



VOLLEYBALL COACHING MATERIAL

VOLLEYBALL FOR BEGINNERS

Staff SLREC



Teaching Basic Volleyball Skills

INTRODUCTION

League Philosophy

SLARA sponsored leagues and activities are formed and operated on the principles of good sportsmanship, fair play, courtesy to others, healthy activity, tolerance and inclusiveness, and all other policies pertaining to community understanding and development. SLARA reserves the right to make decisions which it feels are in the best interest of the league and community.

What to Expect?

SLARA volleyball leagues aim to create a recreational environment for players to enjoy the sport of volleyball. Some players will be beginners, some will be experienced. Some players will pick up the game and skills quicker than others. Be patient and keep the focus on fun! Players should play equal amounts of every game, receive equal instruction, and be provided with an environment suitable for skill development and recreation.

Role of the Youth Coach

SLARA thanks you for your decision to serve as a coach! SLARA coaches are vital to the implementation of all youth leagues. As a coach, your role is to serve as a communicator to parents and players alike, facilitate a learning environment, and provide supervision. It is not uncommon for youth players to view a coach as a role model, use this opportunity to teach fair play, sportsmanship, and a love for the game. Keep practices fun, yet instructional. Use gameplay as teaching moments for young players. Coaching youth sports can be a very rewarding experience, remember to have fun with this!

Purpose of this Curriculum

The focus of this curriculum is to lay out a volleyball guide to serve as the foundation for your practice program. This curriculum will cover the skills and mechanics each player will need to learn to help grow their game. While this curriculum provides a starting point, additional lessons should be worked in when appropriate. The key to learning for many of these young players is confidence. It is your responsibility as a coach to create an environment that enable these young players to feel confident in their ability. Through repetition, positive reinforcement, and fun, these young players can hope to see improvements in their game from week 1 to week 6!

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Basic Volleyball Rules (All Grade levels)

- 6 players on the floor at any one time - 3 in the front row and 3 in the back row
- Maximum of 3 hits per side
- Points are made on every serve for winning team of rally (rally-point scoring).
- Player may not hit the ball twice in succession.
- Ball may be played off the net during a volley and on a serve.
- A ball hitting a boundary line is IN.
- A ball is out if it hits an antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, the ceiling above a non-playable area.
- It is legal to contact the ball with any part of a player's body.
- It is illegal to catch, hold or throw the ball.

Pre-Practice Warm – Up/ Stretching for ALL ages

Stretching Provides a great starting point for any practice. Stretching allows players to loosen up, prevent injury, and can be a solid team activity to start a practice. Taking just five to 10 minutes before you play can make a huge difference in your performance. And having a stretching routine when you finish playing helps your body and muscles relax.

Ideas for Stretching & Warm UP Exercises

- Start by lightly running 2-3 laps in the gym.
- Stand on toes, reach arms to the ceiling for 10 seconds.
- Spread the legs, while standing, as far apart as possible without losing balance. Reach both arms through the legs as far as you can for 10 seconds.
- While standing, rotate arms clock-wise and counter clockwise. Do each for 10 seconds.
- Finish stretching with 25 jumping jacks.
- Ball Throw: Find a partner or a wall and get your shoulder warm by throwing a volleyball back and forth (if you have a partner) or against any a hard surface (if you're solo). The goal of this exercise is to mimic the overhead motion of your swing. Repeat 10–15 times.

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Basic Skills/Techniques to teach players 3-8

The following techniques are important for any young volleyball player to learn and master. These techniques will serve as a base for strong gameplay. Repetition and mastery of these techniques should be factored into any practice plan. Each is especially important to break down each mechanic when dealing with younger or beginner players. As the age level and experience increase, these techniques will become more habit. Still, repetition is important in maintaining skill level and promoting skill mastery.

- **Passing**
- **Setting**
- **Serving**

Passing

To receive a serve from the opposing team, you must use a forearm pass or "bump." To do so, you should bend your legs, extend both hands forward and clasp your hands together to create a flat surface for hitting the ball.

- ✓ **Teach proper hand placement for passing.** We also teach and use the word "Platform" when teaching hand/arm placement in volleyball. Have each player place one hand flat, place their other hand underneath that hand, and curl in their thumbs to the middle of their hands. Their forearms should form a flat surface (Also called the Platform), which is where the ball will be hit.
 - Alternately, they can make a fist with their left hand and then cover the fist with their right hand so that their thumbs line up on top.
 - They should never interlock their fingers because it is dangerous and can cause injury.
- ✓ **Show the kids a proper stance when passing.** They should stand with their feet slightly more than shoulder-width apart and their knees bent. Have them practice squatting as if they were sitting in a chair.
 - They should be light on their feet so that they can move and get to any ball. To help develop this agility, you can have them shuffle laterally from one side of the court to the other. Their arms should be out in front of them as well.

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- Another big aspect of passing is learning to communicate. Teach the player to yell out “Mine” or “I got it” before he or she plays the ball. This will help each teammate know who is getting the ball.

Drills –

1. Have each player practice ready position. Throw the player a ball and make he or she move their feet and get to the ball and CATCH it.
2. Once the players have mastered moving to the ball, then toss the ball and have the player pass it back to you or to a target. (Also, known as the Setter (person set up to catch the ball that is passed)).
3. Have a player get a ball and stand 6-8 feet away from the wall. Have the player start with a toss to the wall and then move their feet and get behind the ball. Tell the player to try and keep passing against the wall, making sure to call the ball each time. Have each player try and get 5- 10 passes in a row against the wall. Do this for 5-10 minutes.
4. Have the players line up in a single file line. Have the coach toss to each player one at a time. (Make sure each player is moving their feet to the ball and calling out “Mine”).
5. Putting it all together!

Have the players get in groups of 2. Each player can stand in pairs across from one another and practice throwing the ball to one another. The ball should be thrown underhand to the other player’s arms. The ball will be hit with their forearms back to the other player.

This is known as bumping the ball. Have each player do this until they get used to the feel of hitting the ball on the proper surface(forearm). Make sure the player is NOT hitting the ball on his/or her wrist.

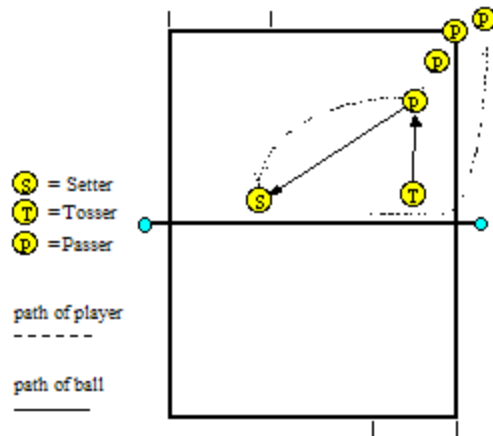
6. Have a group of two players stand facing each other about 10 feet apart. One player starts the drill with a toss to their teammate. Have each player pass it back and forth to one another as long as they can. Have each player work on calling the ball(“Mine”), make sure they are moving their feet to the ball as well as getting their platform under the ball to make a good pass.

More advanced Drills -

1. From the front of the net, have a Coach toss to the passer and have the passer work on trying to get the ball to the “Setter” or target as diagramed below. Once the person passes

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the ball, that person then becomes the 'Setter'. Once the "Setter"/target catches the ball, then that person brings the coach the ball & then gets back in the passing line.



2. Have 6 players get on the court in position to pass the ball. Have one person the target. Toss balls from the opposite side of the net and have two players each work on calling the ball, getting to the ball and passing the ball to the target. After the player passes the ball, they become the target and then the target hands you the ball or chases it down and puts it back in the ball bin.

Setting

Sets are a form of overhead passing that can be used to send the ball to a teammate or over the net to the opposing team. To set, raise both their hands above your head and use the pads of your fingertips to make contact with the ball.

- ✓ **Teach proper hand placement.** When setting the ball, kids should start with both hands hovering right over their forehead. The thumbs and pointer fingers should form a triangle (make a window) and the palms should face outward. The elbows should be out to the side in a wide position, which will provide leverage to push the ball. They will then push their hands upward to set the ball.
 - The key is for the hands to make contact with the ball when it is right at their foreheads and for all 10 fingers to touch the ball.
- ✓ **Practice Catching the ball.** They can toss the ball up to themselves and catch it right above their forehead with their hands in the setting position. Their fingers should wrap around the ball. This will help them get used to the setting position.

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- This drill can be done seated so that kids don't worry about foot placement. Then have them stand to get use to this position as well.
- ✓ **Have them practice pushing the ball upwards.** You can divide the kids into pairs. One child can toss the ball to themselves and then instead of catching it, they will set it to the other kid. They should push the ball upwards, straightening their arms into parallel lines in one smooth, direct motion. Make sure they are using their legs when they push it upwards as well (the knees should bend and then when they make contact, their legs should straighten). The other kid should be about 5 feet (or 1.5m) away and they will catch the ball.
 - The child setting the ball can remain seated and the other child can stand and catch the ball and return it to their partner. After 10 times, they can switch turns.
 - To make this drill more difficult, increase the distance between the kids by having them take a large step backwards. To set the ball further, they will need to push their arms more diagonally rather than straight up. You can increase the distance so that the kids are up to 10ft (about 3m) apart total.

Serving

There are two types of serves.

An **underhand serve** is a type of volleyball serve in which a player holds the ball with one hand and swings the other hand in an arc motion, striking under the ball with a fist to put it into play. An underhand serve is the most common serve for beginners. The primary goal in serving a volleyball is to drive the ball into the opponent's court.

An Overhand Serve is when you strike the ball with the hand above the shoulder and make contact and the ball goes over the net.

- ✓ **Stagger your feet.** Stand with your feet about shoulder width apart. Place the foot opposite of your hitting hand in front of the other foot. Your shoulders and hips should be aligned with the net. Make your sure your knees are bent. It is extremely important that your weight is on your back foot.
 - A server's posture is one of the most important parts of their serve. The power of the serve isn't from upper body strength, but from the legs. A powerful serve

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is achieved by being able to transfer weight from the back foot to the front foot correctly. Getting a strong starting posture is important to a strong serve.

- ✓ **Show them how to toss the ball.** With their non-hitting hand, kids should toss the ball in the air slightly in front of them. Their tossing hand shouldn't move too much and the ball shouldn't go too high. If the ball is thrown very high, then it will be moving faster and more difficult to hit. Aim for about 2ft (.6m) above the head and about 2ft (.6m) in front of them.
 - The key to a good serve is to keep it simple. It should all be one smooth, fluid movement.
- ✓ **Teach them to step towards the ball.** Kids need to take a large step forward in the direction that they wish to hit the ball. This will help them to generate enough power to hit the ball over the net. They should step forward with the foot on the same side as their hitting hand.
- ✓ **Have them make contact with the ball.** Their hitting arm should be extended above their head and they should hit the ball with the heel of their hand. This will help the ball to go the furthest without spinning. The arm should follow through after hitting the ball until the hand is down by their thigh.
 - The hand should be completely open when hitting the ball.
 - The ball should be hit as it is descending from its toss. The kids should reach up towards the ball to make sure their arm is fully extended.
- ✓ **Have them practice serving.** They can stand several feet away from a wall and practice serving the ball against the wall. They can form pairs with one child on each side of the net and practice hitting it over. The key to getting a good serve is lots and lots of practice.^[6]
 - The toss, step, and hit should all happen in one fluid motion.
 - Some kids won't be able to serve across the full court. You can have them stand closer to the net so that they can practice hitting the ball over.

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Drills for serving –

Arm Toss -

Right-handed players stand with left foot slightly ahead of right foot. Hold ball in left hand and extend the arm straight out from body at a 90-degree angle. (Left-handed players will be exactly opposite.)

With a firm wrist, arm toss the ball 18 inches high but let it fall to the ground. The ball should fall to the spot on the floor just inside of the lead foot and in line with the hitting shoulder.

The toss is crucial to a successful serve because an improperly tossed ball will cause a poor arm angle resulting in a bad serve.

Serve Relay Drill -

The point of a serve relay is to get your players learning they have to move as soon as they serve. They can't stand at the line, watching and missing out on an instant return play.

- Separate your players into two even teams. Have each team create a single file line on the serving line about 5-6 feet apart.
- The first player in the line will serve as soon as the whistle is blown.
- Immediately after they serve the ball, that player has to sprint to get their ball and run it back to the next person in line.
- If the player's ball doesn't go over the net or ends up out of bounds, they have to run back and serve it again. They must do this before they can move onto the next person in the line.
- The team that gets through the relay first is the winner.

Serve and Replace -

3 or 4 players to a side with servers on both sides of the court. Have a server put the ball in play and have the ball be played back and forth until one side wins. The player who makes the winning play becomes the new server on their side. Repeat until everyone has a chance to serve.

Hitting

**We recommend teaching hitting/attacking at the 7th & 8th grade level, however, if your team is mastering the other skills, please feel free to touch on this skill.

- **To hit the ball** when positioned at the net, you must be a front row player.

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- The basic classical spike is made by jumping off of both feet. A spiker usually takes a series of steps to attack the ball. When teaching a player to approach and hit a volleyball, you might start with learning the last 2 steps. Once the last 2 steps are learned, you can move on to perfecting a 3 step or a 4-step volleyball approach. When first learning to spike, concentrate on just these last two steps and work on timing the hit.

For a right handed hitter, the last 2 steps are right foot then left foot.

For a left handed hitter, the last 2 steps are left foot then right foot.

- The ball should be contacted reaching up high with the arm straight, elbow extended. The contact should be made reaching directly above or slightly in front of the body. The ball is contacted by the hand using a wrist snapping type motion to direct the ball downward into the opponent's court.

Drills for hitting –

Team Approach Jumps Drill -

Performing this drill allows volleyball players to improve their spiking skills dramatically. It is worth noting that this volleyball drill is performed without a ball.

- A team has to form a line along a sideline. Once a player approaches the net, he/she has to take another approach.
- Now the next time a player has to start approaching the net from inside the court. Finally, the player reaches the other sideline.
- The first player approaches the net it is time for the second player to start moving towards the net. The drill is completed when the last player of a team reaches the other sideline

Pass-Set-Hit Drill

- Divide the volleyball team into two groups. Each group practices the drill on its part of the court. Each group has to contain at least three volleyball players. If a group contains more than 3 volleyball players a coach will have an opportunity to rotate those players who take the passing position.

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- The first player has to occupy the back-left position. A setter with a ball has to be located near the net. The third player has to be located on the opposite side of the playing court. When all players occupy the right positions on the court it is time for a setter to toss the ball to the passer. The task of a passer is to return the ball back to a setter. Afterwards, a setter has to set the ball and the passer has to occupy the hitting position. The passer will have to spike the ball over the net. Finally, the third player shags the ball and volleyball players have to change their positions. The rotation of players should take 5 minutes. After the rotation of players is completed, players also have to move to the right side of the court.

Final TIPS

When Running your practices, make sure to keep things fun and encouraging. Some players will have trouble with certain skills while others will excel at them. Be sure to praise each player regularly for their efforts and do not let them get discouraged when things are not going their way.

Cover all technique areas. It is important to provide enough time for each technique but avoid focusing on one for too long. This can lead to boring practices and prevents players from working on a well-rounded game.

Make it fun! Turn drills into games and don't stick to the same routine. Players will retain more and be more engaged in what you are teaching when they are enjoying themselves. Switch up your drill selections and keep players engaged.