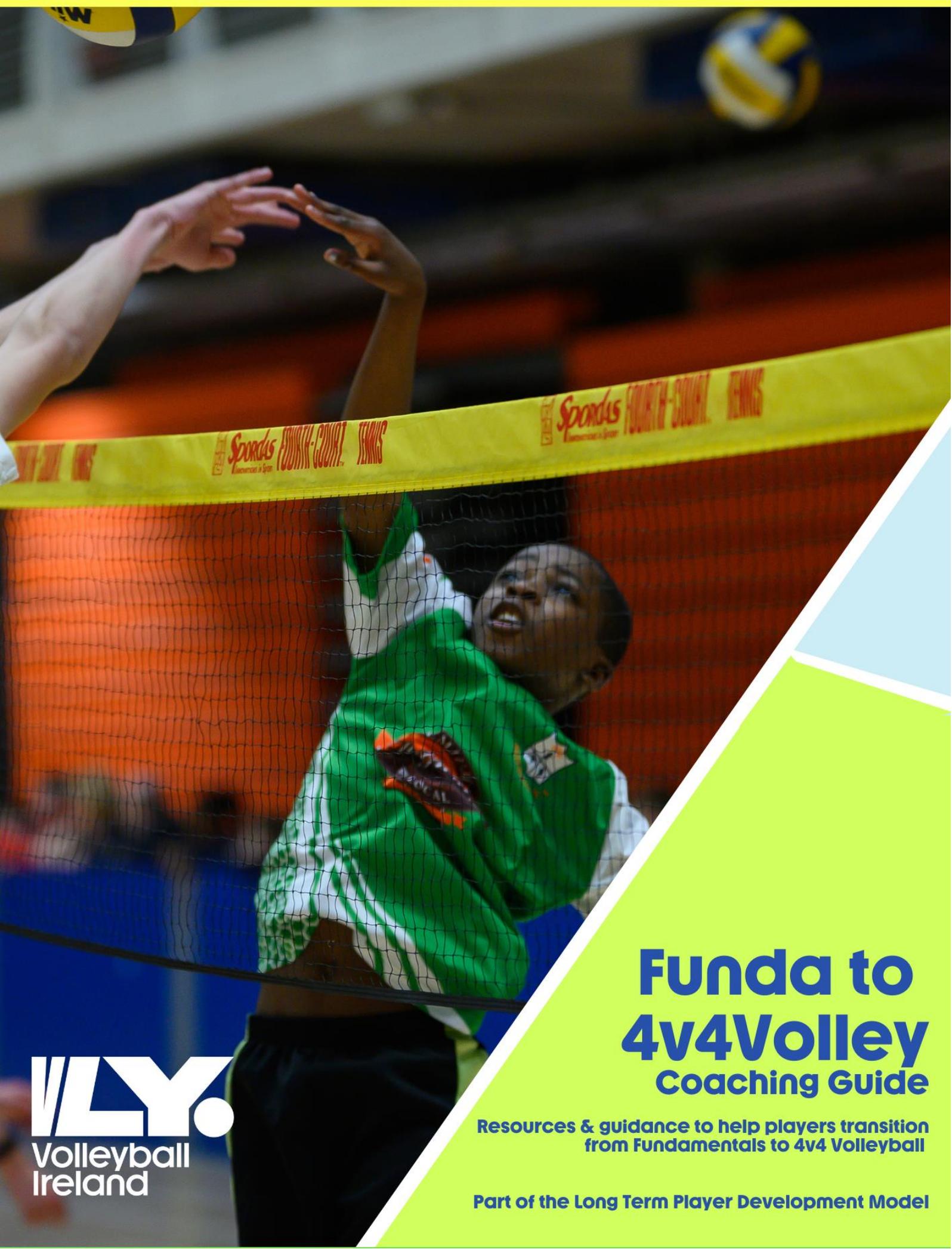


Learn to Train Stage
PLAY: 9-13yrs



VLI
Volleyball
Ireland

Funda to 4v4Volley Coaching Guide

Resources & guidance to help players transition
from Fundamentals to 4v4 Volleyball

Part of the Long Term Player Development Model

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INTRODUCTION

The Fundamental & 4v4 Volleyball Programme is a campaign aimed at 9 - 13 year old children. This promotion not only benefits the sport of volleyball but also meets community goals of getting children healthy and active at a young age in a safe non-contact environment.

Our Fundamental/4v4 Volleyball Programme was developed to make the sport of volleyball more accessible to children, by simplifying the game to better suit children of all skill levels. The result is simpler games, played on a smaller court, with a softer ball, allowing children more opportunities to develop the skills necessary to excel at volleyball. The concept of our Junior Volleyball Programme revolves around "Keeping Children Active" and stage 1 and 2 "*FUNDamentals*" and "*Learning to Train*" of the internationally accepted Long Term Player Development model which promotes a lifetime participation in sport. Volleyball games are played on a badminton sized court with up to six players per side. Games can be played indoors or outdoors depending on venue restrictions. Although the score is kept, the emphasis is more on participation and motor skill development rather than winning.

Benefits of our Fundamental & 4v4 Volleyball Programme?

Volleyball is internationally recognized as a primer sport for many other sports as it improves Balance, Agility, Reaction speed, Hand/eye coordination and Team work. Other benefits are

- Ability to engage a wider sector of education establishments with a positive non-contact product
- Increase the strength of special interest volleyball schools through bringing players with 100+ games experience to secondary school programmes
- Expose the sport to families, as many parents will come to watch participants play
- The majority of players will develop skills that will benefit them when they play in the secondary school competitions

Our Programme Is Divided into Two Parts:

Part 1 - aimed at 9 - 11 year olds and is based on the Dutch model of Circulation Volleyball.

Part 2 - aimed at 11 - 13 year olds and is based on the FIVB model of Mini Volleyball.

Equipment

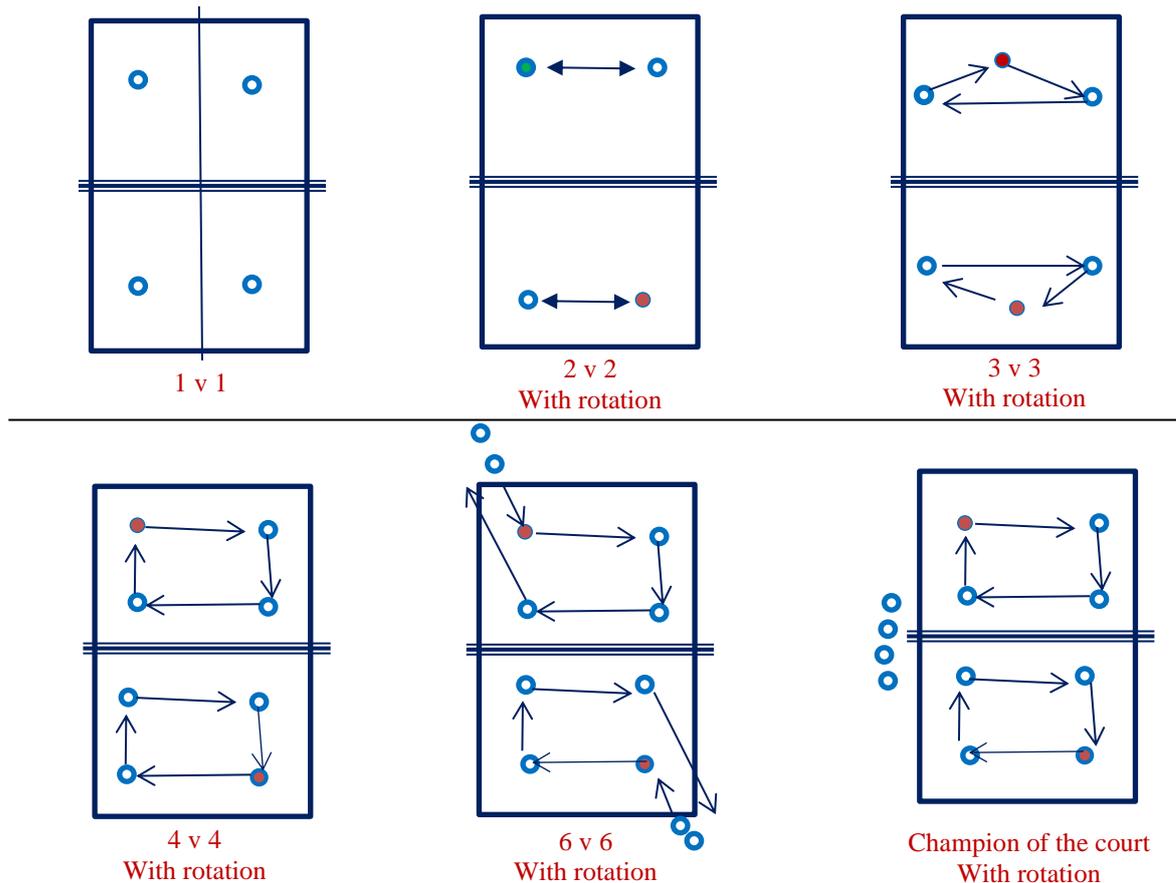
The official court is a badminton doubles court (13.4m x 6.1m). This can be marked by badminton court outlines in an indoor setting, by rope outlines outdoors or even using cones to mark outline corners.

The net for 4v4 Volleyball is 190-200 cm for both sexes (FIVB). In some cases this can even be a rope system if budget restraints exist. Soft balls are available.

Refereeing

A referee will officiate to control the game as safety is always paramount.

PART 1 THE GAME OF FUNDAMENTAL VOLLEY



Goal

The players try to get the ball over the net on to the floor of the opponent's court.

Start

The ball is thrown over the net into the opponent's court from the right back position of the court.

Rules

1. Every time a player throws the ball over the net, the whole team rotates a clockwise position.
2. The players are not allowed to walk with the ball.
3. If the ball touches the net play continues
4. The net for Fundamental, 4v4 volleyball is 190-200 cm for both sexes (FIVB).

The game may be played 1 v 1, 2 v 2, 3 v 3, 4 v 4, 5 v 5, 6 v 6 or more if necessary.

When Is A Point Scored?

- the ball was thrown onto the floor in the opponent's court
- the ball is thrown out of court
- a player dropped the ball
- the ball was thrown into the net
- two players touch the ball
- a player fumbles the ball
- the team does not rotate
- the ball is not thrown in the correct manner
- the ball is not caught away from the body
- a player walks with the ball
- a player holds the ball for more than 1 second

What Happens When A Point Is Scored?

The game is resumed immediately by the player in the right back position on the team that won the rally, by throwing the ball into the opponent's court.

Scoring

Rally point as in volleyball.

Speed

Let the players throw the ball back right after they catch it, to get speed into the game and also speed into the moving of the players.

Objectives

Recognition of the trajectory and speed of the ball

Timing

Throwing and catching in different ways.

Footwork (forwards, backwards and to the side)

The coach needs to encourage the catching and throwing with two extended arms.

Alternative Games

Keep It Up

How long can both teams keep the ball alive before an error is made?

Elimination

Instead of playing to a certain score - first to reach 5/10 points or for a period of time -e.g. 5mins.

When a player commits a foul this player has to leave the court and take his/her place on the subs bench. When all opponents are removed from the court, the team left is the winner.

Prisoner

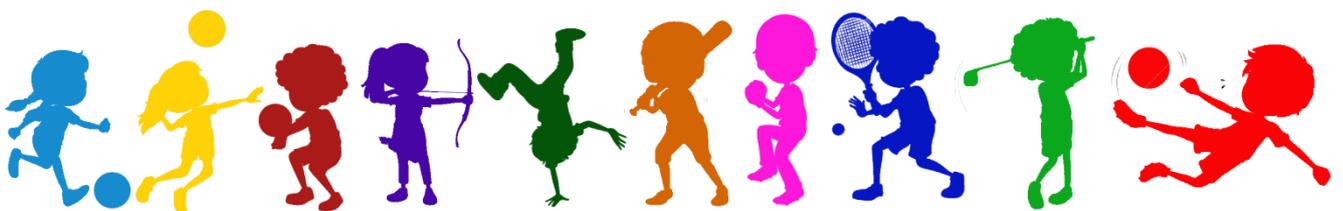
Same as elimination but instead of going off court the player joins the other team

Champion of the court

Played with 3 teams – the team that wins the rally stays on court the losing team goes off court and the team waiting off court comes on court.

These games may also be used to introduce volleyball to older children and adults.

Most Important - Ensure Players Have Fun



Some Advice on Introducing the Game

When introducing the game initially

- Do not have any rotation

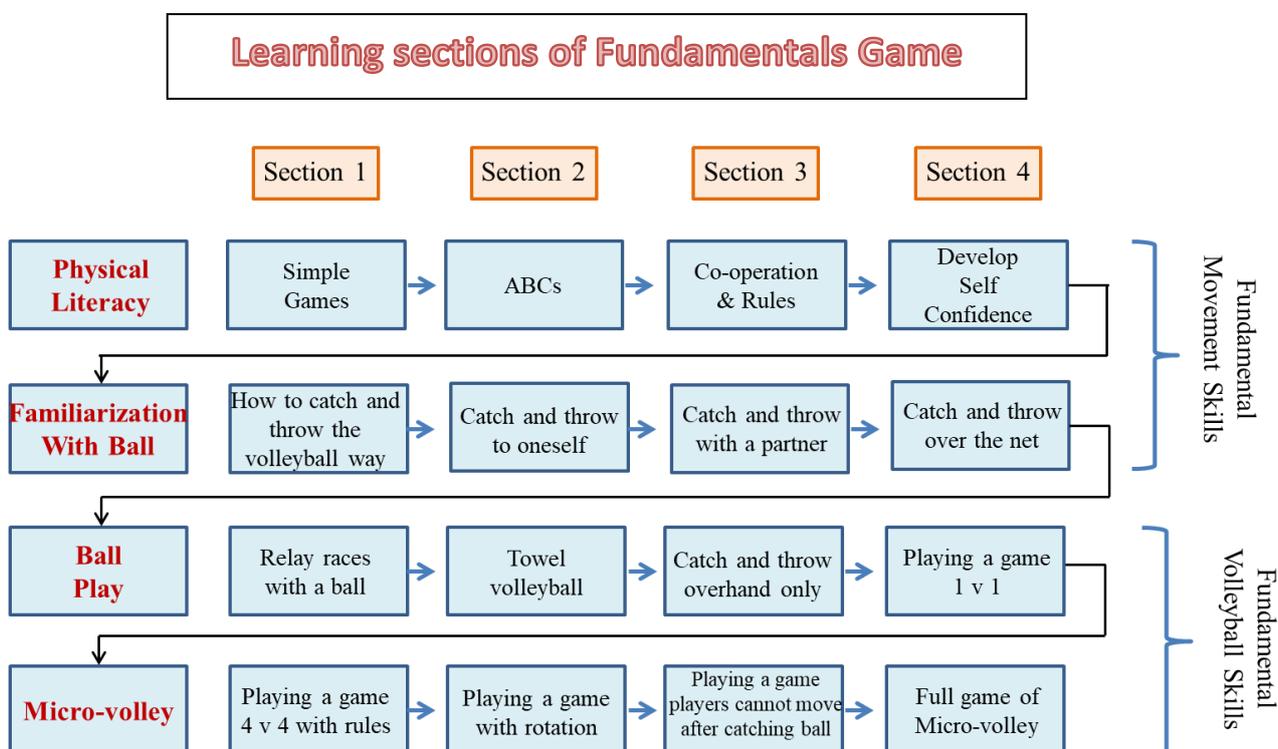
When players become used to catching and throwing the ball over the net introduce rotation and have the team rotate when they win a point

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 above 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
- Player may only hold the ball for one second



Process of Coaching and Teaching Drills in Fundamentals Volley

Volleyball differs from other ball sports in that players are not allowed to hold or throw the ball. It involves unique movements such as overhand passing which uses the fingers, and underhand passing in which both wrists are joined together. Children who are still growing may have difficulty with these movements. Coaches should understand that some adults dislike volleyball because of previous experiences with a jammed finger or forearm pain when they were young. If you throw a ball at children, they will instinctively move away from it. Therefore, coaches must start by helping children understand that the ball is an enjoyable item to play with, rather than something to be feared. Ball familiarization drills will help children to overcome this fear.

Children can learn the proper stance and footwork by running around the court, playing with the ball, as well as catching, throwing, and hitting it freely. It is essential to teach children how to take up new challenges in volleyball and get pleasure in the process. It is also important to include basic volleyball movements in a competitive situation during training sessions in order to increase the enjoyment of children and their level of interest.

Familiarization with The Ball

We use this step to get children used to the ball.

They should play with the ball individually, so they are not afraid of somebody thrown a hard ball at them.

- Teach them how to catch and throw the ball 'the volleyball way' that is away from the body.
- Catch the ball over their heads.
- Catch the ball in front and to the side – away from their body.
- Bounce the ball and catch it.
- Throw the ball move and catch it behind your back.



Examples of throwing from the forehead and throwing from between the knees

When the children are comfortable playing with a ball by themselves get them to play with another child.

The same drills can be used but with one player throwing the ball and one player catching the ball

Some examples of ball familiarization exercises that will help players improve movement and ball control are included and explained at the end of the book.

Later these games can be used as warmups or just for the players to have fun using a ball.

Training Programme

The following pages give examples of a beginner training programme and drills to cover all the work involved in coaching Fundamental Volley.



When starting with Ball Familiarization and Ball Play drills, remember that players progress at different speeds so some will advance faster than others. So, weeks spent at the beginning and throughout the schedule will depend on players progress.

The older the players the faster progress will be at the beginning, but progress will level out after that. Do not move from one phase to another until the skill is mastered even if it takes a little longer.

Fundamental Volley Training Programme

Week	Subject and Content of Training	Page	Time
	New Fundamental Volley challenges are in red		
1	Octopus Tag Bounce ball while hopping on one leg Throw Ball – Throw ball up (touch floor, clap hands once or twice, clap hands behind back, turn 160 degrees etc.) and catch ball. Catch & Throw – Catch and throw the ball with partner while standing on one leg. Catch and throw the volleyball way (Ball caught away from the body) Elimination Fundamental Volley (Half the players on each side of the court)	10	
2	Monster Tag Pass the Hoop Race Overunders – Back to back pass ball overhead and through legs; switch rotation of ball. Ball passing figure of eight High Ball - Toss ball high lie down and get up and catch ball after one bounce Catch and throw with a partner while sitting Catch and throw the volleyball way (Ball caught away from the body) Elimination Fundamental Volley (Half the players on each side of the court)	10 10 12 12	
3	Spiders & Scorpions Ball passing figure of eight 3 metres apart Throw and catch with your partner while lying down Fundamental Volley game - Players can only throw the ball from above their foreheads or from between their legs. One handed throws are not allowed. Games of Fundamental Volley with new rules playing together 1 v 1, 2 v 2, 3 v 3,4 v 4 Elimination Fundamental Volley	10 12 12 4 4	
4	Volleyball head race Roll ball to partner between legs – 6 metres apart Throw ball from behind your back and catch it in front Leg Bounce - Bounce ball through legs forward and back Fundamental Volley game - Players can only throw the ball from above their foreheads or from between their legs. One handed throws are not allowed Games of Fundamental Volley (Catching and throwing) playing together 1 v 1, 2 v 2, 3 v 3,4 v 4 Elimination Fundamental Volley	11 12 12 12 4 4	
5	Loads of volleyballs Stuck in the mud 2 player catching and throwing while sitting Fundamental Volley game - Players can only throw the ball from above their foreheads or from between their legs. One handed throws are not allowed Must rotate when they win a point Games of Fundamental Volley playing against 1 v 1, 2 v 2, 3 v 3,4 v 4 Elimination Fundamental Volley	11 10 12 4 4	

6	Sharks and Minnows Bridge Ball Fundamental Volley game - Players can only throw the ball from above their foreheads or from between their legs. One handed throws are not allowed Must rotate when they win a point Games of Fundamental Volley playing against 1 v 1, 2 v 2, 3 v 3,4 v 4 Elimination Fundamental Volley	10 13 4 4	
7	Cats in the Corner Pass the Hoop Race Throw ball from behind your back and catch it in front Fundamental Volley game - Players can only throw the ball from above their foreheads or from between their legs. One handed throws are not allowed Must rotate when they win a point Players are not allowed to move after they catch the ball Games of Fundamental Volley playing against 1 v 1, 2 v 2, 3 v 3,4 v 4 Elimination Fundamental Volley	13 10 12 4 4	
8	Trolley Volley Volleyball head race Fundamental Volley game - Players can only throw the ball from above their foreheads or from between their legs. One handed throws are not allowed Must rotate when they throw ball over the net Players are not allowed to move after they catch the ball Games of Fundamental Volley playing against 1 v 1, 2 v 2, 3 v 3,4 v 4	13 11 4	
9	Warm up games. Relay Races Fundamental Volley game - Players can only throw the ball from above their foreheads or from between their legs. One handed throws are not allowed Must rotate when they throw ball over the net Players are not allowed to move after they catch the ball Players may only hold the ball for 1 second Games of Fundamental Volley playing against 1 v 1, 2 v 2, 3 v 3,4 v 4	10 11 4 4	
10	Practice the Fundamental Volley game to train movement and getting into the ready position before moving on to 4v4 Volleyball		

Games

Monster Tag

Place 4 hula-hoops at the four corners of the playing area, these are the safety zones. Players can stay 20 seconds in a safety zone, or until someone else steps into the hoop following them. Only one player is allowed in a hoop at a time. Place one in the middle, which is the monster's home. Designate 2 players to be monsters and place them in the centre to begin the game.

On the go signal, the monsters chase and try to tag someone. If successful, they change places. The new monster must run to the centre hoop and yell "New Monster!" before chasing others – or the monsters can wear coloured bibs so everyone knows who they are.

Spiders & Scorpions

Choose 4 children to be the scorpions. Their job is to move around on all fours (belly facing up) trying to sting (touch with their hand) as many of the other children as possible. The other children are spiders, they have to move around on all fours (belly facing down) If a 'spider' is stung it must hold either one arm or one foot up in the air (3 point balance) until all of the spiders are stung or times runs out. A variation to the game can include special spiders who can give an antidote to the stung spiders and release them

Octopus Tag

One person stands in the middle of the boundary area. The rest of the kids line up at an end of the bounds and when the tagger says go, they all run to the other side of the bounds. Whoever the tagger tags then has to stay and help him, except that the additional people that are tagged have to sit down, and can only help "It" by using their arms.

Alligator In The Swamp

The first group is lying on their stomachs (alligators). The second group are the runners. On the go signal the runners must run across the playing area to the opposite line in order to be safe from the alligators. The alligators leave their circle to chase the runners. If the runners are tagged by the alligators they become alligators.

Sharks and Minnows

Just like in the swimming pool. Begin with one shark standing on a line about 30 metres wide, 30 metres away. When the whistle blows, minnows run from other end to the shark's end without been "eaten" (tagged) by shark. All tagged minnows become sharks on the next turn as the remaining minnows run back.

Stuck in the Mud

In this version of Tag, one person is still "it", but when they touch someone, that person is "frozen" in place. They cannot move and must stand with their feet apart. The only way they can become unfrozen is if a person crawls under their legs. Play continues until all the players are frozen. Then the last person to be frozen is "it" for the next game.

Pass the Hoop

Have everyone hold hands and stand in a line or circle. To start the game, loop the hoop over a player's arm. From there, the rest of the group must pass the hoop down the line or around the circle without letting go of each other's hands.

Human Knot

Groups of six or more come together and create a "knot" by first all holding the left hand of anyone in the group but the two beside them, then the right hand of someone else (except the two on either side). This knot is then untangled without breaking hand contact by stepping over each other's arms, weaving the circle through until it becomes a big circle.

Relay Races

Volleyball Head Race

Organize players so that they're into pairs and each team receives a volleyball. When the game starts, teams must race to a finish line carrying a volleyball between their heads, remember don't use your hands. You can also try this game over an obstacle course such as going over benches or through hoops.

Loads of Volleyballs

Divide your players into several groups, preferably in teams of 5 or 6, in relay lines. Hand each player a volleyball, have the first player run to the other end of the hall and back. Then that player hands their ball to the next player, who repeats the run.

The relay continues, until the final player has to juggle all 5 or 6 balls as they run. It makes for great fun. After we've done that once, we then run the relay with everyone having to carry all the balls each time.

Tunnel Race

Teams race against each other while lined up in relay formation. All players spread their legs in straddle position and the last player from each team crawls through the legs. The next player follows in turn until the team is back into original formation. As soon as a player has crawled through the tunnel, they are to stand up so the next player can get through his legs. The first team that completes the order is the winner.



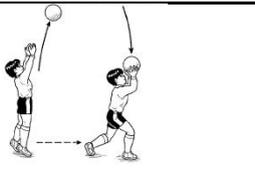
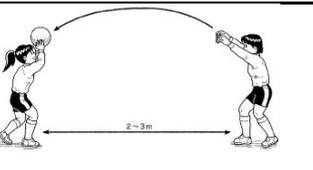
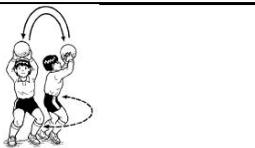
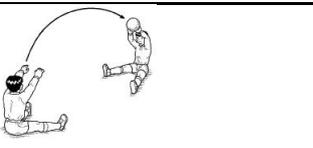
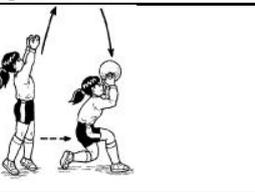
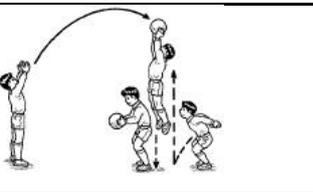
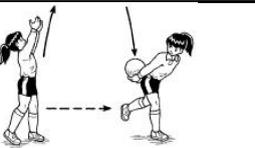
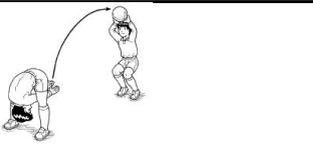
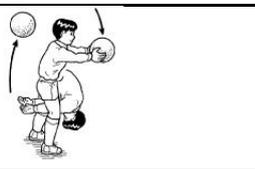
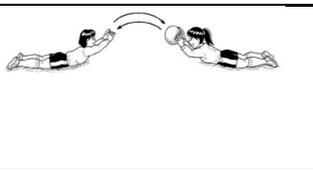
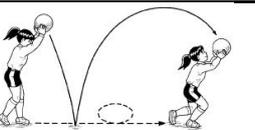
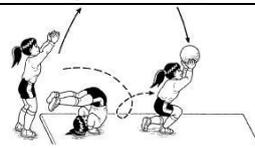
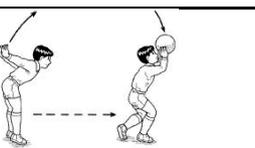
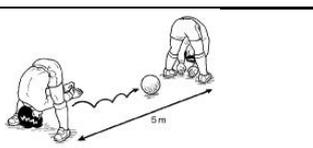
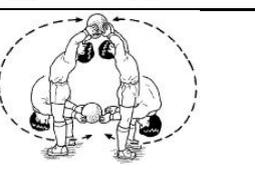
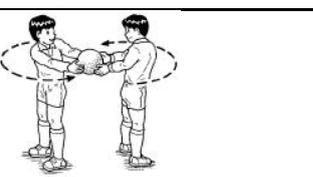
Down and Back Relay Race

Give each team an easy-to-hold ball. Each team must pass the ball down the line and then the last person in line runs to the front and the passing begins again. Alternatively, have the team members line up across from a designated line. Each player takes the ball and runs to a designated line and back again. They give the ball to the first person in line and then take their place at the back of the line. The first team to have the ball pass through the hands of all their team members wins.

Volleyball Pushing

For this relay race game, you need a level surface. This relay race works well inside on a smooth floor. Each team is given a volleyball and the goal is to push the ball over a short distance with the head. Set a point as a goal to reach and the team members must turn around and push the ball back to the beginning of their team's line. The first team to have all their members complete the course is the winner.

Ball Control

	<p>Throwing the ball and catching it</p>		<p>Two-player catching</p>
	<p>Catching the ball after doing a 90- or 180-degree turn</p>		<p>Two-player catching while sitting and facing each other</p>
	<p>Getting under the ball and catching it</p>		<p>Catching while jumping</p>
	<p>Throwing the ball and catching it behind the back</p>		<p>Two-player throwing between the legs</p>
	<p>Throwing the ball between the legs and catching it in front of the body</p>		<p>Catching while lying on stomach</p>
	<p>Bouncing the ball and catching it after a 360-degree turn</p>		<p>Facing backwards and throwing the ball while twisting the upper body</p>
	<p>Throwing the ball and catching it after doing a forward roll</p>		<p>Catching the ball and throwing it while in the air</p>
	<p>Throwing the ball from behind the body and catching it in front</p>		<p>Rolling the ball</p>
	<p>Ball passing over head and between legs</p>		<p>Ball passing doing a figure eight</p>

Ball Play Games

Throwing and catching the ball over and over again isn't much fun. By adding ball movements, this drill increases the pleasure the children experience when being coached. The following exercises can also be used for warm-up purposes.

Some examples of ball games and relay games that will help players improve movement and ball control are explained below. These games can be used as warm ups or just for the players to have fun using a ball.

Examples of Ball Games

Towel Volleyball

Required: Volleyball, volleyball net (if desired), and towels for each team.

You can use a volleyball net if you prefer, but not necessary. Set up teams and each team should have two or four people on it. Have one team serve the volleyball by placing the volleyball in the middle of the towel. They are to lower the towel and then raise it quickly as a team, to allow the ball to become air borne. The opposing team must catch the volleyball in their towel and toss it back again.



Bridge Ball

Required: One or two volleyballs per team

Players are in circle formation, facing in. Each is in wide straddle step with the side of the foot against the neighbours. The hands are on the knees.

One or two balls can be used. The object of the game is to put one of the balls between the legs of any player before they can get their hands down and stop it. Each time the ball goes between the legs of an individual, a point is scored against that individual. The players having the least points against them are the winners.

Be sure the players catch and roll the ball rather than bat it. Players must keep their hands on their knees until a ball is thrown at them.



Cats in the Corner

Required: Volleyballs

Mark off square play area. The ball thrower will be in the centre of the square. There are safe zones at each of the corners where all the players called Cats will be. When the thrower calls "Cats in the Corner", the Cats have to run from one corner to another without getting hit by the ball. They can go any direction including diagonal as long as they do not get hit. Any player hit by the ball below the knees is out. If you have a large group you can have several balls and a couple throwers.

Trolley Volley

Required: Volleyballs and ball cart/trolley.

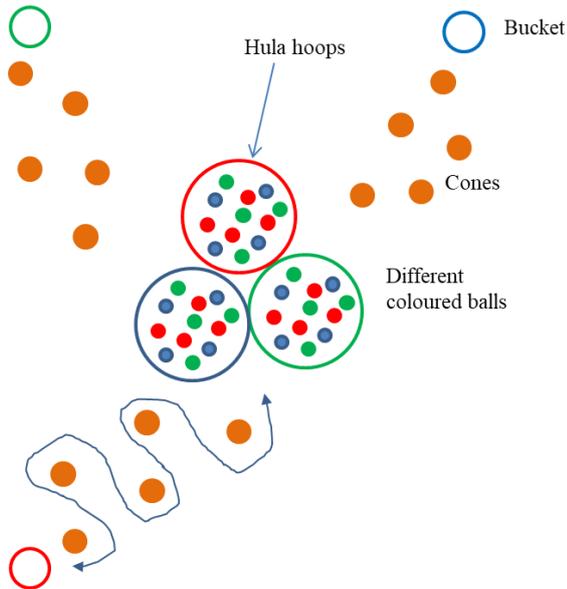
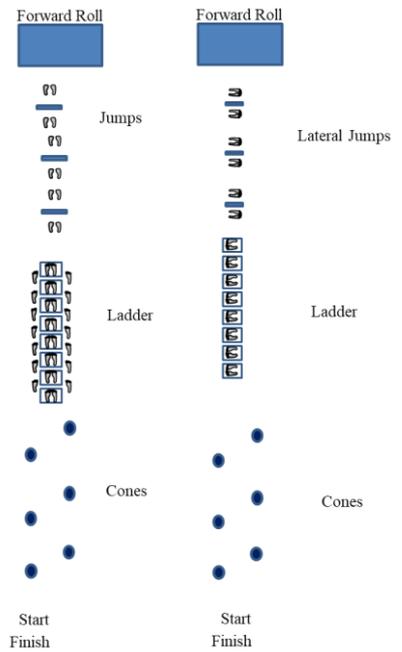
A fun game that helps build volleyball skills. Place teams at opposite ends of a court. Place volleyball cart in the centre of the hall. At the start signal, players throw ball from behind their line trying to put the ball into the cart. The player who throws ball into cart must run out and collect ball from cart and give to next player. You can have more skilled players play less skilled by placing the lesser skilled players closer to the cart. It can also be played with four teams arranged in a square around the cart.

Volleyball Fun Circuits

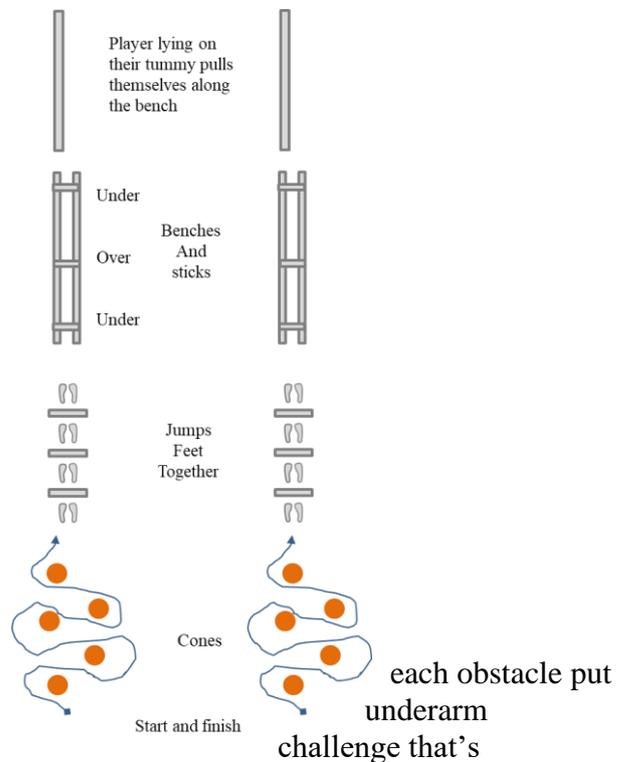
1. Teams zig zag through the cones, two feet in two feet out on the ladders, jump feet together over hurdles, forward roll on mat and run to finish.

2. Teams zig zag through the cones, , two feet in sidestepping through ladder, jump feet together sideways over hurdles, forward roll on mat and run to finish.

Of course this course can be made shorter or laid out whatever way suits your team.



Divide your players into teams
 Each team has same coloured hula hoop, balls and bucket.
 Purpose of the game is for each team to collect your balls (green, red or blue) and put them into their bucket. When they have all their balls in the bucket they must then put them back into the same coloured hula hoop.
 Rules:
 Must zig zag through the cones
 Only one ball can be carried at a time.
 Cannot step into or touch a hula hoop
 Next player must wait until the previous player has finished before starting



To make circuits more volleyball orientated after a ball sitting on a cone and players must do 3 passes/volleys/bouncing a ball on one leg or any other appropriate.

PART 2 - 4V4 VOLLEYBALL

Goal of 4v4 Volleyball Coaching

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. It includes controlled, whole-body exercises such as passing the ball, jumping, running and rolling without stepping into the opponent's court.

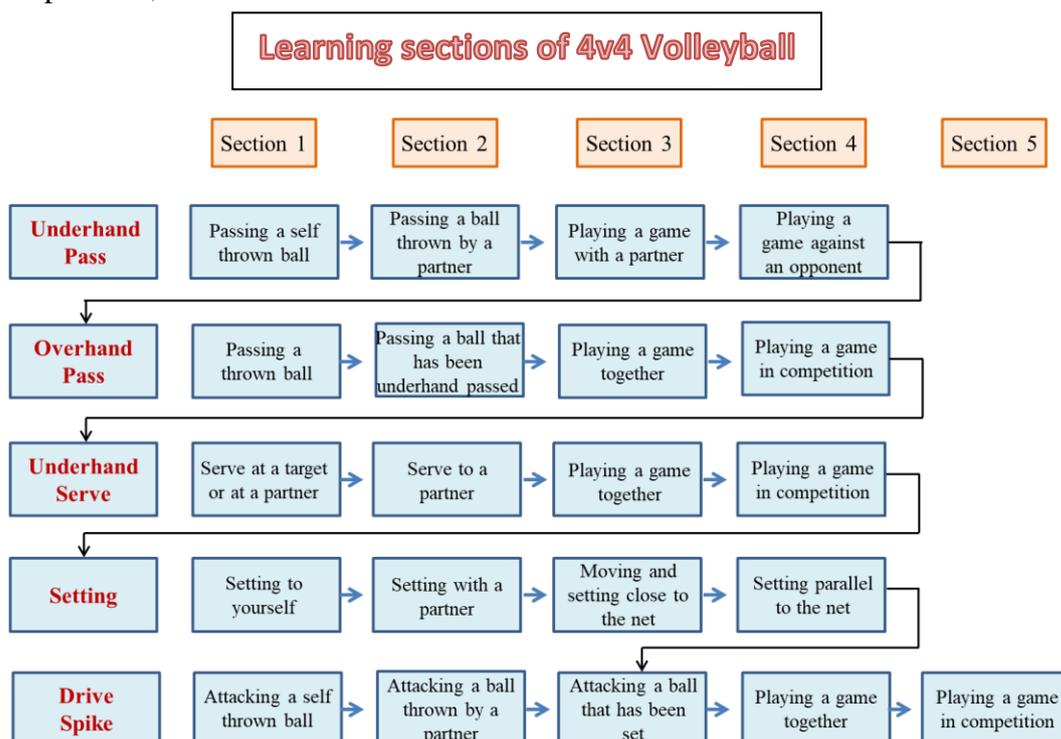
As for 4v4 Volleyball, it should be viewed as a sport activity with an educational purpose, i.e., fostering collaboration and teamwork, and teaching the importance of developing a strong body and a healthy mind. These characteristics of 4v4 Volleyball can be used by coaches to help children learn the joy of sports through training and playing.

Considering the above, it goes without saying that winning is not the ultimate goal in 4v4 Volleyball. One should always remember that coaching 4v4 Volleyball is about providing valuable experiences that children need for their future, while enabling them to experience the joys of self-improvement.

Mind-set and Attitudes of Children Aged 11 To 13

Children aged 11 to 13 usually exhibit the following psychological and mental characteristics:

- They are emotionally stable despite rapid physical growth.
- They are starting to show interest in their environment and are often eager to learn.
- They seek to be independent from their parents and teachers but they also like being part of a group.
- They are interested in sporting activities, especially team sports such as volleyball and football, as opposed to individual sports. It is important not to force them to learn volleyball but instead to foster their desire to play it.
- They are beginning to observe their surroundings more objectively, and they are also interested in group activities. Volleyball can help to teach them the importance of responsibility, cooperation, and teamwork.



WHAT COACHES NEED TO PAY ATTENTION TO WHEN COACHING

Before the training session begins, let the children play with a ball for warm-up purposes, and have them stretch and cool down after the practice in order to reduce fatigue.

Develop the children's basic athletic abilities through exercises including volleyball-related movements and elements drawn from other sports.

Plan training sessions from easy to difficult, light to heavy, simple to complex, short to long.

Modify the number of repetitions, the pace of training, and the duration of rest breaks as needed, observing how the children react and in particular how they move.

Use a variety of exercises to avoid fatigue and help concentration.

Try to optimise the number of times the children have contact with the ball, based on the number of players in the group, the equipment available, and the pace of the session.

Try to give the children equal opportunities to play and practice.

Make training more interesting by introducing game-like situations and contests.

Create an environment based on team-building and mutual improvement by allowing the children to cheer each other on.

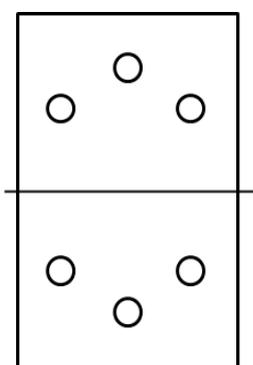
Praise the children in front of their partners when they play well, as this will boost their confidence. If some children have had a bad session, try and explain to them what the problem might be and offer advice on how to improve.

Do not introduce weight training before secondary school.

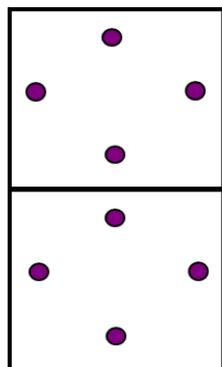
Help the children understand that making an effort in daily practice is more important than winning.

Ensure that the children continue practicing together over time and acknowledge the efforts they make to achieve this objective.

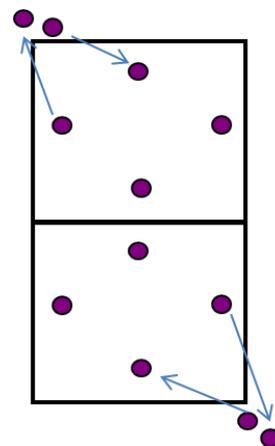
4V4 VOLLEYBALL COURTS



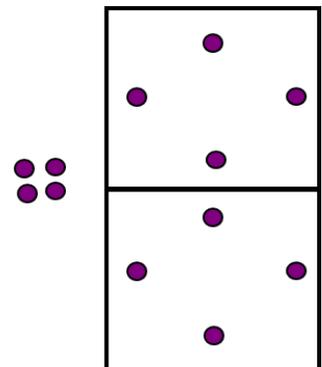
With 3 players on court



With 4 on court



With more than 4 on court



Champion of the court

4V4 VOLLEYBALL TRAINING PROGRAMME

Week	Subject and Content of Training	Page	Time
	New 4v4 Volley challenges/skills are in red		
1	Warm up games Relay Races Play with ball by one player. Play with ball(s) by two players. Games of Fundamental Volley playing together 1 v 1, 2 v 2, 3 v 3, 4 v 4 Elimination Fundamental Volley Cool down	10 11 12 12 4	
2	Warm up games. Relay Races Play with ball by one player. Play with ball(s) by two players. Games of Fundamental Volley competing 1 v 1, 2 v 2, 3 v 3, 4 v 4 Elimination Fundamental Volley Cool down	10 11 12 12 4	
3	Warm up games. Relay Races/Ball Control Underhand pass introduction Underhand pass drills Games of Fundamental Volley 1 v 1, 2 v 2, 3 v 3, 4 v 4 Elimination Fundamental Volley Cool down	10 11/12 19 21 4	
4	Warm up games. Relay Races/Fun Circuit Underhand pass drills Games of Fundamental Volley with underhand pass Elimination Fundamental Volley Cool down	10 11/14 21 22	
5	Warm up games. Relay Races/Ball Control Games of champion of the court Games of Fundamental Volley with underhand pass Elimination Fundamental Volley Cool down	10 11/12 4 22	
6	Warm up games. Relay Races/Ball Play Games of champion of the court Games of Fundamental Volley with underhand pass Elimination Fundamental Volley Cool down	10 11/13 4 22	
7	Warm up games and Fun relays. Relay Races /Ball Control Games of Fundamental Volley with underhand pass Elimination Fundamental Volley	10 -11 12 22	

	Cool down		
8	Warm up games. Relay Races/Ball Control Overhand pass introduction Games of Fundamental Volley with underhand pass Elimination Fundamental Volley Cool Down	10 11/12 23 22	
9	Warm up games. Relay Races/Fun Circuit Overhand pass drills Games of Fundamental Volley with underhand pass Elimination Fundamental Volley Cool down	10 11/14 24 22	
10	Warm up games. Relay Races/Ball Control Overhand pass drills Games of Fundamental Volley with underhand pass Elimination Fundamental Volley Cool down	10 11/12 24 22	
11	Warm up games. Relay Races/Ball Control Overhand pass drills Games of Fundamental Volley with underhand pass and overhand pass Elimination Fundamental Volley Cool down	10 11/12 24 25	
12	Warm up games. Ball Control/Ball Play Introduction to the serve Games of Fundamental Volley with underhand pass and overhand pass Elimination Fundamental Volley Cool down	10 11/13 26 25	
13	Warm up games. Relay Races /Ball Control Introduction to the serve Games of Fundamental Volley with underhand pass and overhand pass Elimination Fundamental Volley Cool down	10 11/12 26 25	
14	Warm up games. Ball Control/Fun Circuit Serve drills Games of 4v4 Volleyball with underhand pass and overhand pass Elimination Fundamental Volley Cool down	10 11/14 27 25	

15	Warm up games. Relay Races/Ball Play Serve receive drills Games of 4v4 Volleyball with service, underhand and overhand pass Elimination Fundamental Volley Cool down	10 12/13 28 29	
16	Warm up games. Ball Play/Fun Circuit Serve receive drills Games of 4v4 Volleyball with service, underhand and overhand pass Elimination Fundamental Volley Cool down	10 13/14 28 29	
17	Warm up Relay Races/Ball Control Introduce the set and drive spike Games of 4v4 Volleyball with service, underhand and overhand pass Elimination Fundamental Volley or 4v4 Volley Cool down	10 11/12 30/31 29 19/31	
18	Warm up Relay Races/Ball Play Setting Drills Drive spike drills Games of 4v4 Volleyball Elimination Fundamental Volley or 4v4 Volley Cool down	10 11/13 30 33 34	
19	Warm up Ball Control/Fun Circuit Setting Drills Drive spike drills Games of 4v4 Volleyball Elimination Fundamental Volley or 4v4 Volley Cool down	10 13/14 30 33 34	
20	Warm up Relay Races/Ball Control Setting/spiking drills Games of 4v4 Volleyball Elimination Fundamental Volley or 4v4 Volley Cool down	10 11/12 33/35 31	
22	Games of 4v4 Volleyball using all the skills		

UNDERHAND PASSING

Functions

Underhand passing is used to receive service, pass free balls/soft touches, setting and receiving the spike.

Once the children are able to handle the ball well, you can begin practicing the first steps of passing with them. In volleyball, there are several techniques that can be used to pass the ball, i.e., the underhand pass, the single-hand pass, and the overhand pass. Begin by teaching the children the most common among these techniques, the underhand pass.

1. Give a demonstration of the underhand pass
2. Get the players to do the underhand pass
3. Demonstrate the underhand pass focusing on one technical aspect
4. Get the players to do the underhand pass with feedback from the coach on the specific focus
5. Repeat steps 3 and 4 with new focus

Key Pointers on How To Handle The Ball When Making An Underhand Pass

How to acquire a good grip

There are many ways to position the hands for the underhand pass. The most common is the one shown in the picture below. Get the children to extend five fingers and place one hand over the other at an angle. They should put their thumbs together, the thumb of the lower hand holding the upper four fingers. Both thumbs should point downwards, away from the wrists. Ensure that the children extend their elbows. The inside of the wrists should be flat and kept together. The shoulders and hands should ideally form a triangle.



How to adopt a good position for ball contact

Explain to the children that the ideal place to make contact with the ball is slightly above the point where a wristwatch is worn. Tell them that it is important to extend the elbow at the moment of contact.

How to pass the ball

Beginners tend to swing their arms when trying to hit the ball, but this is a mistake. When hitting the ball, make sure the children don't swing their arms; rather, they should make contact by pushing up from the lower body.



Practicing the Self Underhand Pass

In these drills, the coach needs to pay attention to the children's hand position and movement of the lower body at the moment of ball contact. When children practice these exercises, remind them to:

- Watch the ball carefully until it hits the forearm platform.
- Take a low stance and make contact with the centre of the ball when it comes close to their body.

Underhand Pass With Specific Conditions

Once the children are able to do a self underhand pass 20-30 times in a row, try two-player passing exercises and games.

1. Ready Position

To begin, start by teaching the children the ready position of a back row player. Get them to place one foot slightly in front of the other. Ensure that they lift their heels and stand on their toes, with their knees aligned directly over the latter. Get them to lean forwards slightly, with their arms open and raised to chest height, and their palms facing upwards. Verify that they watch the ball carefully.

2. Running Underhand Pass

Get the children to maintain a crouched position when moving (as in the ready position) and to use small steps in order to go to where the ball is likely to fall. Ensure that they make contact with the ball when it is close to their body. Stop them from swinging their arms upwards. See to it that they keep the same angle between their body and arms and that they hit the ball on the forearm platform, using their whole body to propel the ball forwards.

3. Underhand Pass With Low Forward Movement

If the ball falls low and very close to the floor, get the children to drop onto one knee. Ensure that they move forwards with their hip positioned over their ankle to stay low. Make them slide both wrists under the ball and extend their whole body to propel the ball forwards.

4. Underhand Pass With Diagonal Movement

If the ball comes to the right or left of the children's body, get them to do a quick shuffle step or crossover step. See to it that they place their outside foot one step forwards and that they position their toes so that they are pointing in the direction of the partners to whom they want to pass the ball. They should face the ball and use their whole body to send the ball to each other.



SAMPLE GAMES AND DRILLS

RELAY RACES AND GAMES		
1	SPIDERS & SCORPIONS. Choose 4 children to be the scorpions. Their job is to move around on all fours (belly facing down) trying to sting (touch with their hand) as many of the other children as possible. The other children are spiders, they have to move around on all fours (belly facing up.) If a 'spider' is stung it must hold either one arm or one foot up in the air (3 point balance) until all of the spiders are stung or times runs out. A variation to the game can include special spiders who can give an antidote to the stung spiders and release them	Game
2	Pirates and Zombies	
3	Volleyball head race	Relay
4	Loads of volleyballs	Relay
5	Stuck in the mud	Game

BALL CONTROL		PLAYERS
1	Bounce and Throw – One player bounces ball to partner while partner throws ball to him/her.	2
2	Quick Clap - Hold ball with both hands waist level. Drop the ball, clap hands once or twice in front of waist, and catch ball before it hits the floor	1 or 2
3	Throw ball up and catch it behind your back	1 or 2
4	Roll ball to partner between legs – 6 metres apart	2
5	Throw ball from behind your back and catch it in front	1 or 2
6	Leg Bounce - Bounce ball through legs forward and back.	1 or 2
	Underhand Pass - how do we underhand pass?	
	Pass Drills	
1	Ready position	1
2	Movement	1
3	Contact position	1
4	Throwing ball up letting it bounce and catching it on your arms in the pass position	1
5	Throwing the ball up and catching it on your arms in the pass position	1
6	Throw ball up and pass to yourself	1
7	Toss ball to partner who passes back to you – change after 5	2
8	Toss ball to partner who has to move forward to pass back to you	2
9	Toss ball to partner who has to move sideways to pass back to you	2
10	Toss ball to partner who passes to themselves before passing back to you	2
11	Continuous passing between partners	2
12	Continuous passing between partners letting ball bounce before passing	2
13	Toss ball over net partner passes into trolley	2 or Teams
14	Toss ball over net partner passes into trolley after one bounce	2 or Teams
15	Toss ball over net partner passes ball towards net run under net and catch ball	2

GAMES	
Games of Fundamental Volley – 1 v 1, 2 v 2, 3 v 3 etc.	
Games of Fundamental Volley with Underhand Pass – 1 v 1, 2 v 2, 3 v 3 etc.	

When players have mastered the underhand pass move on to the overhand pass/4v4 Volleyball in a catch and overhand throw

Fundamental VOLLEY/ 4V4 VOLLEYBALL WITH UNDERHAND PASS

Rules

Same as for Fundamental Volley except there is no rotation and that to start a rally the ball must be thrown underhand over the net from the right back position of the court. If players cannot throw over the net from behind the end line allow them to throw from inside the court. The first ball over the net must be underhand passed to a team mate who then throws the ball underhand over the net from where he caught the ball. The player who catches the underhand pass cannot move with the ball. The first ball over the net must be underhand passed.

When Is A Point Scored?

- the ball was thrown onto the floor in the opponent's court
- the ball is thrown out of court;
- a player dropped the ball;
- the ball was thrown into the net;
- more than two touches
- A player fumbles the ball
- the ball is not thrown in the correct manner
- the ball is not caught away from the body
- a player walks with the ball
- The first ball over the net was not underhand passed
- The second ball was not caught cleanly



Alternative Games

Keep It Up

How long can both teams keep the ball alive before an error is made?

Elimination

Instead of playing to a certain score - first to reach 5/10 points or for a period of time -e.g. 5mins. When a player commits a foul this player has to leave the court and take his/her place on the subs bench. When all opponents are removed from the court, the team left is the winner.

Prisoner

Same as elimination but instead of going off court the player joins the other team

Champion of the court

Played with 3 teams – the team that wins the rally stays on court the losing team goes off court and the team waiting off court comes on court.

OVERHAND PASSING

Functions

The most accurate way of passing a ball. It is the preferred skill to use when setting a ball. It can also be used to pass a free ball, pass a soft hit or service or perform an attacking volley.

Have the children reached the stage where they are able to perform the underhand pass? If so, you can introduce the overhand pass, which is used for balls above waist height.

1. Give a demonstration of the overhand pass
2. Get the players to do the overhand pass
3. Demonstrate the overhand pass focusing on one technical aspect
4. Get the players to do the overhand pass with feedback from the coach on the specific focus
5. Repeat steps 3 and 4 with new focus

Key Pointers On How To Make An Overhand Pass

- Get the children to move quickly under the ball and make contact with it in front of their forehead, as it is not possible to handle the ball on the side of their body like with the underhand pass.
- Ensure that they place both arms at forehead height, while opening their elbows to the side, keeping their wrists close to each other and spreading all ten fingers as wide as possible. They should be able to see the ball through the triangle formed by their index fingers and thumbs.
- See to it that they allow the ball to come close to their forehead and push it using all ten fingers.
- Finally, get the children to propel the ball by pushing up from the knees and hips, rather than by simply by bending and extending their arms. They should keep their hips forwards and chest lifted. Encourage them to take a couple of follow-through steps.



Move and Pass

Once children have mastered the overhand pass, the next step is to get them to move quickly under the ball and perform continuous overhand passes after an underhand pass or single-hand pass.

They should also practice knowing when to use an underhand pass or an overhand pass properly, a decision that largely depends on the height of the approaching ball.

The same movement is used to get under the ball for either an underhand pass or an overhand pass. However, there are two different ways to move:

1. Move backwards

Here, the children should take small, quick steps backwards, maintaining a crouched position. Ensure that they don't hold their upper body straight.

2. Turn around and run

If children find it difficult to reach the ball by moving backwards, make them turn around and run. Encourage them to use a underhand back pass when their body is facing the other way. Otherwise, get them to use an overhand pass if possible.

SAMPLE GAMES AND DRILLS

RELAY RACES AND GAMES		
1	AMOEBIA TAG - Two people are it. They hold hands and chase people, the person they catch joins the chain by linking hands. When another person is caught they can stay together or split 2 and 2 they must split even numbers and can link together at will. This game is played till' nobody is left.	Game
2	Volleyball back to back with ball in twos threes or fours	Relay
3	Lame Dog - Can only move using one arm and the opposite leg for balance and propulsion	Relay
4	Ball between knees or ankles and hop to line run back	Relay

BALL CONTROL		PLAYERS
1	Throw the ball to partner from between your legs	2
2	Throw the ball backwards overhead to each other	2
3	Bowling - Roll ball the length of the court. Partner gets a "pin" for each time the ball rolls between the legs completely until ball goes off court or stops	2
4	Leg ups - Head to head on back, pass ball using feet only above heads; return feet to floor after each pass	2
5	One partner throwing one partner bouncing the ball to each other	2
6	One partner throws ball other partner lets the ball bounce between their legs both feet on floor	2
Volley - how do we volley?		
DRILLS		PLAYERS
1	Ready position	1
2	Movement	1
3	Contact position	1
4	Throwing ball up letting it bounce and catching it in the volley position	1
5	Throwing the ball up and catching it in the volley position	1
6	Throw ball up and volley to yourself	1
7	Toss ball to partner who volleys back to you – change after 5	2
8	Toss ball to partner who has to move forward to volley back to you	2
9	Toss ball to partner who has to move sideways to volley back to you	2
10	Toss ball to partner who volleys to themselves before volleying back to you	2
11	Continuous volleying between partners	2
12	Continuous volleying between partners letting ball bounce before passing	2
13	Toss ball over net partner volleys into trolley	2 or Teams
14	Toss ball over net partner volleys into trolley after one bounce	2 or Teams
15	Toss ball over net partner volleys ball towards net run under net and catch ball	2

GAMES	
Games of Fundamental Volley with Pass – 1 v 1, 2 v 2, 3 v 3 etc.	
Games of Fundamental Volley with Pass and Volley – 1 v 1, 2 v 2, 3 v 3 etc.	

When players have mastered the overhand pass move on to the service/ 4v4 volleyball

4V4 VOLLEYBALL - SECOND BALL IN A CATCH & OVERHAND THROW

Start

To start a rally the ball must be thrown underhand over the net from the right back position of the court.

Rules

1. The ball has to be played three times before crossing the net.
2. The second ball contact is a catch-throw-movement. This must be done with an overhand catch and throw to a team mate who will put it over the net with an overhand pass.
3. The player may hold the ball in the overhand catch for a max of two seconds.
4. It is not allowed to throw the second ball over the net.
5. When a player has made three serves in a row the team rotates and the next player has to serve.
6. The substitutions are obliged to go off and re-enter the game at the serve area.

Score

Rally point: each mistake is a point to the opponent.

Objectives

Playing together in a three ball contact, where the second ball is played parallel to the net. The player who stands to the left or the right on the court can/should step towards the ball to be able to play the ball over the net.

Alternative Games

Keep It Up

How long can both teams keep the ball alive before an error is made?

Elimination

Instead of playing to a certain score - first to reach 5/10 points or for a period of time -e.g. 5mins. When a player commits a foul this player has to leave the court and take his/her place on the subs bench. When all opponents are removed from the court, the team left is the winner.

Prisoner

Same as elimination but instead of going off court the player joins the other team

Champion of the court

Played with 3 teams – the team that wins the rally stays on court the losing team goes off court and the team waiting off court comes on court.



INTRODUCING THE SERVE

The Underhand Serve

The serve initiates play and is the only skill that is completely within the control of an individual player. It is also the only skill that can be replicated without adjustments in technique on every occasion

Teaching The Underhand Serve

Before they toss the ball, check that the right-handed children stand with their left foot in front of the right one and that they pull their right arm back. The reverse applies to the left-handed children.

Ensure that they hold the ball in front of their body, staying low with their knees bent.

Get them to toss the ball up slightly and swing their right arm upwards from behind to send the ball high.

Make them take one or two steps forwards after hitting the ball.

The underhand serve is used by beginners, it is the easiest serve to do.

6. Give a demonstration of the underhand serve
7. Get the players to do the underhand serve
8. Demonstrate the underhand serve focusing on one technical aspect
9. Get the players to do the underhand serve with feedback from the coach on the specific focus
10. Repeat steps 3 and 4 with new focus



SAMPLE GAMES AND DRILLS

RELAY RACES AND GAMES		
1	ALLIGATOR IN THE SWAMP - The first group is lying on their stomachs (alligators). The second group are the runners. On the go signal the runners must run across the playing area to the opposite line in order to be safe from the alligators. The alligators leave their circle to chase the runners. If the runners are tagged by the alligators they become alligators.	Game
2	Wheelbarrow - Legs of player who's the "wheelbarrow" should be straight; switch at halfway point	Relay
3	Ostrich - Bend over and grab left hand to right ankle and right hand around left ankle; "run"	Relay
4	Inchworm - Can only move both feet or both hands at the same time, from a facedown crouch	Relay

BALL CONTROL		PLAYERS
1	Jump Catch Throw – Jump and catch ball thrown by partner and throw ball back to partner before landing.	2
2	Ball passing figure of eight	2
3	Ball passing figure of eight 3 metres apart	2
4	High Ball - Toss ball high lie down and get up and catch ball after one bounce	1 or 2
5	Catch and throw with a partner while sitting	2
6	Throw and catch with your partner while lying down	2
	Serve - how do we serve?	
DRILLS		PLAYERS
1	Rolling ball in a straight line to partner – Small balls	1 or 2
2	Throwing ball underhand in a straight line – Small balls	1 or 2
3	Serving underhand to partner 6 metres apart letting ball bounce	2
4	Serving underhand to partner 9 metres apart letting ball bounce	2
5	Serving underhand to partner 6 metres apart partner catches ball serves back	2 or 3
6	Serving underhand to partner 9 metres apart partner catches ball serves back	2 or 3
7	Serving underhand to partner 6 metres apart over net partner catches ball serves back	2 or 3
8	Serving underhand to partner 9 metres apart over net partner catches ball serves back	2 or 3
9	Serving underhand to partner from end line	2 or 3
10	Serving to target on floor in a straight line	1 or 2
11	Golf serving (game)	1 or Teams
12	Serving to player sitting on floor (team relay)	Teams

GAMES	
Games of Fundamental Volley with Pass and Volley – 1 v 1, 2 v 2, 3 v 3 etc.	
Service – how do we serve a ball - drills	
Games of 4v4 Volleyball with Pass and Volley – 1 v 1, 2 v 2, 3 v 3 etc.	

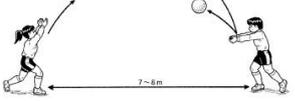
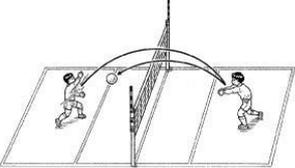
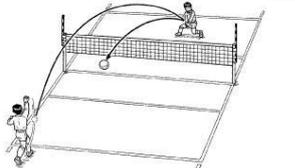
RECEIVING AN UNDERHAND SERVE

Volleyball rallies begin with a serve. For this reason, it is extremely important to master the technique of receiving the serve. As you have not yet practiced advanced serving techniques with the children, work on mastering reception of an underhand serve first.

Points on receiving service

1. The children should crouch down in the ready position with their knees slightly bent. They should follow the trajectory of the approaching ball and get under it so that they can make contact at waist level.
2. See to it that the children move quickly and have proper timing when making contact with the ball. They should count 1 when they start moving. On count 2, they should position themselves under the ball and wait until it gets close to their body. The ball should be passed back when they count 3.

SAMPLE RECEIVING SERVICE DRILLS

	<p>1. Long underhand passing This drill begins with a first exercise in which the children stand facing each other 7-8 meters apart. Make them move quickly to get under the ball. Ensure that they throw it gently. Ask them to wait until the ball drops close to the floor, then to pass it back. See to it that they send the ball back using the upward thrust of their body and hips.</p>
	<p>2. Receiving an underhand serve The aim here is to get the children to serve and their partners to receive. Make sure that the receivers move quickly to get to the ball and send it back to the servers. The children should make contact with the ball in front of their body. Once the children have mastered the reception of balls approaching straight on, work on them receiving balls served to right or left. Have a contest to see how many balls out of ten hit the target.</p>
	<p>3. Receiving a ball served over the net To start off with, you can allow the children to serve from inside of the court. Once they are comfortable serving at that distance, ask them to gradually take a step back and increase the distance. The children should aim the ball directly at their partners at first, and then try aiming to the sides. Stop them from pushing out their chin, elbows, or hips. Ensure they move quickly to get under the approaching ball. Have a contest to see how many balls they can successfully return out of ten tries.</p>
	<p>4. Receiving a ball served from behind the end line What is important here is to ensure the children play only those balls falling inside the court. When the ball falls outside the court, get the children to say "out of bounds" in a loud and clear voice. Ensure they move quickly to get under the approaching ball. Have a server vs. receiver contest for the number of successful receptions.</p>

GAMES

Receiving Service – how do we receive service a ball

Games of 4v4 Volleyball with Service, Pass and Volley – 1 v 1, 2 v 2, 3 v 3 etc.

When players have mastered 4v4 volleyball move on to the set and drive spike

4V4 VOLLEYBALL WITH SERVICE

Start

To start a rally the ball must be served underhand over the net from the right back position of the court.

Rules

3. The ball has to be played three times before crossing the net.
4. The second ball contact is a catch-throw-movement. This must be done with an overhand catch and throw to a team mate who will put it over the net with an overhand pass.
5. The player may hold the ball in the overhand catch for a max of two seconds.
6. It is not allowed to throw the second ball over the net.
7. When a player has made three serves in a row the team rotates and the next player has to serve.
8. The substitutions are obliged to go off and re-enter the game at the serve area.

Score

Rally point: each mistake is a point to the opponent.

Objectives

Playing together in a three ball contact, where the second ball is played parallel to the net. The player who stands to the left or the right on the court can/should step towards the ball to be able to play the ball over the net.

Alternative Games

Keep It Up

How long can both teams keep the ball alive before an error is made?

Elimination

Instead of playing to a certain score, first to reach 5/10 points or for a period of time - e.g. 5 mins. When a player commits a foul this player has to leave the court and take his/her place on the subs bench. When all opponents are removed from the court, the team left is the winner.

Prisoner

Same as elimination but instead of going off court the player joins the other team

Champion of the court

Played with 3 teams – the team that wins the rally stays on court the losing team goes off court and the team waiting off court comes on court.



INTRODUCING THE SET

From the Overhand Pass To Passing Near The Net

This brings us to the point where the children can start to practise setting and spiking. Even though they may be enjoying the passing games, it will be more fun for them to play a game that includes spiking. So let's get them to practice setting, spiking, and underhand serving. Setting is required for a spike.

Key Pointers on How To Perform A Good Set

1. Children should move quickly to get under the approaching ball and maintain a crouched position. When setting, they should face the direction of the ball.
2. Once the ball drops close to their forehead, get them to set it using their ten fingers spread wide open.
3. Make sure they extend their whole body to push the ball towards the target and use the full thrust of their knees, wrists, and elbows, which should be slightly bent.
4. After setting the ball, get them to take a few steps towards the target.
5. They should practice setting the ball from every direction, including sideways and backwards.



SAMPLE SETTING DRILLS

	<p>1. Setting straight up In this first exercise, make the children set the ball continuously to a height of 1-2 meters. Get them to stand with their feet apart (one foot in front of the other) and practice setting ten times in a row. Check that they always handle the ball near their forehead and that they use their full body to set. Make sure they understand the difference between passing and setting.</p>
	<p>2. Setting straight up near the net Before beginning exercise 2, ensure that the children aren't standing with their back to the net. Get them to set the ball parallel to the net, using an upward thrust from their knees and hips. It is important that they adopt a crouched position, with their knees bent, and that they hold their palms in the form of a triangle. Make sure they understand that setters are important players in volleyball.</p>
	<p>3. Player-to-player passing near the net To do this exercise correctly, make the children face their partners near the net. Get them to send the ball high towards the latter's forehead. Ensure that they pass the ball by pushing up from a crouched position and that their partners move quickly to get under it. It is important that the ball be passed parallel to the net</p>
	<p>4. Running pass near the net with three players The aim here is to ensure that the children start from the attack line, run to the net at an angle, and turn to face the target. Get them to stop with their left leg when they get close to the net and to pass the ball towards the antenna or their partners' forehead. Check that they move quickly to get under the ball, staying low in a crouched position. Ensure that they perform the next steps correctly, i.e., the jump set and back set. Rotate children after ten consecutive passes.</p>

INTRODUCING THE DRIVE SPIKE/SPIKE

Learning the Spike Swing

All volleyball players want to be able to hit the ball well. Since the 4v4 Volleyball net is lower than in traditional volleyball (roughly 6 feet instead of 8 feet in height), all children should be able to hit the ball even if they are not tall, so long as they learn some tips and adopt good timing.

There are three important aspects of teaching children to spike:

1. how to pull back from the net to the back court,
2. how to hit the ball, swing, and make contact, and
3. how to jump, from approach to take-off.

Be sure to teach these different aspects step-by-step.

Key Pointers on How To Swing When Spiking

1. The children should swing both arms back before jumping. Their upper body should be leaning forwards, their arms positioned above shoulder height.
2. Get them to swing their arms forwards and upwards. Make them bend their elbows to produce a more rapid swing. To maintain balance, they should swing both arms forwards as they straighten up, not just the hitting arm.
3. Show them the importance of pulling both arms back behind their ears, especially the hitting arm.
4. Have them pull the non-hitting arm in close to their body and swing the hitting arm from the forearm down, keeping their elbow in the same position. They should snap their wrist as they hit the upper side of the ball with their palm. If they swing with their elbow, the contact point will be lower and they will end up pushing the ball. As a result, the ball is likely to go out of bounds. The ball used in 4v4 Volleyball (200-220 grams) tends to float and will go out of bounds easily if the children do not hit it with a snapping motion.
5. Since the ball is soft, it will be easier for the children to control it if they hit with their palm or five fingers spread wide apart.



Learning the Approach and Take-Off For Spiking

Once you have taught the children how to swing their arm and make contact with the ball, the next step is for them to learn the sequence from approach to take-off, and from jump to spike.

Key Pointers on How To Approach, Take-Off, And Jump

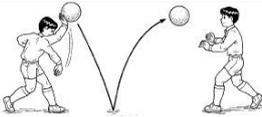
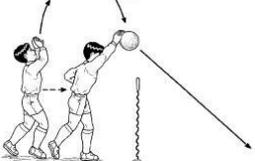
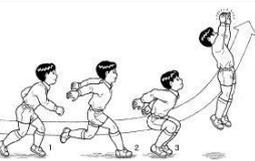
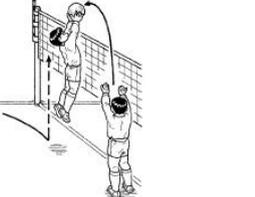
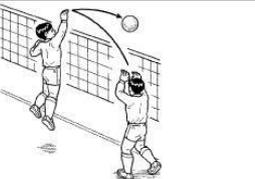
1. Explain to the children that the spikers should pull back about 3 meters from the net so that the setters can set the ball between themselves and the net. The spikers should pull back to a 45-degree angle to the left if the ball is set from their right side. Conversely, they should pull back to a 45-degree angle to the right if the ball is set from their left side.
2. Get the children to start their approach by adjusting the height of the set. For beginners, it is preferable to start with a three-step approach, taking off with the foot opposite their dominant hand. Right-handed children should use the left-right-left stepping scheme, while left-handed children should use the right-left-right stepping scheme. If the children make a habit of taking off with the other foot, that is fine, too. Also, the number of steps and starting position may differ from child to child. As a general rule, children should use the foot opposite their dominant hand to take off.
3. Make the children stay low as they begin their approach. At the lowest point, right before take-off, their hips and knees should be, respectively, at a 0-degree and 90-degree angle. Try to get them to reach those angles gradually.
4. The approach can be slow when the children are still learning but the speed should be progressively increased insofar as possible. The last two or three steps are important to generate the momentum to push off the floor and produce a strong jump.
5. The children should swing their elbow forwards and upwards, propel themselves using their hips and knees, and finally, push their ankles powerfully off the floor for a strong jump.
6. They should absorb the shock of landing by bending their ankles, knees and hips, and touch down in a balanced position.

Spiking Over the Net

Once the children have mastered proper timing, it is easier for them to jump high and hit the ball over the net. When they practice hitting the ball, you should point out to them that they are merging two different movements into one fluid action.

Up to this point, the recommended exercises were to jump and catch the ball, or pass it. Now the children should try hitting the ball lightly (as though slapping it) using a wrist-snap motion. First, get them to relax their shoulders and arms, and straighten their elbow to hit the top of the ball. Then, make them use an arm swing and wrist-snap motion to gradually hit the ball harder and harder. If they use too much force and start the swing from the elbow, the point of contact will be too low and the ball will tend to go out of bounds.

SAMPLE SPIKING DRILLS

	<p>1. Bounce ball throwing by two players In exercise 1, make the children hold the ball in the palm of their hand, with all five fingers open. Then, get them to bounce the ball off the floor in the direction of their partners' feet, trying to make it go as high as possible. Have them release the ball at the highest point above their head by swinging their forearm using a wrist-snap motion. Ensure that they keep the throwing elbow close to their head and the other elbow tucked in close to their body. See to it that right-handed children place their left foot forwards and vice-versa. Rotate children after ten throws.</p>
	<p>2. Hitting a ball tossed near the partners' foot with one or two hands The objective of this exercise is to get the children to toss the ball low with their non-hitting hand. Ensure that they don't toss the ball too high and gradually increase the distance between them. When hitting, the children should have the opposite foot from the hitting arm in front. Check that they hit the ball close to their partners' foot and that it is tossed from shoulder height of the dominant hand.</p>
	<p>3. Standing spike near the net Adjust the net to the height of the children's elbows and get them to stand 1 meter away from it. Have them toss the ball up, swing their forearm and hit the ball over the net at a sharp angle to the floor. If the children's elbow is not extended, they might touch the net or the ball might not go over it. Ensure that they hit the ball as high up as possible, with their elbow fully extended. Pair up the children and make them hit while their partners shag. Get them to switch roles after ten hits. Stop them from tossing the ball too high.</p>
	<p>5. Three-step jumping The aim of this exercise is to make the children learn the timing of arm and foot coordination. To do so, get them to start down low, bending forwards. If they are right-handed, they should take a small step with the left foot on 1, step with the right foot on 2, and bring their left foot in and jump with both feet on 3. The children should take advantage of the reflex to swing arms forwards and up above the head. Make them swing their dominant hand up quickly, then land. A good idea is to get them to hit the left hand softly with the right hand at the highest point.</p>
	<p>6. Jumping and catching with two players In exercise 2, get the children to stand near the net and toss the ball 2-3 meters above it. Make their partners approach from the attack line, and jump to catch the ball at the highest point. Ensure that the children who jump do so with full force and straight up. They should catch the ball in front of the shoulder of their dominant hand, with their arms fully extended. Stop them from tossing the ball too high.</p>
	<p>8. Getting a tossed ball over the net with an overhand or single-hand pass In exercise 8, toss a ball between the hitters and the net. Ensure that the children don't set the ball too close to the net. Make them shag the ball after one bounce. Stop the ball from coming back under the net and hand it over to the setters as soon as it is shagged. Get the children to switch roles after ten tries.</p>

4V4 VOLLEYBALL

Goal

The players try to play the ball over the net on to the court of the opponent by means of the overhand pass, the underhand pass or by an attack (drive/spike from standing position, tip or a spike with approach and jump).

Composition of Team

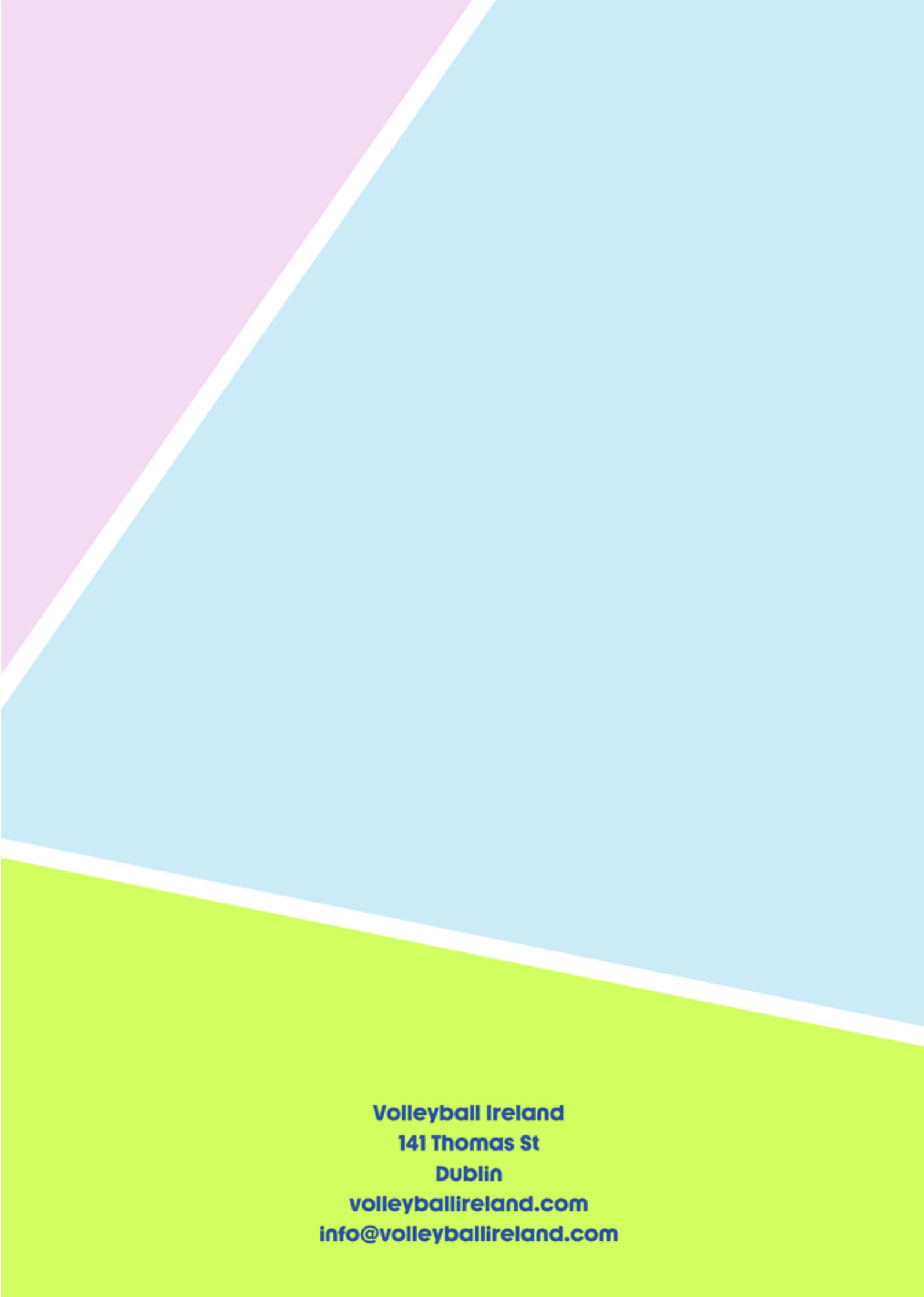
Each team must consist of a maximum of 6 players, 3/4 players on court and 2/3 substitutes.

Start

The ball has to be served over the net from behind the service line.

Rules

1. An official court is badminton doubles court
2. The standard net height is a minimum of 2 meters
3. A team normally consists of three or four players on court (you can have up to 6 players 2/3 substitutes)
4. One time out of 30 seconds may be called each set. Coaches may also instruct their players during the game
5. The team that wins the rally wins a point. The matches will be played to the best of three sets. The first two sets to 25 points, the third set to 15 points. A team must win a set by two points.
6. Matches may also be played to a time limit e.g. the best of three ten-minute sets.
7. Service is from behind the court. After three successful serves a team will rotate but will retain the serve.
8. Teams earn the right to serve by winning the rally.
9. On service the ball may touch the net.
10. Players may not touch the net or cross the dividing centre line.
11. The ball must be hit cleanly and may not be thrown, caught or scooped. The ball may legally contact any part of the body.
12. Deliberately kicking the ball is illegal.
13. Players may not make two consecutive hits to the ball
14. Compulsory 3 touch. A point is awarded to the opposite team if a team fails to complete 3 touches on their side. A block does not count as a contact



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