

## Principles of Teaching Good Volleyball. (or any sport??)

### *Volleyball for High School Teachers*

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**Not many drills;** You don't need lots of different drills/ practices. A few good drills can cover all the (5 basic) skills and have variations/scoring systems for different levels of players. Students should improve at each drill. Australia's Olympic team (men) do the some of the same warm up activities as below. Scoring systems help quantify improvement and give students incentive to keep improving.

**Generalise:** Basic Skills and variations should be taught to all students. What most teachers consider as advanced skills are in fact just variations of the basic skill that kids are well capable of and love to try.

**Teach skills in combinations.** Most drills can require 2 or more skills so teach students early, that they influence each other. Eg. Ready position = Good pass = good set = good spike.

**Show before telling.** Demonstrate first, show them before telling. Visual demos first – supported by instructions. Use technology to show good skill demos. Elsonvolley website have USA skill series videos each lasting for a minute or two. Youtube /google etc are full of great clips too.

**One cue is enough.** Don't overload them with information. Give ONE skill cue and reinforce it repeatedly, even if there are others that are not perfect. (see volleyball skill cues later)

**Hit the ball a lot.** Keep students active. Pairs and 3's are best. Drills and games that don't have them off court/inactive for long. The AIS men's coach says that the main difference between the school coach and I is about "a million hits"

**Equipment;** Buy good volleyballs, don't overinflate them. 4.5 – 5 psi. (If you don't trust your feel for pressure, get a ball gauge.) Cheap volleyballs sting very quickly and painful arms are the quickest way put people off volleyball. I recommend elsonvolley for all Volleyball equipment. (Also give great advice because they actually use and know which ball, net, kneepads etc will suit your level of players.)

**Other resources.** Volleyball SA are always keen to help and can do clinics (even one offs) at your school)

elson.com.au    volleyballsa.com.au    avf.org.au

[www.teamusa.org/USA-Volleyball/Video?channel=AxaDRnazoIZ1U8fo-4cLMzn4EDvtFICe](http://www.teamusa.org/USA-Volleyball/Video?channel=AxaDRnazoIZ1U8fo-4cLMzn4EDvtFICe)

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**Team Building;** Only talk to your team -Not through the net.

**Safety.** 1. Posts; Don't allow students to adjust for height –posts are heavy= risk of injury. 2. Ball a) On court during practice or games. Call BALL ! (Loud) Everyone stays on ground no jumping . Replay. b) Never throw /hit a ball at someone not ready. 3. Post pads on

### **Warm up.**

- 3 laps + 3 push ups + 3 blocking laps before you get a ball.
- **Dig/set/spike in pairs.** One player within reach of the net the other about 2/3 court. Players may start with an easy throw then A digs- B sets – A spikes. (and repeat without catching) B digs - A sets - B spikes. Add scoring and competition eg First three pairs to complete the sequence (Dig-set-spike) twice. Eg how many pairs can complete the sequence twice in 45 seconds
- **Be the net.** Add a third player [C] between A and B. C is a passive net, standing with arms and hands extended up for A and B to hit over. Ball hit into the net = changes the net player.

- **Dig/set/spike in 3's.** On the court towards the net.



**Dig set spike and repeat.** DIG (A to X) , SET (X to A), SPIKE (A to B)

And repeat. A/B always dig to X but spike to each other.

Easy -Throw to A or B.

Harder - start with standing spike A to B (as in pic)

Safety. Instruct students on these 3 basics of volleyball safety.

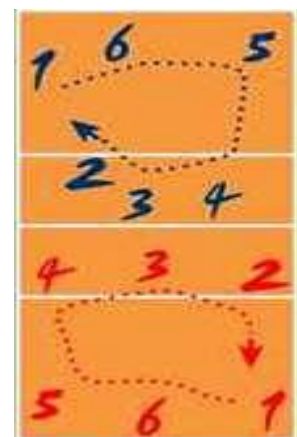
1. **Never** adjust the height of the net /poles without direct instruction/supervision of your teacher.
2. Ensure post pads are correctly fitted to the poles.
3. Call **BALL!** loudly to warn players of a ball on the court or in their practice area. Stop the activity (especially no jumping ) and remove the ball.

## The Volleyball Court.

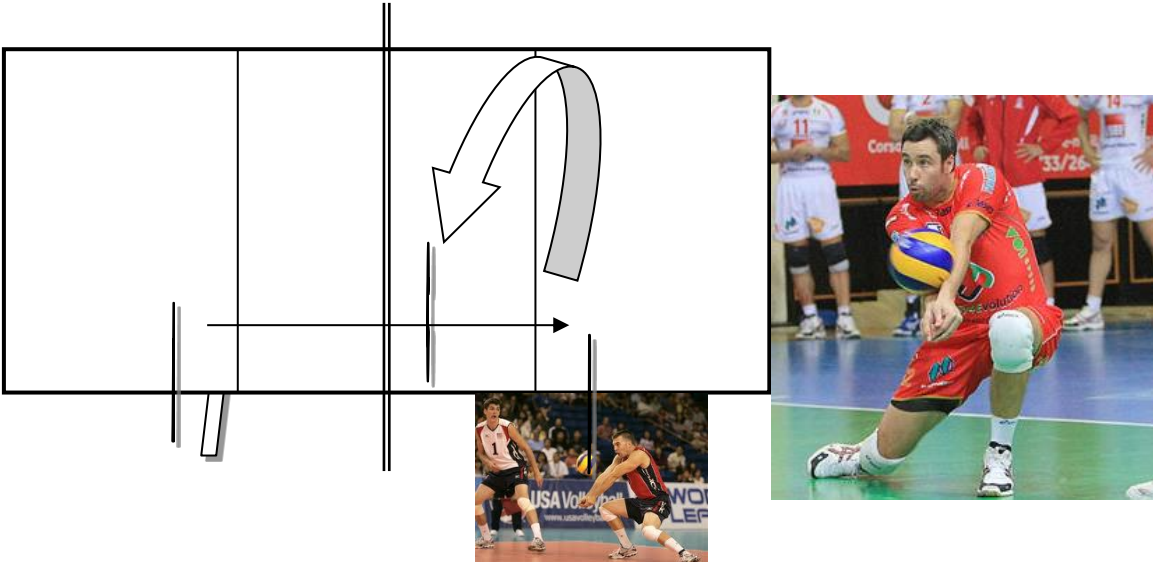
- Is a 9m X 9m square on both sides of the net (Net heights vary depending on gender/age group)
- Both sides are divided into a front court (within 3m of the net) and back court (3m+ from the net). The 3m or attack line is clearly marked on the court.
- A centre line(directly under the net), which players may NOT cross, divides the court between two teams. All solid lines are regarded as part of the court so a ball landing on the line is IN.
- Positions on the court are numbered 1 to 6 as per the diagram with #1 (right back court player) and #2 in the right front court and so on. This is also the order that the team will serve in.

## Rules

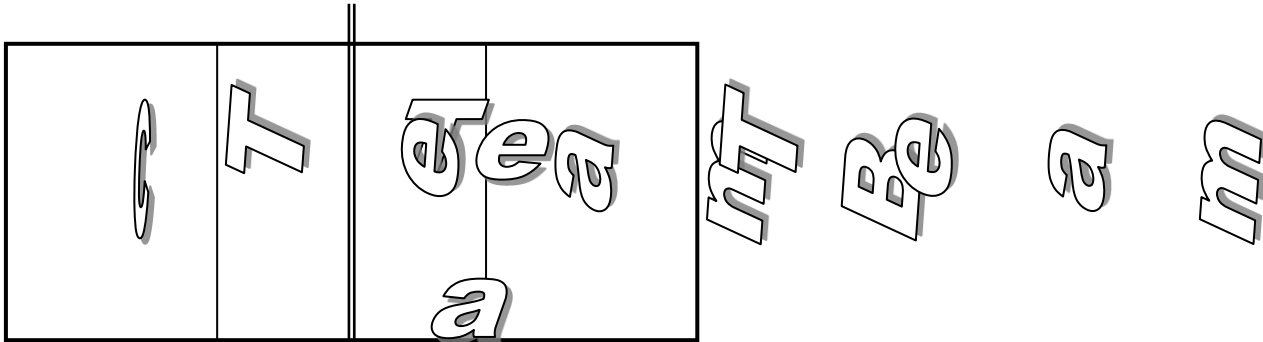
- **Court position.** Players must start in their assigned position on the court as per diagram. (ie #2 must start between #3 and #1) Players may move after the serve is hit. Players starting in the back court (ie # 5,6 and 1) may not jump and hit the ball over the net when in the front court or take part in a defensive block in the front court. Players may pass the ball to any team mate regardless of their court position.
- **3 hits per team.** A team may play the ball up to three times on their side of the court but no player may have consecutive hits. Contacting the ball as part of a defensive block is not counted as one of the teams three hits.
- **Serving.** From behind the line. (Without touching it during the serving action)  
May be underarm or overarm action as long as the ball is clearly thrown off the hand before striking it (ie a footy handpass is illegal). Players have one attempt at each serve and 8 seconds (from the referees whistle) to complete the serve.



Skill drill/game	Description	Variations
Basic Passing drill (dig)	READY. - In 3's [A]throw over net (real or imaginary net) [B]pass, [C]catch. Pass ½ way to ceiling.	Throw soccer throw ins (flatter)Count how many catches overhead. Make passer move L or R about 1m. Make catcher face position 4. Not all groups can use the net but you can use any line on a court as an imaginary net.



Team Passing	<p>READY. – coach/you[C] serve to the team[A]they pass to setter who must catch. (Team A stays on if their setter can catch their first pass). Repeat – varying the serve to different players</p> <p>Teams rotate from A to B to C if they can’t pass to setter.</p>	<p><b>Who gets what?</b> First call MINE!, Backcourt before front, L before R.</p> <p><b>Which Pass?</b> Choose fingers or forearms depending on height/speed of serve. Start with forearm passing first (dig)</p> <p><b>Catching progressions. Setter must</b> a)catch overhead then add,b) in front court, c) facing position 4, R foot fwd and stationary.</p> <p><b>Game-like progressions;</b>Setter sets to spikers who must spike 1out of 3 with good approach.</p>
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<p>Team B has only 3 blockers at the net. The rest retrieve balls for coach.</p> <p>Next they replace team C at back line of court</p>	<p>Team A positioned ready to receive serve with setter at centre front ready to catch.</p> <p>Next they replace team C at back line of court</p>	<p>Team C is across the back line ready to run on to receive.</p>
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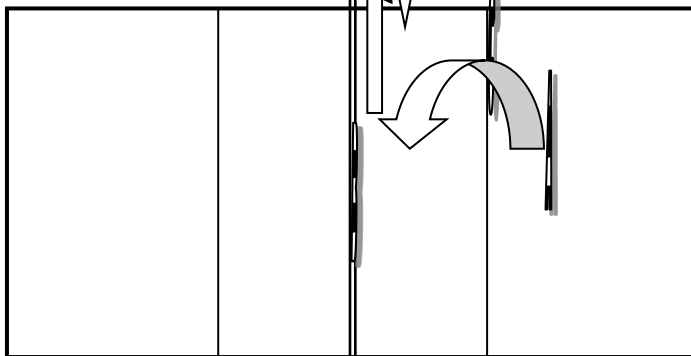
**Court positions** Teach students these. Start with server (1), then next to serve is 2 and so on.



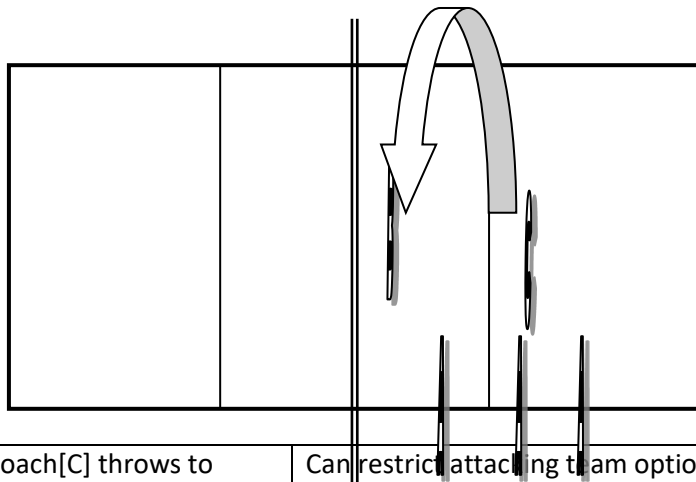
Court position rules:


- Players may move freely about the court but **MUST** be in correct rotation before the serve (ie position 1 must be behind 2 and to the **RIGHT** of 6)
- Back court players(1,6, 5) may not take part in a block at the net. (or Anywhere in front court)
- Back court players may spike but must jump from behind the attack line. (they may land in front)

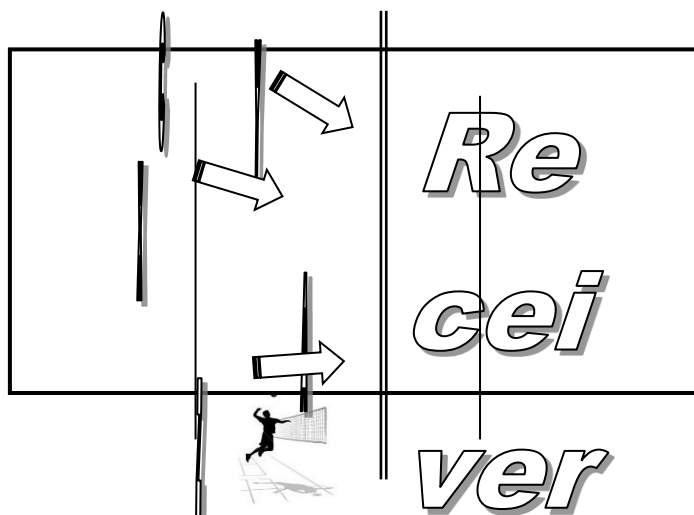
Setting Basic drill	[A]Throw,[B] set, [C]spike /catch. C runs in, jumps but catches the ball (not spike) otherwise much time is wasted retrieving the ball instead of setting. Groups can use wall or line instead of the net. Set high out near sideline/antenna approx. 1m off the net	Variations. Make setter move further/faster to get to ball. Put extra spiker in backcourt so setter has to choose the best option.
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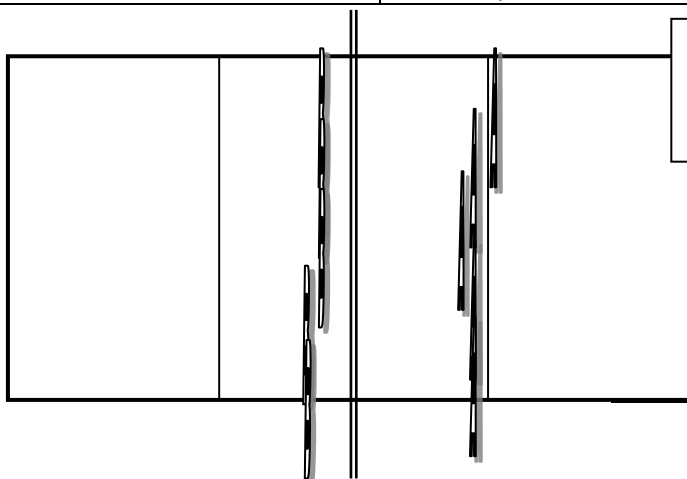
		Variations and progressions
Basic Spiking	[C]Pass to setter[B] from 5. [B]Set to spiker[A] in 4. Spikers hit down the line then get a ball and go to passers line. Don't go under the net. Both sides of the net can do this drill.	Spikers start at attack line (Pos 4) Get off court 1m for better approach angle Spike against 1 blocker then 2 Spikers start in blocking position, getting off the net before ball is passed to setter.
Spiking race	Two teams compete to achieve a set number of spikes first. (eg 3 spikes)	Pass the ball (not throw) to setter from position 5.Setter (in 3) sets to spiker (in 4) A legitimate spike needs a run up and jump, must be hit at/near full reach, with the preferred hand and go IN. It does NOT have to be hit hard – medium or soft are both OK.



<p><b>Team Attack</b></p>  <p><b>Team defense</b></p>	<p>Coach[C] throws to setter[A] from just off court. Setter [A] sets to any spiker.X/Y/Z</p>	<p>Can restrict attacking team options to L or R of court, short or deep, backcourt or front or middle attack. Spike to retrieving team who return ball to coach. Progress to passive receiving team. Receiving team given incentives to become spiking team eg. Pass ball into setter (catch) to transition from defense to attack.</p>
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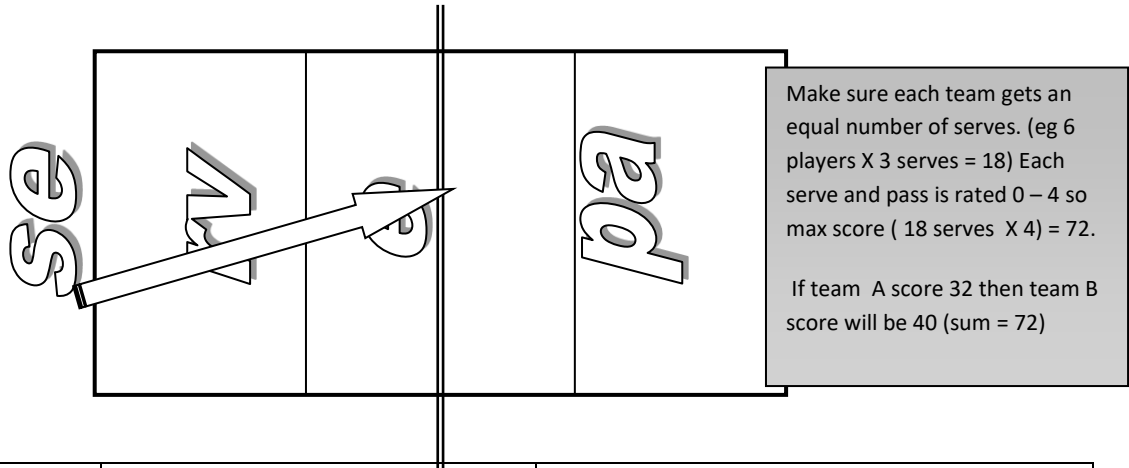
<p><b>Blocking</b></p>	<p><b>Lower one end of the net to allow for different height of players.</b> In pairs – throw[A] at attack line, blocker [B] in ready position at net. Throw - Block</p>	<p>Wrist snap push ball down into front court. Variation; thrower tries to get under the block and dig and catch to themselves (the thrower become blocker)  Partner hits a standing spike – blocker blocks. Spiker must throw ball at least 1m.</p>
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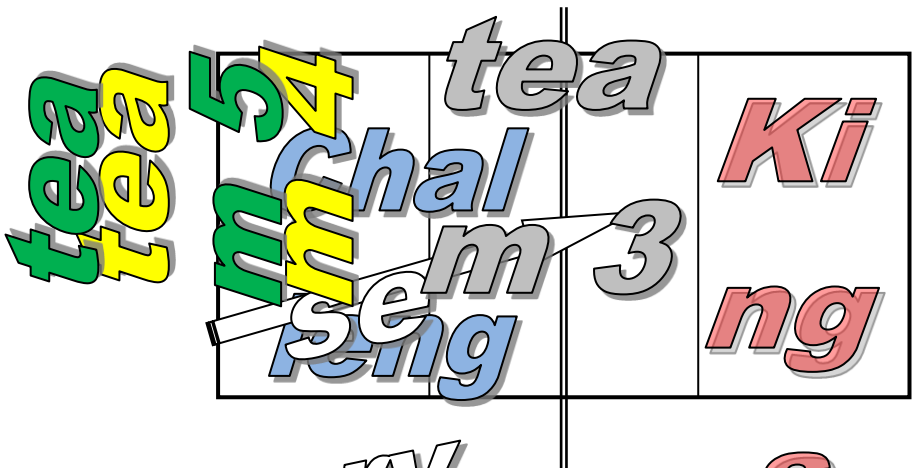
**Blockers ready position.** Half arms length from the net with hands above shoulder height.



<b>Serve and pass game</b>	One team serves (each player serves 3X in a row) the other receives (pass/set/spike) Coach awards points for server and pass totaling 4 points.	Ace = 4 pts for server, 0 for receivers. Serve error = 0-4. Weak serve/good pass = 1-3 etc. Total to find the winner then swap. Give additional penalty (eg 3X blocks) for errors such as overpass or serving out.
	Serving team just have three servers and three (passive??) blockers (no backcourt). . Don't play rallies	Receive team try to pass/set/spike.



<b>king of the court</b>	Multiple teams of 3 – 6 players. Challengers always serve to Kings. Winners become kings. Losers go off. Teams in queue move up. Challengers must go under net without touching it, losing Kings must go off court around net posts Variation 3 ball. First team to win 2 rallies becomes KING.	Emphasise READY! (Team loses if not ready). Receiving team is 5 passers (see Ready) and 1 setter(R shoulder to net within ½ m) Progressions; - passer must call MINE! 3 blockers must be ready when ball is served, 3 Ball King of the court, must call MINE when passing ball thrown from coach.
<b>3 Ball king of the court</b>		






<b>Free Ball drill</b>	Coach throws ball (easy) to setter. Pass, set spike	Setter calls FREE BALL and comes into front court from position 1. Backcourt player passes ball in, setter sets to spiker. Players may return to their own line or rotate to next line (Passer to setter). Team on the other side play the rally.
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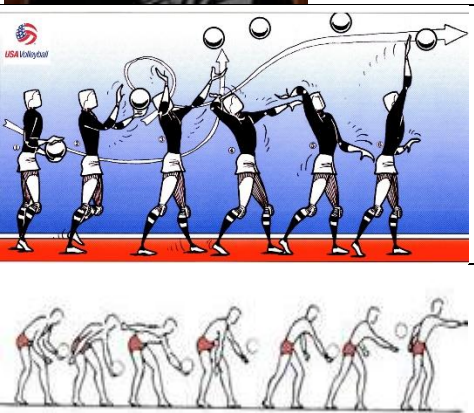




## I've taught them the skills, they do the drills, but they **still play jungle ball**!??

<b>Conditioned games</b>	During game play coach can set various conditions on play to eliminate unwanted patterns/ encourage desirable outcomes. Scoring system is tailored to only win rallies if conditions are met.	Examples of conditions include. (from basic to intermediate) <ul style="list-style-type: none"> <li>• Must use all three hits on your side of the net.</li> <li>• (and) 2<sup>nd</sup> contact must be a set</li> <li>• Only tips ( soft) hits from the front court</li> <li>• Boys must tip/ girls can hit hard/soft or medium.</li> <li>• Soft hits in front court/ hard only from back court</li> <li>• All spikes must be crosscourt</li> </ul>
<b>3 error drill</b>	With multiple teams.  Coach identifies errors and rally is replayed with the chance to immediately correct the error.  Team loses if 3 consecutive errors are made.	Similar to King of the court but when a player makes an error (such as not calling "mine" when they pass) <ul style="list-style-type: none"> <li>• the whistle goes, the rally stops ( ball thrown off the court to next team on sidelines)</li> <li>• the coach says "error 1 ; No call"</li> <li>• Coach throws a similar ball to the same player ( hopefully they don't repeat the same mistake) and the rally continues until the next error.</li> <li>• When a team makes three errors in a row they immediately leave the court, with the team waiting on the sidelines replacing them.</li> <li>• At the same time coach throws next ball to the team remaining on court ( did NOT make three errors) to start the next rally – and repeat</li> </ul>

## Technical/teaching points/cues for the basic skills of volleyball

Skill	Teaching Points	Diagram
<b>Ready position</b>	<p>The ready position is an essential, fundamental skill for all beginners in volleyball. It should be taught, emphasized and consistently reinforced in lessons.</p> <ol style="list-style-type: none"> <li>1. <b>Feet apart</b>; wider than shoulder width apart and with outside foot slightly forward</li> <li>2. <b>Knees</b> bent and body is low</li> <li>3. <b>Arms out</b> ; held in front of the body. Close but not together</li> </ol>	
<b>Pass (formerly dig)</b>	<p><b>Position:</b> Feet apart, knees bent, arms out straight  <b>Hands:</b> Thumbs together as shown. (NOT interlaced fingers)  <b>Contact:</b> is made just above the wrists (watchband area)</p> <ol style="list-style-type: none"> <li>1. <b>"Platform"</b> Keep the arms shape and elbows straight to make a consistent contact platform the ball.</li> <li>2. <b>Waist high contact.</b> (Belly button). Move fwd/back to make contact at waist height</li> <li>3. <b>Contact in front of hips.</b> The wider the contact is the more errors are made so get behind the ball.</li> </ol>	 

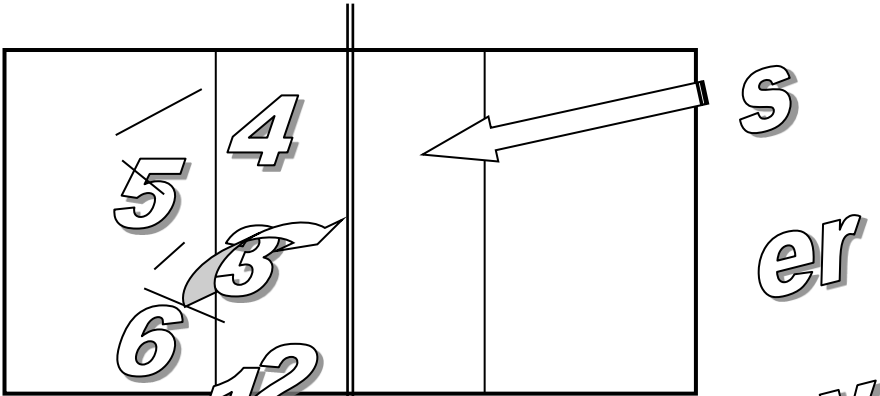
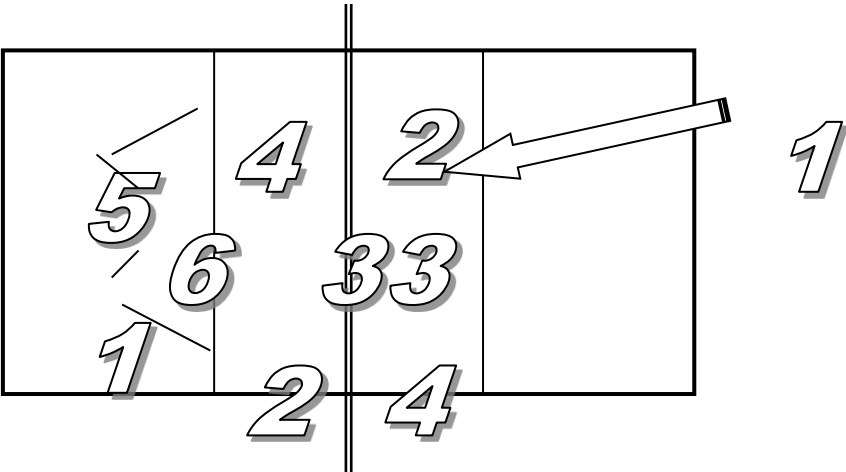
<p><b>Set</b></p>	<p><b>Position:</b> Feet apart, with one leg ( R ) slightly ahead, knees bent.</p> <p><b>Hands:</b> held in the shape of a ball. (Get students to put their hands around their neck, thumbs at the front then take them off keeping that shape.) A basic triangle between the thumb and fingers is formed.</p> <p><b>Contact:</b> is made on the pads of the fingers and thumb. Contact the ball above your forehead.</p> <ol style="list-style-type: none"> <li>1. <b>Hands up EARLY:</b> Get them up into position quickly – look through hands at the oncoming ball.</li> <li>2. <b>Face the target:</b> turn shoulders and hips to face the direction you wish to set the ball. (towards a spiker)</li> <li>3. <b>Extension:</b> Extend body and arms to follow through in the direction of the target. Finish is “fly like superman”</li> </ol>	
<p><b>Serve</b></p>	<p><b>Overarm.</b> Start with ball on the palm and arm extended at shoulder height in front of you. Low ball toss in front of hitting shoulder Hitting arm is now drawn back.Swing forward to contact the ball with the heel and palm of the hand. Contact at nearly full extension in slightly in front of the body</p> <p><b>Underarm.</b> Rules state that the ball must <u>clearly be thrown off the hand</u> before striking it. Make this a small throw keeping the ball below waist height. Swing the hitting arm through in the direction of the court, from low to high. Contact the ball on the butt of the hand rather than the thumb/finger (as in a footy handpass)</p>	
<p><b>Block</b></p>	<p>Ready position Close to the net (half an arm max) facing spiker. Hands above shoulders.</p> <ol style="list-style-type: none"> <li>1. <b>Timing;</b> Jump timing is critical to be at your peak at the moment of impact.</li> <li>2. <b>Placement:</b> Line yourself up with the hitters approach angle and hitting arm.</li> <li>3. <b>Execution:</b> Penetration over the net (if possible) to achieve angle and hard hands and arms for impact. Encourage smaller blockers to get 1 and 2 (above) especially if they are young and still have some growing to do.</li> </ol>	
<p><b>Spiking / Attack</b></p>	<p>Players must learn to respond quickly as the team changes from defense to attack by getting off the net into good position to start the spike approach. For right handers this is generally near or behind the attack line and a metre off the court from position 4, but NOT wider than the court in position 2. This allows cross court and line attacks on both sides.</p> <ol style="list-style-type: none"> <li>1. <b>Three step approach</b> ( For R handers) R – L – RL with the last step being the longest and R/L foot landing quickly almost simultaneously. Another way to say this is Right – Left – Both.</li> </ol>	



	<p>2. <b>Two foot take off</b> – as above. This helps transfer horizontal momentum into vertical.</p> <p>3. <b>High Contact</b>- all players must learn to make contact at their maximum reach height but they should also vary power. (Hard – medium – soft)</p>	
<b>Spiking Drill</b>	<p>Players line up in spike approach position (eg Position 4 starts from behind the attack line and 1m off the court).</p> <ul style="list-style-type: none"> <li>Coach throws or sets ball for spiking. Encourage “your worst spike must still go in.</li> <li>Players retrieve ball and return it to the coach of trolley.</li> <li>Drill can be replicated with a student throwing to spikers on the other side of the net. Spikers go under the net retrieve a ball and line up again.</li> </ul>	

Reception - W formation ( 5 passers / 1 setter) (position 3 is the setter)

Receiving team in W formation. [pos 2and 4 back off the net ready to pass the serve)	Serving team have three blockers ready at the net to block opposition spikes. Front court players must quickly move back and forward in defense/ attack.
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Setter penetrates from position 1 ( backcourt) as ball comes over.

Players 2,3 and 4 can spike from front court. Player 3 usually a quick attack (lower set under 1m). Setter may NOT block or attack in the front court so goes back to position 1 to defend with player 5,6.

serve