



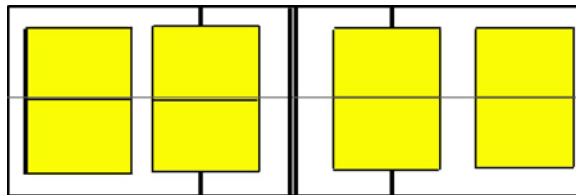
# One Time Kid's Clinic

- John Kessel, USA Volleyball Director, Sport Development

This short article presents the core framework for putting on a successful, non-traditional clinic, of varying length.

## Set up

1. Nets, nets and more nets – rope only or real nets. One net/court per six kids max, 1 court for every 4 kids is better.



2. Balls, balls and more balls -- balloon balls (see attached), Lite Volleyballs, reg balls – and ball carts/boxes
3. Space – Indoors or out, grass, sand, even concrete/asphalt.
4. Nametags – coaches and players alike – only powerful, positive nicknames allowed.
5. Whistle – to call them in fast and save your voice
6. Lions Cup and other Youth Videos to show during water breaks and such.

## Remember:

The vast majority of the errors these kids will make are due to being in the wrong place at the wrong time. Their reading and anticipation skills are low, so the keys are simple:

- HAVE FUN - no matter how many mistakes. Smile, laugh, encourage, and play. You can simply play the game, and teach the techniques as they play small sided games.
- KNOW AND SHOW THE SKILL SANS THE BALL - Have the technique known without the ball – review that 3-5 times in the games/drills, without the ball, to keep reminding them and putting each technique goal well understood.
- GET TO THE BALL – They may have more experience, but should never have more hustle. Help them read and anticipate; the sooner you train them in over the net/game like ways, the more fun they have and the more it will transfer to their game play.
- INCLUDE DECISIONS – Groups of two per side or more teach the one of the most important things from the start – Mine or yours? – Single partner drills do not. Also, teach Socratically, by asking questions rather than telling them; say it once, then ask them what the answer is.
- GIVE HOMEWORK – Let the kids know, in written and by example, what they can do after you send them away.

## Warm up/Team Building

- Pre skill - moving – warm up with over the net run through groups. Playing 1 vs. 1 - it is how the game was originally played! You can also opt to do a butterfly or double group circle drill as your warm up.
- Line weave pass and run to end of the line
- Ball juggling, one arm, and even feet
- Learn each other's names in some fun and volleyball related way - Ball toss in star/groups – get as many balls going as you have groups.

## First skill -- Hitting

Key words---Run, Jump, Swing fast!

Start with 3 meter line hits. Kids love to hit, but too many coaches/teachers have the kids simply hit too close to the net. Teach them to hit from off the net first, so they have success in clearing the net.

*Homework* – Hit balls over a mark on a garage door that is high (not down against the floor), off a toss like a set.

### **Second skill - Serving**

Key words – Place (toss), Torque, Strike Solid

Roundhouse or overhead, or even high, above shoulder side arm...teach TORQUE

Run into the court after you serve, then get another ball

*Homework* – serve over a net mark at 7 foot etc., against garage door.

***If nearly out of time already...go to the PLAY options below and finish the clinic...no matter how short the clinic, make sure you get time to use one or more of the PLAY options below.***

### **Third / Fourth skill - Overhead Pass – then set.**

Key words Bullwinkle – Superman/Supergirl

*Homework* – set into a hoop, pass against a wall that the ball is thrown hard against and passed up to the wall.

Repetitive wall passing/setting is the last option.

Serve 2 min serving at flat, not vertical, targets, like hula hoops, mats, clothes or you laying down...

### **Fifth Skill - Forearm Pass**

Key words – Ready, Platform, Deflect to the Target

Note this skill is often taught first, should be after they have spiked, set and served...Draw eyes on base of thumbs – eyes look at your target. Needs to be shown as there will be balls too low to overhead pass.

*Homework* – set into a hoop, pass against a wall that the ball is thrown hard against and passed up to the wall.

Repetitive wall passing/setting is the last option.

Serve 2 min serving at flat, not vertical, targets, give them a tiny tootsie roll for every flat target hit

### **Sixth skill - Floor Defense**

Key words – Read hitter, Move, Dig up, never over.

Overhead dig to yourself pepper, or three person pepper, playing the hits over the middle person who is the “net” Put extra socks on their arms, long ones to help them slide – Ball needs to come over the net.

Barrell Roll – Key words – Big step – Magic wand scoop – roll

*Homework* – Partner dig to yourself pepper if one friend, or throw hard against a wall and dig it up.

Serve 2 min – The idea is to serve short, but frequent sessions, as that is how the game is played.

### **PLAY – The last part of EVERY clinic – PLAY!!!!**

No matter how short the clinic, or how few skills you have shown, let them play the last 20-40 minutes of a clinic. The game teaches the game.

**PLAY - Over the net 2-3 vs 2-3 inside the 3 meter line games.** COOPERATIVE scoring – this means the ball is the opponent and you want to get as many 3 hit contacts per side, followed by sending it over the net to your teammate(s). How many in a row, how many out of ten tries, How many in “X” number of minutes, how many total net crossings after 3 hits, are scoring options.

**PLAY – short court rotational games,** who has the highest rally over the net number in a row? Keep teaching how to hold hands in both a forearm and overhead pass

**PLAY Monarch of the court 3s** – score who gets highest number of stay ons. Monarch of the court is the “instant winners” game where whoever wins that point – no matter if they served it or the other team, they go/stay on the winner’s side of the court and keep track of the number of times they win each one point game.

### *Final Homework*

1. No friend, use wall
2. One friend, dig to self pepper, play 3 hit a side singles vb over a string, and use wall
3. Two friends, set in triangles, over your pal pepper, 2 vs 1 over string, 1 vs 1 vs 1 over the string pepper
4. Three friends, play doubles.
5. Serve against the garage door.
6. Make your own rope court in a backyard
7. Play Wallyball
8. Teach others, to teach yourself, as that which you teach, you learn.

# Cloth / Balloon Volleyball

## Sewing Instructions

--3 pattern pieces, included at end of these instructions  
--All seams are 5/8 inch

## Materials

--1/2 yard of 45" fabric  
--1/8 yard of heavy "sew in" interfacing (optional)

1. Cut all pattern pieces. Marking all notches, dots and diamonds.
2. Pattern **Piece "C", Bottom End Cover** for ball.  
Stay stitch 5/8" around edge. Clip several notches up to the stitching Line (See Diagram 1). Fold & press the clipped edges to the wrong side. Set aside.

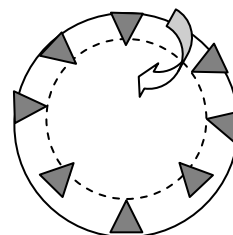


Diagram 1

## NOTE: IF USING HEAVYWEIGHT NYLON MATERIAL...

Cut along the sew line and simply singe the edges of the piece with a lighter to seal and then proceed.

3. **Top Cover, Piece B**

Sew piece "B" the same as Piece C.

Sew a button hole in the middle of piece C and slit. Set aside.

## NOTE: IF USING HEAVYWEIGHT NYLON MATERIAL...

Cut along the sew line and simply singe the edges of the piece with a lighter to seal and then proceed.

4. **Ball Sides: Pattern Piece "A", 6 pieces**

With right sides together, matching notches, sew 5/8" seam from top to large dots. Do this with all 6 pieces. Press the seams open forming a "daisy" shape (see Diagram #2). On the outer side, center ball top cover "B" (the one with the slit button hole in it) over opening. Top stitch close to the edge. On the inner side. trim the seams close to stitching.

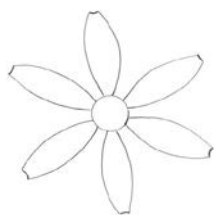


Diagram 2



Diagram 3

On the bottom side of the ball side-pieces, sew from the bottom edge to the diamond marks. all 6 pieces the same as in the previous step (see Diagram #3). Press the seams open. Turn it through one of the open panels. Center the "C" disk over the opening and top stitch close to

Turn the ball inside out and sew a 5/8" seams to close up 5 of the 6 panels. On 6th side, sew up the seam, leaving a 4" opening for turning. Turn the ball right-side-out and close the opening by hand, using a slip stitch.

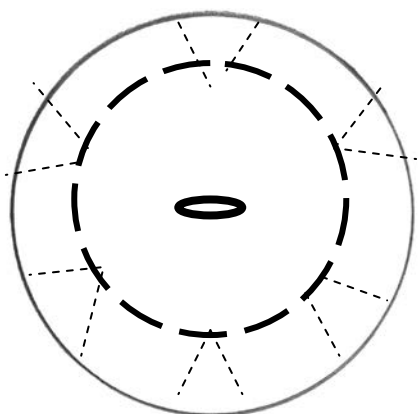
Insert a deflated 11" balloon through the button hole slit in top of ball, holding onto the balloon top. Inflate the balloon and tie a knot. Push the knot inside the button hole.

# PLAY BALL!

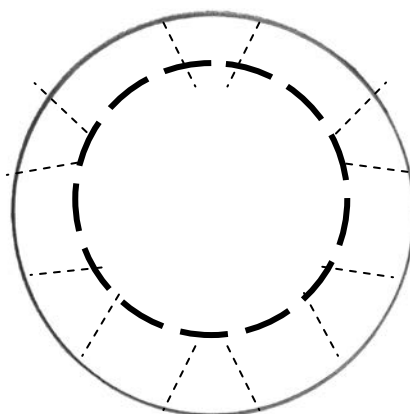
NOTE: cloth used can be white to allow kids to sign each others' ball, or panels can be made utilizing school or club colors, etc.

## PATTERN PIECES

**PLEASE NOTE:** Pieces B & C have been reduced to fit this document. When you print them out, enlarge these pieces by 155% to compensate.



**TOP COVER**  
**Piece B**  
**Cut 1**



**BOTTOM COVER**  
**Piece C**  
**Cut 1**

**PLEASE NOTE:** Piece A has been reduced to fit this document. When you print it out, enlarge this diagram by 200% and print to 11"x17" paper to compensate.

