SMASHBALL – Learn To Train

REFERENCE: Volleyball Canada – ELEMENTARY VOLLEYBALL PROGRAM

Table Summary

Court Lines Goal: • Move in different directions How to Play: • Have children run around the gym and follow lines on the gym floor. Red lines . . . blue lines . . . green lines . . . Volleyball court lines • Have them move in different ways : forward, backward, sideways, skipping, jump with one foot, jump with two feet, crossover steps, kangaroo hops, . . .	**Dynamic Exercises:** (To the net and back) • Jog (2X) • High knees • Butt kicks • Knee hugs – lift from below • Pretzel • Superman • Running backwards • Shuffle – defensive position • Arm circles – fwd / backwd • Funky Chicken • Sprint (2X) • Leg kicks @ net or wall •
Zig-Zag tossing relay (underhand toss / overhead toss) Goal: • To toss the ball diagonally • To simulate the arm action of an overhead pass • To simulate the arm action of a fore arm pass How to Play: • Team A – Team B - same side of net; facing each other • 1st player Team A tosses ball to 1st player Team B • 1st player Team B tosses the ball to 2nd player Team A • Continue to zig-zag passing until the ball reaches the last player Team B • Ball is then tossed back and forth in the reverse direction . . . Throw: • Throw the ball using two hands Catch: • Catch the ball with both hands (arms outstretched and away from the body, like a forearm pass; above the forehead, like an overhead pass) What to Look For: • Encourage consistency in the tosses • Encourage movement behind or under the ball	**Warm-up for Shoulders:** • Baseball throw • Throw with a bounce • 2 hand throw • 2 hand bounce • Self-toss & Hit *('spin the ball')*

Ball Tag

Goal:

• Move with agility to avoid being touched by the tagger

How to Play:

• A child holds a ball with both hands and must "catch" (tag) the others by running and touching them with the ball

• When children are tagged, they take a ball and become catchers themselves

• The last child caught begins the next game as the catcher

Amoeba Tag

Goal:

• Move with agility to avoid being touched by the tagger

How to Play:

• Two people are it. They hold hands and chase people, the person they catch joins the chain by linking hands.

• When another person is caught they can stay together or split 2 and 2. They must split even numbers and can link together at will.

• This game is played until nobody is left.

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

• 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 (side to side, front and 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)

'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

Back to Back Tag

Goal:

• Move around the playing area without being tagged

How to Play:

• Two people hold hands start off as being "it." They can try to tag any other player but they can only use their free hands.
• When they tag someone, that person joins onto them by holding hands. Remember, other players can only be tagged with one of the two free hands.
• Players are safe from being tagged if they find another player and stand back to back with them. They can stand back to back and be safe for only 10 seconds before they can be tagged.
• The game continues until everyone is tagged.

Octopus Tag

Goal:

• Move across the playing area without being tagged

How to Play:

• One person stands in the middle of the boundary area; the gym . . . the court.
• The rest of the children line up at an end of the bounds and when the tagger says “Go”, they all run to the other side of the bounds.
• Whoever the tagger tags then has to stay and help him/her, except that the additional people that are tagged have to ***sit down***, and can only help "It" by using their arms.
• This goes back and forth until you’re down to the last person, who then starts the next round. This game is fun when played with a lot of kids.

Red light – Green light

Goal:

• To practice ‘ready to run’ and defensive stances
• To move quickly and safely from the end line to the net.

How to Play:

• Make sure everyone know the rules and what happens if they move on a ‘Red Light’.
• Define the playing area – end line (start) to the net (finish)
• Start with everyone along the end line
• When you say ‘Green Light’ everyone will move towards the finish line
• When you say ‘Red Light’ everyone must immediately stop – in a **defensive position**
• If players are still moving when you call ‘Red Light’, they must go back to the starting line.
• Start a new round when everyone gets across the finish line or when most players make it across the finish line.

Red light – Green light (continued)

Variations:

• Introduce new colored lights, giving variations how to move towards the finish line, such as:
  - run on green,
  - walk heal to toe for yellow light,
  - hopping for purple light, skipping, galloping, tip toeing, etc.
• The leader can designate his/herself as the finish line. This enables the game to move around so that when players get close to the finish line (the leader), the finish lines moves farther away.
• For the hearing impaired, you can turn your back towards the group for red light and turn around (face your group) for green light.
• If there are too many to play safely in the space, divide into groups and play multiple rounds. The first person to finish round one can be the leader for round two.

Toss & Catch & Moving Goal: • To toss the ball back and forth as many times as possible in the allotted time How to Play: • Teams of 4 players (2 groups of 2); • Groups on opposite sides of the net, single-file, facing each other • Play is initiated with a two-handed toss over the net (underhand or overhand) • After tossing the ball the Tosser (Group A) runs and touches the end line and returns to the back of their line • Receiver (Group B), catches the ball in a proper forearm passing position and tosses (underhand) the ball back to Group A • After tossing the ball the Group B player moves to the back of their line and does an assigned exercise/movement (e.g., 2 jumping jacks; 2 push-up; shuffle steps to the nearest sideline; 2 burpees; 2 mountain climbers . . .)	

Attack - Arm Swing

Goal:

• To introduce and practice the arm swing for attacking/hitting the ball

How to Play:

• Review – Arm Swing

BATMAN –>
SUPERMAN –>
GREEN ARROW –>
HULK SMASH

• Children repeat the arm swing actions
• Coach provides feedback
– observe from in *front* and the *side* of athletes

What to Look For:

• *"Is the elbow of the hitting arm:*
- ***ABOVE** the shoulder?*
- ***BEHIND** the shoulder?*

Attack - Arm Swing With Towel

Goal:

• To practice the arm swing for attacking/hitting the ball

How to Play:

• 1 small towel (*hand towel*) / athlete (2 or 3 towels to share within the group)
• children line up – single file - facing a basketball rim (or object of comparable height)
• 1st athlete, stands under the rim
• using proper arm swing technique, the athlete attempts to hit the rim as they swing the towel to 'GREEN ARROW' position and then again when they progress through the 'HULK SMASH' action
• after their arm swing the 1st athlete moves to the back of the line and the 2nd athlete replaces her/him under the rim and goes through the arm swing actions
• Children repeat the arm swing actions
• Coach provides feedback as they try to 'hit the rim'
– observe from in *front* and the *side* of athletes

Attack - Arm Swing With Towel (continued)

What to Look For:

• *"Is the elbow of the hitting arm:*
- ***ABOVE** the shoulder?*
- ***BEHIND** the shoulder?*

• *"Is the child/athlete 'reaching' as high as possible to contact the rim?"*

Attack - **'Soft' Ball Throw** *{Standing}*

Goal:

• To practice the arm swing for attacking/hitting the ball

How to Play: (groups of 6 – 8 players)

• ½ of each group lines up behind the end line facing the other half of their group
• 1 'soft' ball/group (*sponge ball or tennis ball*)
• player with the ball runs to within 1 step of the net and 'throws' the ball over the net and off of the floor in the direction of the ½ of their group on the opposite side of the net
• 'thrower' cycles to the back of their line
• 1st player in the 'receiving' line retrieves the ball, runs to within 1 step of the net and 'throws' the ball over the net, and off of the floor in the direction of other ½ of their group on the opposite side of the net
• 'throw' the ball 'back & forth' (*using proper arm swing*) until every child has had a minimum of 4 'throws'

Attack - 'Hit' The Ball – coach holding the ball

Goal:

• To practice attacking/hitting the ball.

How to Play:

• REVIEW – Arm Swing
- contact ball when arm is @ 12 o'clock position
- swing at the ball, leading with the elbow
- 'pull through' to the thigh;
- 'spin the ball' toward the floor

• ~1/3 of the group (Hitters) lines up behind the attack line near the Coach
• ~1/3 of the group (Shaggers) lines up (on the opposite side of the net) behind the end line facing the Hitters
• ~1/3 of the group (Feeders), each holding a ball, lines up behind the Coach
• Coach holds a ball, above the height of the net, in front of the 1st Hitter
• Using proper arm swing the 1st Hitter attacks (hits/spikes) the ball over the net
• 'Hitter' runs to the back of the Shaggers line
• 1st player in the Shaggers line retrieves the ball, runs to back of the Feeders line
• 1st player in the Feeders line gives (feeds) their ball to the Coach and then runs to back of the (Hitters) line
• 'spin the ball' towards the floor

What to Look For:

• *"Is the elbow of the hitting arm:*
- ***ABOVE** the shoulder?*
- ***BEHIND** the shoulder?*

• *"Did the ball spin forward?"*
• *"Did the hitter 'pull through' to the thigh?"*

Attack - 'Hit' The Ball – self-toss

Goal:

• To practice attacking/hitting the ball.

How to Play:

• REVIEW – Arm Swing
- contact ball when arm is @ 12 o'clock position
- swing at the ball, leading with the elbow
- 'pull through' to the thigh;
- 'spin the ball' toward the floor

• ½ of each group lines up behind the end line facing the other half of their group
• 1 volleyball/group
• player with the ball runs to within 1 step of the net, self-toss and HIT the ball over the net, off of the floor, in the direction of other ½ of their group on the opposite side of the net
• 'hitter' cycles to the back of the line on their side of the net
• 1st player in the 'receiving' line retrieves the ball, runs to within 1 step of the net, self-toss and HIT the ball over the net, off of the floor in the direction of other ½ of their group on the opposite side of the net
• 'hitter' cycles to the back of the line on their side of the net
• 'HIT' the ball 'back & forth' (*using proper arm swing*) until every child has had a minimum of 4 hits

What to Look For:

• *"Is the elbow of the hitting arm:*
- ***ABOVE** the shoulder?*
- ***BEHIND** the shoulder?*

• *"Did the ball spin forward?"*
• *"Did the hitter 'pull through' to the thigh?"*

Reach & Hit - 1 - Self-toss & HIT

***Hitting** 2 – 3 m from net

Goal:

• Hit the ball over the net with one hand

How to Play:

• Create a line of hitters (~ ½ team) starting 2-3 meters back from the net (on the left side line of the court)
• Create a line of defenders (~ ½ team) on the opposite side of the net to catch (shag) the hit balls.
• 1st defender is positioned ~2m in front of the end line, facing the 1st hitter
• The remaining defenders – line up single file behind the end line.
• The 1st hitter, self-toss the ball with two hands, to a height ~2m above height of the antennae, hit the ball over the net (without the jump).
• The 1st defender (shagger) retrieves the ball by catching it if possible, before it touches the floor or after one bounce and runs behind the hitter's line.
• Hitter runs to the back of the defenders' line
• Player rotation : Hitter => Defender => Hitter => Defender . . .

What to Look For:

Hitter:

• Quickly move the body underneath the ball
• Move the arms up to the "Superman" position, reaching as high as possible
• Rotate the dominant arm back and the non-dominant arm high in front like "Green Arrow / Robin Hood" position
• Swing the dominant arm forward leading with the elbow
• Contact made with the ball at 12 o'clock
• Hit ball over the net
• Quickly run to the back of the defenders' line on the other side of the net

NOTE: By starting to hit farther from the net, the players will learn not to hit the ball directly downward but with a slight arc.

Reach & Hit - 2 - Coach toss - CATCH

Goal:

• Hit the ball over the net with one hand

How to Play:

• Create a line of hitters (~ ½ team) starting 2-3 meters from the net (on the left side line of the court)
Create 2 lines if there is an assistant coach / instructor to toss for the 2nd line (right side of the court)
• Create a line of feeders (~ ½ team) behind the Coach, at the net each with a ball
(Coach is located in the middle or slightly to the right side of the court)
• Coach tosses the ball with two hands ~3 meters off the net, to a height ~2m above height of the antennae for the hitter to catch the ball (without the jump).
• Hitter (catcher) runs to the back of the feeders' line
• Feeder runs to the back of the hitters' line
• Player rotation : Hitter => Feeder => Hitter => Feeder . . .
• Players rotate after each hit.

. . . refer to **Reach & Hit – 1**

Reach & Hit - 3 - Coach toss - HIT

Goal:

• Hit the ball over the net with one hand

How to Play:

. . . refer to **Reach & Hit – 2**

• Hitters . . . / Feeders . . .
• Create a line of defenders (3 - 4 players) on the opposite side of the net to catch (shag) the hit balls.
• Defenders are near the end line, facing the hitters
• Coach tosses the ball with two . . .
• The 1st defender (shagger) retrieves the ball by catching it if possible, before it touches the floor or after one bounce
• Player rotation: Hitter => Defender => Feeder => Hitter => Defender => Feeder . . .
• Players rotate after each hit.

Variations:

• Add 2 players on the opposite side of the net who try to defend the ball
• Increase the height of the net and add the jump

Reach & Hit - 4 - **Partner toss** - HIT

. . . refer to **Reach & Hit – 3**

*Substitute **Partner toss** for Coach toss

Jump & Reach & Hit - 1 - **Coach toss** - CATCH

• **hitting** at a distance of 2 – 3 m from net:

Goal:

• To **jump** and hit the ball over the net with one hand

How to Play:

• Create a line of hitters (~ ½ team) starting 2-3 meters from the net (on the left hand side of the court). Create 2 lines if there is an assistant coach/instructor to toss for the 2nd line (right hand side of the court)
• Create a line of feeders (~ ½ team) behind the Coach, at the net each with a ball
(Coach is located in the middle or slightly to the right side of the court)
• Coach tosses the ball with two hands ~3 meters off the net to a height ~2m above height of the antennae for the hitter to **jump** and catch the ball
• Hitter runs to the back of the feeders' line
• Feeder runs to the back of the hitters' line
• Players rotate after each hit.
• Player rotation : Hitter => Feeder => Hitter => Feeder . . .

What to Look For:

Hitter:

• Quickly move the body underneath the ball
• Move the arms up to the "Superman" position
• Jump and catch the ball with arms fully extended (reaching as high as possible)
• Quickly run to the back of the feeders' line

Jump & Reach & Hit - 2 - **Coach toss** – HIT

Goal:

• To **jump** and hit the ball over the net with one hand

How to Play:

• Create a line of hitters (3 - 4 players) starting 2-3 meters from the net (on the left hand side of the court)

Jump & Reach & Hit – 2 (con't) - **Coach toss** – HIT

• Create a line of feeders (3 - 4 players) behind the Coach, at the net each with a ball
(Coach is located in the middle or slightly to the right side of the court)
• Create a line of defenders (3 - 4 players) on the opposite side of the net, to catch (shag) the hit balls.
• Defenders are near the end line, facing the hitters
• Coach tosses the ball with two hands ~3 meters off the net to a height ~2m above height of the antennae for the hitter to **jump** and hit the ball
• The 1st defender (shagger) retrieves the ball by catching it if possible, before it touches the floor or after one bounce
• Hitter runs to the back of the defenders' line
• Defender runs to the back of the feeders' line
• Feeder runs to the back of the hitters' line
• Players rotate after each hit.
• Player rotation : Hitter => Defender => Feeder => Hitter => Defender => Feeder . . .

What to Look For:

Hitter:

• Quickly move the body underneath the ball
• Move the arms up to the "Superman" position, reaching as high in the air as possible
• Rotate the dominant arm back and the non-dominant arm high in front like "Green Arrow / Robin Hood" with his bow and arrow
• Swing the dominant arm forward leading with the elbow
• Contact made with the ball at 12 o'clock (reaching as high as possible)

Defender:

• Stand in a ready, low defensive position in the middle of the court
• Move the body positively towards the direction the ball is hit
• Catch the ball before it hits the floor (or after one bounce)

Variations:

Harder:

• Add a blocker at the net
• Add 2 players on the opposite side of the net who try to defend the ball
• Increase the height of the net and add the jump

Jump & Reach & Hit - 3 - **Partner toss** – HIT

. . . refer **to Jump & Reach & Hit – 2**

*Substitute **Partner toss** for Coach toss

Overhead passing - 1

Coaching Resources: Overhead passing video (SkVball website)

✓ Instructor demonstration & explanation – Overhead passing

TEACHING POINTS: **HAND POSITIONING**

- Preparation to contact the ball

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

FACE THE DIRECTION OF THE PASS

Overhead passing - 2

Coaching Resources: Overhead passing video (SkVball website)

✓ Instructor demonstration & explanation – Overhead passing

TEACHING POINTS: **HAND POSITIONING**

– 'Follow through' / 'Finish'

• PALMS TO CEILING ON FINISH – '**W**'
• WEIGHT ON LEFT FOOT (*Rt. foot forward*)

Forearm passing - 1

Coaching Resources: Forearm passing video (SkVball website)

✓ Instructor demonstration & explanation – Overhead passing

TEACHING POINTS:

*Demonstrate the **BODY** position*

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

*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 -

• 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

Forearm passing – 2

Review / demonstrate the arm position

• Arms are straight
• Platform (*fore arms*) are behind the ball
• Arms (hands) are away from the body
• **Contact the ball, with forearms, ~10 cm above the wrist and 'push' the ball**

Forearm passing – 2:

• Legs
• Wt. forward
• Hands (arms) away from body / platform
• Finish – 'wrists to target'
• **FACE THE DIRECTION OF THE BALL**

Approach – Foot work - 2-step approach

(lead up to 3-step approach)

FOOT WORK: *'CLOSE STEP' TRAINING*

2-step approach: Right - Left - (Rt. Handed hitter)

OR

Left - Right - (Lt. Handed hitter)

Goal:

• To introduce and practice the 'close step' (2-step approach) as a lead up to the traditional 3-step approach to attacking (spiking) the ball

REVIEW - Arm swing:

Batman / Superman / Green Arrow / Hulk Smash

2-step approach

1) Approach, Jump & Arm Swing

How to Play:

• group (4 – 6 players) line up across the end line of the court

• group moves towards the net practicing the 'close step'

• next group of 4 – 6 players repeats the 2-step approach towards the net after the first group has taken 2 sets of steps towards the net

• repeat minimum of 5X / group

What to Look For: e. g., *Rt. handed hitter*

• uses two-step footwork to move towards the net

• Left foot *ahead* . . . pause . . . 'close step' - [**Right** – **Left**]; repeat sequence to the net

• starts with **Left foot ahead of body** – arms back in BATMAN position

• 'close step' [**Right** – **Left**] **-** arms move from BATMAN to SUPERMAN position

• uses large back and front arm swing (both arms) for maximum height

• jumps with fully extended arms

• uses the GREEN ARROW position to rotate back the hitting arm;

• completes the arm swing – use the HULK SMASH motion – wrist snap & 'pull through'

2-step approach

2) Approach & Attack - Coach holding ball

Goal: . . . refer **FOOT WORK:** *'CLOSE STEP' TRAINING*

How to Play:

• Coach holds the ball ~0.25m above net height

• 3 roles: 'hitter'; 'shagger' (retriever); 'feeder'

• Players approach, jump and hit/attack the ball

• Player movement: hit -> shag -> feed -> hit . . .

What to Look For: e. g., *Rt. handed hitter*

. . . refer **1) Approach, Jump & Arm Swing . . . *plus***

• jumps with fully extended arms ***to contact the ball***

• ***contacts the ball with an open hand when hitting***

• completes the arm swing ***and hits the ball***

• ***spins the ball over the net***

2-step approach

3) Approach & Catch - Coach tossing the ball

Goal: . . . refer **FOOT WORK:** *'CLOSE STEP' TRAINING*

How to Play:

• Coach tosses the ball ~2.0 m above net height

• 2 roles: 'catcher'; 'feeder'

• Players approach, jump and catch the ball – *above the height of the net*

• Player movement: catch -> feed -> catch -> feed . . .

What to Look For: e. g., *Rt. handed hitter*

. . . refer **1) Approach, Jump & Arm Swing . . . *plus***

• jumps with fully extended arms ***to catch the ball - above the height of the net***

2-step approach

4) Approach & Attack (Hit) **- Coach tossing the ball**

Goal: . . . refer **FOOT WORK:** *'CLOSE STEP' TRAINING*

How to Play:

- Coach tosses the ball ~2.0 m above net height
- Hitter . . . approach, jump and hit the ball – *above the height of the net*
- 4 roles: 'hitter'; 'safety' *(opposite side of the net from hitter – prevent balls from coming under the net in the area of the hitter)*; 'shagger' (retriever); 'feeder'
- Player movement:

  hitter-> safety -> shag -> feed -> hitter . . .

What to Look For: e. g., *Rt. handed hitter*

. . . refer **2) Approach & Attack . . . *plus***

- jumps with fully extended arms to ***contact the ball - above the height of the net***
- ***contacts the ball with an open hand when hitting***
- spins the ball over the net

2-step approach

5) Approach & Catch – Setter - STV (Self-toss & Volley)

How to Play:

- Each player 'sets' (STV) for a group (4 – 6 players)
- Setter 'sets' (STV - overhead pass) the ball ~2.0 m above net height
- alternate setter each rotation through the group
- 2 roles: 'catcher'; 'feeder'
- Catcher . . . approach, jump and catch the ball – *above the height of the net*
- Player movement: catch -> feed -> catch -> feed . . .

What To Look For: e. g., *Rt. handed hitter*

. . . refer **3) Approach & Catch . . . *substitute setter (STV) for Coach toss***

2-step approach

6) Approach & Attack (Hit)

– Setter - STV (Self-toss & Volley)

Goal: . . . refer **FOOT WORK:** *'CLOSE STEP' TRAINING*

How to Play:

- Each player 'sets' (STV) for a group (4 – 6 players)
- Setter 'sets' (STV - overhead pass) the ball ~2.0 m above net height
- alternate setter each rotation through the group
- 4 roles: 'hitter'; 'safety' *(opposite side of the net from hitter – prevent balls from coming under the net in the area of the hitter)*; 'shagger' (retriever); 'feeder'
- Hitter . . . approach, jump and attack (hit/spike) the ball – *above the height of the net*
- Player movement: hitter -> safety -> shag -> feed -> attack . . .

What to Look For: e. g., *Rt. handed hitter*

. . . refer **4) Approach & Attack . . . *substitute setter (STV) for Coach toss***

Underhand Serving

TEACHING POINTS:
(Reference – **Atomic Volleyball: Instructor's Manual** – p. 49)
- Coaching Resources: Underhand serving video (SkVball website)

✓ Instructor demonstration & explanation

*Demonstrate the **BODY** position:*

- NON-DOMINANT FOOT – forward (facing target)
- BALL rests in NON-DOMINANT HAND

*Demonstrate the **HAND** position:*

- HITTING HAND: thumb away from the hand ('L') – 'lock' the wrist
- Contact area – PALM

*Demonstrate the **BODY** motion:*

- Rock back when the arm is back - weight on the DOMINANT FOOT (back foot) and;
- Rock forward weight is transferred (front foot) when contacting the ball;
- HITTING ARM swings like a pendulum (follow straight through)
- BALL is hit out of the NON-DOMINANT HAND with an open hand (preferable) @ waist height
- FOLLOW THROUGH facing the target (finish no higher than shoulder height)

COMMON ERRORS: (Reference – **Atomic Volleyball: Instructor's Manual** – p. 49

What to Look For:

BODY POSITION:

- DOMINANT FOOT – forward;
- HOLDING THE BALL too far in front of the body (REACHING too far to hit the ball)

BODY MOTION:

- THROWING the ball up to hit;
- FOLLOW THROUGH – across the body OR hand above the shoulders;
- NOT transferring weight.

Underhand Serving: Progression

1) 'BOWLING'

Goal:

- Practice weight transfer & rocking motion

How to Play:

- Partners on opposite sides of the net, facing one another
- 1 ball/pair
- Partners stand on the attack line or a step behind the attack line
- Step + 'bowl' the ball under the net - arm swing motion
- 'Bowl' the ball back and forth (5x – 6x)

What to Look For:

- NON-DOMINANT FOOT – forward (facing target)
- Rock back when the arm is back - weight on the DOMINANT FOOT (back foot)
- Rock forward with weight transferred to the front foot *(NON-DOMINANT FOOT)* when rolling the ball

Variations:

Easier
- Use bigger/lighter ball

Harder
- Increase the distance between the players

2) Underhand Toss - ABOVE the net

Goal:

• Practice weight transfer, rocking motion and follow through

How to Play:

• Partners on opposite sides of the net, facing one another
• 1 ball/pair
• Partners stand a step behind the attack line
• Step and underhand toss the ball over the net - arm swing motion
• Toss the ball back and forth (1 minute)

What to Look For:

• NON-DOMINANT FOOT – forward (facing target)
• Rock back when the arm is back - weight on the DOMINANT FOOT (back foot)
• Rock forward with weight transferred to the front foot *(NON-DOMINANT FOOT)* when tossing the ball

Variations:

Easier
• Use bigger/lighter ball

Harder
• Increase the distance between the players
• Receiver plays ball with catch or forearm pass

3) Serving

Goal:

• Hit the ball with 1 hand underhand (serve) over the net, progressively farther from the net

How to Play:

• With a partner, each player stands at 3 m line on each side of the net
• Player 1 serves the ball over the net to partner who catches the ball
• Player 2 serves the ball back over the net to partner who catches the ball
• When a player successfully serves the ball 3 times in a row, they take one giant step back to gradually serve from behind the end line

What to Look For:

Server:
• Pulls the hitting arm back behind their body.
• Holds the ball in front of the hitting arm at waist height.
• Steps towards the net with non-dominant foot.
• Feet are facing forward into the court.
• Steps, and hits (serves) the ball, in one continuous motion.
• Hits the ball slightly below centre.
• Shoulders should finish parallel to the net.
• Hands should finish facing the target.
• After hitting the ball, assumes the ready position to learn that the ball may come back to them in a game.

Receiver:
• Moves behind the ball to catch it with two hands
• Arms are straight when catching the ball

Variations:

Easier:
• Decrease the distance between server and the net
• Have the receiver catch the ball

Harder:
• Increase the distance between server and the net
• After the serve, have the player run to the net and back.
• Receiver stands in different locations in the playing space (near or far from the net) before each serve and the server aims for the new target location
• Receiving player performs an underhand pass to self and catch
• Introduce overhand serving and have players alternate between underhand and overhand serves

Approach – Foot work – 3-step approach

3-step approach:

Left - Right - Left - (Rt. Handed hitter)

OR

Right - Left - Right - (Lt. Handed hitter)

Goal:

• To introduce and practice the 3-step approach to attacking (spiking) the ball

REVIEW - Arm swing:

Batman / Superman / Green Arrow / Hulk Smash

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1) Approach & Jump

How to Play:

• groups (4 – 6 players) line up across the end line of the court

• groups move towards the net practicing the 3-step approach

What to Look For: e. g., *Rt. handed hitter*

• uses 3-step footwork to move toward the net

• starts with **Right foot ahead of body** – arms hanging in front

• 'close step' [**Right** – **Left] -** arms move from BATMAN to SUPERMAN position

• uses large back and front arm swing (both arms) for maximum height

• jumps with fully extended arms – SUPERMAN position

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2) Approach & Attack - Coach holding ball

How to Play:

• Coach holds the ball ~0.25m above net height

• 3 roles: 'hitter'; 'shagger' (retriever); 'feeder'

• Players approach, jump and hit/attack the ball

• Player movement: hit -> shag -> feed -> hit . . .

What to Look For: e. g., *Rt. handed hitter*

. . . refer to **1) Approach & Jump**

• uses the GREEN ARROW position to rotate back the hitting arm;

• completes the arm swing – use the HULK SMASH motion – wrist snap & 'pull through'

• contacts the ball with an open hand when hitting

• spins the ball over the net

3) Approach & Catch - Coach tossing the ball

How to Play:

• Coach tosses the ball ~2.0 m above net height

• 2 roles: 'catcher'; 'feeder'

• Players approach, jump and catch the ball – *above the height of the net*

• Player movement: catch -> feed -> catch -> feed . . .

What to Look For: e. g., *Rt. handed hitter*

. . . refer to **1) Approach & Jump**

• catch the ball - above the height of the net

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4) Approach & Attack (Hit)

- Coach tossing the ball

How To Play:

• Coach tosses the ball ~2.0 m above net height

• 4 roles: 'hitter; 'safety' *(opposite side of the net from hitter – prevent balls from coming under the net in the area of the hitter)*; 'shagger'; 'feeder'

• Players approach, jump and hit the ball – *above the height of the net*

• Player movement: attack -> safety -> shag -> feed -> attack . . .

What To Look For: e. g., *Rt. handed hitter*

. . . refer to **2) Approach & Attack**

• constant player movement: attack -> safety -> shag -> feed -> attack . . .

Throw & Catch - 1 – Beginner / Intermediate

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 your forehead, height of a basketball rim, to the ceiling)
- Throw the ball with two hands **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)
- 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
- Throw and catch – ***overhead passing position***)
- Throw and catch – ***forearm passing position***)

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

Throw & Catch - 2 - (OVERHEAD PASSING position)

Goal:

- Throw the ball in various ways and catch (using overhead passing position) 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 in various ways and catch (using overhead passing position):

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 . . .

. . . refer to **Throw & Catch – 1**

Throw & Catch – 3 (UNDERHAND PASSING position)

Goal:

- Throw and catch (using underhand 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 in various ways and catch (using overhead passing position):

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 outstretched in front (like a forearm pass)

. . . refer to **Throw & Catch – 1**

1 x 1 – Intermediate -1 Toss - **OVERHEAD** Catch

Goal

• Maintain a rally

How to Play:

• Partner A / Partner B – opposite sides of the net
• Partner A tosses to Partner B catches using cupped hands (**OVERHEAD** passing technique)
• Partner B tosses the ball back to Partner A, catches using cupped hands (**OVERHEAD** passing technique)
• Partners, rally (toss-catch-toss) 'back and forth' over the net

N. B. - high toss

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1 x 1 – Intermediate -2 Toss – Catch – **Push**

Goal

• Maintain a rally

How to Play:

• Partner A tosses to Partner B who **catches** using cupped hands (Overhead passing technique)
• Partner B **'pushes'** the ball 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)

Variations:

• 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

1 x 1 – Intermediate - 3 Toss - Catch - **Self-toss & Volley (STV)**

Goal

• Maintain a rally

How to Play:

• Partner A **self-tosses** and volleys (passes) to Partner B who **catches** using cupped hands (Overhead passing technique)
• Partner B **self-tosses** and volleys (passes) the ball back over the net to Partner A who catches using cupped hands (Overhead passing technique)
• Continue to rally back and forth (3 minutes)
• How many times can you pass the ball over the net without it contacting the floor?

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 pass to ball higher; I could pass the ball farther

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1 x 1 – Intermediate - 4

Toss – Catch – **STV** – **TEAM COMPETITION**

Goal:

• Score a point by aiming the ball in an open space

How to Play:

• 1st player Team A **self-toss** and volley (passes) into Team B's court
• 1st player Team B tries to **catch** the ball. (If the ball lands in the playing area, a point is scored for Team A. If the ball lands outside the playing area or is not played over the net a point is scored for Team B)
• After the STV, 1st player Team A moves to the back of their team's line and is replaced on the court by the 2nd player on team A
• 1st player Team B **self-toss** and volley (passes) into Team A's court. (same scoring criteria as previous)
• After the STV, 1st player Team B moves to the back of their team's line and is replaced on the court by the 2nd player on team B
• Continue to rally back and forth until one team has scored 4 or 5 or 6 or 7 . . . points

1 x 1 – Intermediate - 5 Toss - **FOREARM** Catch

Goal

• Maintain a rally

How to Play:

• Partner A / Partner B – opposite sides of 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'

Variations:

• 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

Human Net

Goal:

• **Catch - Push / Catch – Self-toss & Volley (STV)** 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 sizes can vary and do not have to be equal in size
• Two children pass the ball back and forth (catch + STV) 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 Push/Volley 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"
• **Push** the ball over the player in the middle
• **Self-toss & Pass** the ball **–** (from above the forehead)

Wall Relay - 1

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

Variations:

- Ball is caught using OH passing technique
- Player **'pushes'** the ball up against the wall – moves to the end of the line
- Player **'underhand'** tosses the ball up against the wall – moves to the end of the line
- Ball is caught using forearm passing technique
    - straight arms;
    - hands away from the body;
    - catch ball below waist level
- Count how many time the ball can be caught before it touches the floor

Wall Relay - 2

STV (self-toss & volley) - UNDERHAND CATCH - STV

Goal

- Catch & STV a ball off of the wall as many times as possible

How to Play:

- Teams of 4 / 5 children, line up single file facing a wall (~1m from the wall)
- 1st player starts by STV the ball towards the wall and runs behind their line
- 2nd player attempts to catch the ball (using FOREARM passing technique – body / arms) before it touches the floor
- 2nd player STV the ball towards the wall and runs behind their line
- Continue to 'cycle' through the team, like a relay (2 minutes)

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:

Easier

- Use lighter balls

Harder

- Start farther from the wall
- Children attempt to replace the catch with a hit with 2 arms to self (forearm pass), catch, then STV towards the wall

Bumping Basics

Goal:

• Move and be in position to forearm pass

How to Play:

• In pairs facing each other (one partner with their back to the net and the other in the court facing 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 forearm pass

• Repeat each progression for 1 minute then have children switch roles

(Tosser → Passer → Retriever)

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 does an overhead pass to self before catching the ball

• Increase distance between players

The Bumper

Toss – Forearm pass & Catch

Goal:

• Rally the ball back and forth over the net

How to Play:

• Teams of 4, 4 hoola hoops (cones / pylons) in 4 corners of each court

• Team A players stand behind their end line with one player standing in the middle of the court with a ball

• Team B players stand behind their respective court and one player stands in the middle of their court

• 1st player on Team A initiates the activity by slapping the ball to signal the 1st player on Team B to run to touch the object in a corner (hoola hoop / cone / pylon . . .)

• Player on Team A tosses the ball as soon as the passer (player on Team B) has touched the object in the corner

• Player on Team B runs into the of the court and attempts to forearm pass the ball to self and catch the ball

• Player on Team B continues the rally by slapping the ball to signal the 2nd Player on Team A to run to touch the object in a corner (hoola hoop / cone / pylon . . .)

• Player on Team B tosses the ball as soon as the passer (player on Team A) has touched the object in the corner

• Player on Team A runs into the of the court and attempts to forearm pass the ball to self and catch the ball

• Goal is to rally the ball over the net as long as possible. Both teams play cooperatively

Tactical Talk:

• Q: Did you do to achieve your goal of maintaining a rally? Why or why not?

• A: Open answers

• Q: What could you do differently to stop the ball from grounding?

• 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

• Replace forearm pass with a catch

• Use bigger/lighter ball

Harder

• Have players go into the hoola-hoop with both feet before getting into position in the middle of the court

1 on 1 Hitting challenge – Hit & Defense – Cooperation

Goal:

• Rally the ball back and forth over the net

How to Play:

• Teams of 4 (or more) – teams (A & B) are positioned on opposite sides of the net facing one another
• All team members, except for the first player in each line, are in single file, behind end line
• Player with the ball (1st player Team A) stands near the net, tosses to them self and attacks (hits the ball) towards the 1st player on the opposite side of the net (Team B)
• Receiving player (1st player Team B) should be in a defensive position - back half of their court
• Following the hit, the attacker moves to the back of their team's line
• Receiving player (player on Team B) attempts to catch the ball (using FOREARM passing technique – body / arms) before it touches the floor or from one bounce
• After catching the ball, the receiving player (player on Team B) runs to a position near the net for a self-toss and attack (hit the ball) toward their partner
• Following the hit, the attacker moves to the back of their team's line
• Rally back & forth between teams until every member of Team A and Team B for 3 minutes

What to Look For:

Defending player:

• Encourage defensive spirit to stop the ball from grounding
• Fast feet and stay low when moving to catch the ball
• Arms straight "like a plank" in front of body
• Wrists must be lower than shoulder height

Offensive player:

• Throw ball to self just above the height of the antennae
• Aim their attack towards the middle of the court
• Reach and contact the ball as high as possible
• Get topspin on the ball

Variations

• Add a tosser. After each attack, switch or rotate the tosser and hitter within the same team
• Make the attack and defense a competition. The hitter tries to hit the ball to an open location within the boundaries on the opponent's side, to score a point.

Goal variations:

• Count how many times the ball can be hit and caught before it touches the floor (Cooperation)

2 X 2 (Intermediate)

Goal:

• Maintain a rally with a teammate

How to Play:

• 2x2
• In teams of 2 on each side of a net, rally back and forth starting with an underhand serve (or toss) over the net, hit to partner (player 1), catch-throw with 2 hands to partner
(player 2) at the net, catch-throw with 2 hands along the net to partner, hit over the net (player 1)
• Players start the rally from behind the end line.
*With extra players, create multiple teams of 2.
*Have teams rotate each time a point is scored.

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 players on the other side to play the ball
• Q: What can you do to avoid the ball from grounding on your side of the court?
• A: Get back into ready position immediately after playing ball over the net, hands in front and ready, move quickly with two feet under the ball, catch with 2 hands

Variations:

Easier

• Use bigger/lighter ball
• Lower the height of the net or space divider
• Start the rally from anywhere in the court
• Play in a sitting volleyball format to adjust for student with mobility challenges

Harder

• Replace the catch-throw with an overhead pass to partner
• Play in a sitting volleyball format to increase awareness around individual challenges

Pass & Shuffle - *Overhead*

- Catch & PUSH
- pass straight ahead
- pass diagonal
- Continuous pass

Goal:

• Move and perform *overhead* passes

How to Play:

• ½ of the group (*throwers*) lines up along the net, with their backs to the net (spaced out across the entire length of the net)

• each thrower has a ball

• ½ of the group (*passers*) lines up, in single-file, outside the court at, or a step further from the net, than the 3m line

• Players practice their overhead pass by shuffling from one partner to the next

• Players throwing the ball must challenge their partners just the right amount by throwing with two hands in a rainbow like trajectory at a **height of, or slightly above the ANTENNAE**

• After passers shuffle from one side of the court to the other and back, children switch groups

What to Look For:

Thrower

• Makes an effort to properly throw the ball (high tosses like a rainbow)

• Challenge partner just the right amount (ensuring that the partner experiences success and making it progressively more difficult)

Receiver

• Ready position

• Look at the ball

• Get behind the ball

• Body and shoulders facing the **target**

• Arms outstretched, hands cupped and above the forehead, when catching the ball

• Make sure hands are properly positioned on the ball and PUSH to target

• Finish with 'PALMS FACING THE CEILING'

Variations:

Easier:

• Have children move shorter distances to play the ball

• Reduce the distance between Throwers and Passers

Harder:

• Alternate making partner move side to side, then front and back and a mix of different directions

• Pass diagonally

• The partner at the net catches the ball in an overhead pass position

• Increase distance between players (tossers and passers)

• Continuous overhead passing

Pass & Shuffle - *Forearm*

- Catch & THROW
- pass straight ahead
- pass diagonal
- Continuous pass

Goal:

• Move and perform *forearm* passes

How to Play:

• ½ of the group (*throwers*) lines up along the net, with their backs to the net (spaced out across the entire length of the net)

• each thrower has a ball

• ½ of the group (*passers*) lines up, in single-file, outside the court at, or a step further from the net, than the 3m line

• Players practice their forearm pass by shuffling from one partner to the next

• Players throwing the ball must challenge their partners just the right amount by throwing with two hands in a rainbow like trajectory **slightly below the height of the shoulders**

• After passers shuffle from one side of the court to the other and back, children switch groups

What to Look For:

Thrower

• Makes an effort to properly throw the ball (throws like a flat rainbow)

• Challenge partner just the right amount (ensuring that the partner experiences success and making it progressively more difficult)

Receiver

• Ready position

• Look at the ball

• Get behind the ball

• Body and shoulders facing the **ball**

• Arms outstretched and straight when passing the ball

• No jumping to catch/pass the ball . . . the only arm movement is at the shoulders

• Finish with wrists facing target

Variations:

. . . refer to **Pass & Shuffle** – *Overhead*

• Continuous forearm passing

Russian Passing

Goal:

• Move and perform forearm passes

How to Play:

• Teams of 3: 2 throwers and 1 passer
• The throwers (each with a ball) face each other with the passer in the middle
• Throwers 6 – 7 m apart
• One thrower starts by throwing the ball to the player in the middle who turns to face the thrower and forearm passes the ball back to them
• Immediately after, the opposite thrower tosses the ball to player in the middle who turns to face that thrower and forearm passes the ball back to thrower
• Repeat for 30 seconds to 1 minute then rotate players

What to Look For:

• Ensure the pace of the throws is just right to make the passer move quickly on his/her feet
• Emphasize the importance of having body and shoulders leaning forward before playing the ball

Thrower

• Makes an effort to properly throw the ball (arched tosses like a rainbow)
• Challenge partner just the right amount (ensuring that partner experiences success and making it progressively more difficult)

Passer

• Ready position
• Look at the ball
• Get behind the ball
• Body and shoulders leaning forward
• Arms completely outstretched when catching / passing the ball (forearm pass)
• No jumping to catch the ball . . . the only arm movement is at the shoulders

Variations:

Easier

• Have children move shorter distances to play the ball
• Replace the forearm pass with a catch and throw

Harder

• Increase the distance between players
• Throwers accelerate the pace by throwing the ball as soon as the passer finished their previous pass
• The throwers perform an overhead pass to self before catching the ball

Setting It Up – A

Goal:

• Set-up partner for success

How to Play:

Teams of 3

• Three players on each side of the net, two are side-by-side mid-court, the other at the net
• Server starts by tossing or serving to start the rally.
• Receivers OH pass the ball to the net
• Setter - catch-STV the ball to the player who did not pass the first contact who passes the ball over the net with two hands (OH pass)
• Each team counts how many times they successfully use 3 consecutive contacts
• Teams rotates every time their team sends the ball over the net
• If extra players, one player rotates in and one player rotates out every time their team sends the ball over the net

Tactical Talk:

• Q: What did you do to set-up your partner for success (as a setter)?
• A: I was in a ready position to receive the ball. I was in a position to both see my receivers and the opponents. I moved quickly under the ball.
I contacted the ball above my forehead. I started with my hands near my forehead then pushed my arms high into the sky.
• Q: What did you do to set-up your partner for success (as a receiver)?
• A: I was in a ready position to receive the ball.
I passed the ball high to my teammate at the net.
I passed the ball a bit off the net. I let the setter know I was ready to hit.

Variations:

Easier

• Reduce the size of the court
• Roll the ball to students who have visual challenges

Harder

• Increase the size of the court
• Roll the ball to students to increase awareness on individual challenges

Setting It Up – B

Goal:

• Score a point

How to Play:

Repeat game **A** as previous

• Have a team rotate every time their team sends the ball over the net.
• If extra players, one player rotates in and one player rotates out each time their team sends the ball over the net.

What to Look For:

• Start in the setting ready position by straightening the back and bringing both hands above the forehead
• Thumbs point at each other, forefingers almost touch, thus creating a triangle
• Hands are close to the forehead, in a cupped position.
• Instruct players to give the ball a “home”. The home is the triangle (as if a window). This is the volleying position.
• Catch the ball with all 10 finger pads
• Extend the arms fully and keep the arms above the head so that the palms finish facing target
• Set the ball with the arms, not the wrists
• Feet are shoulders width apart. Toes facing forward.
• Legs are bent, then extended when contact with the ball occurs.

Butterfly Drill – Beginner *Forearm passing focus*

Goal:

• Forearm pass the ball to the setter for STV to attack.

How to Play:

Teams of 4:

- P1 & P4 on one side of the net;
- P2 & P3 are on the opposite side of the net

• P1 tosses / serves the ball over the net then runs to his/her next position (P2).
• P2 receives the toss / serve with a forearm pass to P3.
• P3 is in ready position at the net to catch the ball from the passer (P2), P3 tosses / STV the ball along the net back to P2 who has moved into position to hit it over the net
• P4 stops the ball from grounding by catching the ball then starts the next rally with a toss or serve.
• After each successful sequence, players rotate positions. (P1 => P2 => P3 => P4 => P1)

What to Look For:

Tosser / Server: use a toss or an underhand serve
• uses a toss with a rainbow trajectory
• provides a toss that is directed at P2 and requires minimal movement to make the pass

Receiver:
• Moves behind the ball to pass it
• Arms are straight when catching / passing the ball

Variations

Easier
• Replace first contact with a catch & toss
• Use lighter/bigger ball

Harder
• Increase the size of the court
• Forearm pass the tossed / served ball

It Takes 2 To Tango – A – *Overhead passing focus*

Goal:

• Maintain a rally

How to Play:

• In teams of 2, two teams play a cooperative game (use half the court – divided length-wise)
• The game starts with a self-toss and volley (overhead pass) over the net
• The receiving player plays the first contact (using an overhead pass) while the non-receiving player quickly runs around his/her partner to catch, self-toss and volley (overhead pass) over the net
• This is an excellent game to help the non-receiving player to move as soon as she identifies that she will not play the first contact

Tactical Talk:

• Q: Were you able to achieve the goal of maintaining a rally? Why or why not?
• A: Open answers
• Q: What did you do to maintain a rally?
• A: I passed the ball high to give time to my partner to move and play the ball
• Q: What can you do when you don't have the ball to increase your team's success?
• A: Receiving player: call the ball before the ball reaches the net, forearm pass or overhead pass using a rainbow trajectory to give time to my partner to move around me.

Non-receiving player: identify quickly that I will not be receiving the ball, react quickly to run around my partner.

Variations:

Easier
• Replace first contact with a catch
• Use bigger/lighter ball

Harder
• Increase the size of the court
• Receiving player plays the ball with a forearm pass
• Ball is played over with a self-toss and hit

Serve & Play (Beginner) – A

Goal:

• Consecutively serve the ball over the net using an underhand serve.

How to Play:

• Two teams of 2 players
• Play a game using 3 ball contacts: hit the ball (player 1), catch and throw (player 2), hit the ball over the net (player 1).
• The game starts with a serve from behind the end line (adjust distance to suit the strength of the children)
• After each rally, a new player starts the rally with a serve (alternate serving team, regardless of which team won the rally).
• The goal is to consecutively serve the ball over the net to spell a particular word
(e. g., VOLLEYBALL = 10 consecutive serves)

Tactical Talk:

• Q: What did you do to achieve your goal?
• A: Open answers
• Q: What did you do to effectively start the play?
• A: Took my time to serve, held the ball at waist height, rocked back then forward with my body and arm, looked at the ball while hitting it.
• Q: Why do you think you didn't effectively start the play?
• A: Didn't take my time to serve, held the ball lower / higher than waist height, didn't rocked back then forward with my body and arm, didn't look at the ball while hitting it.

What to Look For:

Server:

• Pulls the hitting arm back behind their body.
• Holds the ball in front of the hitting arm at waist height.
• Steps towards the net with non-dominant foot.
• Feet are facing forward into the court.
• Steps, and hits (serves) the ball, in one continuous motion.
• Hits the ball slightly below centre.
• Shoulders should finish parallel to the net.
• Hands should finish facing the target.
• After hitting the ball, assumes the ready position to learn that the ball may come back to them in a game.

Receiver:

• Moves behind the ball to catch it with two hands
• Arms are straight when catching the ball

Variations:

Easier:

• Decrease the distance between server and the net
• Have the receiver catch the ball

Harder:

• Increase the distance between server and the net
• After the serve, have the player run to the net and back.
• Receiver stands in different locations in the playing space (near or far from the net) before each serve and the server aims for the new target location
• Receiving player performs an underhand pass to self and catch
• Introduce overhand serving and have players alternate between underhand and overhand serves

Team It Up

Goal:

• Effectively cover the court space with multiple players

How to Play:

• 4 x 4
• Teams use 3 consecutive contacts and attempt to move the ball to, along and over the net and rally as long as possible with their opponent
• Once the teams are warmed up and have played a few rallies, add this variation:
  - Each team rotates once their team has played the ball over the net.
  - If extra players, have one person leave the court while another enters the court throughout the rally.
• The goal is keep the ball in play as long as possible

Tactical Talk:

• Q: Where you able to achieve the goal of maintaining a rally? Why?
• A: Open answers
• Q: What did you do to maintain a rally?
• A: I passed the ball high to give time to my teammates to move and play the ball
• Q: What can you do when you don't have the ball to increase your team's success?
• A: *Receiving player:* call the ball before the ball reaches the net, forearm pass or overhead pass using a rainbow trajectory to give time to my setter to play the ball. Non-receiving player: identify quickly that I will not be receiving the ball, react quickly to be ready to hit.
Setter: be in a ready position to receive the ball from my teammates, pass the ball not too tight to the net, pass the ball high enough so that the hitter has time to get ready to hit.
• Q: With the rotations?
• A: I passed the ball high to give time to my teammates to move and play the ball. I passed the ball off the net

Team It Up (continued)

What to Look For:

Receiving players
• Defensive attitude to stop the ball from grounding
• Call the ball before it reaches the net
• Encourage players to say "switch" out loud to remind teammates to switch at the same time
Non-receiving players
• Use non-verbal communication to demonstrate that they are not playing the ball
Setters
• Be in a ready position to receive the ball
• Call "mine" to communicate to others that you are taking the second contact
• Shoulders facing target
• Use a high trajectory
• Pass the ball off the net

Variations:

Easier
• Replace first or second contact with a catch & throw
• Reduce size of court
Harder
• Increase size of court

Serving for Success

Goal:

• Dealing with pressure when serving

How to Play:

2 groups of 4-6 players

• Each group of servers line up behind one of the two end lines, each player with a ball

• The first player (on one side of the net) serves the ball over the net then runs to retrieve their ball and lines up behind the group on the other side of the net.

• The first player in the second group serves the ball and runs to retrieve it and go behind the opposite line

• Players say out loud the number of consecutive serves completed

• If a player misses a serve, all players sprint to the opposite end line and the team starts back at zero

• The goal is that each student takes his/her turn to serve the ball and collectively (as a team of 8 or 10 or 12 players), they need to serve 25 successfully in a row (teacher sets the goal based on the level of your group).

What to Look For:

Server:

• Takes the time to serve effectively (up to 8 seconds)

• With his/her body language (eyes, focus), player has confidence in his/her serve

• Serve the type of ball that you are most comfortable with, the goal is team success

Other players:

• Encourage each other, in good times and in harder times

Key message: the more they focus on achieving their goal, the easier it will be. The more mistakes accumulate, the more challenging it becomes (doubt sets in, confidence starts to be affected, players blame each other).

Variations:

Easier

• Reduce the distance from the net

Harder

• Add a variety of physical challenges each time a student misses their serve, which will accumulate fatigue

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 hand overhead over the net
• Player 1 and 2 on the opposite side try to catch the ball (*one bounce allowed*) before ball touches the floor
• Player who catches the ball then runs up to the net to hit it over with one hand overhead over the net
• The hit must bounce within the playing boundaries
• The goal is to rally the ball between teams as many times 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: 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: Take initiative, call the ball, be confident in yourself, 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
• Eliminate the bounce by a direct hit to self, catch and hit over the net (all by same player)
• Increase court size
• Roll the ball to partners who are blindfolded to increase awareness on various types of challenges

Smashball – (Beginner) - B - *Competitive*

Goal:

• 3 consecutive passes following 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 "superman" 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

Smashball *(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 – Partner A - Catch & toss to Partner B @ the net
2nd contact – Partner B - Catch & self-toss hitting the ball with one hand overhead over the net
• 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"

Smashball *(Cooperation)* ***(Sask Vball – Level 3)***

Goal:

• Rally the ball back and forth within the playing space

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"

Smashball ***(Sask Vball – Level 4)***

Goal:

• Rally the ball back and forth within the playing space

How to Play:

• 3 v 3 – Use **3 contacts** before playing the ball over the net:
- 1st contact – Catch & toss to teammate @ the net
- 2nd contact – Catch & **toss** along the net
- 3rd contact – Attack / hit the passed ball

• Initiate with a player from Team A hitting (tossing) the ball over the net with one (or two) hand
• Player 1 or 2 or 3 on the opposite side (Team B) try to catch the ball (*one bounce allowed*) before the ball touches the floor
• Player that catches the ball tosses to a teammate who is positioned at the net
• Player at the net (setter) tosses the ball along the net to teammate from the back left side, who has moved to the net into a hitting position.
• Player who receives the toss along the net, hits the ball over the net with one (or two) hand overhead
• The hit must bounce within the playing boundaries
• Team members rotate on the court (clockwise) Hitter -> Setter -> back right side -> back left side -> Hitter . . .
• If a team has more than 3 members, then player in back right rotates off the court after the hit and is replaced by the a teammate waiting at the back of the court
• Teams rotate after each hit that originates from their side
• Try to complete as many rallies between the teams as possible (minimum 10 minutes)

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: If the ball is on our side of the net, I can move to the net to receive the ball from my partner.
• A: If the ball is on the other side of the net, I can be in a defensive position ready to play the ball.

Smashball ***(Sask Vball – Level 5)***

. . . refer to **Smashball** – ***Sask Vball – Level 4***

Introduce the following modification:

How to Play:

• 3 v 3 – Use **3 contacts** before playing the ball over the net:
- 1st contact – Catch & toss to teammate @ the net
- 2nd contact – Catch & **Self-toss & Volley** along the net
- 3rd contact – Attack / hit the passed ball

• Player at the net (setter) self-tosses and volleys (STV) the ball along the net to teammate from the back left side, who has moved to the net into a hitting position.

Smashball ***(Sask Vball – Level 6)***

Goal:

• Rally the ball back and forth within the playing space

How to Play:

• 4 v 4 (diamond)

• Use **3 contacts** before playing the ball over the net:

BALL 1: **SERVE**

- 1st contact – Catch & toss to teammate @ the net
- 2nd contact – Catch & **Self-toss & Volley** along the net
- 3rd contact – Attack / hit the passed ball

BALL 2: **TOSS** (*from coach/instructor*)

- 1st contact – **FOREARM PASS** to teammate @ the net
- 2nd contact – Catch & **Self-toss & Volley** along the net
- 3rd contact – Attack / hit the passed ball

NOTE: Ball 1 & Ball 2 are directed to the same team

• Initiate with a player from Team A hitting the ball over the net with one (or two) hand overhead
• Any player on the opposite side (Team B) tries to catch the ball (*one bounce allowed*) before the ball touches the floor
• Player that catches the ball tosses to a teammate who is positioned at the net
• Player at the net (setter) self-tosses and volleys (STV) the ball along the net to teammate from the left side or right side, who have moved to the net into hitting positions.
• Player who receives the volley, hits the ball over the net with one (or two) hand overhead
• The hit must bounce within the playing boundaries
• Team members rotate on the court (clockwise)
• If a team has more than 4 members, then player in back right side rotates off the court and is replaced by the a teammate waiting off of the court
• Teams rotate after their team has received the 2 balls of a two ball sequence and they are preparing to serve
• Try to complete as many rallies between the teams (minimum 10 minutes)

Tactical Talk:

• 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: If the ball is on our side of the net, I can move to the net to receive the ball from my partner.
• A: If the ball is on the other side of the net, I can be in a defensive position ready to play the ball.

EXTRA GAMES/DRILLS

Spike It

Goal:

• Organize an offensive system with the help of teammates
• To rally the ball between teams as many times as possible

How to Play:

Similar to "Smashball Proficient" but on a higher net
• Teams of 4 (3 contacts)
• The rally starts with a one-handed hit over the net
• One of the receiving players either catches or lets the ball bounce then catch-throw to player at the net who sets the ball along the net to one of the hitters
• The hit must bounce within the playing boundaries
• Mandatory 3 contacts before sending the ball over the net

Tactical Talk:

• Q: Did you do to 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 as soon as I see the ball is coming in my direction, move positively towards the ball after it is hit, take initiative to move behind the ball before catching/ playing it
• Q: What can you do when you don't have the ball?
• A: Hitter: Move quickly into hitting position after throwing ball to partner, moving back into ready position after hitting ball over the net. Receiver: Stand in a defensive ready position, move behind the ball to catch it before or after it bounces, get back into defense position as soon as your team hits the ball over the net. Setter: Be ready to receive the ball from teammates, get into defense/ block position at the net as soon as your team hits the ball over the net
• Q: During the second contact, what could you have done to help your partner be more successful in hitting the ball over the net?
• A: Set the ball high and off the net to increase your partner's success to play the ball over the net

Spike It (continued)

Variations:

Easier
• Replace the second hit by a catch-throw
Harder
• Eliminate the bounce by a direct hit (forearm pass)
• Setter sets the ball to player who did not receive the ball

What to Look For:

Hitter:
• Move to the net as soon the hit is not directed in your direction
• Stand in a ready position at the net to receive the ball from partner
Receiver:
• Be in a ready defense position, relaxed and alert
• "Call" the ball and take initiative to move behind the ball before catching/playing it
• Throw/pass the ball to the net
• Move quickly into hitting position immediately after passing the ball to the net
• Move quickly into ready position in the middle of the court after your team hits the ball
Setter:
• Set the ball high and off the net to increase your partner's success to play the ball over the net
• Follow your hitter after you set the ball to cover your hitter from a block