



Sporting Schools Program Guide

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Introduction

Volleyball is a great sport that can be played on any surface, anywhere and anytime.

Volleyball Australia Ltd. is the peak body for the administration and promotion of the sport of volleyball in Australia. Volleyball Australia supports the development of both indoor volleyball and beach volleyball and is the home of the Australian Volleyroos men's and women's elite volleyball teams. Volleyball Australia provides opportunities for individuals of all ages and abilities to participate in the sport whether it is as a player, referee or coach.

The key strengths of volleyball in Australia are, and will continue to be:

- inclusive of all cultures, abilities and genders
- an accessible sport - any surface, anywhere, any time
- the popularity of volleyball in schools with the largest high school sporting tournament in the southern hemisphere
- two Olympic disciplines (beach and indoor volleyball)
- Can be played by both male and female
- Non-contact sport
- Minimal equipment
- The court size and net height can be adjusted to accommodate players skill level

What is *SpikeZone*?

Volleyball Australia's national participation program, Spikezone, is aimed at providing children at primary school level the opportunity to experience the sport of Volleyball. Spikezone modifications include:

- A smaller sized court
- A lower net height
- A softer and lighter ball
- Less players on the court
- Slight changes to the rules

Like volleyball, Spikezone is about getting the ball over the net in three hits or less and winning the rally because the ball hits the ground in the opposition's court, the opposition fails to return the ball over the net in three hits or the opposition hits the ball out of court.

Spikezone can be modified to suit various group sizes, skill levels and ages to ensure players have a fun experience while learning the game.



Delivery Essentials

BE PREPARED AS A DELIVERER

Make sure you walk through the session in your mind before you conduct it. Try to anticipate what you might do if things aren't working. The more prepared you are with a plan; the more confident you will feel about some spontaneity on the day.

Know what equipment you will need, where it is and where it needs to be placed for the session before you arrive. Kids love helping to set up, involve them with specific setting up tasks.

LOVE THE GAME

First and foremost we want kids to enjoy the game. You are teaching them to love the game and play for fun, not training them for the Olympics.

MODIFICATIONS

Modifications are encouraged to make the game fun and to learn new skills. There are a range of modifications that can be made based on the age group and venue.

CHANGE IT if an activity is not working.

LET THE KIDS PLAY

Avoid too many interruptions like feedback and corrections. These take time away from participating in activities and games which should take up the majority of the session. Aim for no more than 2 minutes talking for 20 minutes of activity.

CREATE A POSITIVE, FUN ENVIRONMENT

Kids learn in a positive environment, get excited about players getting skills right and don't stress too much about their errors. Make sure you are coaching proactively not reactively, always give positive feedback and never use sarcasm or put down kids. Make allowances for all age groups and abilities.

USE DIFFERENT METHODS OF COMMUNICATION

Kids learn in lots of different ways, ensure to ensure you use different ways of communicating with them, talk to them, show them and most importantly let them try. When giving instructions be brief and explicit and link it to a brief demonstration.

CHILDREN WITH A DISABILITY

The skills needed to play volleyball for a child with a disability vary greatly depending on the nature and extent of their disability. The majority of skills can be modified to ensure children with disabilities can participate in volleyball.



How to Use This Guide

This resource activity guide gives any coach, teacher or parent a guide to engage players in the fundamental volleyball skills whilst keeping the session fun and engaging.

This guide is not prescriptive, we understand that each program has different needs and drills and games need to be changed depending on the age and skill level of the program participants. There are a range of activities that coaches may have previously used, either in volleyball or other sport. We recommend all drills and games follow the principles:

- Use a smaller sized court
- Use the net often
- Lower the net so that they can hit
- Spike often!
- Make your largest team size four

We encourage the game sense approach where the majority of the session encourages learning through games. There are times where individual skills will need to be developed. However once a player can perform the skill at a competent level you should progress the skill into a game to practise the skill. To keep the game engaging for all participants you can modify it such as, reducing the number of players on a team or making the court smaller.

Session Outline

We recommend all sessions should follow the same format:

1. Warm Up Game – Fun games to get the kids moving
2. New Skill – Teach and demonstrate a new skill each week, allow the kids some time to practise the skill
3. Drill – Use specific drills to allow the kids more time to practice their new skill
4. Play a game – Create small games to practice new skills.

Use this guide to create a session plan to suit your group.

More warm-up games, drills and games can be found on our website

<http://www.avf.org.au/>



Sample Lesson Plan

| | Warm Up | New Skill | Drill | Play a Game |
|--------|-----------------------|-----------------------|--------------------|-------------------------|
| Week 1 | Hot Potato | Setting | Triangle Setting | Mini Volleyball |
| Week 2 | Hop Ball Relay | Spiking | Shuttle Ball | Air Raid |
| Week 3 | Interceptor | Passing | Zone Ball | Mini Volleyball |
| Week 4 | Volleyball Freeze Tag | Serving | Accuracy Challenge | Sitting Volleyball |
| Week 5 | Ball Challenges | Blocking & Defending | Space Ball | King/Queen of the Court |
| Week 6 | Volley Relays | Mini Volleyball Games | | |



WARM UP GAMES



WARM UP GAME – Hot Potato

EQUIPMENT

1 volleyball per game

SET UP

Use small courts, badminton sized if available. Set up 4 teams of 2 players, there are 2 teams at each end of the court.

DESCRIPTION

This is a catching and throwing drill. One student throws the ball over the net to a spot that might 'score'. The other team must catch it and throw it back from wherever they caught it. As soon as the ball drops, is thrown out or into the net the game is over. The winning team stays on and the losing team gets in line at the end of the court.

WARM UP GAME – Hop Ball Relay

EQUIPMENT

3 volleyballs per group

SET UP

Teams of 3 players, lined up across from a group of 3 balls.

DESCRIPTION

This is a relay race. The first student runs down and grabs one ball and puts it between their legs and runs or hops back and hands the ball to the second student. The second student puts the ball between their legs and runs or hops to the group of balls and grabs another ball to bring back between their legs (2 balls). The second student hands the 2 balls to the third student. The third student runs or hops down with two balls between their legs and grabs the last ball and puts them all between their legs to run or hop back to the start. The team that finishes quickest wins!



WARM UP GAME – Interceptor

EQUIPMENT

1 volleyball per group

SET UP

Use small courts, teams can consist of 1 to 3 players, 1 ball per group.

DESCRIPTION

Players use the skills they have learnt to keep the ball away from player/s who are the 'net'. The 'net' may not jump, but can be aggressive to interrupt play. Players swap roles when the 'net' is hit, hitting the ball out of bounds, letting the ball drop or missing a serve.

WARM UP GAME – Volleyball Freeze Tag

EQUIPMENT

1 volleyball per game

SET UP

Set up boundaries for students to run, make sure there are no poles or nets in the area.

DESCRIPTION

The students who are 'it' have a ball in their hand to use for tagging. The ball is used to tag another student; the ball must not be thrown. Once tagged they freeze with legs apart. They can be un-frozen by another student crawling between their legs



WARM UP GAME – Ball Challenges

EQUIPMENT

1 volleyball per pair. Stop watch for coach

SET UP

Students find a partner and get one ball between them, students stand back to back.

DESCRIPTION

Pairs have 2 minutes to complete as many repetitions as possible

| | |
|------------------------|---|
| Over/under ball pass | Pass ball overhead and then through the legs |
| Side to side ball pass | Pass the ball side to side from one partner to the other |
| Feet to feet ball pass | Students lay down head to head and pass the ball only using their feet. After receiving the ball their will bring it to the floor and then back over their head to the partners feet. |



WARM UP GAME – Volley Relays

EQUIPMENT

1 volleyball per group

SET UP

Form groups of 1 to 4 players. Have the groups spread along a starting line and have another line identified with existing lines, chalk or markers as the turnaround point. Place volleyball for each team on the turnaround line.

DESCRIPTION

Using different activities conduct relays

| Activities |
|---|
| Run to the turnaround point, pick up the volleyball and perform three consecutive passes to yourself. Before putting the ball down and running back to tag the next person |
| Run to the turnaround point, pick up the volleyball and person and perform three consecutive sets to yourself, before putting the ball down and running back to tag the next person |
| Pass the ball to yourself, making sure to keep it off the ground, while heading to the turnaround point and back again |
| Set the ball to yourself, making sure to keep it off the ground, while heading to the turnaround point and back again |
| Run to the turnaround point, pick up the ball, serve it to the next person waiting in line, they serve it back to you, put the ball down and run back to tag the next person |
| Starting with the ball, serve it so that it lands beyond the turnaround point, chase it and then serve it back to tag the next person |



NEW SKILLS



SKILL – The Set

Setting is about getting in position early, reacting to the pass, and being as consistent as you can with technique.

Key Points

1. **Ready Position** - Be balanced and ready to move, then move to a position that would allow the ball to land on the forehead if it were not to be set
2. **Ball Shaped Hands** - Position your hands above your head in the shape of the ball with your elbows out. Look at the ball through the opening between your hands.
3. **Spread fingers** - Accept the ball onto spread fingers with your elbows slightly bent. Use your legs and arms to push up and extend through the ball with your hands and wrists remaining firm.
4. **Follow through** to your target.



DRILL – Triangle Setting

EQUIPMENT

One volleyball per group

SET UP

Set up pairs or groups of 3

DESCRIPTION

Set up a small triangle with approximately 1-1.5 metres between each player, each student faces the direction they will set. The players set the ball to each other in a clockwise direction. Challenge

CHANGE IT

- Change the size of the triangle for different abilities.
- Player may use a pass instead of a set
- Players can play in pairs instead of groups of 3
- If required, allow players to catch the ball before setting



SKILL – The Spike

Your contact point when spiking is key to success, the higher your contact point, the greater your opinion as a spiker

Key Points

1. **Ready Position** - Keep the ball in front of you, accelerate towards the ball.
2. **Jump** high using your arms and legs to generate momentum.
3. **Swing**- Draw your hitting hand back like a bow and arrow, opening up the shoulders. Swing
4. **Contact** - Have spread fingers hitting the ball with the palm of your hand. Hit the ball down.
5. **Follow through** with your arm



DRILL – Shuttle Ball

EQUIPMENT

1 volleyball per group

SET UP

Groups of at least 3 students, markers or tape to identify 2 lines about 3 metres apart

DESCRIPTION

Player 1 starts behind line A, they set the ball to Player 2 and then run to line B, player 2 will then set the ball to Player 3 and run to line A. Repeat this pattern until the stop signal is given.

CHANGE IT

- Start with a pass and throw instead of setting
- The thrower calls out a dig or throw to the receiver



SKILL – The Pass

Passing is all about the platform – made when you lock your forearms together out in front of your body.

Key Points

1. **Ready position** – Bend your knees and have your feet shoulder width apart with weight forward
2. **Platform** – Put your wrists together to create a flat platform for the ball to bounce off. Keep your elbows straight and angle your arms towards the target.
3. **Ball in front** – keep the ball in front of you and meet the ball with your platform so the ball rebounds off your forearms. Transfer your body weight forward towards your target so the platform moves through the ball.



DRILL – Zone Ball

EQUIPMENT

3 to 4 volleyball per group

SET UP

Create two teams of 3 or more players – an attacking and a defending team. Create a defender zone with chalk or existing lines.

DESCRIPTION

Players are divided into two teams – an attacking team and a defending team. The defending team prevents balls from landing in their zone by passing, setting or spiking them away. Attackers use a pass or serve to get the ball into the defenders zone, the defenders use a set, pass or spike to prevent the ball landing in their zone.

CHANGE IT

- Defenders may catch the ball before setting, passing or spiking out of their zone
- To challenge advanced players use more balls



SKILL – The Serve

There are many different types of serves used in Volleyball including the underhand and overhand serves.

Underhand

1. **Ready position** – Stand facing the net with your non-dominant foot forward. Hold the ball out in front of you in your non-hitting hand at waist level.
2. **Contact** - Lean forward as you swing your hitting arm forward; drop your other hand just before contact. Hit underneath the ball with the fist or heel of the hand
3. **Follow through** with your hitting hand

Overhand

1. **Ready position** – Always keep the ball in front of you. Feet should be staggered, with feet and body facing desired direction. Draw your serving arm back keeping your elbow high.
2. **Toss** the ball up in front of your serving arm, lead with your elbow.
3. Make **contact** with the ball with a straight arm using the palm of your hand. Make sure you keep your fingers spread.
4. **Follow through** the ball with a firm wrist and hand.



DRILL – Accuracy Challenge

EQUIPMENT

1 volleyball per pair

SET UP

Put players in pairs and get one ball between each pair. Have each pair line up a couple of metres apart, with all pairs standing in two parallel lines. This activity requires participants in one of the lines to be able to move gradually backwards, increasing the distance between the respective pairs. Therefore, position one line a couple of metres off a wall or fence to maximise available space, with the other line being the one which can move backwards. The person in the stationary line has the ball.

DESCRIPTION

The person with the ball gently throws/lobs the ball to their partner who must return it by serving. If their partner catches the ball on the full without moving both feet (ie. they can move one foot to catch the ball) then their partner scores a point. Once 5 points have been scored they can take one step backwards and begin again from zero points. Continue to take a step back once 5 points have been scored, the aim of the activity is to take as many steps back as possible in the allocated time. After the designated time period, have the pairs switch positions.

CHANGE IT

- If a pair is finding it difficult to get to 5 points, they can take a step forwards
- This activity can also be used for setting or passing.
- If a pair is advanced both members can use a serve. IF both members are serving, then a step backwards is earned when a combined 5 successful serves are performed.



SKILL – The Block & Defence

THE BLOCK

Blocking is all about good positioning and timing.

1. **Ready position** - Hands high in front of you with your palms facing forwards, fingers spread and firm, and thumbs up. Have your weight on your heels in a squat position. Watch your opponent and the ball and adjust your position to line up on your opponent's hitting arm.
2. **Timing** - Taking your timing from the opponents jump, squat down and jump up to begin your block. As you jump, extend your arms and push your palms over the net. Keep your thumbs up and your elbows locked.
3. **Finish** – End your block with your elbows locked as your opponent spikes the ball.

DEFENCE

Defence is about reading and reacting to the spikers, and being able to move quickly to the ball. Good defenders are hungry for the ball.

1. **Ready position** - Feet are balanced and ready to move. Have your body weight slightly forward on the balls of your feet with your knees bent. Your head is up, with eyes focused forward.
2. Your arms are loose and relaxed, ready to form the platform to dig or to release your hands for an overhead dig.



DRILL – Space Ball

EQUIPMENT

1 volleyball per court. A volleyball court with a net height of approximately 2 metres

SET UP

Create 2 teams of 3 players

DESCRIPTION

Each team nominates a defender to stand at the front of the court. If the defender blocks a serve from the other team they score two points.

If the serve passes the defender, other team members must set or pass to another team member to catch the ball.

CHANGE IT

1. Players may serve the ball closer to the net
2. The ball is allowed to bounce once
3. The receiving team must have three receives before returning it



PLAY A GAME



GAME – Mini Volleyball

EQUIPMENT

1 volleyball per court. A volleyball court with a net height of 2 metres

SET UP

Divide participants into teams of no more than four

DESCRIPTION

Players serve the ball over the net from behind the baseline. The opposing team may take up to 3 hits to return the ball. Rallies continue where both teams try to return the ball to the other side.

A rally is won when:

- The ball is not returned over the net within 3 hits
- The receiving team lets the ball hit the ground
- A player makes contact with the net, or
- The returned ball lands outside the court boundaries

If the receiving team wins the rally, they win the right to serve. Players rotate clockwise after winning the right to serve. A player is allowed a maximum of 3 serves in a row.

Scoring

- A point is scored by the team that wins the rally
- The first team to score 25 points wins the set.
- A team must win with a minimum margin of 2 points

CHANGE IT

Scoring

- Score a bonus point each time a team uses its maximum 3 hits before returning the ball.
- For beginners or to create a less intimidating atmosphere do not keep score.
- Instead of playing until a set is completed play for a defined period of time.
- The winning team is the one with the most points scored when time runs out.

Playing Area

- Lower the net height or use a no-go zone until players develop the skills of serving and spiking
- Use ribbons or rope to create the net
- Use a badminton court and nets if available
-



GAME – Mini Volleyball cont.

Game rules

- Allow the server to serve from inside the court (closer to the net) to improve their chances of success.
- Allow the ball to bounce once before first contact
- Change the maximum number of hits allowed before returning the ball over the net.

Equipment

- Use different types of balls or balloons depending on the ability of the players.



GAME – Air Raid

EQUIPMENT

Volleyballs. A volleyball court with a net height of approximately 2 metres

SET UP

Participants are divided into two equal groups of no more than 6 and are placed on each side of the court. The available balls are divided amongst the two teams.

DESCRIPTION

A skill (setting, passing or serving) can be used to get the ball over the net. On the call of 'go' participants start to send the ball across the net using the skill. Participants have a designated time to try and get the ball over the net as many times as possible. Play several rounds of approximately 1 minute each round; at the end of the round count the balls on each side. The team with the fewest balls scores a point.

CHANGE IT

- For less experienced participants reduce the balls on the court
- A penalty system may need to be introduced where teams are penalised two balls if players intentionally hit the ball out of the court with excessive force or if they throw the ball under the net instead of attempting to use a skill to return the ball. A penalty of two balls can be added to the teams total who



GAME – Sitting Volleyball

EQUIPMENT

1 volleyball per court. A volleyball court with a net height of 1m, a rope or ribbons can also be used

SET UP

Divide participants into 2 teams of 2 to 6 players. Players must be seated on their buttocks.

DESCRIPTION

Teams try and hit the ball over the net, in no more than three touches, so it touches the ground on their opponent's side. Rallies continue until the ball touches the ground, the ball goes out, or their opponents fail to return it. A point is scored if the ball lands in the opponents' court or they cannot return the ball.

CHANGE IT

- An increased maximum number of hit can be introduced for beginners
- Alter the net height for different abilities
- Try using different types of balls eg. Balloons, lightweight balls, beach balls



GAME – King/Queen of the Court

EQUIPMENT

1 volleyball per court. A volleyball court with a net height of 2 metres

SET UP

Have 4 teams of no more than 4 participants. There are 2 teams on the court, designate one end as the 'kings' end and designate a line behind the court at both ends for the waiting teams to stand behind while a rally is in progress.

DESCRIPTION

The 'kings' serve the ball to start the rally. At the completion of the rally the winners stay on the court, while the losers move to the back of the waiting group for their next chance to come on court. If the 'kings' lose the rally then the team that beat them moves to other side of the net, becoming the 'kings' and serves the ball to the team that has entered the court from the front of the waiting area.

CHANGE IT

- Allow teams to serve the ball for the next rally as soon as possible, forcing teams to get on court quickly
- Use different types of balls or balloons depending on the ability of the players



Acknowledgements

http://www.ausport.gov.au/_data/assets/pdf_file/0018/315423/Sitting_Volleyball.pdf

<https://www.sportingschools.gov.au/resources-and-pd/schools/playing-for-life-resources>

AASC Playing for Life Volleyball Companion Book

Active After-schools Communities Program – Volleyball

We would like to acknowledge and thank the Australian Sports Commission for permission to reproduce the CHANGE IT framework from their Playing for Life philosophy.

