







TRY
VOLLEYBALL

USA Volleyball

FOR FREE



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IMPORTANCE OF PASSING:

- ★ It's usually the first contact after a serve is made.
- ★ The forearm pass is the most common and effective method for controlling the ball.

TECHNIQUE:



OVERVIEW

AGE GROUP: 3RD GRADE AND BELOW

TIME: 20-30 minutes (max) skill sessions

EQUIPMENT: One (1) ball per participant (at minimum one ball for every four participants)

GOALS: FUN and movement

COACHES NOTE: Try to learn names if possible! Give the players opportunities to explore how their bodies move and how the ball responds to their touches. Nothing needs to be perfect. Chaos is encouraged. Water breaks are built in. However, consider the environment and encourage sips whenever a player needs to. Fun games are provided, but feel free to play any quick game you might have.



INTRODUCTION + WARM-UP

HI AND WELCOME: Court Coach

TIME: 30-seconds

- 1 "Welcome to Try Volleyball for Free at _____"
- 2 A quick note on who you are and where you coach
- 3 Encourage **FUN!**

EXPECT CHAOS!

WARM-UP GAME:

TIME: 5 minutes

Roll the balls slowly onto the court. Tell the players to run to touch a ball and stop it from rolling. Tell players that only two people should be touching a ball at once. Help the players sort themselves. These are their groups/partners until game time. (See Figure 1)

*The term "Partner" will be used but replace it with "Groupmate" if players are sorted into more than two players per group.

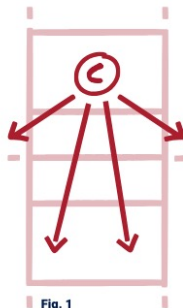


Fig. 1

3RD GRADE AND BELOW 5

SERVING

TIME: 15-20 minutes

SERVING

SKILL: OVERHAND SERVING

TIME: 2-3 minutes to show skill, 8 minutes to play

SET-UP: Position players across the net from their group. One (1) on one side, one (1) on the other. Or 1 to 2, or 2 to 2. Start on 10' line, or behind it, if net is not lowered. Too close and the angle over the net is too high. (See Figures 2-3, 7-8)



OBJECTIVES:

COACH: Show players hand positions and body positions. Players serve back and forth to partner/group, for two minutes.

PLAYER: Toss the ball into the air and high-five the ball over the net to partner.

TECHNIQUE:



PROGRESSION GAME:

TIME: 10 minutes

Start at 10' line. Serve to partner (underhand or overhand). If serve clears net, step back. If not, stay put or return to 10' line. Furthest group back when time's up wins.

WATER BREAK: A QUICK SIP

TIME: 1 minute



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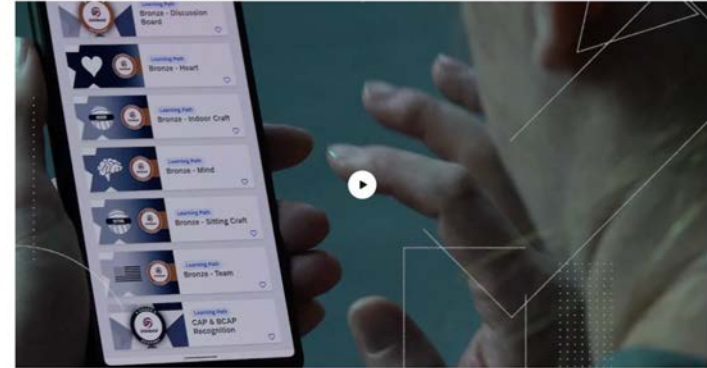


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