

SMASHBAL - FUNDamentals

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

Session 1

WARM-UP: Name game Toss and name the recipient

ACTIVITY: Walk Like A . . .

Lead or assign a player to lead children in making different locomotion movements around the gym for a couple of minutes

- Movements can include : walk, skip, jump with one foot, jump with two feet, roll on the ground, stretch to touch the ceiling, jumping jacks, lung, side steps, hip rotation, etc...

DYNAMIC EXERCISES: (To the net and back)

- Jog
- High knees
- Butt kicks
- Knee hugs – lift from below
- Running backwards
- Shuffle – defensive position
- Arm circles – fwd / backwd
- Funky Chicken
- Sprint (2X)

GAME:

Beat your Record – (A): *Cooperation* – same side of the net

Goal:

- To see how many times each team can catch the ball before the ball is dropped. That's the record to beat
- Each team tries to get a higher score (Try to beat their own record)

How to Play:

- With a partner, children establish a playing area separated by a rope on the floor and marked with pylons (or floor lines)
- Play a cooperative game of throw and catch with a ball, while staying within their playing area
- Count each time the ball is caught without being dropped

Tactical Talk

- Q: Where did you send the ball to keep the rally going?
- A: I threw the ball to my partner on the other side
- Q: How did you throw the ball to make it easier for your teammate to catch it?
- A: I used two hands and threw the ball like a rainbow
- Q: How did you catch the ball?
- A: I was in a ready position, move towards the ball and used two hands

SKILL ACTIVITY:

Throw & Catch – Beginner (individual)

Goal:

- Throw and catch a ball in various ways and as many times as possible

How to Play:

- Each child is given a ball and stands in their playing area
(marked by floor lines / pylons / rope)
- Each child attempts to throw and catch the ball in the following ways:

Throw

- Throw the ball with two hands **to** different heights (e. g., to their forehead, to the height of a basketball rim, to the ceiling)
- Throw the ball with two hands **from** different heights (e. g., from above their head, their waist, low to the ground)
- Throw the ball using **one** hand (right hand . . . left hand, alternate right-left-right-left)
- Throw the ball using **one** hand then **two** hands (alternate between the two)
- Create other ways to throw the ball

Catch

- Catch the ball with both hands at different heights (e. g., at their forehead, waist, low to the ground, with arms outstretched in front, like a forearm pass)
- Clap their hands before catching the ball
- Turn before catching the ball (e. g., half-turn, full turn)
- Catch the ball behind their back or neck
- Create other ways to catch the ball

What to Look For:

- Emphasize ball control
- Encourage consistency in the tosses
- Encourage movement behind or under the ball
- Help children understand the concept of keeping the ball off the floor, by imagining that the ball is a breakable object such as a light bulb

Variations:

- Play a game of “Simon Says” using different ball handling variations

Easier

- Use lighter and/or larger balls
- Reduce the size of the playing space

Harder

- Use smaller balls
- Increase the size of the playing area
- Limit the amount of time the children keep the ball in their hands before tossing it again
- Children toss the ball in the air, then touch one, two or three different body parts before catching the ball

GAME:

Beat your Record – (B): *Competition* – same side of the net

Goal:

- Beat your team's record in maintaining a rally and begin to throw the ball to open spaces

How to Play:

- Each team tries to beat their record from the previous game
- Add a **competition** between the two players. Each child attempts to throw the ball to an open space on the opponent's playing area

What to Look For

- Move positively towards the ball in different directions

GAME:

1X1 (Beginner) – A – *Cooperation* – opposite sides of the net

Goal:

- Throw the ball back and forth as many times as possible

How to Play:

- With a partner, throw and catch the ball **over the net**

Tactical Talk:

- Q: What did you do to achieve your goal with your partner?
- A: I moved quickly behind the ball to catch it and try to throw it to my partner
- Q: How did you throw the ball to send it over the net and successfully to your partner?
- A: I have to throw the ball like a rainbow, not too high towards the sky (it will not go over the net) and not too low and forward (it will go into the net)
- Q: How do you react when your partner misses the ball?
- A: I get frustrated because s/he misses a lot
- Q: What can you do to make your partner more successful?
- A: I can try to send the ball to her/him and make it easier for her/him to catch

Variations:

- Increase the distance (off the net) from which the children must toss the ball
- Use an underhand toss (1 hand / 2 hands)
- Use an overhead toss (1 hand / 2 hands)
- Use an underhand catch
- Use an overhead catch

SKILL ACTIVITY:

Rocket Launcher

Goal:

- Send the ball over the net using **2-handed overhead** and **2-handed underhand** throws

How to Play:

- Entire group begins on one side of the playing area (*start ~ 1 - 2 m back from the net*)
- Arrange the children in a line across the court (*~1m separating the children*)
- Imagine they are trying to send a rocket into the air
- At the instructor's signal, children attempt to send the ball over the net, then retrieve their ball before returning to the starting point
- All children must be on the same side of the net before they can send the ball a second time
- Request children to:
 - a) **2-handed underhand throw** (*like a rainbow*)
 - b) **2-handed overhead throw**
- After **three consecutive throws** over the net, each child takes one step back from his/her starting position

What to Look For:

- Have the children adjust their point of contact (above the forehead) in order for them to succeed putting the ball over the net.
For instance, if the ball is contacted in front of the face, then the ball will most likely go into the net whereas if the ball is contacted above the head, the ball will most likely go upwards and not cross the net.

Variations:

- Have children toss and hit the ball over the net, then run under the net to catch the ball before it touches the floor on the other side
- Replace the throw with a **toss to self then hit the ball** with 2-handed overhead and/or 1-hand overarm (right/left hand)
- Add **targets** on the other side of the net (front half/back half; left side/right side of the court)

GAME:

1X1 (Beginner) (B) – **Competition** – opposite sides of the net

Goal:

- Pass the ball back and forth as many times as possible

How to Play:

Repeat game A with the following variations:

- Add competition between players
- Add players to each team

What to Look For:

- Look for children's attitude, posture when his or her partner makes mistake
- Reinforce positive behaviour and give suggestions on how to transform negative behaviours into positive behaviours towards oneself and their partner

GAME:

1X1 (Beginner) (B) – *Competition* – opposite sides of the net (CONTINUED)

Variations:

Easier

- Use bigger/lighter balls
- Lower the height of the net or space divider
- Roll the ball to partners who are visually impaired and have them catch and toss the ball to partner

Harder

- Increase the height of the net or space divider
- Increase the distance (off the net) from which the children must throw the ball
- Self-toss and hit the ball above the forehead (one or two hands)

GAME:

Smashball – (Beginner) - A

(Sask Vball – Level 1)

Goal:

- Rally the ball back and forth within the playing space

How to Play:

- Teams of 2 on the court
- Player 1 starts by hitting the ball with one (or two) hand(s) overhead over the net
- Player 1 and 2 on the opposite side try to catch the ball (*one bounce allowed*) before the ball touches the floor
- Player who catches the ball then runs up to the net to hit it over with one hand overhead
- The hit must bounce within the playing boundaries
- The goal is to rally the ball between team as many times as possible

Tactical Talk:

- Q: Did you achieve your goal to rally the ball back and forth? Why or why not?
- A: Open answers
- Q: What could you have done differently to keep the ball in play?
- A: “Call” the ball, move behind the ball before catching/playing it
- Q: What can you do when you don’t have the ball?
- A: Player 1: Get into ready position in the middle of the court as soon as your team hit the ball over the net.

Player 2: Move with partner in support of his/her actions. When I don’t have the ball I can show that I support what s/he does, get into ready position in the middle of the court as soon as I’ve hit the ball over the net

- Q: What can you do to avoid having the ball fall in between both of you?
- A: Call the ball, be confident in myself, and explore other solutions as a team

Variations:

Easier

- Use bigger/lighter ball
- Allow two bounces
- Roll the ball to partners who are visually impaired

Harder

- Increase court size
- Roll the ball to partners who are blindfolded to increase awareness of various types of challenges

GAME:

Smashball – (Beginner) - B - Competitive

Goal:

- 3 consecutive passes over the net, followed by scoring

How to Play:

- Repeat game A as previous
- Teams must perform 3 consecutive hits over the net (and into the opponent's court), before attempting to score a point
- A point is scored if the ball bounces twice, if a hit goes into the net or bounces outside the playing boundaries

What to Look For:

Player 1:

- "Call" the ball and take initiative to move behind the ball before catching/playing it
- Move and get into a position to hit the ball over the net
- Move quickly into ready position in the middle of the court after hitting the ball

Player 2:

- Move and follow your partner in his/her actions
- Move quickly into ready position in the middle of the court after hitting the ball

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Session 2

WARM-UP:

ACTIVITY:

Ants in your Pants

Goal:

- Move forward, backward and laterally

How to Play:

- Children spread out across the gym, leaving at least an arm's length of space between each other (*with larger numbers of children, have two lines, separated by ~ 1.5 - 2m*)
- They stand in a dynamic position as if they carry an extra large pizza in their arms or riding a motorcycle
- Facing the children, instructor points in various directions (*lt. side or rt. side, front or back*) and children move in that direction, always keeping that ready position while moving
- After each 10 to 15 seconds, take short breaks, to let the children recuperate

What to Look For:

- Look to ensure they keep the ready position while they move in different directions (knees bent, shoulders forward *{always facing the instructor}*, arms in front, palms up)

DYNAMIC EXERCISES: (To the net and back)

- Jog (2X)
- High knees
- Butt kicks
- Knee hugs – lift from below
- Running backwards
- Shuffle – defensive position
- Arm circles – fwd / backwd
- Funky Chicken
- Sprint (2X)
- Leg kicks @ net or wall

GAME:

1X1 (Beginner) – A – Cooperation – opposite sides of the net

Goal:

- Throw the ball back and forth as many times as possible

How to Play:

- With a partner, throw and catch the ball **over the net**
- Add variations from Session 1 game play

*e. g., increase the distance from the net
underhand toss – overhead catch*

Tactical Talk:

- Q: What did you do to achieve your goal with your partner?
- A: I moved quickly behind the ball to catch it and try to throw it to my partner
- Q: How did you throw the ball to send it over the net and successfully to your partner?
- A: I have to throw the ball like a rainbow, not too high towards the sky (it will not go over the net) and not too low and forward (it will go into the net)
- Q: How do you react when your partner misses the ball?
- A: I get frustrated because he misses a lot
- Q: What can you do to make your partner more successful?
- A: I can try to send the ball to him and make it easier for him to catch

Variations:

- Increase the distance (off the net) from which the children must toss the ball
- Use an underhand toss (1 hand / 2 hands)
- Use an overhead toss (1 hand / 2 hands)
- Use an underhand catch
- Use an overhead catch

SKILL ACTIVITY:

Body Parts

Goal:

- Explore **contacting** the ball with different body parts

How to Play:

- Each child with ball, stands in a designated area in the gym.
- S/he experiments throwing, hitting and catching the ball using various body parts.

Some activities to try:

- Throw the ball and hit it with:
 - the right/left hand; open/closed hand; inside/outside of foot, elbow, arm, knee, leg, head, etc., then catch it before it touches the ground
- Throw the ball into the air and hit it straight up twice or more, before it touches the ground
- Hit the ball up to a predetermined height
 - (e. g., very low – no higher than the instructor's head)
- Throw, hit, then catch the ball between elbows, knees, etc.
- Juggle the ball (hot potato)
- Create other ways to throw, hit and catch the ball

What to Look For:

- Emphasize the **importance of catching the ball**
- Emphasize ball control
- Encourage the children to strike the ball only hard enough to get the desired outcome
- Encourage movement behind or under the ball

SKILL ACTIVITY: **Body Parts** (CONTINUED)

Variations:

- Play a game of “Simon Says” using different ball handling variations
- Play a game of “Follow the Leader” using different ball handling variations
- Instead of catching the ball, children must continue to strike the ball in a controlled manner using various body parts and at different heights
- With a partner, toss and catch at various heights and with different body parts

GAME:

1X1 (Beginner) (B) – Competition – opposite sides of the net

Goal:

- Pass the ball back and forth as many times as possible

How to Play:

Repeat game A with the following variations:

- Add competition between players
- Add players to each team

What to Look For:

- Look for children’s attitude, posture when his or her partner makes mistake
- Reinforce positive behaviour and give suggestions on how to transform negative behaviours into positive behaviours towards oneself and their partner

Variations:

Easier

- Use bigger/lighter balls
- Lower the height of the net or space divider
- Roll the ball to partners who are visually impaired and have them catch and toss the ball to partner

Harder

- Increase the height of the net or space divider
- Increase the distance (off the net) from which the children must throw the ball
- Self-toss and hit the ball above the forehead (one or two hands)

GAME:

Bulls-Eye

Goal:

- Cooperate as a team and ground a ball in each of 3 target areas as quickly as possible
- Ground one ball in the **closest** target area, then the **middle** target area and then the **farthest** target area
- The first team to ground a ball in each of the three target areas is considered the winning team

How to Play:

- Teams of 4 – 6 players
- Teams line-up in single-file facing the targets (*hoola hoops / mats / chairs / rope / grouping of pylons . . .*) on the opposite side of the net/barrier (*badminton net/bench/rope/floor line*)
- Each team member has their own ball. If there are not enough balls, share balls with team members after the balls are retrieved
- The first player on each team throws/tosses/hits the ball over the net/barrier aiming for first (*nearest*) target
- The first player then runs to the target side to retrieve their ball and return to the back of the line for their team on the starting side
- Once the first player has retrieved her/his ball the second player in line tosses her/his ball toward the targets
- If the first player **hit** the nearest target, then the second player tries to ground the ball in the second (*middle*) target
- If the first player **did not** hit the nearest target, then the second player tries to ground the ball in the first (*nearest*) target
- Team members take turns tossing and retrieving the balls aiming for the targets
- The goal for each team is to ground one ball in the **closest** target area, then the **middle** target area and then the **farthest** target area

Tactical Talk:

- Q: What did you do to achieve your goal?
- A: Open answer
- Q: What could you do differently to ground the ball in the target areas?
- A: Toss the ball softer or harder depending on the distance to the targets.

Variations:

Easier

- Use bigger/lighter ball

Harder

- Increase the distance the teams line up from the net/barrier
- Increase the distance of the targets from the net/barrier
- Increase the height of the barrier

Equipment:

- 3 target areas per team (*hoola-hoops / mats / ropes / chairs / pylons*)
- 1 ball per player

GAME:

Smashball – (Beginner) – B – Competitive (Sask Vball – **Level 1**)

Goal:

- 3 consecutive passes following by scoring

How to Play:

- 2 v 2
- Use **1 contact** to play the ball over the net:
 - 1st contact – Self-toss & attack
- Teams must perform 3 consecutive hits back and forth over the net (and into the opponent's court), before attempting to score a point
- A point is scored if the ball bounces twice, if a hit goes into the net or bounces outside the playing boundaries

Smashball – (Beginner) – B – Cooperation (Sask Vball – **Level 2**)

Goal:

- Rally the ball back and forth within the playing space

How to Play:

- 2 v 2 – Use **2 contacts** before playing the ball over the net:
 - 1st contact – Catch & toss to partner (at the net)
 - 2nd contact - Self-toss & attack
- Initiate with player from Team A hitting the ball over the net with one (or two) hand overhead
- Player 1 or 2 on the opposite side (Team B) try to catch the ball (*one bounce allowed*) before ball touches the floor
- Player that catches the ball tosses to their teammate who has moved to the net
- Player at the net self-tosses and hits the ball over the net with one (or two) hand overhead
- The hit must bounce within the playing boundaries
- Try to complete as many rallies between the teams as possible.

Tactical Talk:

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to keep the ball in play?
- A: "Call" the ball, take initiative to move behind the ball before catching/playing it
- Q: What can you do when you don't have the ball?
- A: Player 1: Get into ready position in the middle of the court as soon as your team hit the ball over the net.
Player 2: When I don't have the ball I can move to the net and get into ready position to receive the toss from my partner
- Q: What can you do to avoid having the ball fall in between both of you?
- A: Take initiative, call the ball, be confident in yourself, and explore other solutions as a team

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Session 3

WARM-UP:

ACTIVITY:

Follow the Leader – SPORTS STYLE

Goal:

- Move in different ways

How to Play:

- Lead or assign a child to lead others in moving around the gym for a few minutes imitating ways in which people move playing different sports:
 - Swimming (backstroke, front crawl...), skiing (cross country, downhill...), volleyball (overhead/forearm pass, spike, dive...), basketball (dribble, shoot, pass...), fencing, etc.
- Ask a different child to lead and propose a new sport
- Ask to move as “famous sports Stars” to make it fun and creative

DYNAMIC EXERCISES: (To the net and back)

- Jog (2X)
- High knees
- Butt kicks
- Knee hugs – lift from below
- Running backwards
- Shuffle – defensive position
- Arm circles – fwd / backwd
- Funky Chicken
- Sprint (2X)
- Leg kicks @ net or wall

GAME:

The Messengers - A

Goal:

- Pass (underhand toss) as many messages (balls) as possible to your partners over the interceptors (opponents in the middle)

How to Play:

- Team A “The Messengers” must transfer the balls from one ball cart to another by throwing the ball to their partner without having it be intercepted by “the interceptors” (players in the middle). If the message is successfully received, players put the ball in the ball cart on their side of the court
- Team B “The Interceptors” try to intercept the messages (by staying in their zone). If they succeed in intercepting the ball, they put the ball in their designated cart
- The team with the most balls wins
- Rotate players to play different roles

Tactical Talk:

- Q: What did you do to successfully transfer your message?
- A: I threw the ball high, I communicated with partners on the other side of the net
- Q: How did you send the ball to your partners?
- A: I must aim not too high and not too low, just enough to get the ball over the interceptors.

What to Look For:

- Emphasize the importance of working with partners on the other side of the interceptors by communicating (using the body, the eyes, the face, words)
- Messengers: Encourage the children to throw/hit the ball only hard enough to get the desired outcome (not too far)
- Catcher: Encourage movement behind or under the ball, catch with 2 hands
- Interceptors: quick feet, quick change of directions (side to side)

Variations:

- Messengers (throwers): Increase the distance (from the interceptors) from which the children must throw the ball.
- Messengers (catchers): Try to catch the ball underhand / overhead before it touches the floor

SKILL ACTIVITY:

WALL RELAY

Goal:

To throw and catch the ball as many times as possible (underhand catch & toss with straight arms)

How to Play:

- Teams of 4 / 5 line up, single file, facing a wall
- 1st player starts by throwing the ball high off the wall and runs to the back of the line
- 2nd player attempts to catch the ball (using straight arms) before it touches the floor
- 2nd player throws the ball high off the wall and runs to the back of the line
- 3rd player catches the ball (using straight arms) . . . and so on like a relay
- Count how many time the ball can be caught before it touches the floor

Variations:

- Ball is caught above the forehead
- Player ‘pushes’ (from above their forehead) high off the wall – runs to the end of the line

GAME:

The Messengers - B

Goal:

- Pass (underhand toss) as many messages (balls) as possible to your partners over the interceptors (opponents in the middle)

How to Play:

Repeat game A with continuous play (similar to “monkey in the middle”):

- Messengers (players both sides of the interceptors) attempt to pass the ball back and forth until an “interceptor” catches the ball.

The messenger (who missed the ball or got intercepted) and the interceptor change roles.

Variations:

- Messengers (throwers): Increase the distance (from the interceptors) from which the children must throw the ball.
- Messengers (catchers): Must catch the ball before it touches the floor. (*Balls not caught go to the Interceptors collection.*)

What to Look For:

- Emphasize the importance of working with partners on the other side of the interceptors by communicating (using the body, the eyes, the face, words)
- Messengers: Encourage the children to throw/hit the ball only hard enough to get the desired outcome (not too far)
- Catcher: Encourage movement behind or under the ball, catch with 2 hands
- Interceptors: quick feet, quick change of directions (side to side)

Tactical Talk:

- Q: What did you do to successfully transfer your message?
- A: I threw the ball high, I communicated with partners on the other side of the net
- Q: How did you send the ball to your partners?
- A: I must aim not too high and not too low, just enough to get the ball over.

SKILL ACTIVITY:

Throw & Catch (individual)

Goal:

- Throw and catch a ball in various ways and as many times as possible

How to Play:

- Each child is given a ball and stands in their playing area (*marked by floor lines / pylons / rope*).
- Each child attempts to throw and catch the ball in the following ways:

Throw

- Throw the ball **to** different heights (e.g. to your forehead, to the height of a basketball rim, to the ceiling)
- Throw the ball **from** different heights (e.g. from above your head, your waist, low to the ground)
- Throw the ball using **one** hand (right hand . . . left hand, alternate right-left-right-left)
- Throw the ball using **one** and **two** hands
- Create other ways to throw the ball

Catch

- Catch the ball with both hands at different heights (e.g. at your forehead, waist, low to the ground, with arms outstretched in front, like a forearm pass)
- Clap your hands before catching the ball
- Turn before catching the ball (e.g., half-turn, full turn)
- Catch the ball behind your back or neck
- Create other ways to catch the ball

What to Look For:

- Emphasize ball control
- Encourage consistency in the tosses
- Encourage movement behind or under the ball
- Help children understand the concept of keeping the ball off the floor, by imagining that the ball is a breakable object such as a light bulb

Variations:

- Play a game of “Simon Says” using different ball handling variations

Easier

- Use lighter and/or larger balls
- Reduce the size of the playing space

Harder

- Use smaller balls
- Increase the size of the playing area
- Limit the amount of time the children keep the ball in their hands before tossing it again
- *Children toss the ball in the air, then touches one, two or three different body parts before catching the ball*

GAME:

Desert Island - A

Goal:

- Ground as many balls as possible into the opponent's ***desert islands***

How to Play:

- Teams of 2
- Cooperate as a team to aim the ball in the designated area
- One player per team takes his/her turn to throw-hit the ball over the net using 2 hands (overhead or underhand) and aiming for one of the desert islands (designated area)
- The defending team attempts to catch the ball before it reaches the island
- The goal for each team to ground as many balls as possible into the opponent's desert islands

Tactical Talk:

- Q: What did you do to achieve your goal?
- A: Open answer
- Q: What could you do differently to stop the ball from grounding on your side?
- A: Demonstrate a defensive spirit/attitude, fast feet, stay low when moving around, get quickly into ready position in the middle of the court to play the ball

Variations:

Easier

- Use bigger/lighter ball

Harder

- Replace the catch with a forearm pass

Equipment:

- 4 - 6 target areas per court (hoola-hoops, mats, ropes)
- 1 ball per court

GAME: **Smashball – (Beginner) – B – Cooperation (Sask Vball – Level 2)**

Goal:

- To **rally the ball back and forth** within the playing space

How to Play:

- 2 v 2 – Use **2 contacts** before playing the ball over the net:
 - 1st contact – Catch & toss to partner
 - 2nd contact - Self-toss & attack
- Try to complete as many rallies between the teams as possible.

Tactical Talk:

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to keep the ball in play?
- A: “Call” the ball, take initiative to move behind the ball before catching/playing it
- Q: What can you do when you don’t have the ball?
- A: Move into a position to be able to receive the ball from my partner or, move into position to receive the ball when the other team plays the ball over the net

Smashball – (Beginner) – B – Competitive (Sask Vball – Level 2)

Goal:

- To **score points** during each rally

How to Play:

- 2 v 2 – Use **2 contacts** before playing the ball over the net:
 - 1st contact – Catch & toss to partner
 - 2nd contact - Self-toss & attack

Tactical Talk:

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to score more points during the rallies?
- A: “Hit the ball to open areas of the court”
- Q: What could you prevent the ball from grounding on your side during the rallies?
- A: “Call” the ball, take initiative to move behind the ball before catching/playing it
- Q: What can you do when you don’t have the ball?
- A: “Be in a defensive position and ready to move behind the ball hit by our opponent”

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Session 4

Goal: Introduce Overhead passing - hand position

WARM-UP:

ACTIVITY:

Late for School

Goal:

- Move with agility to prepare for, and travel to school after waking up 'late'

How to Play:

- The teacher/instructor leads the children in a variety of actions
- Explain that they are asleep and suddenly wake up and are late for school. Everything the child does is done on the spot but in a hurry:

Brush your teeth, wash your face, put on your clothes, run downstairs, run back up (*forgot to put pants on*), run back down stairs, eat breakfast, pick up your backpack, open front door, shut door, run down the street, jump over a hedge, look both ways, cross the road etc.

- Finally arrive at school slowing down panting and puffing then suddenly stop at the closed gates.

- *Oh No It's Saturday!!*

DYNAMIC EXERCISES: (To the net and back)

- Jog (2X)
- High knees
- Butt kicks
- Knee hugs – *lift from below*
- Running backwards
- Shuffle – defensive position
- Arm circles – fwd / backwd
- Funky Chicken
- Sprint (2X)
- Leg kicks @ net or wall

SKILL INSTRUCTION: Overhead passing

Coaching Resources: Overhead passing video – *Sask Volleyball website*

- ✓ Instructor demonstration & explanation – Overhead passing – hand position

TEACHING POINTS: HAND POSITIONING

- TRIANGLE – Thumbs & Pointer fingers
- CUP THE HANDS – Wrist wrinkles (*Creases*);
- THUMBS POINT TOWARD EYES – “See the tips of the thumbs”

SKILL ACTIVITY:

Throw & Catch - Individual (using proper hand positioning) – Beginner level

Goal:

- Throw the ball in various ways and catch the ball using cupped hands

How to Play:

- Each child is given a ball and stands in their playing area.
- Each child attempts to throw and catch the ball in the following ways:

Throw:

- Throw the ball **to** different heights (e.g., to your forehead, to the height of the antennae; to the ceiling)
- Throw the ball **from** different heights (e.g., from above your head, your waist, low to the ground)
- Throw the ball using two hands

Catch:

- *Catch the ball with both hands cupped*
 - Clap your hands (1X . . . 2X . . . 3x) before catching the ball
 - Touch a body part before catching (e. g., knee, elbow, hip, shoulder . . .)
 - Turn before catching the ball (e.g. half-turn, full turn)
 - Catch the ball behind your back or neck
 - Create other ways to catch the ball

What to Look For:

- Emphasize ball control
- Encourage consistency in the tosses
- Encourage movement behind or under the ball
- Help children understand the concept of keeping the ball off the floor, by imagining that the ball is a breakable object such as a light bulb

Variations:

Easier

- Use lighter and/or larger balls
- Reduce the size of the playing space

Harder

- Use smaller balls
- Increase the size of the playing area
- Limit the amount of time the children keep the ball in their hands before tossing it again

GAME:

Human Net

Goal:

- Pass (toss) / **Catch** (above the forehead) / Pass (toss) the ball back and forth with a partner and avoid the middle person intercepting the ball

How to Play:

- Groups of 3 (match teams by height; team sizes can vary and do not have to be equal in number)
- Two (or more) children pass the ball back and forth (*catch and throw - underhand or overhead catch*) with a third child in the middle (*creating a net*) who tries to intercept. The first person to be intercepted or to mishandle ball, becomes the net and changes roles with the person in the middle.
- Pass the ball back and forth as many times as possible

What to Look For:

- Emphasize the importance of working with partners on the other side of the interceptors by communicating with the body, the eyes, using words
- Encourage the children to throw/'pass' the ball only hard enough to get the desired outcome (*not too far*)
- Catcher: encourage movement behind or under the ball, catch with 2 hands

Variations:

- Have children increase the distance from "the net"
- Overhead 'push' the ball to their partner

SKILL ACTIVITY:

A) 1 x 1 – Intermediate – Toss – Catch (*Cupped hands*) – Toss

Goal

- Maintain a rally

How to Play:

- 1 x 1 (Partner A / Partner B) – opposite sides of the net
- Partner A tosses to Partner B who catches using cupped hands (Overhead passing technique)
- Partner B tosses the ball back to Partner A, who catches using cupped hands (Overhead passing technique)
- partners, rally (toss-catch-toss) back and forth over the net

N. B. - high toss

Variation:

- change distances of partners from net – 1m, 2m, 3m
- change the location of tossed ball – underhand toss / overhead toss

Tactical Talk

- Q: What problems did you experience in getting the ball to your partner?
- A: My partner had to run a long way to catch the ball; the ball didn't get over the net
- Q: What changes might you make, to increase the likelihood that your partner will receive the ball?
- A: I could toss to ball higher; I could toss the ball farther

SKILL ACTIVITIES: **WALL RELAY** *Push-Catch-Push*

Goal

- **Push** and catch a ball off of the wall as many times as possible

How to Play:

- Teams of 4 / 5 line up behind each other facing a wall
- 1st player starts by throwing the ball high off the wall and runs behind his/her line
- 2nd player attempts to catch the ball (using OH passing technique – CATCH & PUSH) before it touches the floor and so on like a relay

What to Look For:

- Emphasize the “combative” spirit of keeping the ball off the floor for the benefit of the team
- Encourage movement behind or under the ball
- Encourage children to throw/hit the ball only hard enough so that the ball bounces off the wall in a way that their teammate can catch it properly. In the spirit of making their teammates successful

Variations:

- Ball is caught using OH passing technique
- Player ‘**pushes**’ the ball off of the wall – moves to the end of the line
- Count how many times the ball can be caught before it touches the floor

Smashball – (Beginner) – B – *Competitive (Sask Vball – Level 2)*

{Timed games – e. g., 5 minutes}

Goal:

- To **score points** during each rally

How to Play:

- 2 v 2 – Use **2 contacts** before playing the ball over the net:
 - 1st contact – Catch & toss to partner
 - 2nd contact - Self-toss & attack

Tactical Talk:

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to score more points during the rallies?
- A: “Hit the ball to open areas of the court”
- Q: What could you prevent the ball from grounding on your side during the rallies?
- A: “Call” the ball, take initiative to move behind the ball before catching/playing it
- Q: What can you do when you don’t have the ball?
- A: “Be in a defensive position and ready to move behind the ball hit by our opponent”

RELAY:

Toss & catch & Push @ net / Push & catch @ wall / Toss & Attack @ net

REVIEW:

Overhead hand position

SMASHBAL - FUNdamentals

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

Session 5

Goals: Overhead hand position (*Review*)
Forearm arm position (*Introduction*)

WARM-UP:

ACTIVITY:

'Dabber' Tag (using pool noodles)

Goal:

- To tag all members of the group as quickly as possible

How to Play:

- One player is 'IT' (One player for every ~6 players)
- The player(s) that are 'it' must tag the other players as quickly as possible, using a pool noodle
- To tag a player, the person(s) who is 'it' must use the end of the pool noodle and 'dab' the noodle to tag
- Players can only be 'tagged' **below the knees** to be removed from the game

DYNAMIC EXERCISES: (To the net and back)

- Jog (2X)
- High knees
- Butt kicks
- Knee hugs – *lift from below*
- Running backwards
- Shuffle – defensive position
- Arm circles – fwd / backwd
- Funky Chicken
- Sprint (2X)

Leg kicks @ net or wall

REVIEW:

Overhead passing [Coaching Resources: Overhead passing video](#)

HAND POSITIONING

TEACHING POINTS:

- TRIANGLE – Thumbs & Pointer fingers
- CUP THE HANDS – Wrist wrinkles (*Creases*);
- THUMBS POINT TOWARD EYES – See the tips of the thumbs

SKILL ACTIVITY:

1 x 1 – Intermediate – Push – Catch – Push

- Partner A tosses to Partner B who **catches** using cupped hands (Overhead passing technique)
- Partner B **'pushes'** the ball (*from above their forehead*) back over the net to Partner A who catches using cupped hands (Overhead passing technique)
- Partner A **'pushes'** the ball back over the net to Partner B who catches using cupped hands (Overhead passing technique)

N. B. - high toss

- Rally the ball back and forth with Push – Catch – Push

Variation:

- change distances of partners from net – 1m, 2m, 3m

Tactical Talk

- Q: What problems did you experience in getting the ball to your partner?
- A: My partner had to run a long way to catch the ball; the ball didn't get over the net.
- Q: What changes might you make, to increase the likelihood that your partner will receive the ball?
- A: I could push to ball higher; I could push the ball farther.

GAME:

Human Net

Goal:

- **Catch & Push / Catch – Push** (from above the forehead) the ball 'back and forth' with a partner and avoid the middle person intercepting the ball

How to Play:

- Groups of 3, minimum (match teams by height). Team size can vary and do not have to be equal in size
- Two children pass the ball back and forth (catch and throw) with a third child in the middle (creating a net) who tries to intercept. The first person to be intercepted or to mishandle ball, becomes the net and changes role with the person in the middle
- Pass the ball 'back and forth' as many times as possible

What to Look For:

- Emphasize the importance of working with partners on the other side of the interceptors by communicating with the body, the eyes, using words
- Encourage the children to throw/hit the ball only hard enough to get the desired outcome (not too far)
- Catcher: encourage movement behind or under the ball, catch with 2 hands

Variations:

- Have children increase the distance from "the net"
- Replace the throw over the player in the middle, with a hit (push) with 2 hands (above the forehead)

GAME:

Smashball

(Sask Vball – Level 3)

Goal:

- To score points during each rally

How to Play:

- 2 v 2 – Use **3 contacts** before playing the ball over the net:
 - 1st contact – Partner A - Catch & toss to Partner B @ the net
 - 2nd contact – Partner B - Catch & toss along the net
 - 3rd contact – Partner A – Catch & Push
- Try to complete as many rallies between the teams as possible.

Tactical Talk:

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to score more points during the rallies?
- A: “Call” the ball, take initiative to move behind the ball before catching/playing it
- A: “Hit the ball to open areas of the court”
- Q: What can you do when you don’t have the ball?
- A: “Be in a defensive position and ready to move behind the ball hit by our opponent”

INSTRUCTION:

Forearm passing

- **TEACHING POINTS:** (Reference - **Atomic Volleyball: Instructor’s Manual** – p. 41)
- **Coaching Resources:** [Fore arm passing video](#)

Demonstrate the **BODY** position

- Weight forward;
- Feet - ‘shoulder-width’ apart (*Split step*);
- Legs are bent with knees ahead of toes;
- Shoulders are over the knees;

Demonstrate the **ARM** position

- Arms - straight
- Platform (*fore arms*) are behind the ball
- Arms (hands) are away from the body

What to Look For:

- COMMON ERRORS:** (Reference - **Atomic Volleyball: Instructor’s Manual** – p. 41)
 - **Coaching Resources:** [Fore arm passing video](#)

- Arm Position: *Bent* arms;
Arms (Hands) are not away from the body

SKILL ACTIVITY:

Throw & Catch – Underhand - Intermediate

Goal:

- Throw and catch (underhand – **forearm passing position**) a ball as many times as possible

How to Play:

- Each child is given a ball and stands in their playing area.
- Each child attempts to throw and catch the ball in the following ways:

Throw:

- Throw the ball **to** different heights (e.g. to your forehead, to the height of the antennae; to the ceiling)
- Throw the ball **from** different heights (e.g. from above your head, your waist, low to the ground)
- Throw the ball using two hands

Catch:

- Catch the ball with both hands at different heights (e.g. with arms outstretched in front, like a forearm pass)
- Catch the ball with outstretched in front (like a forearm pass)
- Clap your hands (once . . . 2X . . . 3x) before catching the ball
- Touch a body part before catching (e. g., knee, elbow, hip, shoulder . . .)
- Turn before catching the ball (e.g. half-turn, full turn)
- Create other ways to catch the ball

What to Look For:

- Encourage defensive spirit to stop the ball from grounding
- Fast feet and stay low when moving to get into ready position to catch the ball
- Arms straight “like a plank” in front of body, wrists must be lower than waist height
- Emphasize catching below waist level
- Encourage consistency in the tosses
- Encourage movement behind or under the ball
- Help children understand the concept of keeping the ball off the floor, by imagining that the ball is a breakable object such as a light bulb

Variations

- Play a game of “Simon Says” using different ball handling variations

Easier

- Use lighter and/or larger balls
- Reduce the size of the playing space

Harder

- Increase the size of the playing area
- Limit the amount of time the children keep the ball in their hands before tossing it again
- Children toss the ball in the air, then touch one, two or three different body parts before catching the ball

SKILL ACTIVITY:

Bumping Basics

Goal:

- Move and catch the ball using proper forearm passing position

How to Play:

- In pairs facing each other (one partner with their back to the net and the other in the court facing the net . . . their partner), the child at the net:
 - Rolls ball (making partner move from side to side) to their partner who catches the ball with the arms fully straight and with the ball in the centre of their body.
 - Receiver returns the ball to partner by throwing the ball while imitating the arm action for a forearm pass

Variations

Easier

- Have children move shorter distances to play the ball
- Reduce the distance between players

Harder

- Alternate making partner move side to side, then front and back and a mix of different directions
- The partner at the net catches the ball using proper overhead passing position
- Increase distance between players

SKILL ACTIVITIES:

WALL RELAY Toss – Catch –Toss (progress to Push-Catch-Push)

Goal

- Push and catch a ball off of the wall as many times as possible

How to Play:

- Teams of 4 / 5 line up behind each other facing a wall
- 1st player starts by PUSHING (overhead) the ball high off the wall and runs behind his/her line
- 2nd player attempts to catch the ball (using FOREARM passing technique – body / arms) before it touches the floor
 - 2nd player PUSHES the ball high off the wall and runs behind the line . . . and so on like a relay

Goal variations:

- Ball is caught using FOREARM passing technique
- Count how many time the ball can be caught before it touches the floor

SKILL ACTIVITY:

Catch & Shuffle - Catch & toss - straight ahead (linear) - diagonal

Goal:

- Move and use forearm body position to catch and toss

How to Play (Linear)

- 2 groups
 - Group A (1 ball/child) spaced apart sideline to sideline - backs to the net
 - Group B single-file line facing 1st child in Group A (A1)
- A1 underhand tosses ball to B1 who catches the ball using proper forearm passing position
- B1 returns the ball to A1 with an underhand toss

- B1 then shuffles to a position in front of A2, repeat the toss – catch – toss, shuffle in front of A3 . . .
- As soon as B1 has returned the ball to A3, B2 receives a toss from A1 and follows B1 across the court
- Players practice their forearm passing body position by shuffling from one partner to another
- Players throwing the ball must challenge their partners just the right amount by throwing with two hands in a low rainbow-like trajectory at approximately **waist-height**
- After Group B has moved across the court and back to their starting position, groups switch roles; Group B become tossers with backs to the net, Group A move from side to side – *Catch – Toss – Shuffle*

How to Play (*Diagonal*)

- 2 groups
 - Group A - space out sideline to sideline - backs to the net
 - Group B (1 ball/child) single-file line facing 1st child in Group A (A1)
 - B1 underhand tosses ball to A1 who catches the ball using proper overhead passing position
 - A1 returns the ball to B1 with an underhand toss
 - B1 catches the ball using proper forearm passing position and underhand tosses the ball diagonally to A2, while still 'facing' A1
 - B1 shuffles to a position in front of A2
 - A2 returns the ball to B1 with an underhand toss
 - B1 catches the ball using proper forearm passing position and underhand tosses the ball to A3, while still 'facing' A2
- {**NOTE:** When B1 is receiving the ball, their *shoulders / hips / feet* are 'facing' the direction of the incoming ball}
- repeat the toss – catch – toss, shuffle in front of A3 . . .
 - As soon as B1 has tossed the ball to A3, B2 begins the toss – catch – toss sequence and follows B1 across the court
 - Players practice their forearm passing body position by shuffling from one partner to another
 - Players throwing the ball must challenge their partners just the right amount by throwing with two hands in a low rainbow like trajectory at approximately **waist-height**
 - After Group B has moved across the court and back to their starting position, groups switch roles; Group B become tossers with back to the net, Group A move from side to side – *Catch – Toss - Shuffle*

What to Look For

Thrower

- Makes an effort to properly throw the ball (rainbow path)
- Challenge partner just the right amount (ensuring that partner experiences success and making it progressively more difficult)

Receiver

- Ready position
- Look at the ball
- Get behind the ball
- Body and shoulders leaning forward
- Arms completely outstretched and straight when catching the ball
- No jumping to catch the ball . . . the only arm movement is at the shoulders to toss to the partner at the net
- Finish with hands (wrists) pointing to target

Variations

Easier

- Have children move shorter distances to play the ball
- Reduce the distance between players

Harder

- Alternate making partner move side to side, then front and back and a mix of different directions
- Pass diagonally
- Partner at the net catches the ball in an overhead pass position
- Increase distance between players (tossers and passers)
- Tosser uses a flatter tossing trajectory

GAME:

Smashball

(Sask Vball – Level 3)

Goal:

- To score points during each rally

How to Play:

- 2 v 2 – Use **3 contacts** before playing the ball over the net:
 - 1st contact – Partner A - Catch & toss to Partner B @ the net
 - 2nd contact – Partner B - Catch & toss along the net
 - 3rd contact – Partner A - Attack / hit the tossed ball
- Try to complete as many rallies between the teams as possible.

Tactical Talk:

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to score more points during the rallies?
- A: “Call” the ball, take initiative to move behind the ball before catching/playing it
- A: “Hit the ball to open areas of the court”
- Q: What can you do when you don’t have the ball?
- A: “Be in a defensive position and ready to move behind the ball hit by our opponent”

RELAY:

Toss & Catch & Push @ net / Push & Catch (forearm passing position) @ wall / Toss & Attack

REVIEW:

Forearm passing position

SMASHBAL - FUNdamentals

Mini-Volley (*Elementary*)

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

Session 6

Goals: Hitting (*Review*)
Overhead passing (*Review*)
Forearm passing (*Review*)

WARM-UP:

ACTIVITY:

Animal Statues

Goal:

- Move randomly like animals and stop in different balanced positions

How to Play:

- teacher/instructor calls out a type of animal (**monkey, bear, giraffe, seal, chicken, elephant, cat, octopus, bird, rabbit, horse . . .**) and the children move randomly around the gym like the animal.
- teacher/instructor calls 'freeze' and the children must freeze and balance in position.
- teacher/instructor can first provide suggestions for animals and then ask children to decide what animal they will be.

They can become a Stork (standing on one leg), Crocodile (lying on their belly), Monkey (simulating climbing up a tree), Dog peeing (two hands and one foot on the ground), Angry bear (knees bent, arms in the air) etc.

Dynamic Exercises: Jog (2X)
High knees
Butt kicks
Knee hugs – lift from below
Pretzel
Superman
Running backwards
Shuffle – defensive position
Grapevine
Arm circles – fwd / backwd
Funky Chicken
Sprint (2X)
Leg kicks @ net or wall

Shoulders: Baseball throw
Throw with a bounce
2 hand throw
2 hand bounce
Self-toss & Hit (*'spin the ball'*)

INSTRUCTION:

Forearm passing – Part 2

- **TEACHING POINTS:** (Reference - **Atomic Volleyball: Instructor's Manual** – p. 41)
- [Coaching Resources: Fore arm passing video](#)

Demonstrate the **BODY** position

- Weight forward
- Feet - 'shoulder-width' apart (*Split step*)
- Legs are bent with knees ahead of toes
- Shoulders over the knees

Demonstrate the **ARM** position

- Arms are straight
- Platform (*fore arms*) are behind the ball
- Arms (hands) are away from the body

What to Look For:

COMMON ERRORS: (Reference - **Atomic Volleyball: Instructor's Manual** – p. 41)
- [Coaching Resources: Fore arm passing video](#)

- Body Position: 'Standing up' to pass
- Hand Position: 'Interlocking' fingers when putting hands together; Thumbs are not parallel
- Arm Position: *Bent* arms;
Arms (Hands) are not away from the body
Swinging arms at the ball

SKILL ACTIVITY:

1 x 1 – Intermediate: Toss – Catch (across the net)
– Forearm passing technique development

Goal:

- Maintain a rally

How to Play:

- Partner A / Partner B – opposite sides of the net
- Partners, rally (toss-catch-toss) 'back and forth' over the net
- Partner A tosses to partner B – catch in forearm passing position
- Partner B tosses to partner A – catch in forearm passing position
- Continue 'rally'

What to Look For:

- Encourage defensive spirit to stop the ball from grounding
- Fast feet and stay low when moving to get into ready position to play the ball
- Arms straight "like a plank" in front of body, wrists must be lower than waist height
N. B. – change distances of tosser & passer from net – 1m, 2m, 3m
- Emphasize catching the ball **below waist level**
- Encourage consistency in the tosses
- Encourage movement behind or under the ball
- Help children understand the concept of keeping the ball off the floor, by imagining that the ball is a breakable object such as a light bulb

Variations:

Easier

- Reduce the size of the playing space
- Progress from a toss back and forth between Player A and Player B, to a toss, forearm pass to self and catch.

Harder

- Increase the size of the playing area
- Increase the distance the players are positioned back from the net
- Limit the amount of time the children keep the ball in their hands before tossing it again

GAME:

Hot Potato Relay – A (Cooperation) – Overhead passing

Goal:

- Keep the ball in play as long as possible

How to Play:

- Two teams – on opposite sides of the net
- Teams line up, single-file behind the end line
- One player from one team (Team A), stands in the middle of the court and starts by throwing the ball over the net, then moves to the back of their line
- 1st player from the opposite team (Team B), on the other side of the net, quickly moves into the court to catch the ball, then self-toss and hit (*PUSH*) with two hands (**overhead pass**) over the net
- next player from Team A, quickly moves into the court to catch the ball, then self-toss and hit (*PUSH*) with two hands (**overhead pass**) over the net
- A ‘back and forth’ rally continues
- A point is scored each time a ball is caught

Tactical Talk

- Q: What did you do to keep the ball in play as long as possible?
- A: I hit the ball with two hands. I aimed the ball high like a rainbow over the net. I aimed the ball towards the middle of the court to make it easier for my partner on the other side
- Q: What can you do to avoid the ball from grounding on your side of the court?
- A: While waiting behind the court, I should stay focused and ready to quickly move into the court as soon as my teammate played the ball over the net

Variations:

Easier

- Use bigger/lighter balls
- Catch and throw the ball
- Lower the height of the net or space divider
- Have children start 2 meters from the net
- Have the children **PUSH** the ball over the net

Harder

- Have children start farther from the net
- Have the children **self-toss and overhead pass** the ball over the net

SKILL ACTIVITY:

To, Along & Over

Goal:

- Transition quickly in between actions

How to Play:

- In this activity, the focus is on the second contact. The activity starts with both players lying face down at the end line.
 - On the teacher's/instructor's signal, the player without the ball (P1) quickly runs to the net to get into ready position to receive the ball.
 - As soon as the first player starts to run to the net, the player with the ball (P2) throws it to the net then gets into position to hit.
 - P1 catches and throws the ball along the net to P2 using a rainbow trajectory.
 - P2 plays the ball over the net.
- The goal is for players to quickly transition between actions and set their partner up for success by using high ball trajectories.
- Have a team of two players on the receiving side retrieve (defend against) the 'hit' ball and return to the end line on the hitters' side.
- The next group of two players repeat the same movements on the teacher's/instructor's signal.

What to Look For:

Player 1:

- Move to the net as soon as the signal is given and as quickly as possible
- Stand in a ready position at the net to receive the ball from partner
- Set (toss) the ball high and off the net to increase your partner's success to play the ball over the net

Player 2:

- Throw the ball to the net using a high ball trajectory
- Move quickly into hitting position immediately after throwing the ball
- Move quickly into ready position in the middle of the court after hitting the ball

Variations:

Easier:

- Replace the contact, for players that seem to have the most difficulty, with a catch and throw.
- Players hit the ball over the net with one hand without jumping
- Use a bigger and lighter ball

Harder:

- Use only direct hits (two-hand overhead pass along the net or hit over the net).
- Add a player on the opposite side that attempts to defend and stop the ball from grounding
- Add another team on the opposite side and have both sets of players return to their starting position after each throw over the net. The trigger for the teams to move from the lying down position is when the opposing team gets ready to send the ball over the net.
- Raise the height of the net

GAME:

Smashball

(Sask Vball – Level 3)

Goal:

- To score points during each rally

How to Play:

- 2 v 2 – Use **3 contacts** before playing the ball over the net:
 - 1st contact – Partner A - Catch & toss to Partner B @ the net
 - 2nd contact – Partner B - Catch & toss along the net
 - 3rd contact – Partner A - Attack / hit the tossed ball
- Try to complete as many rallies between the teams as possible.

Tactical Talk:

- Q: Did you achieve your goal? Why or why not?
- A: Open answers
- Q: What could you have done differently to score more points during the rallies?
- A: “Call” the ball, take initiative to move behind the ball before catching/playing it
- A: “Hit the ball to open areas of the court”
- Q: What can you do when you don’t have the ball?
- A: “Be in a defensive position and ready to move behind the ball hit by our opponent”

Summary: Future programming - Smashball - FUNdamentals – this same program
- Smashball - Learn to Train – next progression in programming
- Play with a beach ball – outdoors and/or indoors