

4v4 VOLLEYBALL

These days, volleyball is played by many groups: from primary school children to mothers' clubs to Olympians, in 217 nations and regions. It is one of the three most popular sports in the world and has grown to be one of the main disciplines of the Olympics.

The reason for this outstanding success is that volleyball is a highly versatile sport. It can be practiced by young and old, men and women, and it requires very little equipment. One can play in the gym, on the grass in the park or on the sand at the beach. Volleyball is a sport that provides physical activity for the entire body and thus contributes to overall well-being.



VOLLEYBALL FOR BEGINNERS

FIVB Simple Model for Teaching 4v4 Volleyball

General lead-up games **without** the use of a ball



General Lead-up games **with** the use of a ball



Special preparatory games



Game 4 v 4

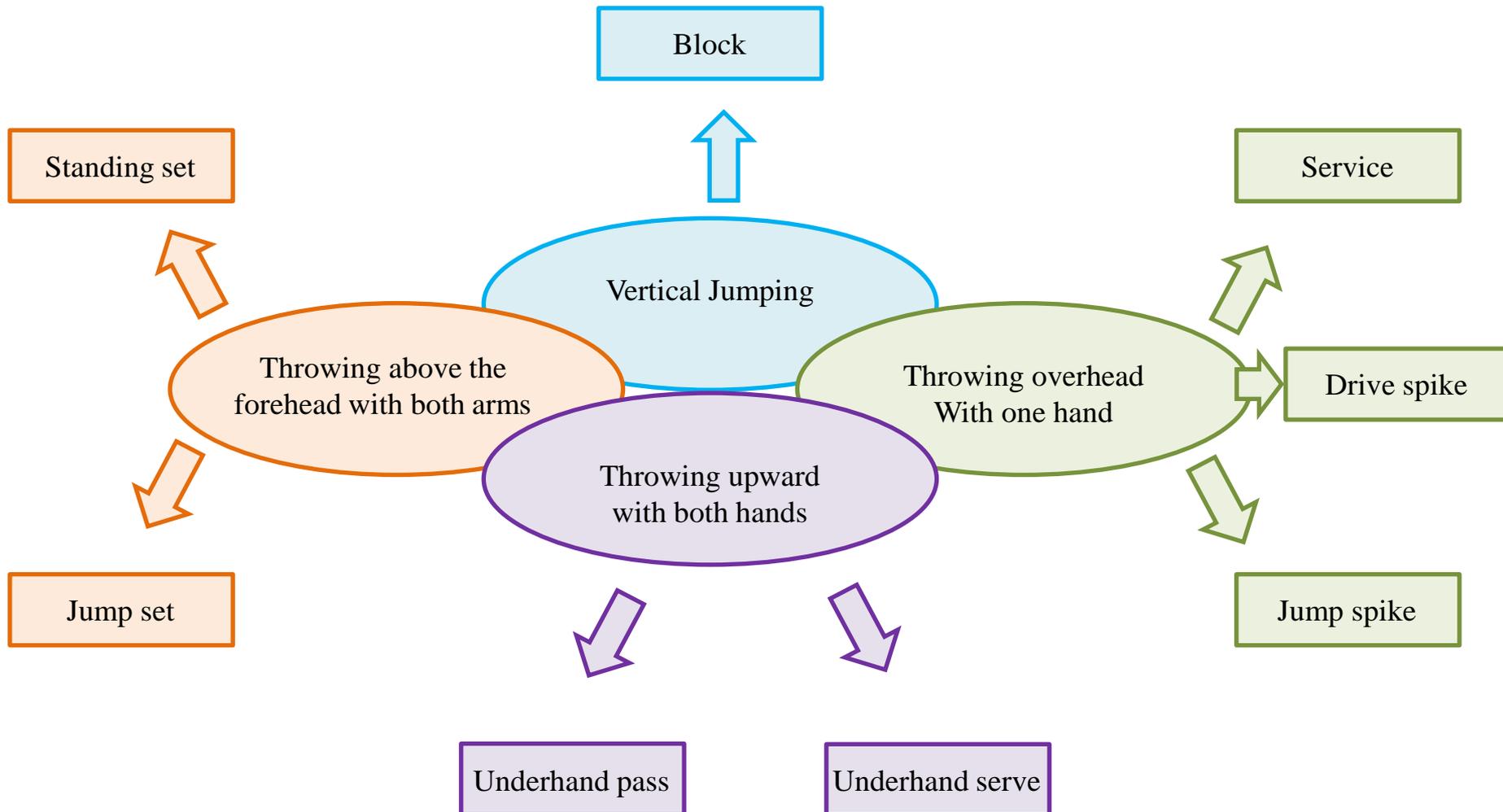
VOLLEYBALL FOR BEGINNERS

Aims Of Lead-up Games

- Small playing area and high intensity
- Little equipment
- Suitable for small and large numbers of children
- It is not difficult to achieve techniques
- Have simple rules
- Rules and flow of the games must be compatible to a learning situation
- There should be little preparation and explanation
- Power and speed training
- Endurance training
- Co-ordination training
- Training of optics, hearing and touch
- Training of perception and orientation
- Advancement of social skills and ability to work with a team

VOLLEYBALL FOR BEGINNERS

Catch and Throw Games have a special meaning in their context to volleyball and must hold a central position in the early learning of sport (FIVB)



VOLLEYBALL FOR BEGINNERS

General Lead Up Games Without The Use Of A Ball

Flexibility

Spatial awareness

Running

Wheeling

Speed

Co-ordination

Agility

Throwing

Posture

Reaction and Anticipation

Non invasive games

Jumping

Contact with Floor

Co-operation

Positive Attitude to Sport

Balance

Develop self confidence

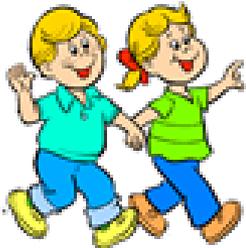
Simple rules and ethics

Ability to stop

Movement



Lead up games without the use of a ball



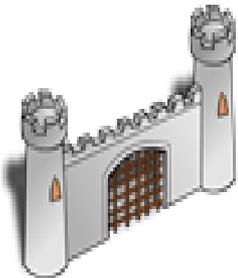
Walking

Activity Name: Speed Up- Slow Down

- Nominate one person to be the pace setter.
- They must change the pace from very slow to slow to medium and then to fast and back again.
- Everyone else must walk along beside pacesetter following their pace.

Activity Name: Mood Walking

- Ask the children can they walk like they are:
- Walking the dog?
- Happy?
- Sad?
- Angry?
- A waiter carrying a tray?
- A woman in high heeled shoes?
- Someone who has won the lotto?
- Wearing a tight mini skirt?
- Walking through big mucky puddles.



Running

Activity Name: City Gates

- Teams of four or six players.
- Two children of each team make an arch (City Gate).
- On the command the teams must run single file through their own gate and through the other team's gates.
- The winners are the first team back to their city gate.

Activity Name: Fast Cars

- Children stand in a large circle.
- Teacher gives out names of vehicles e.g. motorbike, tractor, jeep, mini, truck, etc.
- The teacher then calls out a certain vehicle and the children must race around the circle in a clockwise direction and return then back to their garages.
- They are considered parked if they are standing facing into the circle.

Skipping



Activity Name: Frost and Thaw

- You will need two different colour bibs or bands.
- Children are spread out in the defined area.
- There must be one or more FROST players and then the same number of THAW players.
- Frost players must try to tag the other players. If a player is tagged they must freeze on the spot.
- The Thaw players tag the tagged players to free them so that they can return to the game.
- All the movements are skipping.

Activity Name: Ring-a-Ring o Rosy

- Children stand in a circle holding hands facing inwards.
- They perform the song
- Ring-a-ring o rosy,
- A pocket full of posies,
- Atishoo, Atishoo,
- We all fall down.
- They keep their hands joined and skip in a circle left, they then all stop and face the centre, sneeze twice and drop to a squatting position on “down”.
- They stand back up and say the rhyme again this time skipping to the right.

Dodging



Activity Name: Octopus

- Two teams with 5-10 players in each.
- The taggers must all stand at different bases e.g. using cones.
- The Dodgers must then run from one side of the court to the other without being tagged.
- The taggers must keep both feet on the ground.

Activity Name: Circle Dodge Ball

- Groups of six or seven
- The throwers stand in a circle with the dodger standing in the centre.
- The dodger must try and keep away from the ball and the throwers must try and hit the dodger below the knees.

Landing

Activity Name: Bites the dust

- Children are spread out in a specified area.
- They move in random directions.
- Get the children to get creative with their falling and landing and let them experiment.
- Examples: Landing from a parachute jump,
- Falling off a bicycle.
- Falling while ice-skating.
- Falling after being tripped in a game of football.
- Losing balance and falling over.



Hopping

Activity Name: Hopscotch

- Draw out a traditional hopscotch with squares labelled 1-10 with the word HOME at the very top.
- Each play throws the beanbag onto square 1, they then hop to square 1 then square 2 and continue hopping all the way up to 10 and then with their two feet they jump on the Home square.
- They then hop back down the hopscotch stopping on one and picking up the beanbag to give it to the next player.
- The game is then repeated by throwing the beanbag onto square 2 and so on.

Combined Locomotor Skills

Activity Name: Big A, Little A

- Most of the children stand along the line, while one or more “cats” stand out in front with their backs turned to the main group.
- Children chant the following:
 - “Big A, little A,” while stretching tall and then crouching.
 - “Bouncing B”, while jumping on the spot.
 - “Cat’s in the cupboard they can’t see me” as they creep up to the cats.
- On “me” the cats turn and chase the others back to the line trying to catch as many as they can.



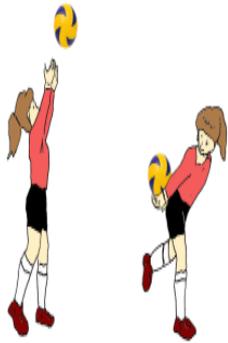
Activity Name: Snail Race

- The aim of the race is to be the last to finish.
- All children line up on the start line.
- On a signal, children race as slowly as they can to the finish line.
- Children must be moving at all times.
- Any child who stops is out of the race.

VOLLEYBALL FOR BEGINNERS

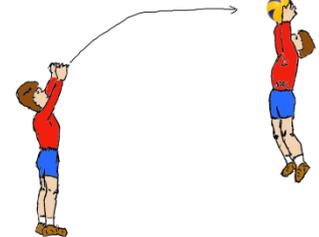
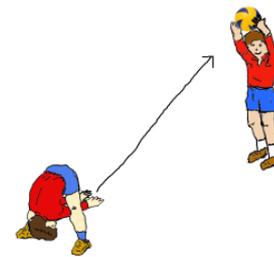
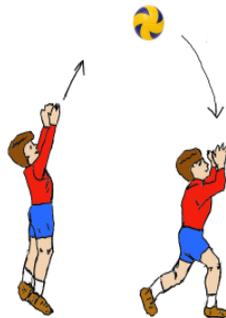
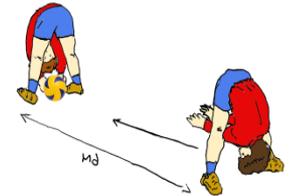
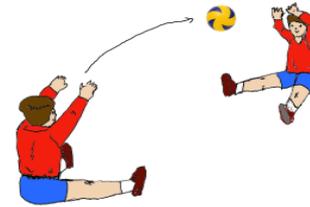
Specific Lead Up Games With The Use Of A Ball

Pure Concentration on a ball



Concentration on a ball and partner

Room orientation and judging the flight of a ball

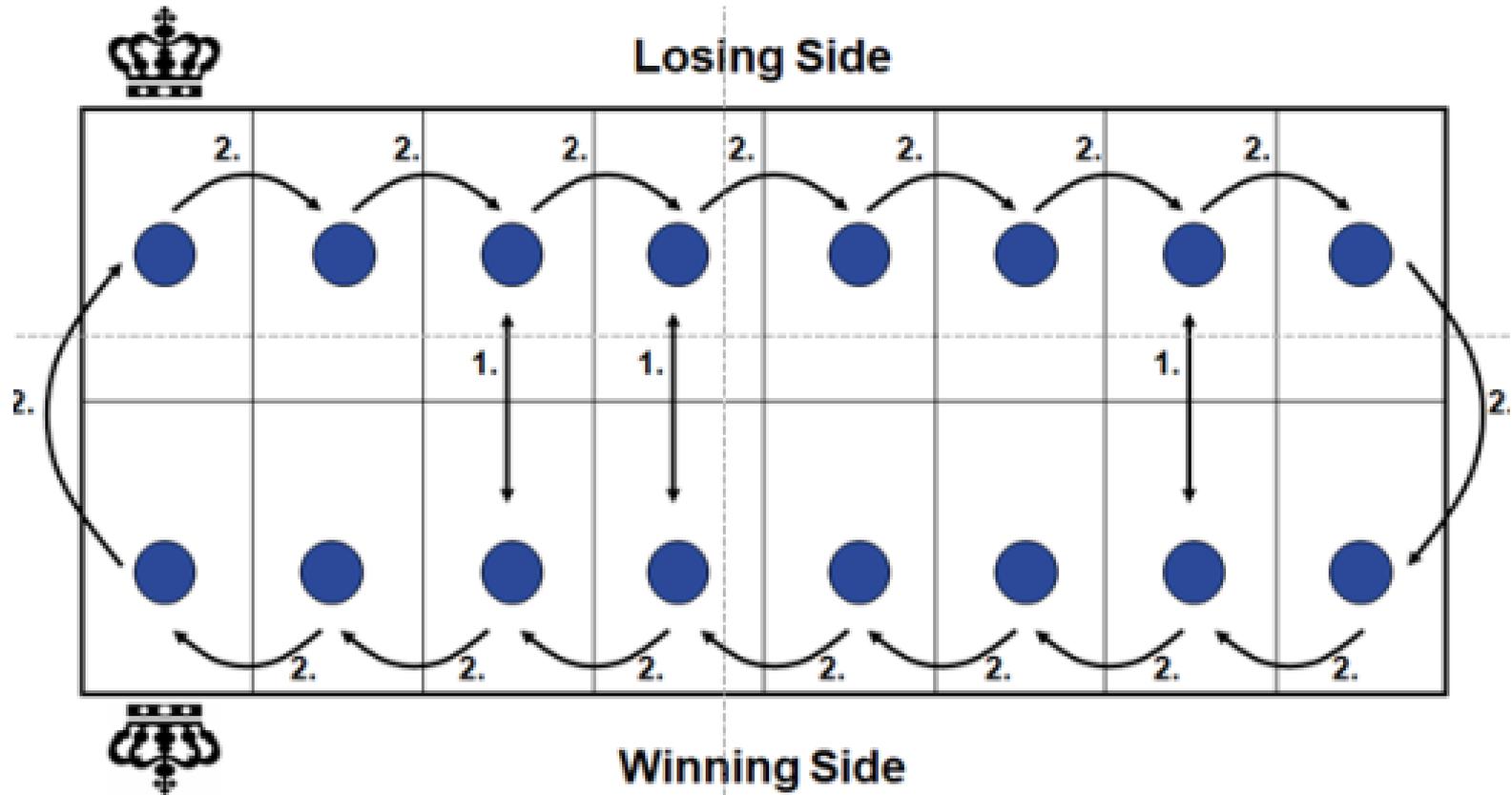


VOLLEYBALL FOR BEGINNERS

Specific Lead Up Games With The Use Of A Ball

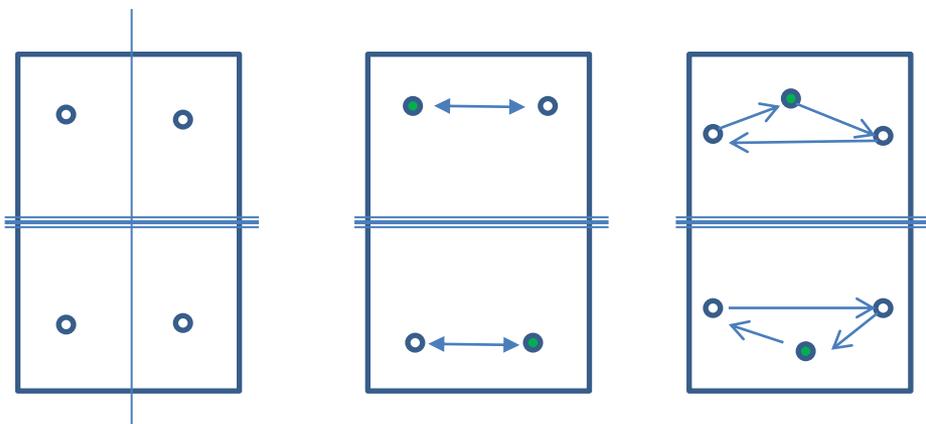
Play monarch of the court - children play 1 v 1 for 2 minutes then all winners go to one side of the court and all losers to the other side then all players move one court to the left. See diagram.

At the start players can hold the ball for 3 seconds as they get better this can be 2 and then 1 second.



VOLLEYBALL FOR BEGINNERS

Special Preparatory Games With The Use Of A Ball - *Catch & Throw Games*



SOME ADVICE ON INTRODUCING THE GAME

When introducing the game initially

- Do not have any rotation

When players become used to catching and throwing the ball over the net introduce rotation and

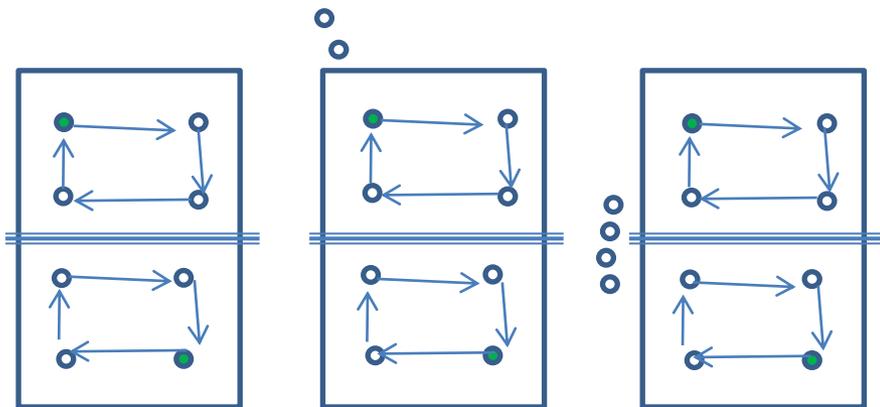
- Allow the players to catch and throw the ball as they like
- Allow the players to move into position as they want
- Have the team rotate when they win a point

When players become used to catching, throwing and moving introduce the rules of the game.

- Ball can only be caught away from the body
- Players can only throw the ball from over their heads or from between their legs
- One handed throws are not allowed
- Players are not allowed to move after they catch the ball
- Introduce rotation after they throw the ball over the net
- Team that throws the ball must have rotated before the ball is thrown back over the net

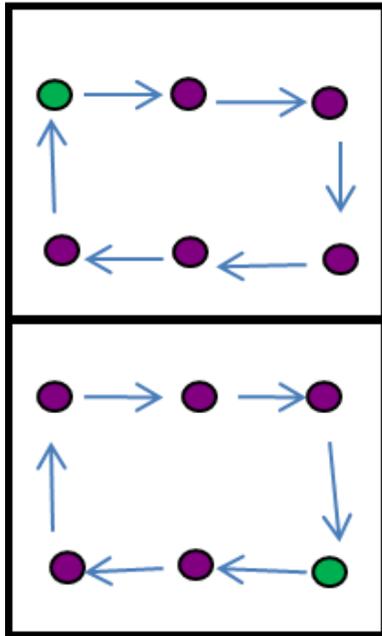
Other rules that may be introduced when players become skilled at the game:

- Two players cannot touch/catch the ball together or one after the other
- Ball must be caught cleanly - no fumbling
- Must always face the net when moving

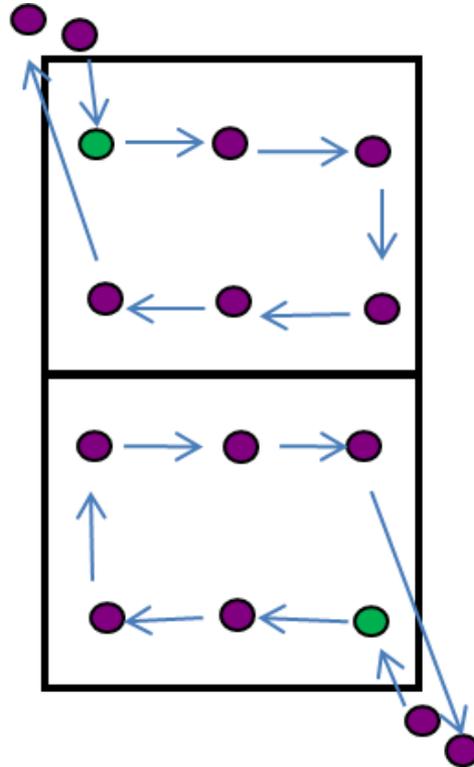


VOLLEYBALL FOR BEGINNERS

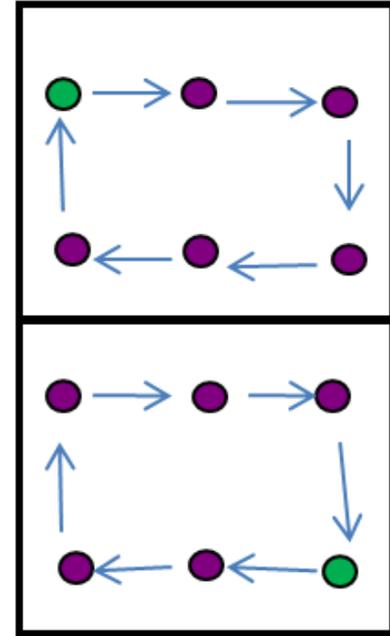
For Schools With Only One Court



With 6 players on court



With more than 6 players on court



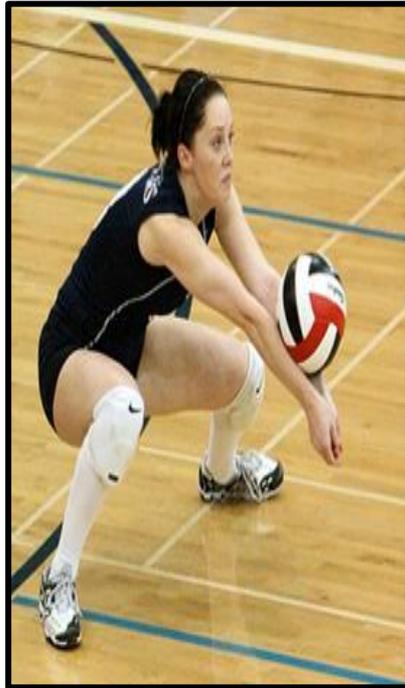
Champion of the court

VOLLEYBALL FOR BEGINNERS – 4v4 VOLLEYBALL

Basic Elements of 4v4 Volleyball



Overhead Pass



Underhand Pass



Drive Spike



Underhand Serve

VOLLEYBALL FOR BEGINNERS – 4v4 VOLLEYBALL

OVERHEAD PASS

The Three Most Important Features Are:



Ball Contact Area:
Play the ball with all of
the fingers



**Relationship Of Ball
To Body:**
Player is under and
behind the ball

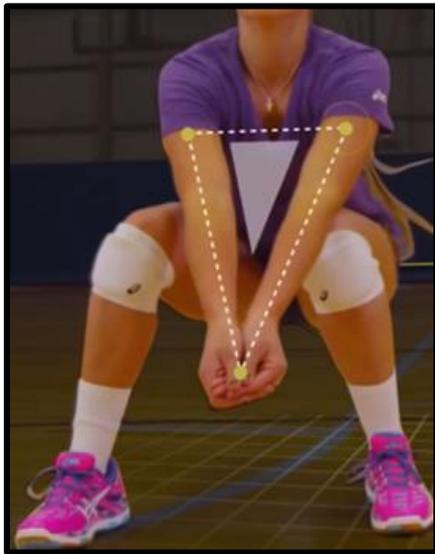


Physical Movement:
Whole body extension

VOLLEYBALL FOR BEGINNERS – 4v4 VOLLEYBALL

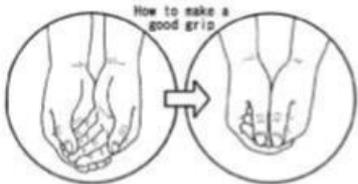
UNDERHAND PASS

The Three Most Important Features Are:



Ball Contact Area:

The ball is played with outstretched arms and thumbs together



Relationship Of Ball To Body:

Keep your body behind the ball



Physical Movement:

Stretching from the legs

VOLLEYBALL FOR BEGINNERS – 4v4 VOLLEYBALL

DRIVE SPIKE

The Three Most Important Features Are:



Basic Posture:
Jump from two feet
under the ball



Physical Movement:
Reach up to the ball



Ball Contact Area:
Hit the ball with open
hand and use the wrist

VOLLEYBALL FOR BEGINNERS – 4v4 VOLLEYBALL

SERVE

The Three Most Important Features Are:



Physical Movement:

Pendular arm swing with outstretched arm parallel to the body starting in the legs



Relationship Of Ball To Body:

The ball is tossed low and is hit from behind and under the ball

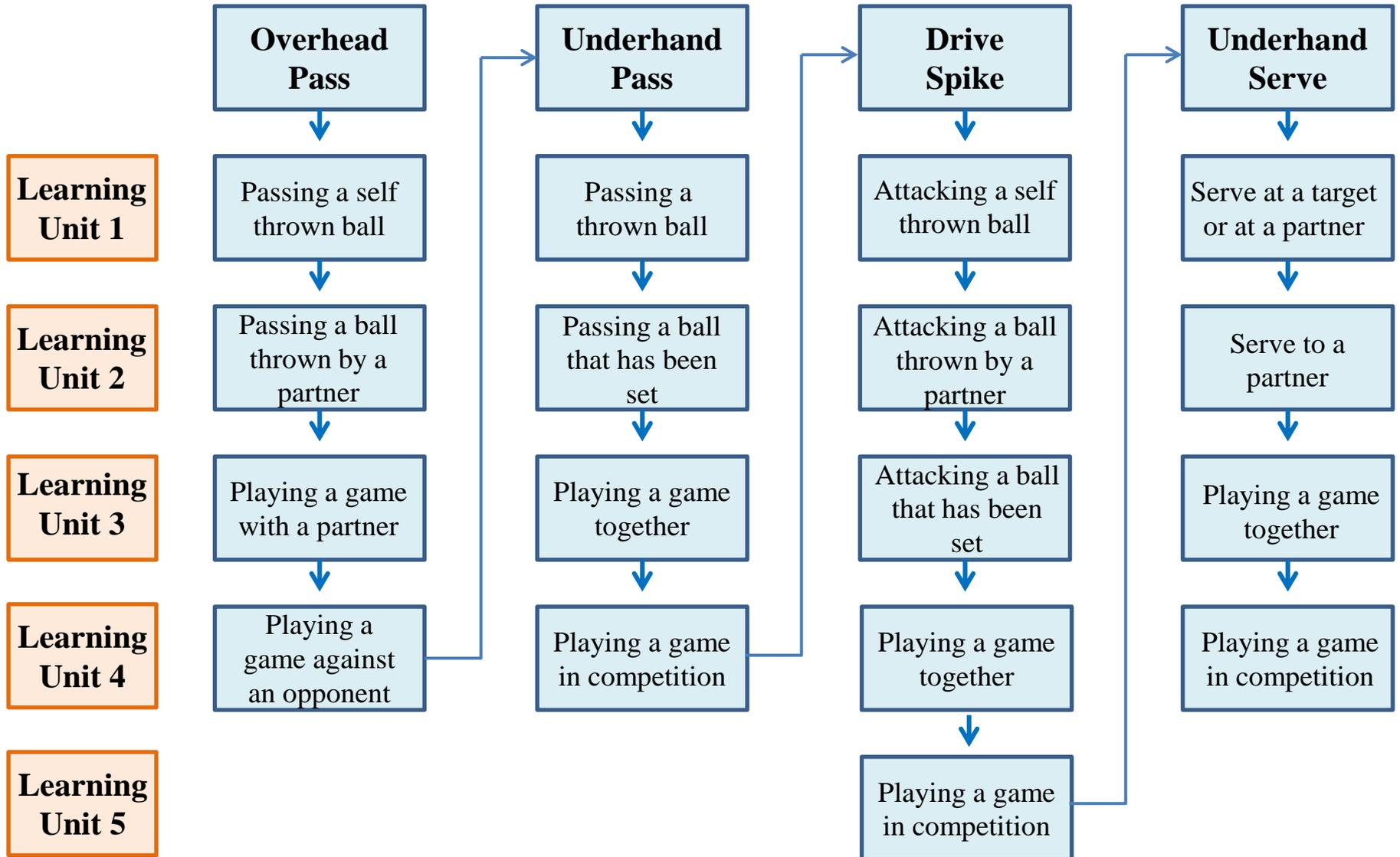


Ball Contact Area:

The ball is played with the heel of the open hand

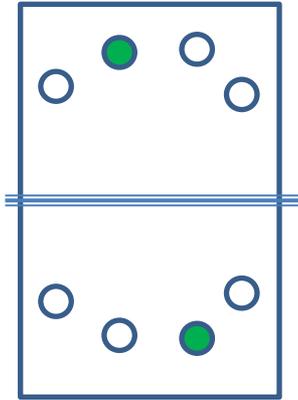
VOLLEYBALL FOR BEGINNERS – 4v4 VOLLEYBALL

Learning Units of 4v4 Volleyball (FIVB)



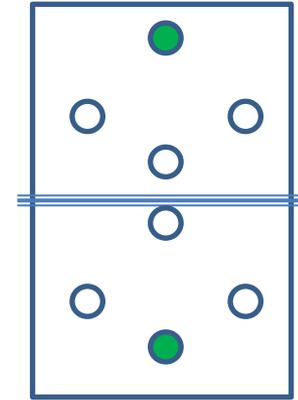
VOLLEYBALL FOR BEGINNERS – 4v4 VOLLEYBALL

SITUATION SPECIFIC VERSUS POSITION SPECIFIC



Situation Specific

Players are challenged with making different decisions



Position Specific

The setter and her position is fixed from the start of play



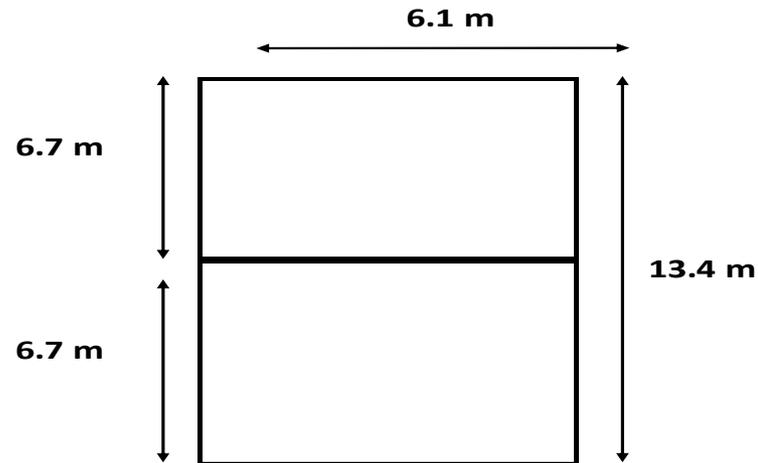
4v4 Volleyball Rules



- For those schools familiar with SpikeBall- 4v4 volleyball is effectively the same game however the second touch must be a volley or forearm pass. There is no catching the ball.
- For schools new to the rules please read below for all info. If you have any questions please contact cdo@volleyballireland.com

1. 4v4 Volleyball Court Dimensions

1.1 The size of the court is a doubles Badminton Court.
The court is 6.1 meters wide and total length of court is 13.4 meters.
A net divides the court in two, each side is 6.7 meters in length.



1.2 If using a doublesBadminton court markings, the outside lines are the boundary lines. If no court lines are available court markings can be made using masking tape for the rectangular outline.

2. Net Height

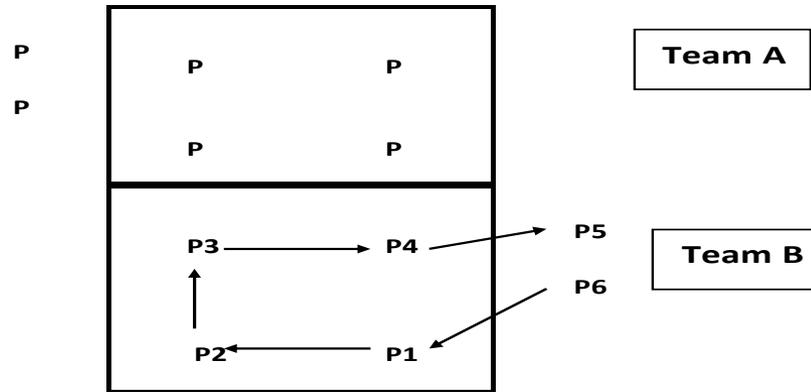
2.1 Primary Schools Championships 2 m

2.2 Suitable nets

Portable Net Systems
Volleyball/Badminton Net set to appropriate height
Rope or Horsetape set to appropriate height

3. 3.1	Match Ball The type of ball used must be soft. Recommended type is Mikasa V180 to V230 range (available from VAI office). No plastic, nylon wound or heavy ball permitted.
4. 4.1 4.2 4.3 4.4	Team Composition Each team must consist of 6 players, 4 players on court and 2 substitutes. A team may have a larger panel of players, however only 6 players can be declared for each game. At National Finals a new team list must be submitted before the commencement of a match if there are any changes to the original team list handed in. No player can play on two teams in the same competition Mixed teams must consist of 3 boys and 3 girls with 2 boys and 2 girls on court at all times.
5. 5.1 5.2	Rotation and Substitutions Rotation Team must rotate one position clockwise when: <ul style="list-style-type: none">▪ Team wins back the right to serve▪ After three consecutive serves by the same player Substitution <ul style="list-style-type: none">▪ Automatic substitutions occur each time a team rotates.▪ The player in the front right position goes off and the substitute goes on to serve.▪ Substitutions are made automatically without any signal required from coach or referee.

Explanation of rotation and substitution



Team wins back the right to serve

Team A served to start the rally. Team B win the rally, gaining a point and the serve. Team B rotate one position clockwise as indicated by the arrows. Player in front right position, P4, goes off the court and substitute, P6, comes on to court in back right position to serve.

Player serves 3 times in a row and team still have service

Serving player in Team B, P1, has served 3 times in a row and Team B has won each of those rallies, keeping the service. Team B rotate one position clockwise as outlined above with substitute, P6, coming in to serve.

6. Player Injury

6.1 In the case of an injury during a match, if the injured player cannot play on, the team may continue that match with 5 players.

6.2 For any subsequent matches the injured player can be replaced by an appropriate player from a larger panel. At National Finals a new team list must be submitted. The injured player can take no further part in the competition.

6.3 If a team does not have 6 players for any subsequent match they will forfeit the match.

<p>7.</p> <p>7.1</p> <p>7.2</p> <p>7.3</p> <p>7.4</p> <p>7.5</p> <p>7.6</p>	<p>Game Rules</p> <p>A serve over the net is used to start the rally. Serving options include:</p> <ul style="list-style-type: none">▪ Underarm serve▪ Overarm serve <p>It is not a fault if the ball touches the net and goes over on service.</p> <p>Encouraged 3 touches but ball can be played back over on the second or third touch</p> <p>1st touch can be a volley or a forearm pass/dig</p> <p>2nd touch can be a volley or forearm pass/dig</p> <p>3rd touch can be a hit/spike, volley or forearm pass/dig over the net.</p> <p>The block is not counted as a touch. The ball may be blocked directly back onto opponent's court. If the ball is touched by the block but not blocked into opponent's court, a further three touches must be used to direct ball back into opponents court.</p> <p>Ball cannot be played below the waist or played with the head</p> <p>The ball can touch the net at any stage.</p> <p>A player is not permitted to touch the net.</p>
<p>8.</p> <p>8.1</p>	<p>Faults</p> <p>Ball Handling Faults</p> <ul style="list-style-type: none">▪ On all touches no catching, throwing, slapping or lifting of the ball is permitted.▪ Low balls which are played with a forearm pass/dig must be played

	<p>cleanly with the forearm, no slapping/lifting of the ball with fingers/palms allowed.</p> <ul style="list-style-type: none"> ▪ On the 3rd touch the ball cannot be slapped down into opponent's court with two hands <p>8.3 Net Faults</p> <ul style="list-style-type: none"> ▪ A player is not permitted to touch the net during the action of playing the ball or attempting to play the ball <p>8.4 Service Faults</p> <ul style="list-style-type: none"> ▪ Server is not permitted to touch or cross over the baseline with their feet when serving. ▪ If using an Underarm serve, it is a fault to serve the ball off the palm/hand, the ball must be released before contact. <p>8.5 Other Faults</p> <ul style="list-style-type: none"> ▪ Blocking an opponent's serve is not permitted ▪ A player may not play the ball two times consecutively (Exception – if a player contacts the ball on a block that player may play the ball again as one of the three touches) ▪ Ball is out when the ball contacts the floor or any obstacle outside the boundary lines (Note a player is permitted to play the ball outside of the court. In doing so the player is keeping the ball in play.) ▪ A player is not permitted to cross under the net onto opponent's court ▪ Team fails to play the ball over the net using three touches (Exception: If a ball is blocked)
<p>9.</p> <p>9.1</p>	<p>Time Outs</p> <p>Only at National finals and to be decided by VI in the Final schedule each year</p>