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ATOMIC Volleyball

Skill: Overhand Serving

Sample Training Sequence Overview

TEACHING POINTS: (Reference – Atomic Volleyball: Instructor's Manual – p. 50)

o **BODY POSITION**: - NON-DOMINANT FOOT – **forward** (facing target)

- BALL rests (cradled) in NON-DOMINANT HAND in front of DOMINANT

arm

• HITTING HAND POSITION: - HITTING HAND: thumb away from the hand ('L') - 'lock' the

wrist

- Contact area - PALM

HITTING ARM POSITION: - FINGERS point to ceiling

ELBOW above shoulderELBOW behind shoulder

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

o **BALL TOSS:** - to a HEIGHT ~ equal to the diameter of the vball above the

reach of the server

- LANDING LOCATION

- in front of DOMINANT foot

(e. g., Rt. Foot for Rt. Handed server)

- slightly ahead and beside NON-DOMINANT foot

o **ARM SWING and CONTACT**: - OPEN HAND (preferable) and 'high-five' the ball

: contact area - PALM

: 'strike' the ball slightly below centre

- hit it slightly upwards

- give the ball a 'high five'

o FOLLOW THROUGH: - hitting hand faces the target (finish no lower than the shoulder)

Common errors: 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); FOLLOW THROUGH – across the body OR

hand below the shoulders; NOT transferring weight.

Activities / Drills:

1) WARM-UP FOR SHOULDERS

PARTNERS

- a) Baseball throw
- b) Two handed overhead throw
- c) Baseball throw bounce the ball off the floor
- d) Two handed overhead throw bounce the ball off the floor
- 2) **REVIEW SERVING POSITION** Body / Hand / Arm / Toss / Body motion / Contact TEAM
- 3) TOSSING PRACTICE Toss and let the ball 'land on the line' INDIVIDUAL
 - 'Toss & Trap' ball against the wall @ its highest point
- 4) **OVERHAND TOSS** over the net PAIRS
- 5) **SERVE TO THE WALL** partner provides feedback PAIRS
- 6) SERVE IT OVER serve & catch PAIRS / TEAM
- 7) SERVE IT OVER serve & PASS & catch PAIRS / TEAM
- 8) **SUGGESTED PROGRESSIONS:** increase distance from the net
 - increase the height of the net (badminton / volleyball)
 - serve to left side / right side of the court
 - serve to front half / back half of the court
 - Team Relay A-T-O-M-I-C

9) ADDITIONAL ACTIVITIES / DRILLS:

NOVICE, INTERMEDIATE and ADVANCED LEVELS -

(Reference – Atomic Volleyball: Instructor's Manual – pp. 51)

Game Patterning & Circulation Volleyball: Activity / Game: TO, ALONG and OVER

Game Play: TWO Ball -3 on 3 OR 4 on 4

Relay: Teams of 4 - 6

Conclusion: Review: Overhand serving technique

HYDRATION

TEAM CHEER!

ATOMIC Volleyball

Skill: Overhand Serving

Sample Training Sequence Detailed plans

Intro / info & expectations:

Volleyball: a game that can be played many years past high school

the ultimate team sport

learning proper technique helps make the game more fun

Goal for the training sessions: - have fun

- learn proper technique for major skill areas

- overhead passing; fore arm passing; serving; hitting; blocking

- use the skill in game situations

- learn pattern of ball movement & roles of players

To get the 'most' out of the training requires:

YOUR best effort;

YOU try everything,

YOU Listen carefully;

o YOU ask questions when you're not sure

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."

- Lou Holtz

Objectives: To hit the ball over the net with an overhand motion to start the game.

Warm-up: TEAM CHEER - "YES I CAN"

Consequence Tag

Drills / Activities:

1) WARM-UP FOR SHOULDERS

PARTNERS

Drill progression:

- i. Baseball throw
- ii. Two handed overhead throw
- iii. Baseball throw bounce the ball off the floor
- iv. Two handed overhead throw bounce the ball off the floor

Drill completion:

• Partners throw the ball back and forth

(5 - 6X)

2) REVIEW SERVING POSITION

TEAM (entire group)

Drill progression:

• Consider: Body / Hand / Arm / Toss / Arm swing / Contact

Drill completion:

• Review the technique / position of each component of the serve

3) TOSSING PRACTICE

INDIVIDUAL

Drill progression:

- 1 ball/player
- Toss and let the ball 'land on the line'
 - use a location on the floor where 2 lines X one another
- 'Toss & Trap' ball against the wall @ its highest point
 - player is ~ 1 step away from the wall (N.B. Not hitting the ball . . . 'trapping')

Drill completion:

• Toss and let the ball 'land on the line' (5X - 6X)

• 'Toss & Trap' (5X - 6X)

4) **OVERHAND TOSS (Throw)**

PAIRS

Drill progression:

- 1 ball/pair
- Partners throw the ball back and forth OVER the net

N.B. – Using proper technique: elbow BEHIND shoulder elbow ABOVE shoulder

Drill completion:

Throw the ball back and forth

(5X - 6X)

5) SERVE TO THE WALL

PAIRS

Drill progression:

- 1 ball/pair
- one partner serves; one partner provides feedback
- Partners 5 6 steps back from the wall
- Partner providing feedback behind and to the side of serving partner

Drill completion: Serve the ball to the wall

(3X – switch; 2 reps)

Feedback given after each serve

FOCUS / FEEDBACK: "Is the elbow of the hitting hand **ABOVE** the shoulder?" "Is the elbow of the hitting hand **BEHIND** the shoulder?"

6) **SERVE IT OVER** Serve & CATCH PAIRS or GROUPS OF 4

Drill progression:

- Partners are on opposite sides of the net, facing one another
- Partner A serves to Partner B
- Partner **B** catches the ball fore arm passing position
- Partner **B** serves to Partner **A** (w/pairs) OR Partner **C** (if groups of 4)
- Partner A (Partner C) catches fore arm passing position
- Return serve to the Partner on the opposite side of the net
- Partners 5 6 steps back from the net

Drill completion: serve the ball back and forth 5 X / player

7) SERVE IT OVER Serve & PASS & Catch PAIRS or GROUPS OF 4

Drill progression:

- Same as above + receiving partner fore arm passes ball to themselves
- Partner A serves to Partner B
- Partner **B** fore arm passes the ball to themselves & catches the ball
- Partner **B** serves to Partner **A** (w/pairs) or Partner **C** (if groups of 4)
- Partner A (Partner C) passes the ball to themselves & catches the ball
- Return serve to the Partner on the opposite side of the net
- Partners 5 6 steps back from the net

<u>Drill completion:</u> serve the ball back and forth 5 X / player

8) SUGGESTED PROGRESSIONS:

- increase distance from the net
- increase the height of the net (badminton / volleyball)
- serve to left side / right side of the court
- serve to front half / back half of the court
- Team Relay A-T-O-M-I-C

Team members earn a 'letter' (towards spelling – ATOMIC) for each

successful completion of:

- a) SERVE & retrieve;
- b) Serve & CATCH;
- c) Serve & PASS & Catch

9) ADDITIONAL ACTIVITIES / DRILLS:

NOVICE, INTERMEDIATE and ADVANCED LEVELS -

(Reference – Atomic Volleyball: Instructor's Manual – pp. 51)

Game Patterning & Circulation Volleyball:

Activity / Game: TO, ALONG and OVER

Review ball movement pattern / Review player movement pattern (Clock-wise)

N. B. DON'T LET THE BALL HIT THE FLOOR!

3 on 3: Player positioning: Player 1 (P1) 'back row';

Player 2 (**P2**) 'power' (front lt.) Player 3 (**P3**) 'setter' (front rt.)

Modifications / Adaptations: 1st / 2nd / 3rd contacts

- (1st) TOSS (2nd) STV (3rd) VOLLEY ROTATE POSITIONS;
- (1st) STV (2nd) STV (3rd) VOLLEY ROTATE POSITIONS;
- (1st) PASS (Fore arm) (2nd) STV (3rd) VOLLEY or ATTACK ROTATE POSITIONS

Game Play: TWO Ball -3 on 3 OR 4 on 4

- 1st ball initiated with a serve (player); 2nd ball initiated with a toss (Coach) to a backrow player:
- 1 serve & 1 toss to each team serve alternates between teams after every TWO ball sequence
- e. g., TWO ball sequence:
 - Ball 1 Team A serves to Team B RALLY FOR THE POINT
 - Ball 2 Coach tosses a ball to Team B RALLY FOR THE POINT;

Serve alternates to Team B (rotate in a new server and ...)

- Ball 1 Team B serves to Team A RALLY FOR THE POINT
- Ball 2 Coach tosses a ball to Team A **RALLY FOR THE POINT**;

Serve alternates to Team A (rotate in a new server and . . .)

'Ball movement' options:

a) P1: Catch & Toss P2: STV P3: VOLLEY

b) P1: <u>STV</u> P2: <u>STV</u> P3: <u>VOLLEY</u>

c) P1: PASS (Fore arm) P2: STV P3: VOLLEY or ATTACK

RELAY: Teams of 4 - 6

- Line up in single file on end line.
- 1st player runs to net with a ball @ net STV to self, then Volley the ball over the net;
- Player runs under the net to the far wall touches the ball to the wall;
- Player returns towards the net, stops and underhand (or overhand) serves the ball over the net to the team member at the front of the line;
- The player at the front of the line 'collects' the team ball;
- The player at the front of the line can leave the line and repeat the 'drill' once the 1st teammate has crossed the original start line;
- Continue until every team member has completed the sequence of 'drills'.

Conclusion: Review: Underhand serving technique

HYDRATION – take in water during each break; before bed & 1st thing in

the morning; 1 hr prior to coming to training session.

TEAM CHEER!