



# SmashFest

## What is a SmashFest?

### It is:

- ✓ a fun-filled community volleyball event
- ✓ designed for children: **gr. 3 – 6 (7); ages 8 – 12 years**
- ✓ an event intended to introduce or, re-introduce children to volleyball
- ✓ an event that can include volleyball skills training (instruction) along with one or more mini-tournaments.
- ✓ a volleyball ‘competition’ that uses Smashball as the game-play format
- ✓ typically a one day event.

## What might a SmashFest look like?

***The SmashFest format is determined by the organizers.***

*(The duration of sessions, outlined in the samples below, are suggestions.)*

### Sample formats:

E. g.,	<b>#1</b>	Session 1	Training: <b>Arm-swing</b>	30 minutes
		Session 2	Smashball intro & Tournament play	1 hour
		Session 3	Training: <b>Overhead passing</b>	30 minutes
		Session 4	Tournament play	1 hour
	<b>#2</b>	Session 1	Training: <b>Arm-swing</b>	30 minutes
		Session 2	Smashball intro & Tournament play	1 – 1 ½ hours
	<b>#3</b>	Session 1	Training: <b>Arm-swing</b>	30 minutes
		Session 2	Smashball intro & Tournament play	1 hour
		Session 3	Training: <b>Serving</b> (or other skill areas)	30 minutes
		Session 4	Tournament play	1 hour
	<b>#4</b>	Other arrangements/schedules as determined by the organizers		

## What is Smashball?

### It is:

- ✓ a volleyball game-play variation that emphasizes attacking (hitting/spiking).
- ✓ fun and fast-paced
- ✓ played with fewer players on the court – usually teams of 3 v 3 . . . can be 4 v 4
- ✓ played on badminton courts with badminton nets or, volleyball courts divided in half, length-wise with lowered volleyball nets

## How is Smashball played?

- ✓ off of an ATTACK - the receiving team can **catch** the ball directly, OR after the ball bounces once, and still continue the rally. (NO POINT IN SCORED)
- ✓ off of a SERVED or TOSSED ball - the receiving team must 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 (*with follow up training*) they are encouraged to progress (*transition*) to the use of volleyball skills for all contacts ('passes') during game play.

During a SmashFest, setters may choose to use a:

- CATCH & TOSS for 'passing' the ball to the hitter, OR
- SELF-TOSS & VOLLEY (STV)

## What's required to organize and host a SmashFest?

### Community/School organizer(s):

- establish a potential date
- sanction the event through Sask Volleyball
- book/secure a facility
- register and correspond with participants
- collect a registration fee – **Y/N?** *(determined by the organizers)*
- arrange for community sponsorship – **Y/N?** *(determined by the organizers)*
- decide on a format/schedule for the event
- decide on provisions for the participants:
  - o food
    - canteen – **Y/N?** *(determined by the organizers)*
    - lunch provided – **Y/N?** *(determined by the organizers)*
    - snack provided – **Y/N?** *(determined by the organizers)*
    - participants bring their own snack/bag lunch – **Y/N?** *(determined by the organizers)*

### Sask Volleyball support:

#### Sask Volleyball will:

- sanction the event *(No charge - covers insurance for the organizer(s))*
- pay the cost of facility rental
- publicize / promote the SmashFest event on our web site – *No charge*
- provide on-site instruction *(upon request) – No charge*
- assist the organizer(s) with planning and running the event - *(upon request) – No charge*

For additional information contact:



---

**Tom Ash** | Program Coordinator

Grassroots Programs

[tom@saskvolleyball.ca](mailto:tom@saskvolleyball.ca)

Regina, SK S4N 6L4

p (306) 780-9419

f (306) 780-9288

[www.saskvolleyball.ca](http://www.saskvolleyball.ca)



Volleyball the Sport of Choice across Saskatchewan