

Session 1

Title: *Movement and basic ball flight judgement*

Duration: 60 mins

Time	Objective/Teaching points/Concepts	Activity (s)	Adaptations	Good Questions
20-30 mins	<p><i>Prepare the body for physical activity</i></p> <p>Concept 'beating the ball'</p> <p>Concept 'centre line of the body'</p> <p>Getting the body into 'vb' positions (dig/volley)</p> <p>Develop ball flight judgement</p>	<ol style="list-style-type: none"> 1) Pairs, partner rolling the ball and stopping it in control with their foot... 2) Throw the ball with a bounce partner gets past it, facing feeder catching it in the centre line. 3) Add an activity for them to do before catching the balls (a sequence/touching the floor) 4) Develop it so they need to sit on the floor and catch the ball in balance/centre line 	<ul style="list-style-type: none"> • How else can they stop the ball? • Back2back - initiate the activity by butting their partner • Any other VolleySport Card starter activities as necessary • Lying down? 	<p>Where do they need to face? (their partner/their target)</p> <p>What is the role of the feeder?</p> <p>Where are they catching the ball? (High/low)</p> <p>Why is ball flight judgement important?</p>
15-20 mins	<p><i>Develop the volley shot</i></p> <p><i>TP – right foot forward on contact</i></p> <p><i>TP – Elbow position and use of fingers (triangle)</i></p>	<p>In pair's back2back, initiating the activity with a 'butt'. Feeder throws the ball high, partner beats the ball and walks through pushing the ball back to their partner</p>	<ul style="list-style-type: none"> • Pick up a water bottle with 2 hands above their head 	<p>Who is walking through, who is stopping on contact...?</p>

10-15 mins	<p><i>Put concepts and skills into a game based situation</i></p> <p><i>TP</i> - Ball must be contacted above the head</p>	In pairs 1v1 starting with a high feed, letting the ball bounce and volleying it over the net who lets it bounce before returning it.	<ul style="list-style-type: none">• Use a zone area (long and thin)• Change server after every point•	Does everyone understand the rules for the game?
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Session 2

Title: Intro to 2v2 and fundamental sequence development

Duration: 60 mins

Time	Objective/Teaching points/Concepts	Activity (s)	Adaptations	Good Questions
5 mins	Transfer coaching points from session 1	Ask participants what they learnt in the last session?	<ul style="list-style-type: none"> Make them write down what they learnt in the last session 	Do they remember?
5-10 mins	Preparing the body and mind for physical activity Concept 'contact point' Catching and throwing	<ol style="list-style-type: none"> Partner each side of the net, pass ball to each other under the net and move along net. Switch sides Partner each side of the net, throw the ball over the net and catch, pass back and move along net Partner each side of the net, pass ball to each other, one side throws over the net, one under the net, move along net and switch sides 	<ul style="list-style-type: none"> How can this be made more difficult? <i>Move faster, slower</i> 	Why is this difficult? Where are the contact points?
10-15 mins	<i>TP – Feed importance</i> <i>TP - target is above the partner, not the person themselves</i>	Pairs, one touches the ball and 'skip' back until partner slaps the ball, passer stops and starts to walk forwards, ball is fed in front of them so they walk on to the ball and 'volley' it back to the feeder	<ul style="list-style-type: none"> What can be done if they can't feed the ball? Harder - Add in the 'Steve Jones dance' before ball contact Easier - Higher ball/let the ball bounce Catch low, throw up & volley 	Is the feed making the drill break down?
20-30 mins	<i>TP – ball targeted in the space in the air, not the partner</i> <i>TP – target space in front that partner runs in to</i> <i>TP – 'to me, to you, to me' concept</i> <i>TP – the game will go random but that does not matter</i>	<ol style="list-style-type: none"> Pairs – coach feeder. Pairs skip away in sequence, slap the ball, the ball is fed to the player on coach's right/pair's left. Ball volleyed to partner who catches Develop so partner volleys into space instead of catching the second ball then third contact is volleyed over the net Add in another pair on the other side of the net. Coach feeds ball in, after the third contact and the ball travels over the net, the other 	<ul style="list-style-type: none"> Allow low catch and volley to partner <p>Point 4 – catch the first contact when the game goes random Allow dig</p>	Where is the ball going in relation to the partner?

pair play on

Session 3

Title: Intro to Dig

Duration: 60 mins

Time	Objective/Teaching points/Concepts	Activity (s)	Adaptations	Good Questions
mins	<p><i>TP- Ball caught in centre line and between knees in 'balanced' state.</i></p> <p>Concept- catching point</p>	<ol style="list-style-type: none"> 1) Pairs. Clap when ball at peak. Catch between knees. 2) Cross plain of ball when it bounces as many times as possible. 	<ul style="list-style-type: none"> • Throw, clap, touch floor, catch. 'The Steve dance' (Sequences) Turns. • High or low feed for time to get under ball 	<p>What is balance? How does it feel to be balanced?</p>
mins	<p><i>TP- Arms not completely straight when together</i></p> <p><i>TP- keep ball in front.</i></p> <p>Concept- ball should rebound off arm (don't bat it)</p>	<ol style="list-style-type: none"> 1) Pairs. After ball bounce, right arm dig, left arm dig, both arms dig. 2) Pairs sequence with feeder. Touch ball, skip away. Dig, Volley and catch. 3) Develop in dig, volley, volley over net. 	<ul style="list-style-type: none"> • Let them catch and then volley to partner • Feed- low or high? • Court size? 	<p>Where is the contact point on the arm for the dig?</p>
mins	<p><i>(Should go from drill to game drill to game)</i></p> <p><i>TP- Contact point on arm.</i></p> <p>Concept- Timing of dig. <i>TP- Third contact should go to opponent diagonal from them.</i></p> <p><i>TP- Game can go random</i></p>	<ol style="list-style-type: none"> 1) Sit on bench. Stand up and dig when ball comes down. 2) Pairs sequence with coach feeder and opponents over net. Dig, volley, volley over the net to opponents, then carry on into game. 	<ul style="list-style-type: none"> • Underarm feed • High or low feed 	<p>Is the game continuous? Is it controlled or random?</p>

Session 4

Title: Reinforcing 2v2 and intro to Service

Duration: 60 mins

Time	Objective/Teaching points/Concepts	Activity (s)	Adaptations	Good Questions
20-25 mins	<p><i>Prepare the body for physical activity</i></p> <p>Ball warm up TP- Flight of the ball TP- Contact Point</p> <p>Getting the body into 'vb' positions (dig/volley)</p> <p>Develop ball flight judgement</p>	<p>1)In pairs throwing the ball cross Court to each other (High, 2hands over head)</p> <p>2)In pairs bouncing the ball across court to each other (2hands over head)</p> <p>3)In pairs throwing the ball (1hand over head)</p> <p>4)In pairs Striking the ball to each other, a high soft arch, and a faster striking direct to the partner</p>	<ul style="list-style-type: none"> Partners must catch the ball in the Volley or Dig Positions 	<p>Are service errors due to poor technique or lack of power?</p> <p>Is it bad if it doesn't go over the net?</p>
15-20 mins	<p><i>TP- Contact on Palm of the Hand</i></p> <p><i>TP- Contact the ball at its highest point & finish the swing in the aimed direction</i></p> <p><i>TP- Throw the ball consistently into the hitting window</i></p>	<p>1)In pairs, each side of the net on the 3m line, players must serve the ball over without touching the net</p> <p>2)Split into 2 teams, 1 team serves, the other sits anywhere on Court at the other side of net. A player is released when they catch A service while seated. Once all released, switch the serving team</p>	<ul style="list-style-type: none"> Make general Targets (To their Partner) Increase Distance (Half Court/Full Court) Specific area Targets (Short/Long service) Serve from sitting position 	<p>Why is the throw important?</p> <p>Is there a pre-routine needed?</p> <p>What is the aim of a serve?</p>
15-20 mins	<p><i>2v2 play introduce serve to start the rally</i></p>	<p>Split into teams of 2, and set out small sided games, badminton court size</p>	<ul style="list-style-type: none"> If rallies suffer due to strong service move back to volley or throwing 	<p>Is the game continuous?</p> <p>Is it controlled or random?</p>

Session 5

Title: Reinforcing 2v2 and intro to Spike

Duration: 60 mins

Time	Objective/Teaching points/Concepts	Activity (s)	Adaptations	Good Questions
20-30 mins	<p><i>Prepare the body for physical activity</i></p> <p>Concept 'contacting the ball'</p> <p>Concept 'contacting inside the spiking window'</p> <p>Getting the body into 'vb' positions (dig/volley)</p> <p>Develop ball flight judgement</p>	<p>1) Movement required for spiking, approach footwork</p> <p>2) Introduce approach and take off for hitting (1 hand spike, 2 foot take off)</p>	<ul style="list-style-type: none"> • Tie a band from basketball hoop and ask players to jump and strike the band • Difference in moment and jump height, jumping vertical/not horizontal 	<p>Is it bad if it doesn't go over the net?</p> <p>What is the role of the setter?</p> <p>When should you move to attack the ball?</p> <p>Why is ball flight judgement important?</p>
15-20 mins	<p><i>TP- Defence must match the intensity of attack to keep the game flowing</i></p>	<p>1) Attack versus Defence. In pair's 6-9meters away, 1 person will throw and attack the ball at their partner, who then has to catch it.</p>	<ul style="list-style-type: none"> • Players must pass the ball up and catch it when receiving 	<p>Why must players be in a low ready position when receiving an attack?</p>
10-15 mins	<p><i>TP- Attack with 1hand strike, jump with 2foot take off</i></p> <p><i>TP- Timing approach</i></p>	<p>1) Finish with Hitting lines</p>	<ul style="list-style-type: none"> • Players must pass before they attack • Must attack line or across court 	<p>What is a side-out?</p> <p>How does spiking come into the flow of the game?</p>

Session 6

Title: Tournament

Duration: 60 mins

Time	Objective/Teaching points/Concepts	Activity (s)	Adaptations	Good Questions
15-20 mins	<p><i>Prepare the body for physical activity</i></p> <p>Concept 'beating the ball' Concept 'centre line of the body'</p> <p>Getting the body into 'vb' positions (dig/volley)</p> <p>Develop ball flight judgement</p>	<ol style="list-style-type: none"> 1) In Pairs, partner throwing ball short and long... Volley back to partner 2) Throw ball and return within 2 touches, pass to yourself & return to partner 3) Return with 2 Touches, 1 Volley and 1 Dig, or 1 Dig and 1 Volley 	<ul style="list-style-type: none"> • Throw the ball lower and further • Start sitting on the floor • Start facing the other direction 	<p>Where do they need to face? (their partner/their target)</p> <p>Flight of the ball</p> <p>What is the role of the feeder?</p> <p>Why is ball flight judgement important?</p>
25-30 mins	<p><i>Start with 2v2 matches on small courts</i></p>	<ol style="list-style-type: none"> 1) Place teams into 2v2 small sided games, with the first to 10-15 points, once all the game are finished, sit down participants and rotate all the teams with the 1st team always staying on the same court 	<ul style="list-style-type: none"> • Change the format into Divisions, where the winning teams move up and the other teams down, leaving with the participants with equal level opponents 	<p>Are they putting into practise what they have been taught? (If not nag)</p>
10 mins	<p><i>Recap the results and performances of participants</i></p>	<ol style="list-style-type: none"> 1) Sit players down together 	<ul style="list-style-type: none"> • <i>Award Prize packs (Optional)</i> • <i>Most Improved</i> • <i>MVP Male/Female</i> 	<p>Did everyone enjoy themselves? Would you like to know where you can play more volleyball?</p>