

Fundamental Stage  
DISCOVER: 6-10yrs



**VLI**  
Volleyball  
Ireland

# Funda Volley Coaching Guide

Resources to deliver the Fundamental stage of the  
Long Term Player Development Model

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## **The FUNdamentals Programme**

The FUNdamentals Programme is an introductory Volleyball Programme targeting 6 to 10 year old children. The overall aim of the programme is to develop children's Fundamental Movement Skills (FMS) through a variety of FUN activities and provide an age appropriate FUN introduction to the game of Volleyball. The FUNdamentals game is a simple adapted game that is presented and taught through three Levels preparing players to progress onto playing Volleyball. The FUNdamentals Programme encourages:

- Movement, Movement and **MORE** Movement!
- Active involvement with activities offering children a learning opportunity while having fun with friends.
- More children to start playing Volleyball at an earlier age and continue playing Volleyball.

### **The FUNdamentals Programme aims to:**

- Promote Volleyball activity in the 6 to 10 year old age group.
- Make a positive contribution to a child's physical development.
- Develop a child's social skills – turn taking/sharing/cooperating/negotiating and values such as trust/fairness and respect for others.
- Develop self confidence, self esteem and a positive attitude.
- Develop Fundamental Movement Skills through fun activities.
- Introduce basic Volleyball specific movement patterns – movement forward, backward and to the side.
- Develop basic elements and lead up activities related to some of the Volleyball techniques.
- Provide an adapted game (FUNdamentals) and participation events suitable to the age group.
- Introduce basic principles of Volleyball, keep the ball off the ground on own side of the court and try and get the ball onto the ground on opponent's side.
- Introduce basic tactical knowledge, playing the ball into space where your opponent is not.
- Introduce simple rules and ethics of the sport.
- Encourage continued participation in the sport and a positive attitude to physical activity.
- Provide developmentally appropriate training and resources for Teachers and Coaches.

**The FUNdamentals Programme includes:**

- Resource manual with lots of FUN activities to develop Fundamental Movement Skills and Volleyball specific skills.
- An Adapted game, the FUNdamentals Game, taught in three Levels.
- Certificates for children completing each of the three Levels.
- Adapted equipment.
- Practical workshops for Teachers and Coaches.
- Fun Festivals organised on a local basis.

**The FUNdamentals resource manual includes:**

- Tips for Coaches/Teachers working with this age group.
- Fundamental Movement Skills.
- Rules of the FUNdamentals Game.
- Generic session plan, what to include in each session.
- Warm up activities.
- Fun activities to help develop Fundamental Movement Skills.
- Fun activities to develop basic Volleyball specific movement and skills.
- Fun activities to develop general coordination, hand eye coordination and ball handling skills.
- Lead up activities to introduce some of the Volleyball skills, Underarm Serve, Forearm Pass/Dig, Volley, Hit.
- 1 v 1 / 2 v 2 catch and throw developmental games.

## **Characteristics of children 6 to 10 years of age and learning:**

- Play is a natural state.
- Learn many skills through play activities.
- Need to move.
- Like being with their friends.
- Learn many skills by copying others.
- Like to experience success.
- Lose confidence quickly if they do not succeed in a task.
- Are interested in new things and inquisitive.
- Have a short attention span.
- Can quickly become bored with doing many repetitions of the same thing.
- Get better at cooperating with other children in different size groups as they get older.
- Need to play, have fun, move around and enjoy themselves with friends.

## **Guidelines for Coaches/ Teachers**

- Children are not mini adults so activities must be adapted to their development needs.
- Make sure the session is FUN and keep the children active.
- Use a variety of games and activities.
- Find different ways of practicing the same thing.
- Provide lots of positive encouragement.
- Limit information and feedback to what is essential.
- Be clear and concise.
- Use the learning route – Demo, Do, Demo with Focus, Do with Feedback.
- Try to place yourself in the thinking world of the child and speak in their language.
- Develop activities and skills in small steps so that success is possible.
- Progress from simple movement skills to more complex ones.
- Foster confidence through achievement and success.
- Encourage children to use both sides of their body.
- Provide with simple and clear exercises for individuals or small groups to generate more ball contacts and prevent inactivity with children queuing.
- Make sure that children practise with different children all the time.

## **The Use of Questioning to Enhance Learning**

If children are asked questions it gives them an opportunity to solve a problem. They will try very hard to solve it and when they do the solution that they have generated is their own. They will have an enhanced ownership of the solution, than if they were told how to do something, what to do or why to do it. Solving problems through questioning enables children to explore, discover, create and generally experiment with a variety of movement and tactical processes. There are three different types of questions that the children could be asked.

### **1. Skill Questions:**

Help to develop purposeful feedback and skill awareness. e.g. What and Where? Where did your arm finish up after you released the ball?

### **2. Tactical Questions:**

Help to develop decision making and problem solving with respect to the strategies of the game or activity. e.g. How and Why? How can you and your partner work together to score a goal?

### **3. Review Questions:**

Help to develop thinking skills in relation to modifying activities and making them more challenging, enjoyable and inclusive. e.g. what did you enjoy/learn about this activity? And what would you change about this activity?

## **Fundamental Movement Skills (FMS)**

Fundamental Movement Skills are the basic skills that provide a foundation for all physical activities. Fundamental Movement Skills are movement patterns that involve different body parts such as legs, arms, trunk and head and include skills such as running, hopping, catching, throwing, striking and balancing. These basic skills underpin all movement and sports skills, without them, the opportunities for developing and improving specific skills in later years will be more limited. Having these skills is an essential part of enjoyable participation and a lifelong interest in an active lifestyle. Research reveals children attribute low motor skills as a major barrier to participation in physical activity and drop out from organised sport as they can not perform the skills well enough to play the game successfully.

The LISPA Framework (Lifelong Involvement in Sport and Physical Activity) and LTPD Model (Long Term Player Development) provide guidance and direction for Coaches, Teachers and Parents about appropriate and beneficial lifelong development in sport. The FUNdamentals Level focuses on children aged between approx. 6 and 10 years of age and details the physical, psychological, emotional and social skills and abilities that are possible to develop. This is a time when the activities and guidance young children experience often shape their perceptions of sport, their enjoyment of it and their desire to be involved at a later Level in their lives. The FUNdamental Level provides a positive, enjoyable and FUN approach so that the child can develop a love of sport and physical activity. Fundamental movement skills are learned through play, FUN activities that develop both movement and more general skills and basic, appropriate and enjoyable games. These early Levels also provide an opportunity to introduce children to the basic spirit/ethos of sport and develop a wider range of personal attributes and capacities that will help children develop as individuals as well as sports participants

The **Fundamental Movement Skills** are sub divided into three categories:

**Locomotor Skills:**

Involve the body moving any direction from one point to another.

**Body/Stability Skills:**

Involve the body balancing either in one place (static) or while in motion (dynamic).

**Object/Manipulative Skills:**

Involve handling and controlling objects with the hand, foot or an implement.

Locomotor Skills	Body/Stability Skills	Object/Manipulative Skills
Walking	Agility	Catching
Running	Balance	Throwing
Sprinting	Coordination	Underarm Throw
Jumping	Rotation	Over arm Throw
Hopping	Landing	Passing
Leaping	Twisting	Kicking
Skipping	Turning	Dribbling
Dodging	Stopping	Forehand strike
Side Gallop		Bounce

These Fundamental Movement Skills are the building blocks to develop more complex and sport specific skills used in play, games, sports, dance, gymnastics, and physical recreation activities. Fundamental Movement Skills largely rely on the ABC's of movement – Agility, Balance, Coordination and speed. It is important at this age that all skills are focused on to support the child's physical development and long term health and well being. The majority of these skills are very important in a Volleyball context especially including:

- Balance
- Coordination
- Agility
- First step quickness and fast feet
- Movement in all directions – forward/back/side to side
- Level Changes – Movement up and down movement
- Slowing down movement and stopping
- Jumping
- Landing
- Twisting
- Turning
- Striking with hands
- Control



## Locomotor Skills

<b>Walking</b>	<p><b>Description:</b> Walking is the transfer of weight from one foot to the other while moving forwards or backwards. One foot is always in contact with the ground and arms swing freely in opposite directions.</p> <p style="text-align: center;"><b>Skill Characteristics</b></p> <ul style="list-style-type: none"> <li>• Hold body up straight, with good posture.</li> <li>• Keep head up and look straight ahead.</li> <li>• Swing arms freely and naturally in opposition to feet.</li> <li>• Point toes straight ahead.</li> <li>• Use a heel toe action.</li> <li>• Take easy strides</li> </ul>
<b>Running</b>	<p><b>Description:</b> Running is moving at a speed faster than a walk with a period of suspension when both feet are off the ground at the same time.</p> <p style="text-align: center;"><b>Skill Characteristics</b></p> <ul style="list-style-type: none"> <li>• Eyes focused forward throughout the run</li> <li>• Knees bent at right angles during recovery phase</li> <li>• Arms bent at elbows and move in opposition to legs</li> <li>• For slow running/jogging land on the heel of the foot and roll onto the ball of the foot for take off</li> <li>• Body leans slightly forwards</li> </ul>
<b>Sprinting</b>	<p><b>Description:</b> Sprinting is to race or move at full speed, especially for a short distance.</p> <p style="text-align: center;"><b>Skill Characteristics</b></p> <ul style="list-style-type: none"> <li>• Eyes focused forward</li> <li>• Head and trunk stable</li> <li>• Arms drive forward and back in opposition to legs</li> <li>• High knee lift</li> <li>• Land on balls of feet</li> </ul>
<b>Jumping</b>	<p><b>Description:</b> Jumping is the transfer of weight from one or both feet to both feet.</p> <p style="text-align: center;"><b>Skill Characteristics</b></p> <ul style="list-style-type: none"> <li>• Eyes focused forward and upward</li> <li>• Crouch with knees bent and arms behind body</li> <li>• Forceful forward and upward swing of the arms</li> <li>• Legs straighten in the air</li> <li>• Land on balls of the feet and bend knees to absorb landing</li> <li>• Controlled/balanced landing</li> </ul>

<b>Hopping</b>	<b>Description:</b> Hopping is a springing action that involves taking off from one foot and landing on that same foot.
	<p style="text-align: center;"><b>Skill Characteristics</b></p> <ul style="list-style-type: none"> <li>• Body upright and looking forward</li> <li>• Arms bent at the side</li> <li>• Support leg bends on landing and straightens on push off</li> <li>• Land and push off the ball of the foot</li> <li>• Non support leg bent and swings in rhythm with support leg</li> <li>• Arms bent and swing forward and upward to produce thrust</li> <li>• Soft landing on balls of the feet</li> </ul>
<b>Leaping</b>	<b>Description:</b> Leaping is a jumping action that is a large jump from one place to another
	<p style="text-align: center;"><b>Skill Characteristics</b></p> <ul style="list-style-type: none"> <li>• Eyes focused forward throughout the leap</li> <li>• Knee of take off leg bends</li> <li>• Legs straighten during flight</li> <li>• Arms help in opposition to legs</li> <li>• Trunk leans slightly forward</li> <li>• Land on ball of foot and bend knee to absorb landing</li> <li>• Forward movement sustained throughout the leap</li> <li>• Controlled/balanced landing</li> </ul>
<b>Skipping</b>	<b>Description:</b> Skipping is a combination of a long step and a hop, first on one foot, and then on the other, it has an uneven rhythm.
	<p style="text-align: center;"><b>Skill Characteristics</b></p> <ul style="list-style-type: none"> <li>• Shows a rhythmical step hop sequence</li> <li>• Lands on ball of foot</li> <li>• Knee of support leg bends to prepare for hop</li> <li>• Head and trunk stable</li> <li>• Eyes focused forward</li> <li>• Arms relaxed and swing in opposition to legs</li> </ul>
<b>Dodging</b>	<b>Description:</b> Dodging involves quick, deceptive changes in direction to evade, chase or flee from an opponent. When dodging, knees are bent and the body shifts rapidly in a sideways direction.

	<p style="text-align: center;"><b>Skill Characteristics:</b></p> <ul style="list-style-type: none"> <li>• Eyes focused in direction of travel throughout</li> <li>• Change direction by bending knee and pushing off the outside foot</li> <li>• Change of direction occurs in one step</li> <li>• Body lowered during change of direction</li> <li>• Able to dodge repeatedly equally well on both sides</li> </ul>
<p><b>Side Gallop</b></p>	<p><b>Description:</b> The side gallop is a unique locomotor movement skill in that the individual is moving sideward's while the body and sometimes eyes are facing forwards.</p> <p style="text-align: center;"><b>Skill Characteristics</b></p> <ul style="list-style-type: none"> <li>• Smooth rhythmical movement</li> <li>• Brief period when both feet are off the ground</li> <li>• Weight on balls of feet</li> <li>• Hips and shoulders point to the front</li> <li>• Head stable</li> <li>• Eyes focused forward or in the direction of travel</li> </ul>

## Body/Stability Skills

Skill	Skill Characteristics
<b>Balance</b>	<p><b>Definition:</b> Balance is attained when the centre of gravity is over the base of the support. Balance can be either static or dynamic. The body can be stationary (static) or moving (dynamic).</p> <p><b>Static balance</b></p> <ul style="list-style-type: none"> <li>• Width of base of support</li> <li>• Arms (or legs) of support in counterbalance</li> <li>• Good posture so that the centre of gravity is in the right position</li> <li>• Head up, eyes forward</li> </ul> <p><b>Dynamic balance</b></p> <ul style="list-style-type: none"> <li>• Feet flat on the floor with toes extended</li> <li>• Arms may be held away from the body to assist</li> <li>• Segments straight and still with knees slightly flexed</li> <li>• Head up eyes forward, focused on a fixed spot, watching and waiting to respond</li> </ul>
<b>Coordination</b>	<p><b>Definition:</b> Movement that is skilful, well balanced and precisely timed is coordinated.</p> <ul style="list-style-type: none"> <li>• Feet in a well balanced ready position</li> <li>• Arms extended or bent</li> <li>• Body balanced while moving with eyes focused on target</li> <li>• Concentrated, watching and waiting to respond</li> </ul>
<b>Agility</b>	<p><b>Definition:</b> Agility is the ability to control the body in dynamic situations. It involves moving quickly and skilfully, starting, stopping and then starting again, possibly in a different direction, while maintaining stability.</p> <ul style="list-style-type: none"> <li>• Feet in a well balanced and appropriate position for the movement</li> <li>• Arms close to the body extended or bent</li> <li>• Body dynamically balanced while moving at speed and under control to start, stop and change direction</li> <li>• Concentrated and focused</li> </ul>

## Object/Manipulation Skills

<b>Catching</b>	<p><b>Description:</b> When catching the body controls a ball or object relying on the ability of the eyes to track the ball into the receiving part of the body.</p>
	<p style="text-align: center;"><b>Skill Characteristics</b></p> <ul style="list-style-type: none"> <li>• Eyes focused on object throughout the catch</li> <li>• Feet move to place body on line with object</li> <li>• Preparatory position elbows bent and arms in front of the body</li> <li>• Hands move to meet the object</li> <li>• Hands and fingers relaxed and slightly cupped to catch the object</li> <li>• Catches and controls the object with hands</li> <li>• Elbows bent to absorb force of the object</li> </ul>
<b>Underarm Throw</b>	<p><b>Description:</b> An underarm throw is a style of throwing in which the hand is swung below shoulder level.</p>
	<p style="text-align: center;"><b>Skill Characteristics</b></p> <ul style="list-style-type: none"> <li>• Ball held with the fingers in front of the body</li> <li>• Throwing arm extended down and back to full extension</li> <li>• Step towards the target with the foot opposite the throwing arm</li> <li>• Throwing arm follows through with fingers pointed at the target</li> </ul>
<b>Over arm Throw</b>	<p><b>Skill Description:</b> An over arm throw is a style of throwing in which the hand is swung above shoulder level.</p>
	<p style="text-align: center;"><b>Skill Characteristics</b></p> <ul style="list-style-type: none"> <li>• Eyes focused on target throughout the throw</li> <li>• Stand side on the target</li> <li>• Throwing arm nearly straightened behind the body</li> <li>• Step towards the target with the foot opposite the throwing arm</li> <li>• Hip then shoulder rotate forward during the throw</li> <li>• Throwing arm follows through</li> </ul>
<b>Passing</b>	<p style="text-align: center;"><b>Skill Characteristics</b></p> <ul style="list-style-type: none"> <li>• Eyes focused on the target</li> <li>• Ball held with both hands in front of the chest</li> <li>• Keep elbows close to the body</li> <li>• Fingers spread with thumbs behind the ball</li> <li>• Forward step, arms and fingers extended and ball pushed in the direction of the target</li> </ul>

<b>Kicking</b>	<b>Description:</b> Kicking involves applying a force to an object with the foot or the leg. It requires good foot to eye coordination.
	<b>Skill Characteristics</b>
	<ul style="list-style-type: none"> <li>• Eyes focused on the ball throughout the kick</li> <li>• Non kicking foot placed near the ball</li> <li>• Bend knee of kicking leg at least 100 degrees during backswing</li> <li>• Forward and sideward swing of arm opposite kicking leg</li> <li>• Contact ball with top of foot or instep</li> <li>• Kicking leg follows through towards target area</li> </ul>
<b>Dribbling</b>	<b>Description:</b> Dribbling is moving a ball along by a rapid succession of small kicks or pushes.
	<b>Skill Characteristics</b>
	<ul style="list-style-type: none"> <li>• Eyes looking in the direction of travel</li> <li>• Ball kept close to the feet</li> <li>• Inside of each foot is used alternatively to push or trap the ball</li> <li>• Head over the ball</li> <li>• Body bent slightly forward</li> </ul>
<b>Forehand Strike</b>	<b>Description:</b> The ball is struck with the fleshy part of your underarm in an underhand motion.
	<b>Skill Characteristics</b>
	<ul style="list-style-type: none"> <li>• Eyes focused on ball throughout strike</li> <li>• Stand side on to target (Bat held in one hand)</li> <li>• Striking hand nearly straightened behind shoulder at end of backswing</li> <li>• Step towards the target with foot opposite striking arm</li> <li>• Hip then shoulder rotation forward during the strike</li> <li>• Follow through striking arm towards the target</li> </ul>
<b>Bounce</b>	<b>Description:</b> To move in one direction, hit a surface (such as a wall or the floor), and then quickly move in a different and usually opposite direction.
	<b>Skill Characteristics</b>
	<ul style="list-style-type: none"> <li>• Eyes focused forward throughout the bounce</li> <li>• Contact the ball with the fingers of one hand at about hip height</li> <li>• Wrist and elbows bend then straighten to push the ball</li> <li>• Hips and knees slightly flexed during the bounce</li> <li>• Ball bounces in front of and to the side of the body</li> </ul>

## Teaching the FUNdamentals Programme

As outlined the FUNdamentals Game is taught in three Levels, with progressions added at each Level to increase the level of difficulty, introduce new skills and further develop and challenge the players. Players progress from catching and throwing the ball in any way to catching and throwing in a way that mimics the action of some of the Volleyball skills to using the actual skills of the Forearm Pass and Overhead Pass (Volley). Movement is central to the game from the very beginning and players learn to refine their movement on the court as the Levels progress to more volleyball specific movement patterns. The following are the key areas to be focused on at each Level:

### Level 1

- Develop ABC's
- Develop FMS
- Movement
- Hand eye coordination
- Basic catch and throw activities

### Level 2

- Develop ABC's
- Develop FMS
- Movement
- Ball handling skills
- Continue to progress catch and throw activities to more volleyball related actions
- Catch/Throw the ball with two stretched arms – basic movement for the Forearm Pass/Dig
- Catch/Push the ball from just above the head – basic movement for the Overhand Pass/Volley

## Planning a session

When planning a FUNdamentals session, the ISpike acronym is a good tool to use to help you to plan!

<b>I</b>	Intro Warm up	Select from Fun Warm Up Games.
<b>S</b>	Start with a game	3 v 3 FUNdamentals game.
<b>P</b>	Practice skills	Ball handling/movement/individual, in pairs, small groups.
<b>I</b>	Inject some variety	More fun activities selecting from relays/ warm up games/ABC activities/devise fun tasks combining skills.
<b>K</b>	Keep practicing skills	1&1, 1v1 and 2&2, 2v2 challenges and games.
<b>E</b>	End with a game	3 v 3 FUNdamentals game.

- For a session duration of 1 hour, allocate approx. 10 minutes to each section.
- For shorter sessions, shorten the time allocated to each section, and/or eliminate section 4 (I – inject some variety).
- The previous chapter, Teaching the FUNdamentals Programme, identifies the skills to be developed at each Level of the programme.
- Ensure your sessions are focused, know what you want to improve and what you want the players to be able to do at the end of the session.
- Progress from simple activities and exercises to more complex ones as the players develop.
- Challenge by change! – Each activity listed in the manual can be altered and made more challenging by changing the following.
  - Distance
  - Time
  - Ball trajectory
  - Speed
  - Tempo
  - Angles
- Try and use the net as much as possible to keep the activity Volleyball related.
- Be ready to adapt activities to ensure success.
- Keep all active and include plenty of movement in the session.
- Most of the activities and exercises in this manual are individual or working in pairs to maximise players contact with the ball.



## Warm Up Games

- Set the boundary for the warm up area.
- Players must remain inside this area for the warm up activity.
- Keeping the activity to the confines of the court or something smaller than the entire hall will keep things moving.
- For large numbers, divide into smaller groups for warm up activity.

### **Commando:**

Split the group into two / three teams. Their aim is to reach the opposite side of the hall. Each team stands in a line at one side of the hall with their legs spread apart. The person at the back then crawls underneath all of the pairs of legs and then becomes the person at the front. Once they have reached the front of the line, the child then has to shout next, so the person at the back knows when to start. The first team to the opposite end of the hall is the winner.

### **Line Weave:**

Players divided into groups of approx. 6 stand in line full arm distance apart. Player at the back weaves through the line of players and then becomes the person at the front. Person now at the back goes, repeat until line reaches the opposite end of the hall.

### **Leapfrog:**

In pairs or in small groups in a line players leap frog over one another from one side of the hall to the other.

### **Snake Game:**

Split into small groups, each group forms the shape of a snake (standing in line one behind the other). Whatever action the head of the snake does, the body of the snake must copy the action while moving around the hall.

### **Cups and Saucers:**

Place enough small flexi cones on the floor so that there is at least one for each child. Half of them need to be placed on the floor in the normal way, and half upside down. This creates the cups and saucers. Divide the class in two, depending on whether they are a cup or saucer and they have to turn the flexi cones over for their team. The team with the most cones turned over within a set time, e.g. 30 seconds, wins. The game

can be repeated by lengthening the time, travelling in a specific way e.g. hopping, or having an uneven split of cones to start with.

### **Dumping Ground:**

Players are divided into four teams, each in one corner. Each team is given an equal number of equipment items e.g. beanbags, balls, pieces of paper etc. At the signal players start 'dumping' the objects from their corner in others' corners. Each player can only carry one object at a time, and no throwing or blocking other players is allowed. The game continues until the stop signal is given. The team with the least amount of equipment in their corner is the winner.

### **Treasure Chest:**

Players are divided into four teams, each in one corner. Balls are placed in the centre of the hall. At the signal one person from each team runs and collects a ball from the centre and throws it back to their team, they return to their corner and then the next person on their team goes. Each player can only collect one ball at a time. The game continues until all the balls are gone from the centre.

### **Trains:**

Partners hold onto the waist of the person in front pretending to be a train. The leader calls directions for example, the train is travelling slowly. Then vary the movements by adding fast, speed up, slow down, back up, go around the hill. Have players avoid breaking up or bumping into another train.

### **Scrambled Eggs:**

One player starts with the ball, the others players are positioned nearby. Each player is assigned a different colour. The player with the ball throws it in the air and calls out a colour. The player with that colour runs for the ball while others scatter away. Upon capturing the ball the player yells "Stop" and everyone must freeze in a standing position with their legs spread apart. The player with the ball attempts to roll it through the legs of the nearest person. If successful, the new person retrieves the ball and starts again.

**Circle Soccer:**

Circles of four to six players' feet spread to form the "goal" and touching the players' feet on either side to form a tight circle. Using one hand to shoot, the other to guard the goal, try to score by shooting the ball through the legs of any other goal.

**Hand Soccer:**

Only one hand may touch the ball, no goalies. Goals are formed with a pair of kneepads (either two teams end line to end line or four teams sideline to sideline).

**Follow the Leader:**

Follow a leader around the gym for a couple of minutes and mimic all he/she does. A leader begins performing any movement and can change the type, speed, level, and/or plane of the movement, switch to a different movement,

**Team Hot Potato:**

Divide players into two teams positioned on either side of the net. Each player starts with a ball and rolls the ball to the other side of the court. This continues until the teacher/coach calls stop, the winning side is the side with the least Volleyballs on their side of the court.

**Ball Hunt:**

About 20 - 30 numbered balls or any items of equipment are scattered around the hall. Players are divided into teams and given a list of the numbered balls/items they must bring back (e.g., 7, 11, 17). When the whistle blows, the students run to look for the balls/equipment and bring them back to the start line. The team that returns with all their equipment first is the winning team.

**Circle Jumps:**

In a circle, each player does the jump the leader does. The leader does such jumps as wiggle hips in the air, touch ankles, fake spike with follow through; jump with side kick, tuck ups, jump and block, jump and turn, star jump, jump up really straight etc.

### **My Bonnie Lies Over the Ocean:**

Half the group is squatting, the other half standing, in alternation. Sing the song and on every "B" sound, switch to standing or squatting.

### **Clumpers:**

It starts out as everyone collects in one big group. The coach initially calls out a number, usually a number between two and 15. The number shouldn't be more than half of the number of total players. When the number is called, everyone must try to collect in a group that contains that number of players. The group members should be latching arms or have their arms wrapped around each other so that the coach can see who is in the group.

### **Animals:**

Players divide into two lines facing each other across the room. Each player is assigned an animal with at least one other player being the same animal. After being given a moment of thought, everyone in the room acts like the assigned animal and walks (crawls, flaps, waddles, etc.) around the court in search of their species. No human language is allowed!

### **Name Toss Game:**

Get group into a circle. One person starts with a ball they have to say someone's name and throw the ball to them. That person says name of different person and throws the ball to them. Game continues until everyone receives the ball once without the ball dropping. Continue in the same sequence, add a second ball.

### **Fun Relays:**

Divide group into relay teams and set different conditions e.g. different ways of moving – running, hopping, skipping, shuffling, side stepping, with or without a ball.

## Tag Games

- Tag games as a warm-up should allow a player, once tagged, to get active right away, or sit out only for a very brief amount of time.
- Ask the players devise rules/actions to use to make it different.
- You can vary the fleeing motor skill, choosing to hop, skip, jump, gallop, etc., not just run.

### Stuck in the Mud:

Two players are 'on' and must chase the others to try and catch them all within a specified area. When caught a player must remain stuck in the mud which means standing with legs apart. The player stuck can be released by having another player dive or slide under their legs. The two players that are on are given one minute to try and catch everybody, then change so two different players are on.

### Turtle Tag:

Two players are 'on' and must chase the others to try and catch them all within a specified area. When a player is caught they must lie on the ground on their back, as if they are a turtle rolled onto their back, wriggling arms and legs. To be released another person must roll them back onto their side.

### Snake on the Court:

Two players are 'on' and must chase the others to try and catch them all within a specified area. When a player is caught they become a snake, lying on their stomach with arms crossed behind the back trying to slither on the ground. Game continues until all snakes are caught.

### Wizards and Rocks:

Two players are 'on' are wizards and must chase the others to try and catch them all within a specified area. When a player is caught they become a rock, curled on the ground with knees tucked to chest, chin tucked to chest and back facing up. Rock can be released by someone running around them twice or by someone doing a leap frog over them.

**Ball Tag:**

Two players are 'on' and must chase the others to try and catch them within a specified area. Once a person is caught they are then the chaser. There is one Volleyball in the game and the person holding it cannot be caught. The team has to work together to try and pass the ball to teammates that are close to being caught to prevent the person chasing from successfully catching anyone.

**Ball Bounce Tag:**

Two players are 'on' and must chase the others to try and catch them all within a specified area. When a player is caught they freeze standing with legs apart, to be released another free player must bounce the ball through their legs. There is one Volleyball in the game and the person holding it cannot be caught, they must pass the ball to one of their teammates to release players that are caught.

**Tail Tag:**

Two players are 'on' and must chase the others to try and catch them all within a specified area. All other players have a kneepad or a sock in the back of their shorts which the taggers are trying to steal. If the taggers steal this they are no longer on and the person they took it from becomes a tagger.

**Dragon Tail Tag:**

Form a chain of three or more players with hands on the hips of the player in front. Place a kneepad or sock in the "tail" person's shorts. The head tries to grab the kneepad of any other "dragon" while protecting his or her own.

**Snakes Tail Tag:**

The group will line up single file and place their hands on the shoulders of the person in front of them. On the word "GO" the person in the front of the line tries to catch the person at the back of the line. The line cannot come apart. Rotate the group from front to back or back to front for each round of play.

**Sharks and Fishes:**

Begin with two sharks standing in the middle of the defined area, facing the fishes. The sharks shout "Fish in the ocean, fish in the sea; don't get the notion you'll get by me." The fish then try to run from one side to the other without being tagged by the sharks. Players who are tagged become sharks and stand in the middle to help try and tag the fish when they run from one side to the other again.

**Crazy Foot Tag:**

Play a tag game using a specific foot movement skill e.g., cross over, shuffle only etc.

**Powerball Tag:**

Tag players by touching them with the volleyball (only one ball). Once tagged, you can toss ball to other taggers who can trap or corner players.

**Partner Duck, Duck Goose:**

Pair children up and use the centreline in the gym. Partners stand on either side of the line and face each other. Each student has a "home base" line behind him/her at the end of the gym that he/she must run to if he/she says goose and tags the other. The two students alternate touching each other's shoulder and say "duck." This continues until one touches the other and says "goose." The goose then chases their partner back to his home base line. Then you go back to the line and start again.

**Get Up and Go Tag:**

Pairs lie down opposite each other on their stomachs, at the net, arms outstretched and touching both the centreline and the fingertips of their opponent. Coach signals by dropping a ball on one side of the net or the other (have one in each hand); the side the ball falls on frees the tagger to engage in a sprint to the end line on their side of the court, the other player must try and catch them before they get to the end line.

**Chain Tag:**

Two players are on and must tag the other players. When players are caught or tagged they hold hands forming a chain and helping chase the other players.

As soon as the chain has four players, they must split to become two pairs. The game ends when all players have been caught.

**Pac Man:**

Each player hops along lines marked on the court. One player is an eater signified by outstretched arms that are opening and closing. Once tagged, you become an eater. You may only be eaten when on the same exact line as an eater.

### **Shark:**

Everyone but the two "sharks" have a safe "boat" (kneepad on floor) that they sit on and make rowing motions. On command all must get up away from their boats and "swim" using any sort of swimming arm motion. On the cry of "Shark!" the sharks (signified by opening and closing arms that are huge "jaws") try to tag people before they can get back to their boats; those tagged become sharks.

### **Hop Tags/Ankle Grip Tag:**

Everyone must hop on one foot, or hold the ankle of one foot. It can be done as partners holding on to each other, too.

### **Wrestler's Tag:**

In pairs, partners hold each other's left hand, try to tag opponent's right knee while protecting own.

### **Stretcher Tag:**

In this game, everyone is "on." The objective is to keep from being "tagged" by another player, but to tag as many other people as possible. The first time you are tagged you have to put a hand on where you were tagged. For instance, if you are tagged on the top of the head, you then have to play with one hand on top of your head. You can then resume attempting to tag others. The next time you are tagged you have to put your other hand where you are tagged that time. The third time you are tagged you're on a stretcher, lying flat on the ground. Play until only one tagger is left.

## **Balance Activities**

### **1. Static Balance:**

Players practice keeping balance with a base of support of different shapes and sizes, on two feet, one foot etc. Practice doing the same with eyes closed.

### **2. Balance Beanbags:**

Players walk around, moving in any direction, balancing a bean bag in their head or different parts of their body.

### **3. Balance on different body parts:**

Players travel around and then on a cue from the coach/teacher balance on different parts of their body (e.g. hands, feet, elbows, knees).



**4. Pass and Balance:**

In pairs, players pass balls while balancing a beanbag, cone or other piece of equipment on part of their body. Vary the base of support from two legs to one leg.

**5. Push and Pull:**

In pairs, the players try to push and pull their partner off a spot challenging their balance.

**6. Hoop Balance:**

Players stand in a hoop in a balanced position of their choice and try to raise the hoop over their head and back down again.

**7. Balance Tag:**

Players run around a defined area with two/three players on. When players are caught they have to hold a static balance position until someone frees them.

**8. Musical Statues:**

Players run around a defined area with music playing. When the music stops the players must hold a static balance position of their choice.

**9. Balance Trails:**

Players try walking along a variety of beams and benches of different heights and widths. Ensure the practice is safe and players know how to step off the equipment and control their balance for a safe dismount. Include other activities to the exercise, players move while holding a ball, bouncing a ball, passing a ball.

**10. Clock Jumping:**

Mark out numbers of the clock on the ground, players jump from one number to another and control their balance throughout the movement and landing. Start by jumping from 12 to one o'clock before developing to 12 to six o'clock. Players can try jumping from two feet to two feet landing, two feet to one-foot landing, one foot to two foot landing and one foot to one foot landing.

**11. Follow the leader:**

Allocate one leader, the leader travels around a defined area with the rest of the players following. When coach/teacher says stop, the leader must hold a static balance position that all the other players must duplicate.

## Coordination Activities

1. **Shadowing/Mirroring games:** In pairs players mirror the actions of their partner.
2. **Hopscotch:** Mark out a hopscotch grid on the ground. In turn players throw a beanbag to land in square 1, and then hop through the squares jumping over the square with the beanbag on it. Players can only place one foot on one square. On returning back pick up the beanbag and pass the beanbag to the next person to go. Add variations by:
  - Changing the shape of the hopscotch grid
  - Vary the size and shape of the squares
  - Make some squares into islands that players have to jump over to get to the next square
  - Set a time limit to complete the task
3. **Touch the spot:** In pairs, with coloured spots on the ground, one person calls out a colour, their partner must touch that colour spot with their hand or their foot. Spots can be widened to allow players to step or jump to the appropriate colour. Include a ball that players move to the coloured spot and catch the ball.
4. **Skipping and Stepping:** In groups players develop travelling activities and all players move around a defined area with the same movement pattern, include stepping, hopping, jumping, skipping.
5. **Pass the ball:** Players in small groups pass the ball in a variety of ways (e.g. bounce pass, chest pass, one handed, two handed). Include that players now clap their hands, once, twice, three times.
6. **Pick up/put down:** Players are divided into teams and in a defined area they must collect beanbags, or other equipment, and return them to their home base. See which team collects the most equipment in a certain length of time.
7. **Stick jumping:** Players jump forwards, backwards or sideways over a stick or other equipment, e.g. a hoop.
8. **Crab football:** Players are divided into two teams, with two sets of goals. Players crawl in a crab position, try to pass the ball, work together as a team, trying to score in the opponent's goal.

## Agility Activities

1. **Zigzag:** Players move in and out of cones and equipment set up around a marked area. Progress to players moving with more speed. Include a ball that players bounce, dribble, rebound off hands, while moving.
2. **Start/Stop and Change Direction:** In a defined area players move around and follow coach/teacher commands to Start, Stop and Change Direction. Progress to players moving with more speed.
3. **Cats and Dogs:** Two lines of players face each other. One side is named cats and the other dogs. The coach/teacher calls out cats or dogs. The appropriate side turn and run to an end line and members of the other team try to tag them before they can reach the line.
4. **Train Tag:** The game starts with one person chasing everyone else. As players are caught they join the train to then try to catch the others. As more and more players are caught, the train becomes bigger and more difficult to more.
5. **Traffic Signals:** Coach/Teacher holds up a coloured card or shouts out a colour. Players moving around a defined area respond to the signal e.g.  
Red - Stop  
Amber - Jumping Jacks  
Green - Run  
Right - Shuffle right  
Left - Shuffle left  
Up - Stretch up really tall  
Down - Sit down
6. **Domes and Dishes:** Players are divided into teams and in a defined area with cones scattered on the ground, half of them turned upside down, dishes, and the other half the right way up, domes. Teams have a set time to turn the cones, the team with the most domes or dishes at the end is the winning team.
7. **North, South, East or West:** Players move around a defined area with four sections marked on the ground (North, South, East or West). The coach/teacher calls one direction and all the players must move as quickly as possible to that section.

## Ball Handling Exercises

Ball handling exercises are extremely useful in helping to develop the following skills:

- Balance
- Coordination
- Agility
- Hand eye coordination
- Movement
- Ball control skills

Ball handling exercises are also fun activities for the children to engage in. The following is a list of suggested activities, ranging from simple activities to more complex. Some of the exercises can be combined to offer more challenge and a higher level of difficulty as player's progress. Devise your own exercises or better still get the players to come up with some ideas! You can use different types of balls and even balloons to add variety and give an extra challenge. The suggestions listed here focus on individual exercises and players working in pairs, to ensure more contacts with the ball in a short space of time which will enhance learning and enjoyment for the participants.

### **Individual Ball Handling Exercises:**

1. Throw the ball high and catch it after one bounce.
2. Throw the ball high and catch it without letting it bounce.
3. Throw the ball as high as possible without touching the ceiling and catch it.
4. Throw the ball up with one hand can catch it with both hands, alternate hand that throws the ball.
5. Throw the ball up with two hands and catch it with one hand, alternate hand that catches the ball.
6. Throw the ball up with one hand and catch it with one hand, alternate left and right hand.
7. Throw the ball up and catch it as high as possible or as low as possible before hitting the floor.
8. Jump up, on landing throw the ball high and catch it.
9. Throw the ball high, turn around and catch it.
10. Throw the ball high, touch the ground and catch the ball.

11. From standing throw the ball high and catch it with one knee on the floor, alternate knees.
12. Throw the ball high, sit down and catch it.
13. Sit down throw the ball high, stand up and catch it.
14. Hold ball with both hands, drop the ball, clap hands once or twice in front of knees, and catch ball before it hits the floor
15. Toss the ball high, place hand on the floor under the ball to rebound the ball off.
16. Throw ball high and clap once with high hands over the head and catch the ball above the head.
17. Repeat no. 16, clap hands 3,5,10 times and catch ball above the head.
18. Throw ball high, clap hands above head and behind back and catch ball above the head.
19. Throw ball high touch left foot with right hand and catch ball.
20. Repeat using right foot and left hand.
21. Throw ball high and touch both feet before catching the ball.
22. Repeat no. 21 with alternate hand touching both feet.
23. Throw ball high, step forward and catch behind back.
24. Repeat no. 23 then flick ball forward and catch.
25. Bounce ball on floor, head it, then catch it.
26. Do many of the above throwing the ball against a wall instead of throwing it in the air.
27. Bounce ball on floor, how many times can you run under it?
28. Throw ball between the legs and catch it in front of the body.
29. Sit on ground legs crossed and roll ball behind, stand up and chase after ball, gather in arms to stop.
30. Repeat no. 210 with alternate arm.
31. Lie on ground and push ball forward, get up and chase ball after it has passed a certain marker.
32. Place ball on the ground, walk around the hall rolling the ball with one hand.
33. Follow the lines on the court rolling the ball with one hand.
34. Add cones to the lines to zig zag around rolling the ball with hands.
35. Repeat no. 32, 33, 34 using the opposite hand and then alternating hands.
36. Repeat no. 32, 33, 34 rolling the ball on the ground with feet.
37. Repeat no. 32, 33, 34 bouncing the ball on the ground with hands.
38. Bounce the ball high on the ground, do a full turn and move to catch the ball.

39. Underarm throw the ball high with straight arms and catch the ball with straight arms while walking the full distance of the court and back to the end line.
40. Throw the ball over the net, run to the other side under the net to catch the ball.
41. Repeat no.40 now try and catch the ball before it bounces.
42. Start at the end line and walk/jog towards the net bouncing the ball, duck under the net, turn around in a circle and walk/jog back to the end line bouncing the ball.
43. Walk around obstacles on the floor bouncing a ball.
44. Repeat no. 42, 43 dribbling ball with feet.
45. Bounce ball through legs forward and back.
46. Run or hop with 1 or 2 balls between legs forward and back.
47. Walk along a bench holding a ball.
48. Walk along a bench bouncing a ball.
49. 2 balls each start at the end line and walk to the net. Start with 1 ball on the ground, bounce the other ball, pick up the ball on the ground and bounce it catch the 2<sup>nd</sup> ball before a second bounce.
50. 2 balls each start at the end line and walk to the net, bouncing one ball with your hand and rolling the second ball with your foot.
51. Bounce ball on floor and rebound it off forearms to self, repeat while walking to the net.
52. Start at the end line and rebound the ball softly off the forearm while walking/jogging to the net. Repeat no. 52 using alternate arm and then alternating arms.
53. Walk to the net trying to volley the ball.
54. Stand in a hoop and underarm throw ball to hit over a line on the wall.

### **Ball Handling Exercises in pairs:**

1. Many of the individual ball handling exercises can also be done in pairs particularly no's. 1 to 27.
2. Two people facing each other practice throwing and catching the ball in different ways, underhand, overhead, using one hand, two hands etc.
3. Throw and catch the ball in pairs at different levels, standing up, one knee on the floor, sitting down on the floor.
4. Repeat no. 1, 2, 3 increasing the distance between the players.
5. Play 1 v 1 catching and throwing the ball against the wall.
6. One partner stands behind the other with a ball. Partner with the ball throws the ball, other player must catch the ball thrown from behind them.
7. Two person leap frog and catching. Partner A stands with a ball, Partner B crouches down in front of them. Partner A throws the ball high, leap frogs over Partner B and catches the ball.
8. Partner A stands with back to Partner B approx. 5m apart. Partner A bends down and throws the ball between their legs for Partner B who is standing to catch.
9. Partners lie on the floor on their backs, head to head. Pass the ball using feet only above heads, return feet to floor after each pass.
10. Partners stand back to back, pass ball back and forth mirroring each other's sideways bend.
11. Partners stand back to back a short distance apart and twist upper body to throw the ball to their partner, twist right to left and left to right.
12. Partners stand back to back approx 5 m apart. Players bend down and roll the ball between their legs to their partner who catches it from behind.
13. Partners stand side by side approx 1m apart, bend their upper body to pass the ball to their partner. Swap sides and do the exercise in the other direction.
14. Ball passing doing a figure of 8. Players stand back to back a small distance apart, they twist their upper body to the right and hand the ball to each other. When receiving the ball, they should turn to the left.
15. Partners lie on the ground on their backs, feet to feet, sit up and pass the ball with both hands, lay down on back and sit up to receive ball, then lay back down with arms extended overhead with ball.
16. Partners face each other. Partner A throws the ball, partner B squats down and jumps to catch the ball before landing.

17. Repeat no. 16 now catch and throw the ball back while they are still in the air.
18. Repeat no. 17 now catch the ball in the air and turn to throw the ball sideways on landing.
19. 2 balls per pair. One partner underarm throws the ball high at the same time other partner chest passes. Both must catch the ball.
20. 2 balls per pair. One partner bounces ball on ground to other and other partner underarm throws ball to partner.
21. Repeat no. 110, 20 adding that players move around the court while catching and throwing.
22. 2 balls per pair. One partner passes ball with feet and other partner underarm throws. Add a 3rd ball. Now 2 players are passing with feet and underarm throwing.
23. One partner stands behind the other. Person at the back rolls the ball under partners legs, they must run and sit on ball to stop it
24. Repeat no. 23, now partner must run and stop the ball with their head.
25. Throw ball over net to partner who has to move so that ball bounces under their legs.
26. Players positioned on opposite sides of the court. Roll the ball the length of the court trying to get the ball to roll through partners legs.
27. Run with the ball pressed between rear, back, head, hips, chest without using hands.
28. One partner crawls from the end line to the net with a ball underneath them. They must protect the ball from their partner who tries to steal it.
29. Row Boat. Partners sit facing each other, both hold ball and row back and forth.
30. Partners stand facing each other. One player tosses the ball to self, they volley to self then catch and throw to partner.
31. Repeat no. 30 taking a step back to increase the distance.
32. Repeat no. 30, 31 with players tossing the ball to self and volleying the ball to their partner who catches.
33. Repeat no. 32 with two balls per pair. Players must toss to self, volley to partner and catch partner's ball. 2 balls working simultaneously.
34. Partners stand facing each other and try and keep the ball in the air for as long as possible rebound it off any part of their body.
35. Repeat no. 34 using overhead pass/volley.



36. Repeat no. 34 using forearm pass/dig.
37. Coach rolls hoop and players chase the hoop to stop it.
38. Repeat no. 37, players stop hoop with alternate arm
39. Repeat no. 37, stop hoop with alternate leg
40. Tennis ball drop and grab, 1 tennis ball between two. One partner bounces the ball on the ground, their partner must catch the ball before it hits the ground again.
41. Repeat no. 40 with players standing further away from each other.
42. Repeat no. 40 with player starting lying on the ground, get up quickly to catch the ball.
43. Repeat no. 40 with player starting with their back to the ball, turn around and move to catch the ball when they hear it bounce.
44. Repeat no. 40 with player starting with their eyes closed, they open their eyes and move to catch the ball when they hear it bounce.
45. Partners start side by side with one hoop and one ball. They run with the hoop rolling between them and throw and catch the ball through the hoop while moving.
46. Groups of 4, 2 players on each side of the net.      A    B | C    D  
A throws the ball to B, B throws the ball over the net to C, C throws the ball to D, D runs with ball to the other side of the court and everyone moves up one position.

## Catching and throwing developmental activities and games

### 1 & 1 games and activities – players positioned each side of the net:

1. Throw and catch game with partner. See how many times the ball can be thrown and caught without the ball hitting the ground.
2. Partners sit on the ground facing each other either side of the net. Partner A pushes ball along the ground under the net to Partner B. Partner B takes the ball, stands up and throws the ball over the net. Partner A stands up to catch the ball. Repeat.
3. Throw the ball over the net to partner. After throwing the ball run to the net and jog backwards to starting position ready to catch the ball. Partner does the same after throwing the ball.
4. Throw ball to partner over the net, touch the ground after you throw the ball.
5. Throw the ball to your partner, run backwards facing the net to touch the end line and run back to starting position ready to catch the ball
6. Throw the ball high in the air to self and catch and throw the ball to partner over the net.
7. Throw the ball in the air, catch it, throw it over the net, run over and touch the person next to you and run back to starting position to be ready to catch the ball thrown back over the net by partner. Partner does the same after throwing the ball. Alternate running to touch the person on either side (left and right) each time.
8. Throw the ball in the air, catch it, throw it over the net, run under the net and touch a player on the other side of the court, run back to starting position ready to catch the ball that partner throws over. Partner does the same after throwing the ball. Alternate running to touch the person on either side on opposite side of the net (left and right) each time.
9. 2 balls per pair. One player throws the ball over the net, the other player rolls the ball under the net.
10. Run forward – collect ball from hoop, run and touch right cone, run and touch left cone, run to the net and jump, jog backwards and leave ball back in the hoop – throw ball over the net to partner to do the same.
11. Pick ball up from hoop, throw ball over the net trying to get the ball into hoop on other side.

12. 1v1 throwing and catching game, identify the court boundaries, encourage quick feet. Vary the exercise by using a short/wide court and a long/narrow court. Players score a point each time their partner is unable to catch the ball.
13. 1v1 free play volley/dig or throw ball over the net with partner, let them experiment.
14. For each of these exercises get players to practice throwing and catching the ball different ways, underhand, overarm, using one hand, two hands etc.
15. 1 v 1 co-operation game, divide larger group in 2, both groups behind end line on each side of the court. One player on each side on court at a time, players try to keep the ball in play catching and throwing the ball over the net, run to the back of the line on your own side of the court after each attempt.
16. Repeat no. 15 now making the game competitive, try and get the ball on the ground on opponent's court.
17. Repeat no. 15 and 16 varying the court size, long court or short court.
18. Repeat no.16, 17, 18 with progressions listed in No. 110
19. These exercises can also be used when introducing the dig and volley.
  - Players first practice throwing and catching the ball in a way that mimic's the skill, dig/forearm pass catch and throw the ball with long outstretched arms, volley catch the ball above the forehead with hands in ball shape and push from same position.
  - Progress to volleying/digging the ball to self, catch and throw back to partner to do same
  - Progress to volleying/digging the ball to self, volley/dig back to partner
  - Progress to volleying/digging the ball directly back to partner.

### **2 & 2 games and activities over the net:**

1. One touch throwing and catching game. Throw the ball over the net and switch places with your partner. Nominate one person on the team to shout switch each time.
2. One touch throwing and catching game. Throw the ball over the net, both players run to the net and switch places and move back to starting position ready to catch the ball.
3. One touch throwing and catching game. The player that doesn't catch the ball must run around a cone positioned on the court and then switch places with their partner.

4. One touch throwing and catching game. When you catch the ball throw the ball in the air to self and then catch and throw over the net. When you throw the ball over the net you must crawl through the legs of your partner to switch places.
5. One touch throwing and catching game. One hoop with the partners on each side of the net. Player throws the ball over the net, their partner has a hoop which they must walk through then hand to their partner and get ready to catch the ball coming back over the net, their partner then walks through the hoop and hands the hoop back after they throw the ball.
6. One hoop on the ground on either side of the net with a ball placed in the hoop, players on both sides start behind the hoops. First player behind the hoop runs up and takes the ball and tries to throw it into the hoop on the other side of the net. Player collects their ball and leaves it in the hoop on the other side and joins the line behind the hoop on that side of the net.
7. 2v2 one touch throwing and catching game, identify the court boundaries, encourage quick feet. Vary the exercise by using a short/wide court and a long/narrow court. Players score a point each time their partner is unable to catch the ball.
8. 2v2 free play volley/dig or throw ball over the net, let them experiment.
  - All the exercises listed can be played as two touch games. 2 touch play can include pass/volley to self, catch and throw over the net and/or pass/volley to partner.
9. 2 touch play, pass to partner, they catch and throw ball over the net
10. For each of these exercises get players to practice throwing and catching the ball different ways, underhand, over arm, using one hand, two hands etc.
11. These exercises can also be used when introducing the dig and volley.
  - Players first practice throwing and catching the ball in a way that mimic's the skill, dig/forearm pass catch and throw the ball with long outstretched arms, volley catch the ball above the forehead with hands in ball shape and push from same position.
  - Progress to volleying/digging the ball to self, catch and throw back to partner to do same
  - Progress to volleying/digging the ball to self, volley/dig back to partner
  - Progress to volleying/digging the ball directly back to partner

## **Movement and Volleyball Ready Position**

Good and efficient movement is very important in Volleyball as it is in all sports. In Volleyball players need to adopt a good ready position, have fast feet and be ready to react and move in any direction quickly. Shuffling is the basic footwork used in Volleyball and it is important that players learn and practice the ready position and moving in the correct manner early.

### **Ready position:**

- Comfortable good balanced position
- Feet slightly wider than shoulders
- One foot slightly in front of the other
- Knees bent
- Body weight on the ball of the feet.
- Arms in front bent at the elbows and relaxed

### **Movement:**

- Move the shortest way to the ball, the straightest way the better.
- Move to the spot where they think they need to be to play the ball.
- For distances of 3 to 3 1/2 metres shuffle as much as possible.
- Running is faster for longer distances.

### **Common rules for performing Volleyball Skills:**

- Try to keep the centre of gravity between feet when moving to the ball.
- Try and keep ball between you and the net.
- Always maintain eye contact with the ball.
- Move to position before the ball arrives.
- Learn the appropriate movement sequence to optimise transfer to the correct position.
- Body part that is used to contact the ball should follow through directly through the ball.

### **Shuffling:**

- When shuffling a player moves short distances either forward, backward, left or right.
- The foot in the direction of travel leads the movement.
- The feet should not cross over.
- Low body position throughout the movement.
- Keep centre of gravity level when moving, no bouncing.
- Fast feet.
- Weight on the toes.

### **Exercises to introduce and practice ready position and shuffling:**

- Freeze games, get players to freeze in the ready position.
- Simon says, traffic signal, mirror games, getting players to shuffle in different directions and stop.
- Incorporate shuffling movement to many of the ball handling exercises, throwing and catching games, Volleyball skill development exercises and the FUNdamentals game itself.

### **Individual Movement Exercises:**

1. Toss the ball underarm a few steps forward shuffle to catch the ball, catch the ball low (dig position).
2. Toss the ball underarm a few steps forward shuffle to catch the ball, catch the ball high overhead (volley position).
3. Repeat no. 2, 3 tossing the ball to either side and behind.
4. Combine no. 2 and 3 moving towards the net, alternating catching the ball high and low, then throw the ball over the net.
5. Repeat no. 4 now jump and throw the ball over the net.
6. Set the ball on the ground by right hand and shuffle to the left rolling the ball while moving.
7. Repeat no. 6 shuffling to the right side.
8. Place the ball on the floor in front keeping both hands on it, shuffle backwards rolling the ball while moving.
9. Repeat no. 8 shuffling forward.

10. Square sequence movement - combine no. 6, 7, 8, 10, movement to either side, forward and back, making the shape of a square.
11. Reverse the square – reverse the direction of movement in no. 10.
12. Repeat no. 10, 11, square sequence movement, while tossing and catching the ball.
13. Angles toss/catch – toss the ball forward to the right, shuffle forward to the right to catch.
14. Repeat no. 14 tossing the ball forward to the left.
15. Starting at the end line repeat no. 13 and 14, alternating the side the ball is tossed to and shuffle towards the net.
16. Progress each of these exercises to players moving and digging/volleying to self.

#### **Movement Exercises in Pairs/Small groups:**

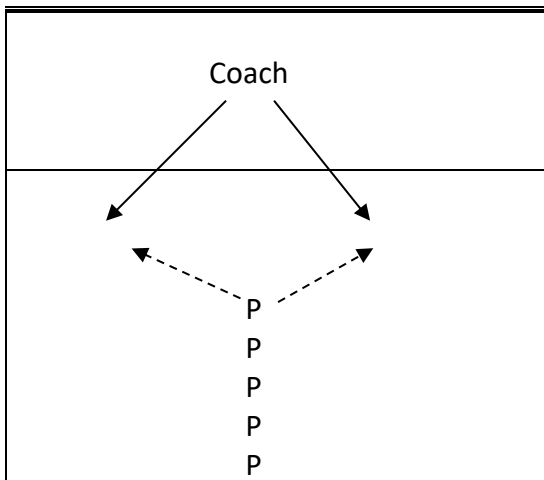
1. 2 players stand facing each other holding a ball with straight arms. Match players of similar height. Players shuffle together holding ball with straight arms. When shuffling keep eyes and shoulders on same level.
2. As above only now players shuffling and tossing the ball to each other again with straight arms. Move players further away from each other to increase difficulty.
3. One player stands with their back to the net, other player stands approx 5m away facing them. Player at the net rolls the ball to their partners left, who shuffles to stop the ball and toss it back to their partner. Alternate rolling the ball to the left and right side for several reps before switching.
4. Repeat no. 1 with player practicing shuffling forwards and backwards.
5. Repeat no. 1, 2 with ball being thrown instead of rolled.
6. Players stand facing each other. Player A tosses the ball forwards and moves to catch the ball, then tosses the ball backward and moves to catch the ball and then tosses the ball to partner who repeats.
7. Repeat no.4 using a tennis ball and cone, trying to catch the ball in the cone each time it is thrown.
8. One player stands with their back to the net, other player stands approx 5m away facing them with a cone placed on either side of them. Player at the net throws the ball, other player must catch and throw the ball back, after each catch and throw they must run to one side and knock over the cone then run back to the middle ready to catch the ball again.

9. Groups of 3, 2 players with balls standing approx 5m apart side by side, other player (passer) approx 5m away facing them. Players with the ball roll the ball to the passer, passer must shuffle quickly right and left to stop the ball and roll it back.
10. Repeat no. 7 with ball not being thrown instead of rolled, passer must now catch and throw the ball back.
11. Progress each of these exercises to players digging/volleying the ball to self then catching and throwing back to partner.
12. Progress each of these exercises to players digging/volleying the ball to self then digging/volleying back to partner.
13. Progress each of these exercises to players digging/volleying the ball directly back to partner.



## Coach/Teacher Lead Movement Exercises:

### Drill 1



#### Basic Drill

- Coach stands with back to net and basket of Volleyballs
- Coach tosses the ball, player runs and catches the ball. Player puts ball back in the basket.
- Coach tosses to right and left side in front of player.
- Players run to back of queue after their attempt.

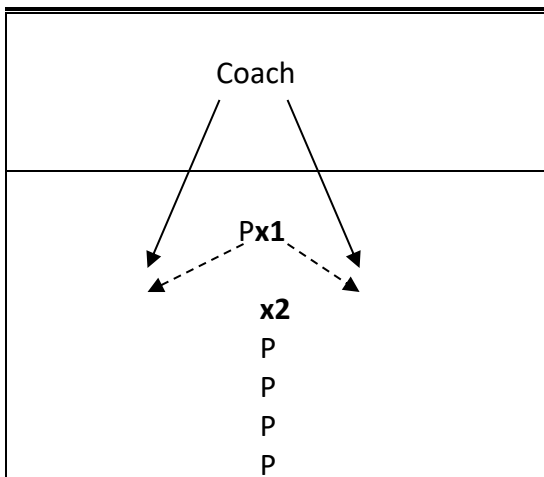
#### **Progressions to Basic Drill:**

1. Run, stop and catch the ball. Stand still on catching the ball, don't run through
2. Now look to coach when catching the ball – toes, knees and face in direction of coach.
3. Try and catch with arms straight in front
4. Catch ball with bent knees
5. Use shuffle steps to move to the ball
6. Catch and throw the ball overhead
7. Progress to moving and digging/volleying the ball to self
8. Progress to moving and digging/volleying the ball back to coach

#### **To Change the exercise:**

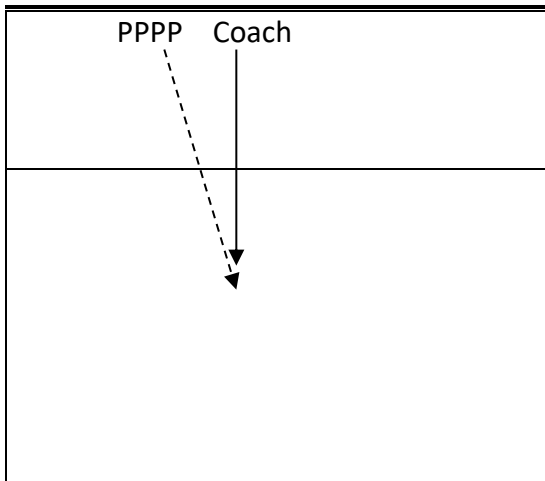
- Change angles – from where the ball is thrown from/too
- Throw the ball from the other side of the net

### Drill 2



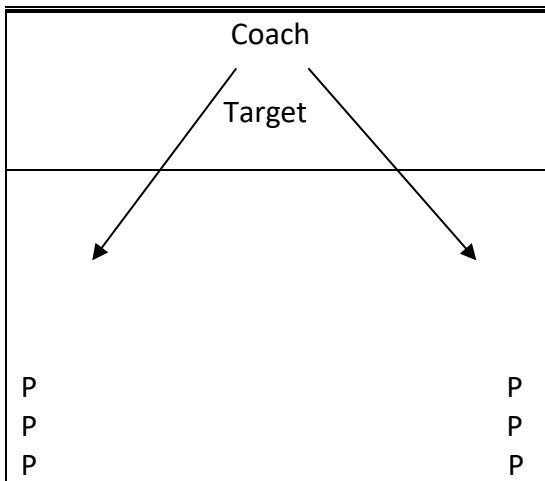
- Drill altered to practice moving backwards to play the ball.
- Player begins at cone x1
- Remainder of players stand behind cone x2 to wait their turn
- Coach now tosses ball behind player to their left and to their right.
- Progressions same as Drill 1
- Change the drill to practice moving forward to play the ball.

### Drill 3



- Coach stands at the net with players lined up at the net also.
- Coach shouts jump
- Player jumps at the net (block) and then runs backwards facing the coach to catch the ball.
- Progressions same as drill 1

### Drill 4



- Players start in back corners of the court with one person standing as target near the net. Coach rolls the ball toward the player forcing them to shuffle forward stop the ball and roll it back for the target.
- Repeat now the ball is tossed and they catch and throw the ball back.
- Progress to digging/volleying the ball back
- Variation
- Players start further up the court and work on movement backwards to the ball.
- Players start off the side of the court and work on movement to the side to the ball.

## The FUNdamentals game

The FUNdamentals Game is a 3 v 3 adapted Volleyball game for the 6 to 10-year-old age group. It is based on a Circulation Volleyball game that originated in the Netherlands and has been adopted by many National Federations in Europe and Canada as an introductory game for this age. The game is taught in three Levels:

- Level 1 - (6-8 yr olds)
- Level 2 - (8-10 yr olds)

The FUNdamentals game is a very simple catching and throwing game with some progressions introduced as children move through the three Levels. The basic aim of the game is to get the ball onto the floor on your opponent's side of the court. The key features of the game are as follows:

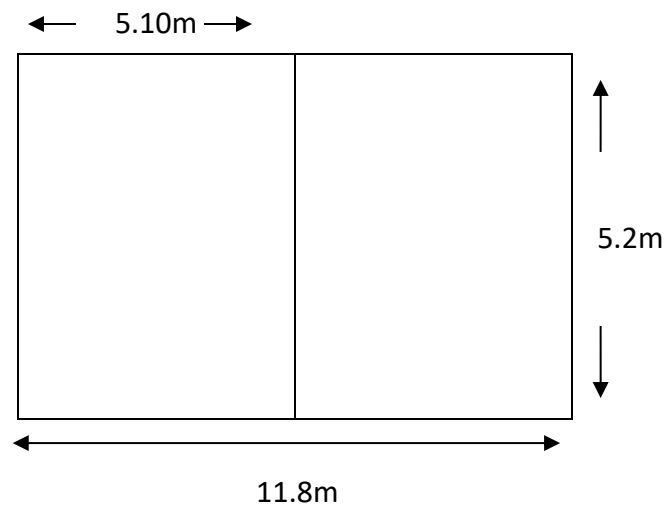
- Game begins with 3 v 3 on each side of the court.
- 1 or 2 contacts allowed depending on the Level being taught.
- Catch and Throw is the primary contact with the Forearm Pass or Volley introduced as the 1<sup>st</sup> contact at the later Levels.
- Each time a team plays the ball over the net, the team rotate one position clockwise, guaranteeing plenty of movement.
- Each time the ball hits the ground a point is awarded.
- An alternative game to play is elimination. A player must leave the court after the ball touches the ground. The team scores one point when all the players on their opponent's court have been eliminated.

Through playing this game the children learn to move, catch and throw, call mine and read the ball trajectory in a very dynamic way. They are also introduced to basic volleyball skills, tactics and team work.

Note; If rotating, each time the ball goes over the net is too difficult to start then only rotate team after ball is dead to begin with.

### **Court Dimensions**

Court dimensions are 11.8m X 5.2m or the inside lines of a badminton court.



### **Net Height**

1.85m approx.

### **Team Composition**

3 -5 players on a team

3 players start on court

### **Type of ball**

Mikasa soft touch or no heavier than MGV230

### **Game Format**

Play until one team is completely eliminated & then start again

## Level 1

### Rules of the game:

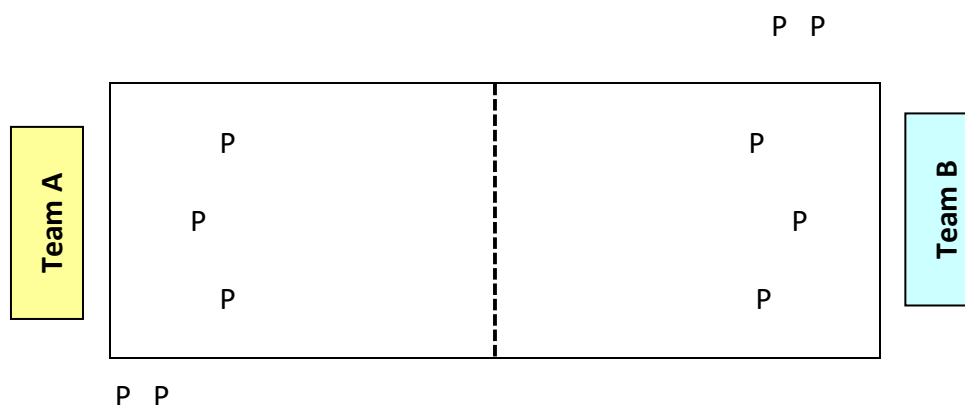
- To start a rally the ball is served by throwing the ball over the net. Any player on either team can serve the ball over the net from any area of the court.
- The ball may hit the net while crossing to the opposite side.
- Teams are allowed one contact, catch and throw, to play the ball back over the net.
- A rally ends when the ball hits the floor, is thrown out or into the net or a ball is dropped by a player.
- A new rally is immediately started with a throw over the net (serve). Any player on either team in any position on court can serve, whoever picks up the ball starts the rally.
- **Players can catch and throw the ball in any way.**
- It is not allowed to walk with the ball, once the ball is caught it must be thrown from that position.

### **Elimination – A variation game that can be fun to use at the end of a training session**

- The player who drops the ball, throws the ball out or into the net must leave the court. If a ball lands on the court the player closest to the ball must leave the court.
- On a successful catch by a team member a player can come back on if less than 4 on court.
- Play until one team has no-one left on the court.
- Team wins 1 point when all their opponents are off court.

## Player's positions on court

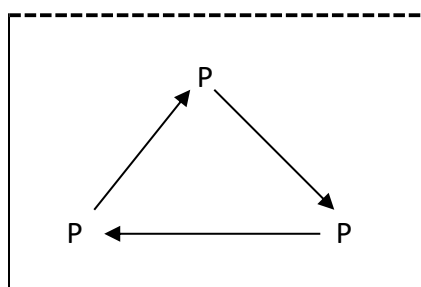
### Start of the game



- The game starts with 3 players on each side of the court.
- Each team is allowed an additional two players on the side line.
- Aim of the game is getting the ball onto the ground on their side of the court and/or forcing an error on their part.
- A team wins one point for an error by opposing team or a grounding of the ball
- Game resumes again
- Remember to rotate every time your team sends the ball across the net

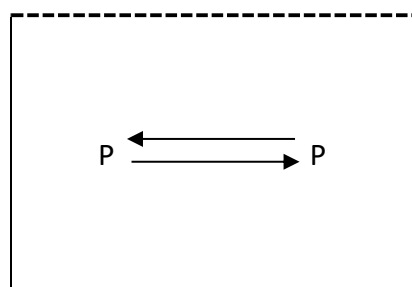
### Elimination style game please see below

#### 3 Players on Court



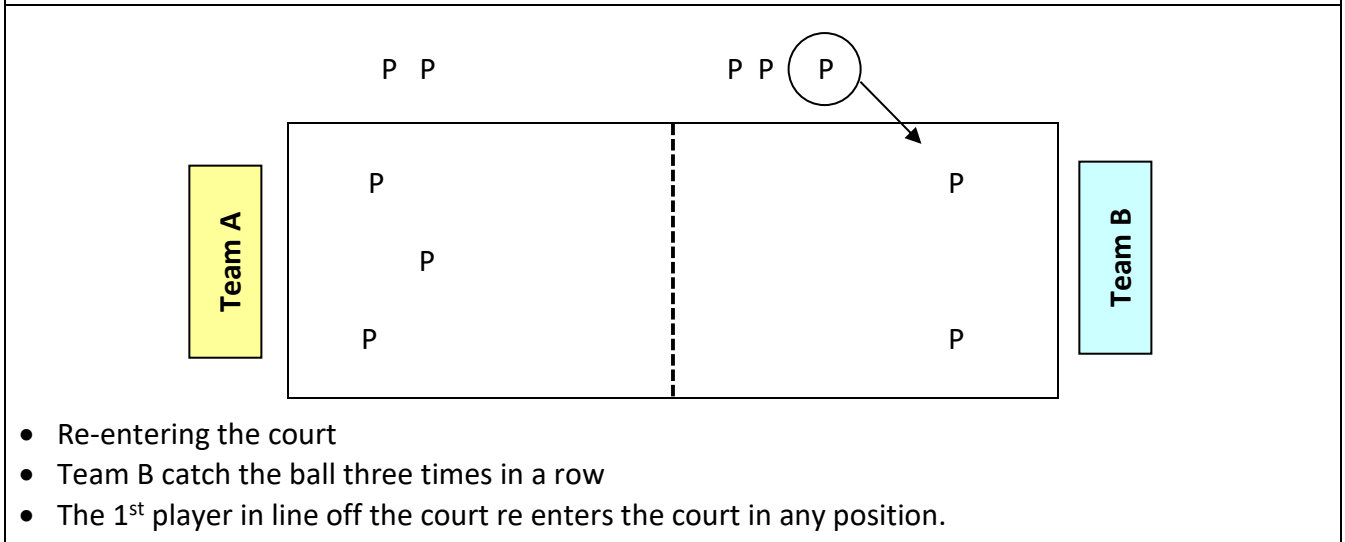
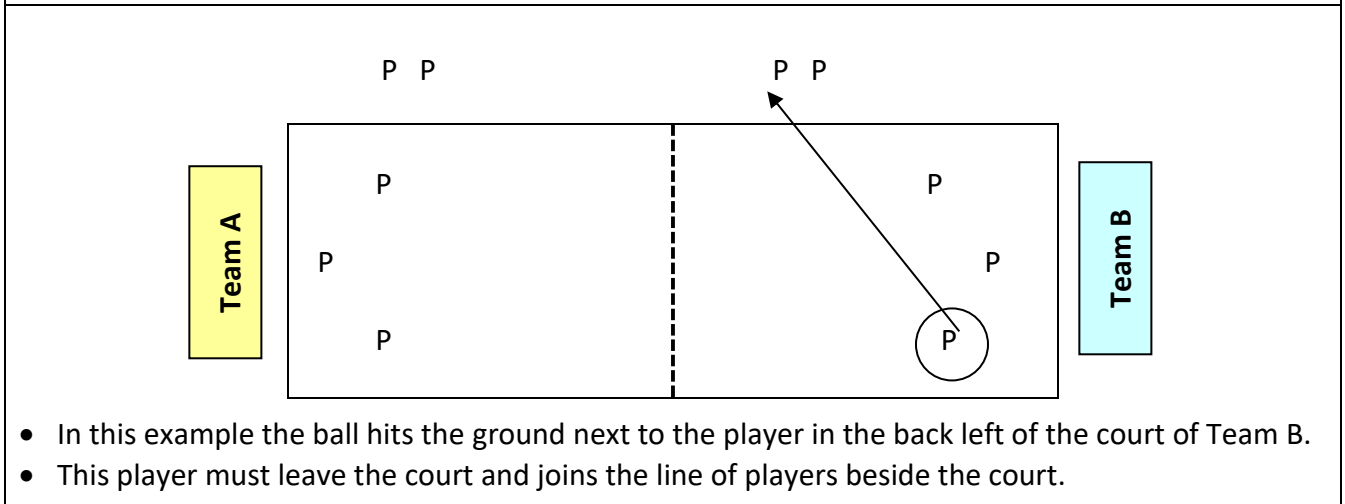
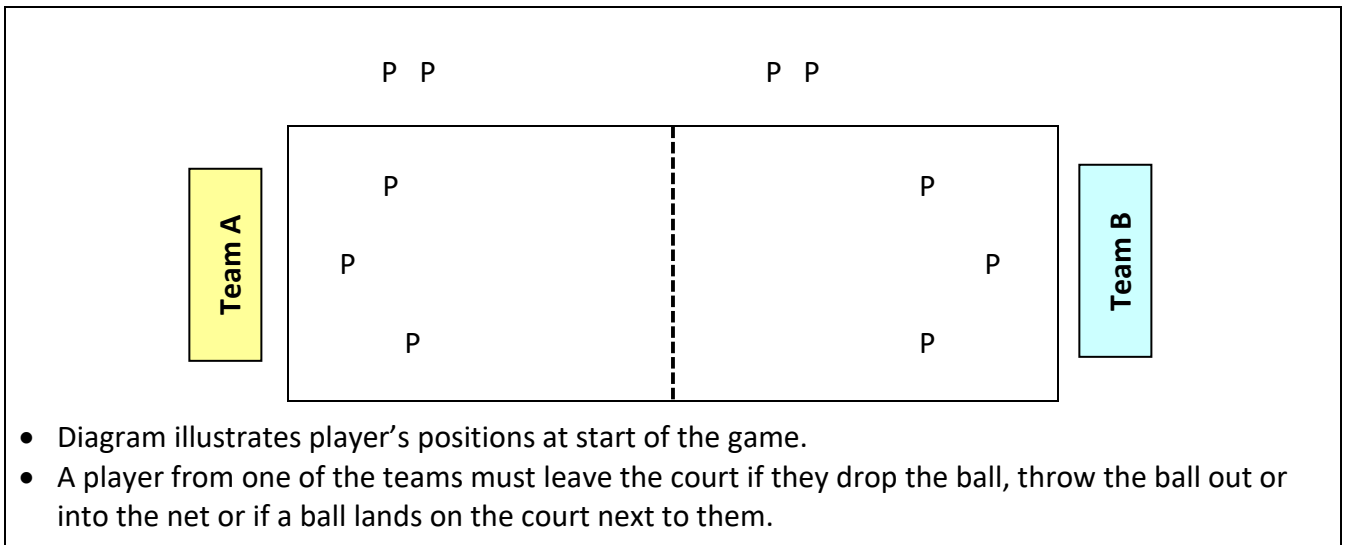
- Players in a triangle formation.
- Players rotate one position clockwise each time their team plays the ball over the net.
- Arrows show the direction players rotate in.

#### 2 Players on Court



- Players positioned side to side.
- Players switch positions each time the ball goes over the net.

## Players coming off and back on the court in elimination matches



## Level 2

### **Progressions from Level 1:**

- Volleyball specific catching and throwing is introduced. Basic rule intro

### **Rules of the game:**

- To start a rally the ball is served by throwing the ball over the net. The ball is thrown from the back right position of the court
- Ball may hit the net while crossing to the opponent's side.
- Teams are allowed only one contact, catch and throw, to play the ball back over the net. Players may not throw the ball to a teammate.
- Team rotates clockwise each time the ball goes over the net or if too difficult each time a point is scored.
- A rally ends when the ball hits the floor, is thrown out or into the net, a ball is dropped by a player, a player is unable to catch the ball from their own forearm pass.
- A new rally is immediately started with a new server in the back right corner of the court
- Play until points reached or time.
- **Players catch and throw the ball in a Volleyball specific way. During the Level progress to – Ball is low catch with long extended arms and throw – ball is high catch over the forehead with ball shaped hands**
- It is not allowed to walk with the ball, once the ball is caught it must be thrown from that position. Turning once caught dependant on ability of your group.
- Two players can not touch the ball simultaneously
- Ball must be caught cleanly by one person only. No fumbling.

### **Game progression**

**Teams must use 3 compulsory touches before returning the ball using volleyball specific catching and throwing.**



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