Attack |
|  | Ball 3 | - $1^{\text {st }}$ contact | - Fore arm pass |
|  |  | - $2^{\text {nd }}$ contact | - Catch - Toss to Self - Overhead pass (along the net) |
|  |  | - $3^{\text {rd }}$ contact | - Jump \& Attack OR Approach, Jump \& Attack |

Game play description - Initiate

- Ball 1 - player SERVE;
- Ball 2 - coach TOSS;
- Ball 3-coach TOSS;
- Regular rotation - teams rotate when the triple ball sequence is initiated from their side


## 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; <br>  <br>  <br>  <br>  <br>  <br>  <br> Forearm Passing - pdf; Video; <br> Overhead Passing - pdf; Video <br> Overhand Serving - pdf; Video <br> Underhand Serving - pdf; Video |
| :--- | :--- | https://www.youtube.com/watch?v=-DRbQhxno5Q\&t=4s

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

