

Smashball - Learn to Train

Ages: 9 - 11

Gr. 4 - 6

Court size - Badminton or 1/2 Volleyball crt (divided length-wise)

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
Warm-up	Court lines	Ball Tag / Zig-Zag tossing relay	Amoeba Tag / Zig-Zag tossing relay	Ants in Your Pants	Dabber Tag (Pool noddle tag)	Red light -      Green light	Octopus Tag / Toss & Catch & Moving	Back to Back Tag / Toss & Catch & Moving
Activities / Games	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises
	Skill intro Attack - Arm swing	Reach & Hit	Reach & Hit	Skill intro Forearm passing	1 on 1 Hitting Challenge	Skill intro 2-step - Approach Footwork	Skill Review Forearm passing	Skill Review Forearm passing
	Skill development Arm Swing	Smashball - SK Level 2	Skill intro Jump & Attack	Throw & Catch - 3	Skill review Overhead passing	Skill development 2-step - Approach Footwork to Attack	Pass & Shuffle Forearm passing	Pass & Shuffle Forearm passing
	Throw & Catch	Reach & Hit	1 x 1 - Intermed - Cooperation - STV	Bumping Basics	Pass & Shuffle OH passing	Skill development Overhead passing & Approach to Attack	It Takes 2 To Tango	Team it Up
	Skill development Arm Swing	Skill intro Overhead passing	Human Net	Skill development Forearm passing	2 x 2 (Intermediate)	Setting it Up	Skill intro Underhand serving	Skill intro - 3-step - Approach Footwork
		Throw & Catch - 2	1 x 1 - Intermed - Competition - STV	Bumping Basics	SK-Smashball - Level 5	Skill review Forearm passing	Serve & Play	Skill devlpmnt 3-step - Approach Footwork to Attack
		1 x 1 - Intermediate - Toss		1x1 - Intermediate	Skill review Forearm passing	Butterfly Drill	Skill development Underhand serving	Skill review Underhand serving
		Skill development Overhead passing		The Bumper	Wall Relay - 2		Underhand serving	Serving for Success
		1 x 1 - Intermediate - Push			Russian Passing			Butterfly Drill
		Wall Relay - 1			Pass & Shuffle Forearm passing			
		1 x 1 - Intermediate - STV						
Skill focus	Arm swing & Attack	Overhead passing	Jump & Attack	Forearm passing	Passing development	2-step approach	Underhand serve	3-step approach
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Game play format	SK-Smashball - Level 1	SK-Smashball - Level 2/3	SK-Smashball - Level 4	SK-Smashball - Level 5	SK-Smashball - Level 6	SK-Smashball - Level 6	SK-Smashball - Level 6	SK-Smashball - Level 6