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
Skill focus	**Arm swing & Attack**	**Overhead passing**	**Jump & Attack**	**Forearm passing**	**Passing development**	**Underhand serve**	**2-step approach**	**Overhand serve/Blocking**
Warm-up	**Court lines or Mice & Cheese**	**Elbow Tag**	**Amoeba Tag / Zig-Zag tossing relay**	**Ants in Your Pants**	**Dabber Tag** (Pool noddle tag)	**Red light - Green light**	Skunk Tag OR Toss & Catch & Moving	Back to Back Tag / Serve & Catch & Moving
	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises	Dynamic Exercises
Activities / Games		Shoulder warm-up	Shoulder warm-up	Shoulder warm-up	Shoulder warm-up	Shoulder warm-up	Shoulder warm-up	Shoulder warm-up
	Skill intro Attack - Arm swing	**Reach & Hit** Self-toss / Coach toss	**Reach & Hit**	**Skill intro** Forearm passing	**1 v 1 Hitting Challenge**	Pass & Shuffle Forearm passing	Pass & Shuffle Overhead passing	Pass & Shuffle Forearm passing
	Skill development Arm Swing	**Smashball** SK Level 2	**Skill intro** Jump & Attack	Throw & Catch - 3	**Skill review** Overhead passing	**Skill intro** Underhand serving	It Takes 2 To Tango	**Skill review** Underhand serving
	Throw & Catch - 1	**Reach & Hit** Partner toss	1 x 1 Intermediate ***Push***	Bumping Basics	Pass & Shuffle Overhead passing	**Serve & Play**	**Skill intro** 2-step - Approach Footwork	Serving for Success
	Skill development Arm Swing	**Skill intro** Overhead passing	**Wall Relay - 1**	**Skill development** Forearm passing	**2 x 2 Intermediate**	**Skill development** Underhand serving	**Skill development** Toss & Approach to Attack	It Takes 2 To Tango
		Throw & Catch - 2	Human Net	Bumping Basics	**Smashball** SK-Level 5	Setting it Up	**Skill development** Overhead pass & Approach to Attack	Butterfly Drill
		1 x 1 Intermediate ***Toss***	1 x 1 Intermediate **STV**	1 x 1 Intermediate	**Skill review** Forearm passing	**Skill review** Forearm passing		
		Skill development Overhead passing		Go Fish	**Wall Relay - 2**	Butterfly Drill		
		1 x 1 Intermediate ***Push***		The Bumper	Russian Passing			
Smashball	**Session 1**	**Session 2**	**Session 3**	**Session 4**	**Session 5**	**Session 6**	**Session 7**	**Session 8**
Game play format	SK - Level 1	SK - Level 2/3	SK - Level 4	SK - Level 5	SK - Level 5/6	SK - Level 6	SK - Level 6	SK - Level 6