

CEV School Project

A New Guide for Teachers and Coaches



Confédération
Européenne de
Volleyball



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Deutsche
Sporthochschule Köln
German Sport University Cologne

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**Confédération
Européenne de
Volleyball**

CEV Publications
© Confédération Européenne de Volleyball a.s.b.l · 2024
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Introduction

When asking about the memories of Volleyball in school many people remember hurting or even bruised forearms and standing around due to short rallies. These bad memories and the demotivation associated with this sport could have been avoided by using a concept of education/imparting which is adjusted to the age and the students' skills. Volleyball is an exciting sport, which offers competition as well as cooperation within a team. Further, it ensures the development of fundamental skills such as social and physical skills. By using simple modifications, the highly complex target game Volleyball can be taught successfully and in a motivating way in the primary school age.

This handbook aims to enable any teacher and coach involved in physical education classes to implement Volleyball practice for the age of 6 to 14. It can be used for indoor Volleyball as well as outdoor on sand, grass, snow, or other grounds.

Using Volleyball as a sport for P.E. lessons provides numerous advantages. The following physical and educational aspects can be taught in many diverse ways, which is compared to other team sports almost unique to the Volleyball sport.

- Coordination development and skills training
- Social interaction within the same team and against each other
- Physical activity without physical contact → low risk of injury and a low inhibition threshold
- Co-education, i.e., no separation of girls and boys necessary → also later an attractive sport for both genders
- Joint promotion of more powerful and weaker children → good opportunities for differentiation, with an appropriate level of difficulty – resulting in a motivating effect for all
- Development of analytical and tactical thinking

In order to enable children to play Volleyball with their abilities (and set of skills) teachers and coaches have the challenge to define rules and conditions appropriate for their students' age and skill sets. The focus of this handbook is to provide exercises appropriate for the age and to communicate the idea of the game Volleyball. *Teachers with and without a sport education background*, as well as junior coaches, should be motivated to teach Volleyball in a playful and age-appropriate way when working with children aged 6 to 14.

This handbook presents the teaching of Volleyball flexibly in a modular principle. Furthermore, it provides a sample solution for the different age groups which can be used but is not mandatory and can be changed if desired. For this purpose, it is divided into three levels. The first part is for the age of 6 until 8 years, the second part for the age of 9 until 11 years and the third part for the age of 12 until 14. These divisions into age groups are exemplary and can be modified/changed at will.

In order to introduce the basic game of the primary level "Volleyball over the String" the children should play general and preparatory games beforehand.

From the ages of 6 to 8 the goal is worrying about technique mistakes or technique perfection for children to acquire basic Volleyball skills, develop their hand eye coordination, and get used to the touch of the ball without worrying about rigid rules or systems of the game. These basic foundational skills are to prepare them for passing and setting. Further, the basic technique of the overhead pass (setting) is introduced as well as games like **SmashVolley** to prepare them for spiking.

For children from the ages of 9 to 11 years old, the focus is placed on the transition of tossing and catching to a proper upper pass technique. Additionally, the communication and cooperation between teammates as well as the competing against each other will be encouraged/promoted/supported/developed. The pupils will learn the forearm passing (rebounding) as well as the underhand serve. Further, the technique of the spike will be deepened and the jump technique will be prepared.

The 12 until 14 years old children will learn further Volleyball specific techniques such as the overhead serve, the jump attack, feints and the tip as well as the block technique. Volleyball tactics will be introduced such as suitable block and defense positions.

Ball

Children of primary school age usually need **lighter balls** than adults would use. This is the only way that they can learn Volleyball techniques and tactics and take part in practice in a correct and fun way.

Advantages:

- Lighter balls fly slower, giving students more time to react → longer rallies = more enjoyment and motivation
- Better ratio of body to ball weight → less inhibitions to play the ball
- Later: Volleyball techniques are easier to implement → less problems with the thumbs when setting and less forearm pain when forearm passing/bumping.

The CEV recommends the use of the Mikasa SYV5 ball. This is a soft and reduced weight ball, which is ideal for children. Both soft balls and beach balls are also particularly suitable. Another possibility is a balloon with a fabric cover.

The ball should be selected according to the abilities of the children and changed according to the learning objective of the activity. The more difficult and complex the task, the easier the ball should make it – because it travels through the air slower. A heavier and therefore faster ball can make the same task much more difficult. This means that **internal differentiation** is only possible with the help of a variety of different balls.

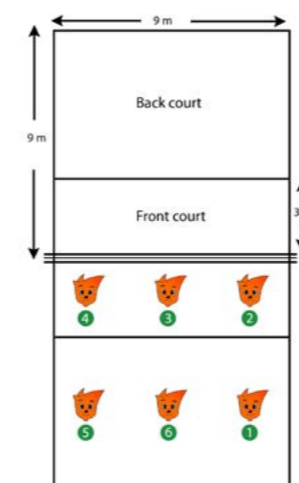
It is important that there is a sufficient number of different balls. It is best to have **a separate ball for each child**, especially the school ball specifically designed for the entry level of the Volleyball game. **A maximum of two children should have to share a ball.** In the 2&2/2v2 game, only one ball is needed for four children.

Net construction

Many children can play straight away on a longitudinal **Volleyball net**. This enables **a high number of ball contacts for each child**. If a long net is not available, **an elastic Mikasa band** is an ideal substitute. Other solutions such as a badminton net and straps stretched on hooks, walls or net posts are also suitable as net replacements at the beginner level. **Construction site tape** is also a good alternative due to its lightweight and low cost, and it does not vibrate as strongly as an elastic tape.

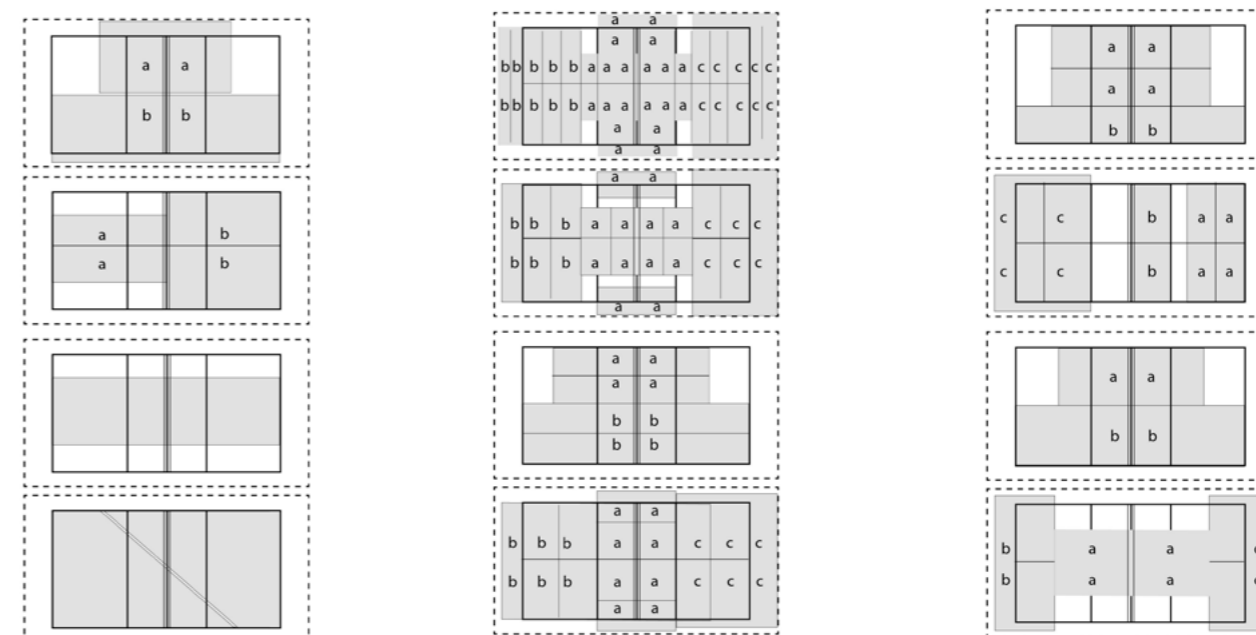
Court size and net height

Altering the size of the playing area should be used to make the game appropriate for the participants and ensure the activity is goal-oriented. In a smaller playing court, it is harder to score a point and in return, it is easier to keep the ball in play. As a result, **the rallies in the small court game become much longer**, which makes the game more fun.



It is important that the playing area is clearly visible. Existing lines of various other sports can be used for this purpose. Nevertheless, the side-lines of the large Volleyball court are particularly suitable if available. From the 9m x 18m large playing court four complete playing courts (eight court halves) of 4.5m x 4.5m or 16 halves 2m x 4m for the game 1v1/2v2 can be created with a longitudinally stretched long net (or a tape). **For missing lines, aids** such as flat cap plates, marking plates or cones can be used.

The net height also has a considerable influence on the structure of the game. The advantage of a higher net is that high passes or ball flight curves are forced. This gives the players **more time to react**, the **defense is made easier** and **the rallies are consequently longer**. The height of the net should only be high enough so that the children do not have great difficulty playing the ball over to the other side. In the case of particularly different conditions, when the class consists of children with different abilities and heights, a diagonally stretched net can also be used as a differentiating measure.



Rules of the Game

Also, the rules of the game can and **should be adapted to the respective performance level and learning objective**. It is important that these rules are developed together with the children, clearly formulated and adhered to.

The **most important Volleyball rules** for children aged 6-14 are:

- **Goal when playing against each other:** Play the ball over the net and into the opponent's playing area.
- **Goal when playing with each other:** Achieve as many ball contacts/net crossings as possible without making any mistakes.
- **Number of ball contacts** → can be varied. Playing only once per side should be avoided or forbidden; three ball contacts are the goal.
- **Ball "in"** → The line counts towards the court, meaning if the ball touches the line (even slightly), the ball is "in".
- **Ball touched and "off"** → If a player touches the ball and it flies out, or it is not returned in their allocated touches, this is a mistake.

- **Alternating execution of the ball contacts in games with two players on each side** → A player may not play the ball twice in a row (exception being when introducing the setting).

Principles

In order to teach Volleyball appropriately to students and to create a suitable lesson's plan the educators shall consider the didactic principles:

- from **easy** to **difficult**
- from **simple** to **complex**
- from **familiar** to **unfamiliar**

Ideally, these principles should be combined with the methodic-didactic principles

► As game-like as possible

Rules and conditions in games and exercises should be as close as possible to the target game. E.g., exercises over the net instead of just in the free space.

► As simple as possible

Simple exercises and games are easier to understand and to implement. Additional rules and variations should be well thought through and added once the children are able to perform the basic exercise/game.

► As often as possible

When children have many ball contacts their motivation is high. Long breaks and inactive waiting time should be avoided. To ensure players get a lot of contacts you can initiate more games between smaller teams by breaking up the net and court and using a ball per mini-game.

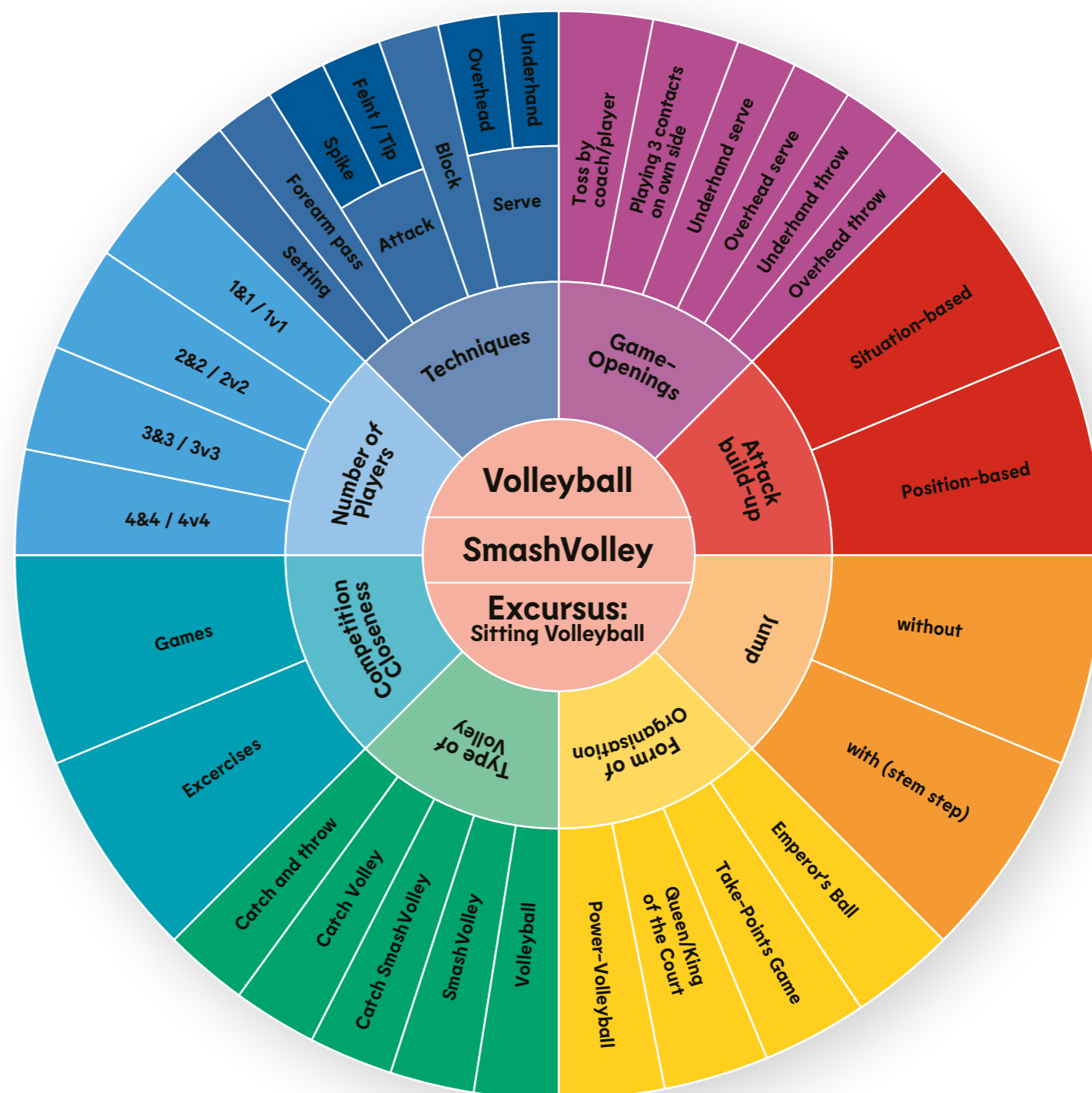
► As fast as possible

In order to challenge the children new exercises or variations should be introduced as soon as they know the basic exercise. The variations should be the next step closer to the target game.

The most important things

- Use appropriate balls! This means lighter balls for younger kids!
- Use appropriate court size! Smaller teams and smaller courts maximize ball touches!
- Adapt the rules! Make it fun for the players!
- Play a lot! Use one court to play, and coach a small group of kids on another court! You can focus better on correct technique and kids get more playing time!
- Be creative: the construction-kit gives you a lot of freedom! Use it!

Construction-Kit- Concept wheel



Follow the QR code to learn how to use the Construction-Kit

How to use the Concept

In order to create a Volleyball lesson adjusted to the age and abilities you can use the concept of this construction-kit. These eight categories build the bases of the decision what and how to construct the training session. You can put the elements together in any way you want. As an example, you can practice the technique of setting with two players and by using the type of volley

Catch Volley. By combining the elements in any way, you can teach volleyball in the best possible way regarding the skills and conditions of the children. A sample solution is provided. Bear in mind that you can change it and for example start with another technique.

Main Games

► Volleyball

The target game is to play over a net stretched across the middle of the court with the goal for the ball to touch the floor on the opposing team's half. The other team tries to prevent this. The ball has to be kept in the air via brief ball contacts. It should be volleyed back across the net with no more than three contacts.

Ball over the string is a simplified version of Volleyball.

Two players or teams play with or against each other and are separated by a net or a string. Every player/team has a clearly defined court. The goal is to toss the ball over the net/string onto the opponent court's floor. Simultaneously, the aim is to prevent the same to happen to one self's court. The game "Ball over the string" resembles the game Volleyball and acts as a preliminary stage without the need for prior technical knowledge.

► SmashVolley

SmashVolley is a sport of its own with many similarities to Volleyball. By including this game with adjusted rules appropriate to age and abilities it is a good way to motivate the children and simultaneously introduce the technique of the spike.

The final game looks as followed: The serving team serves the ball behind the baseline (underarm or overhead). The receiving team bumps the ball directly to the setter who plays by means of a catch-throw movement the ball to the hitter. The hitter hits the ball over the net. The defending team catches the ball directly or after a bounce. The ball then is thrown to the setter who plays by means of a catch-throw movement the ball to the hitter. The hitter hits the ball over the net. The scoring team has the right to serve.

The techniques are the same as in Volleyball.

Due to the fact that the receiving of the ball is a highly error prone part of the game it is necessary to simplify SmashVolley. In this handbook it is allowed to catch the ball while receiving the ball not only while defending it. SmashVolley can also be played in wheelchairs.

► Sitting Volleyball

Sitting Volleyball is a form of Volleyball also for players with a physical disability, in particular with disabilities in the lower body. It is played in a seated position on the floor meaning it is mandatory that the hips touch the floor. It uses the same techniques as Volleyball. Two teams are separated by a net. Each team consists out of six players. The net is lower than in Volleyball and the court is smaller. The main difference to Volleyball regarding the rules is that it is allowed to block the serve.

Tactics

In this handbook, tactics mean different strategies and actions in the various organisational forms of the games/exercises in order to make a point.

Techniques

Before introducing techniques you should create an idea of the technique's movement.

► Overhead pass (setting)

This technique is the first to introduce. It can be introduced already in the game of "Ball over the string" in order to create time pressure.

The most important key points:

- The body-ball-relation: the player needs to be behind and under the ball. The hands form a triangle "window" above the forehead. The player should be able to look throw this window to the ball.
- The target area: the player plays the ball with all fingers and tension in the fingers. It is comparable to a springing trampoline.
- Initiation: the player extends arms and legs simultaneously towards the ball. The end position looks like a superhero posture (whole-body extension).

Movement sequence of the setting technique:

1. In order to toss the ball to oneself the player holds the ball as if lying on a plate with both hands in front of the belly. The player throws it from below the way that it would fall down on the forehead.
2. The player puts the arms and hands above the forehead and the fingers form a triangle.
3. The ball is played with all the fingers as if they were a trampoline.
4. The player uses the whole-body extension towards the ball. As soon as the ball leaves the hands, they freeze in the superhero position.

Most common mistakes and correction note:

- Tension in the fingers not enough/too much ➔ tension in fingers but fingers make a springing movement.
- Thumbs directed towards the ball ➔ Thumbs should point to the forehead.
- Not all fingers on ball ➔ all fingers should touch the ball.



► Forearm pass (bump)

The next important technique is the forearm pass. In order to show the necessity of this technique one could show the problem with only the setting technique. For example, when the ball is played low over the net it will be clear that it is difficult to ONLY play the ball overhead. This can lead to the introduction of the forearm pass.

The most important key points:

- The body-ball-relation: the player needs to be behind the ball. The ball is in front of the belly button.
- The target area: the player plays the ball with the forearms. The arms are extended and the hands interlocked.
- Initiation (for passers): the player straightens the legs and uses the shoulder momentum. When the ball travels far towards the receiver the forearm pass is played only by using the shoulder momentum. When a ball approaches fast it is received by pulling the arms back to the body (defensive bump).

Movement sequence of the forearm pass technique:

1. At first, the player positions himself/herself with legs slightly spread behind the ball.
2. The player stands in a deep position, puts his/her arms together, extends them and interlocks the hands (like a platform).
3. The ball is played with the forearms while they are tensed.
4. The player uses the extension of the legs and moves towards the ball by using the shoulders. This is used for the setting bump.

Most common mistakes and correction note:

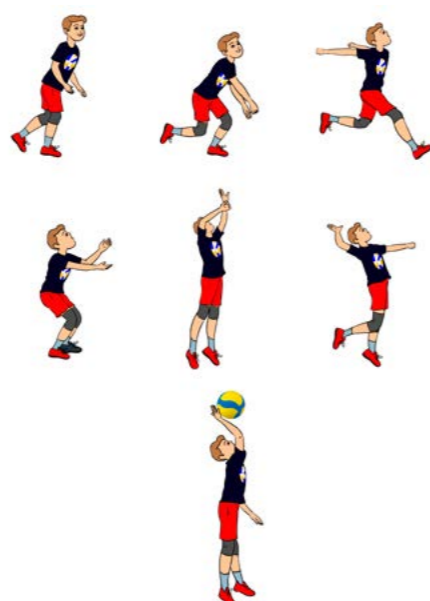
- Bent elbows/no tension in arms → extend the elbows and hold hands tight together.
- Wrong target area → the ball shall touch the lower 1/3 of the arms.
- Arms are unequally together, meaning one arm is higher than the other and therefore the target area is unlike a flat surface → We want to form a platform (like a board of wood for the ball to bounce off) for that to happen the arms should stay together throughout the movement.

► Attack

A. Spike

The most important key points:

- Stem step: Jump up with both legs UNDER the ball after taking an explosive step forward in order to push off.
- Target area and timing: the ball is hit with the

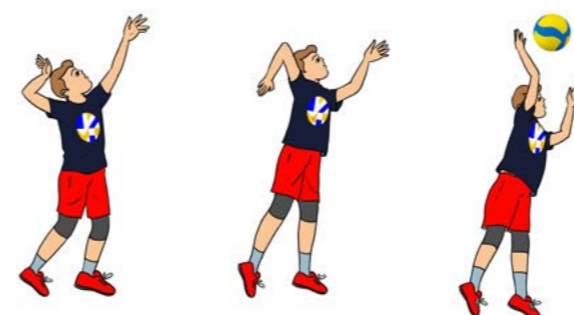


palm of the hand AT THE HIGHEST POINT of the jump.

- Creating momentum: hit the ball in a curve from below and behind into the back of the court. In order to do so the arm extends and the wrist is used.

Movement sequence of the attack technique:

1. The player moves in order to position under the ball (Body-ball-relation).
2. Arm-swing: the goal is to get to the position of Usain Bolt when he wins a race. The left arm is extended and aiming towards the ball (in front of the player and up). The hitting arm is in extension of the shoulder axis. The shoulder and the hip are 'open'.
3. The movement starts with the 'closing' of the hip. The shoulder and the elbow follow. The body and especially the arm extend towards the ball. By stopping the movement of hip and shoulder power/energy is transmitted into the ball comparable to a whip.
4. The ball is hit with the entire hand and extended arm from below. The wrist folds down like the hand wraps the ball. That leads to a topspin and a high trajectory.
5. After the touch of the ball the arm 'swings through' the ball in the hitting direction.



Note: It is advised that the spike technique will be introduced without jumping as it is a complex movement.

Most common mistakes and correction note:

- Not enough tension in hands/soft touch → the hand must be flat and tensioned like giving a high-five.
- Hitting the ball with the heel of the hand, underarm, fingers → the ball must be hit with the flat palm in the center, slightly from above.

B. Feint/tip

- Two-handed
The technique is the same as the setting technique. It should be learned as an overhead play with a jump.
- Single-handed

The movement towards the ball is the same as the armswing of an attack. Shortly before the hit of the ball, the attack movement slows down and the ball is touched via a soft touch with spread fingers. The impulse comes from the wrist.

Most common mistakes and correction note:

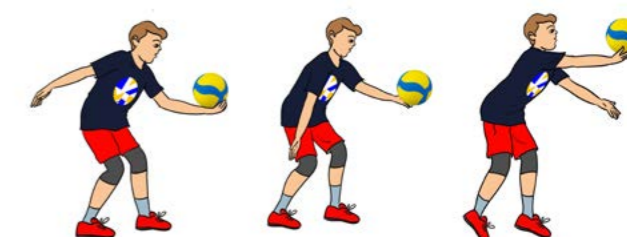
- Not enough tension in hand → tense all your fingers.
- Not all fingers on ball from the hand → all the fingers should touch the ball but not the palm.

► Serve

A. Underhand

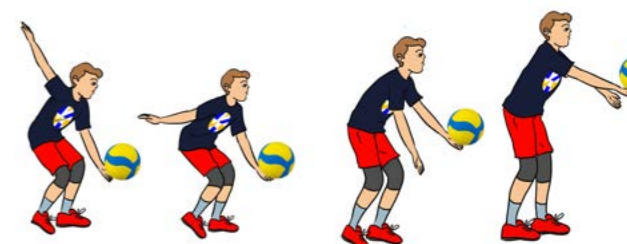
The most important key points:

- Body-ball-relation: the player hits the shallowly tossed up ball (15 cm max.) from behind and below.
- The target area: the player hits the ball with an open and firm palm.
- Creating momentum: the player swings the extended arm parallel to the body from behind the body towards the ball. Simultaneously, the legs extend.



Movement sequence of the underhand serve technique:

1. The player stands stable and with the feet hip-width apart in a step-position. The ball lays in the flat hand of the opposite arm to the hitting arm. It is on the same height as the hip and in front of the hitting arm. The upper body leans forward, the knees are slightly bend.
2. The player swings the extended hitting arm parallel to the body behind it.
3. The ball is tossed up max. 15 cm and the extended hitting arm swings parallel to the body like a pendulum towards the ball. It is hit in the center with a flat and tensed palm.



- The arm swings 'through' the ball and aims towards it. Simultaneously, the legs extend.

Most common mistakes and correction note:

- The ball is hit from behind, below, sideways → swing the arm parallel to the body.
- The ball is hit with the fingers, underarm → hit the ball with the flat and tensed palm.

B. Overhead

The most important key points:

- Body-ball-relation: the player tosses the ball up above the head (15 cm max.) in front of the hitting shoulder and hits ball from behind.
- The target area: the player hits the ball with an open and firm hand.
- Creating momentum: hit the ball in a curve from below and behind into the back of the court. In order to do so the arm extends and the wrist is used.
- The arm swing is like the movement of the attack.

Most common mistakes and correction note:

- Hitting the ball not from the highest point → toss up the ball higher so that you have more time for the arm swing.
- Not enough tension in hands/soft touch → the hand must be flat and tensioned like giving a high-five.

► Block

The block technique is used to prevent the opponent attacker to hit the ball into the own court or to ease the attack and simplify the defense. For younger kids, the block is not going to be a key component of the game.

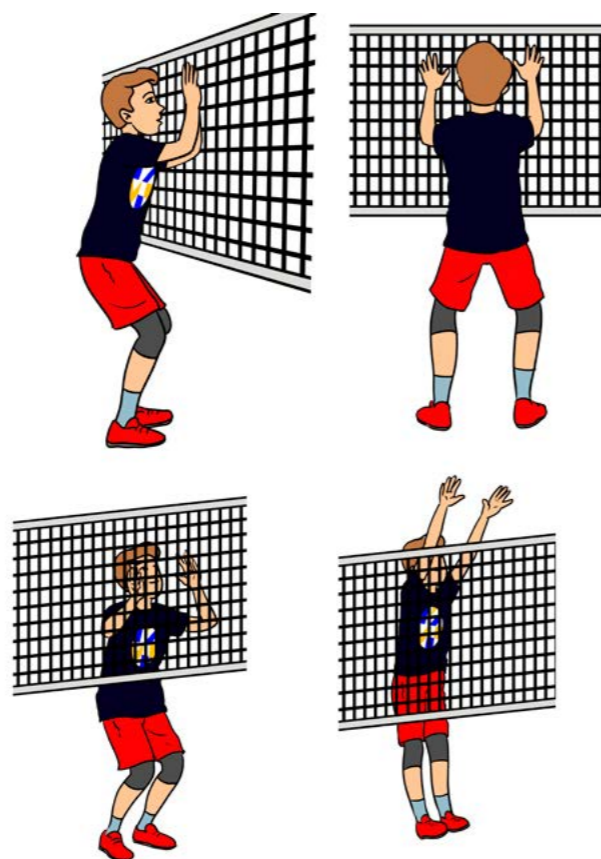
The most important key points:

- Body-ball-relation: the player moves with the ball so that both hands are in front of it.
- Momentum: the player slides both arms close to the top of the net across it. The movement is NOT like a high-five but rather like sliding over the net and back without touching it.
- The target area: the ball touches the arms or hands of the blocker who forms a C in the air.

Movement sequence of the block technique:

- The player stands upright and the knees are slightly bend. The direction of the view is towards the opponent, the arms are bend in front of the body. The forearm is parallel to the net and the palms are directed to the net. The distance to the net is the length of the upper arm + 10 cm.

- In order to find the right position, the player moves with side steps simultaneously with the ball. Thereby, the player positions both hands in front of the ball.
- The arms slightly move downwards in order to create a higher jump. However, the elbows stay bend and in front of the body. The jump is with both legs extending only upwards so that the jumping position equals the landing position.
- After the push off the arms stay close to the net and its top. They slide over the top of the net and towards the opponent's court. The fingers are extended and tensed. Using a kick-movement the legs are brought forwards. That position is comparable to the form of a C.
- The landing is on both feet and the knees bend a little.



Most common mistakes and correction note:

- Touching the net with the belly → jump upwards not forwards.
- Touching the net with the arms due to hitting the arms to the other side → slide the arms close to the edge over the net.

Number of Players

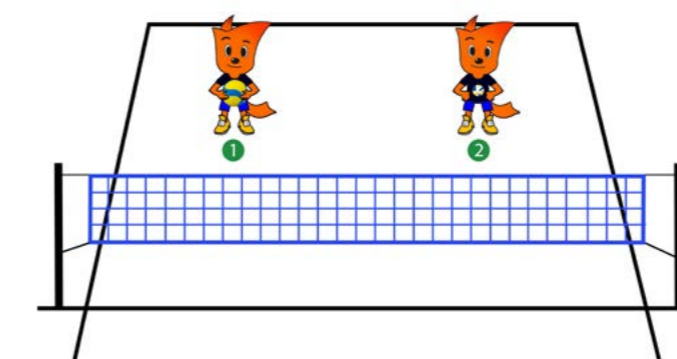
One of the most important aspects when instructing children at this age is the number of ball contacts made per player. To keep this as high as possible, small court games 1&1 and 1v1 as well as 2&2 and 2v2 are recommended.

► 1&1/1v1 Single Volleyball

When playing 1&1/1v1, it is important to know that by playing the ball several times in a row the body-ball relation differs from the target technique you try to teach. For this reason, once the setting is controlled, the game 2&2/2v2 should be progressed as quickly as possible.

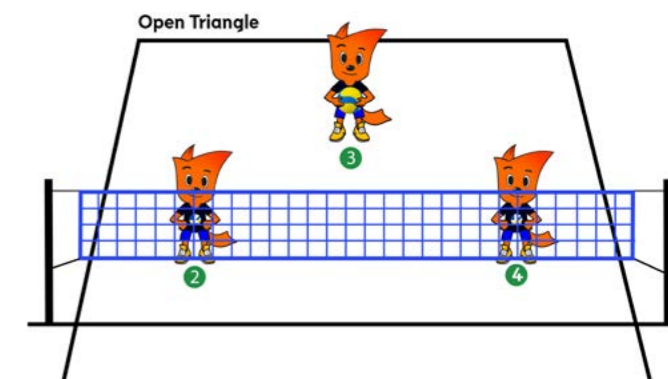
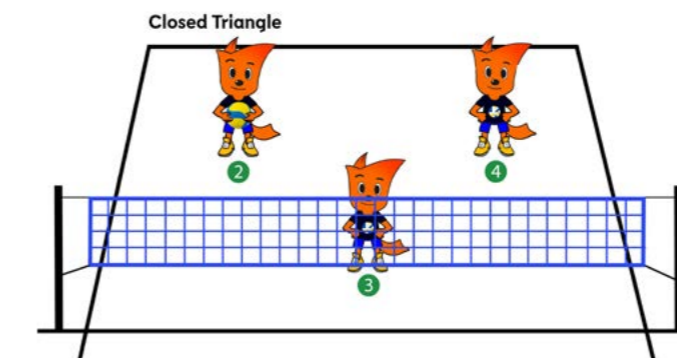
► 2&2/2v2 Micro Volleyball

A further reason for small groups is the lower number of overlapping areas, e.g., in the game 2&2/2v2. In this form of play, the ball contacts within the team always take place alternately, which promotes the assumption of responsibility, communication within the team and sense of playing together.



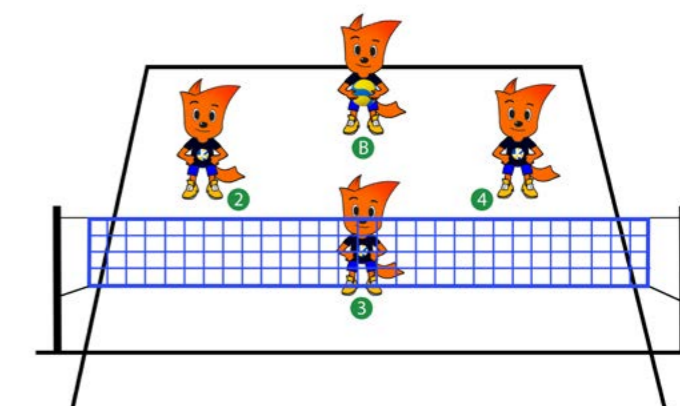
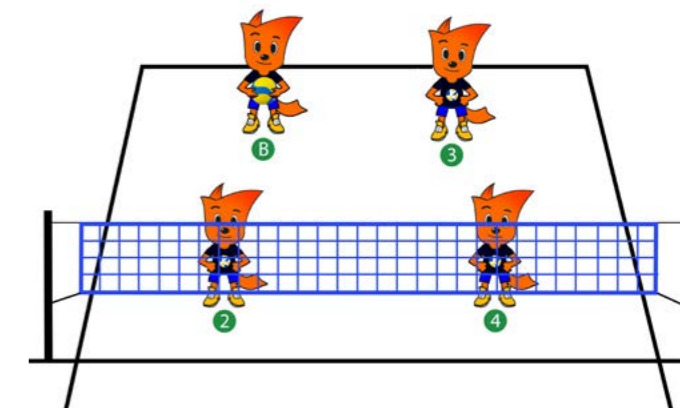
► 3&3/3v3 Mini Volleyball

When playing Mini Volleyball the communication and responsibility of areas will be even more promoted. Here, the tactical aspects are in the foreground. By simplifying the rules for example allowing to catch the first contact the game flow can be maintained. There are two different attack build-up possibilities (look on p. 14).



► 4&4/4v4 Mini Volleyball

When playing Midi Volleyball the communication and responsibility of areas will be even more promoted. Here, the tactical aspects are in the foreground. By simplifying the rules for example allowing to catch the first contact the game flow can be maintained. There are two different attack build-up possibilities (look on p. 14).



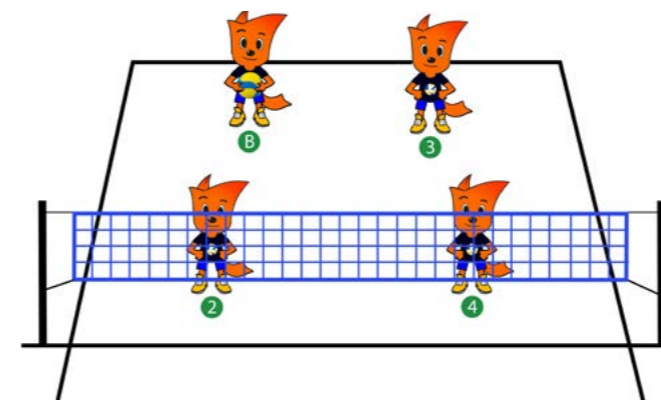
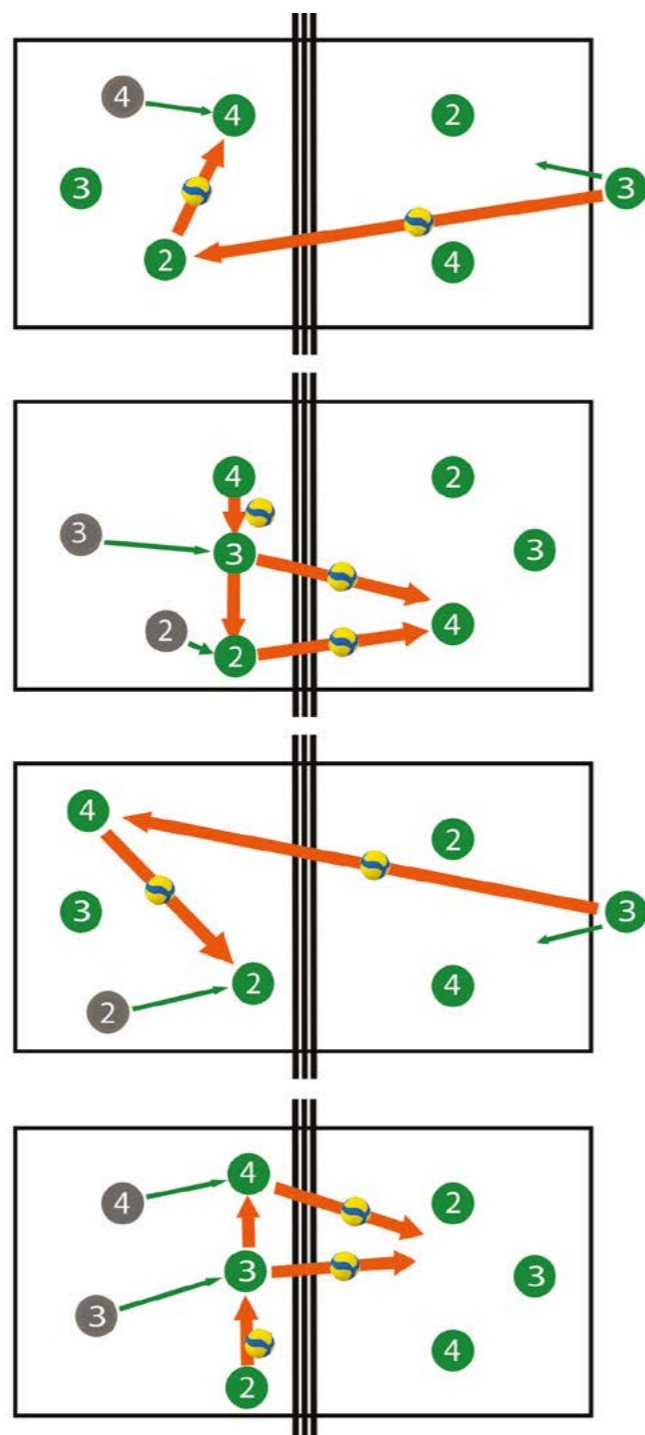
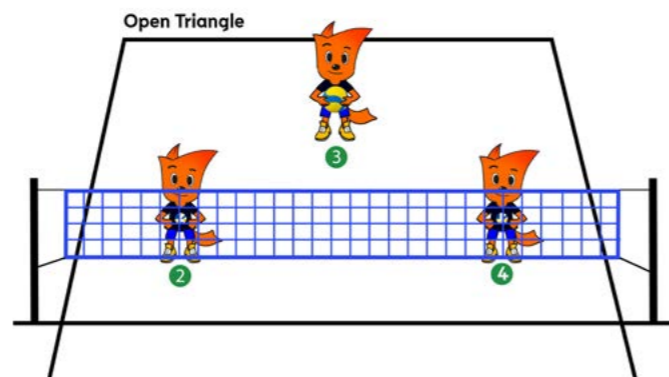
- B** This player is the backcourt player. A backcourt player is allowed to play an attack at any height if it is behind the front zone

Attack build-up (Volleyball tactics)

The Attack build-up means the way how to organise the receiving positions on the court and the direction/position where to receive the ball. Further, it coordinates the setting position and who will be the setter. In order to make children choose their action and initiate the decision-making process the situation-based attack build-up is preferred to position-based attack build-up.

Situation-based

The player decides which position or team mate to pass the receiving ball. This depends on where the ball is received and defended in a game situation. Usually, the receiving player plays the ball diagonally towards the net and the person closest to that position becomes the setter and runs forward in order to set the ball. It is necessary to teach this tactic first and very intensively in the 2&2/2v2, 3&3/3v3 (open triangle) and 4&4/4v4 games.

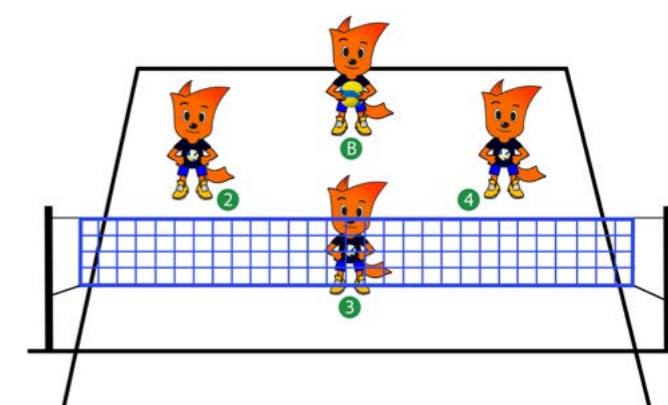
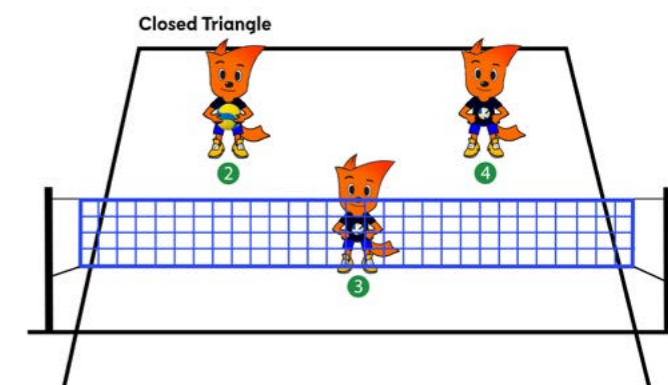
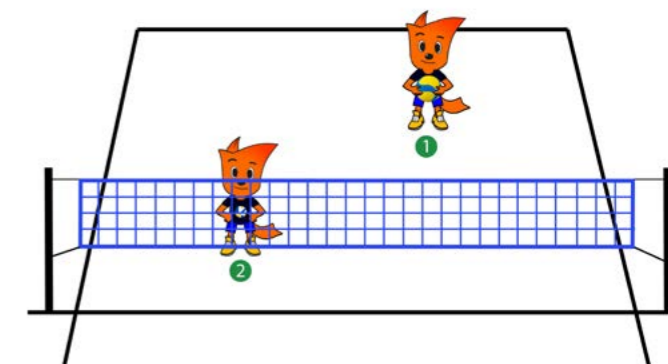


decide who takes the ball.

- The practice of the movement to the setting position.
- More defending/receiving players
- Less precision pressure.
- Easier angle to play for the setter.

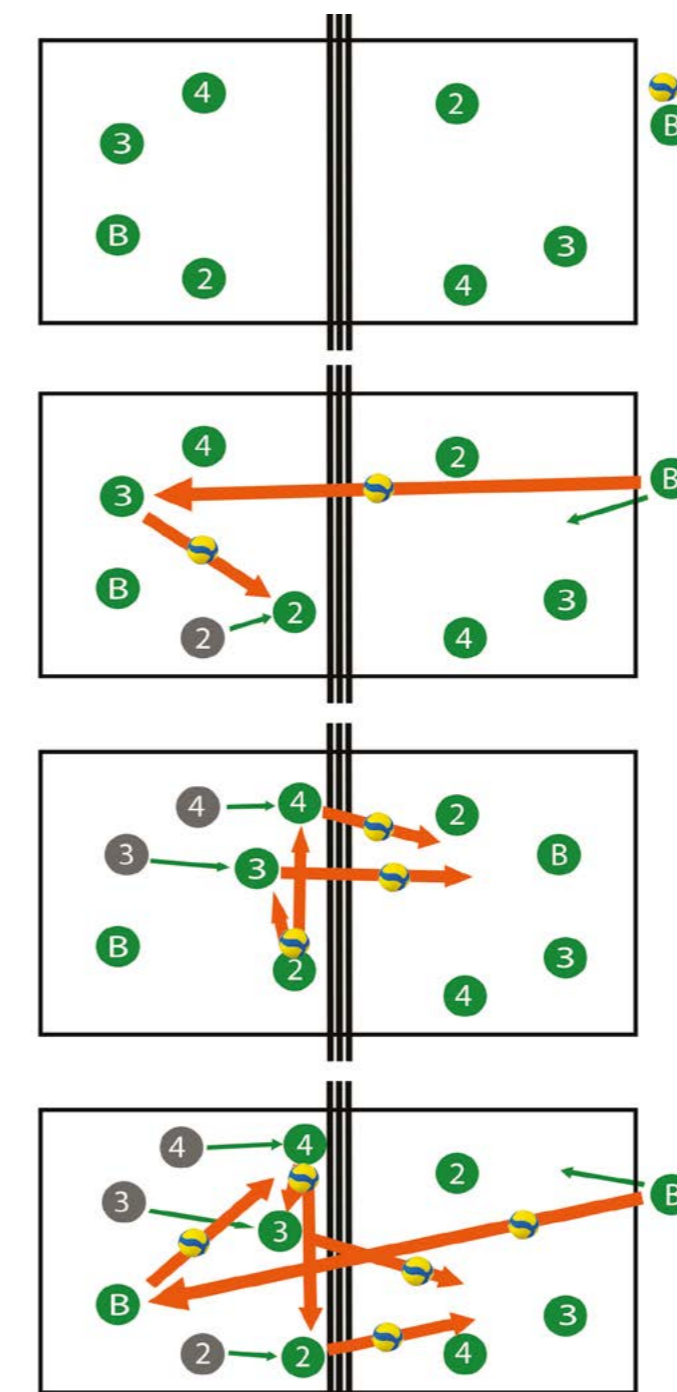
Position-based

In this attack build-up the position where to receive the ball is predefined. Therefore, passing position and passer (III) are predetermined as well.



Advantages:

- The setting is easier when the defense is good as the ways to the playing position are shorter.
- Approaching the target setting situations.
- It is easier to attack a set which is played parallel to the net.
- Fixed and visible goal for the defense players.



B: backrow player

Advantages:

- Children are forced to communicate and

Game Openings

▶ Playing 3 contacts on own side

In order to assure as many ball contacts as possible the game should start with three contacts on the own side.

▶ Underhand Throw

The ball is thrown from underhand over the net. During the throw, the player is allowed to stand within the playing field.

▶ Overhead Throw

- The ball is thrown like a throw-in in football over the net. During the throw, the player is allowed to stand within the playing field.
- The player throws the ball from in front of the forehead. During the throw, the player is allowed to

stand within the playing field.

▶ Underhand Serve

Like described in the techniques (see p. 11). During the serve, the player is allowed to stand within the playing field.

▶ Overhead Serve

Like described in the techniques (see p. 12). During the serve, the player is allowed to stand within the playing field.

▶ Toss by coach/waiting position

The ball is thrown by a player on the waiting position/the coach to the players on one side in order to start the rally

Form of Organisation

▶ Emperor Ball Mode

Several playing courts are used and short games with limited time (2mins) are played. The winning side changes court in winners direction; losing side changes in losing direction. In the event of a draw „rock-scissors-paper“/last ball decides.

against the winner and starts with the score with which the previous child lost.

Queen/King of the Court

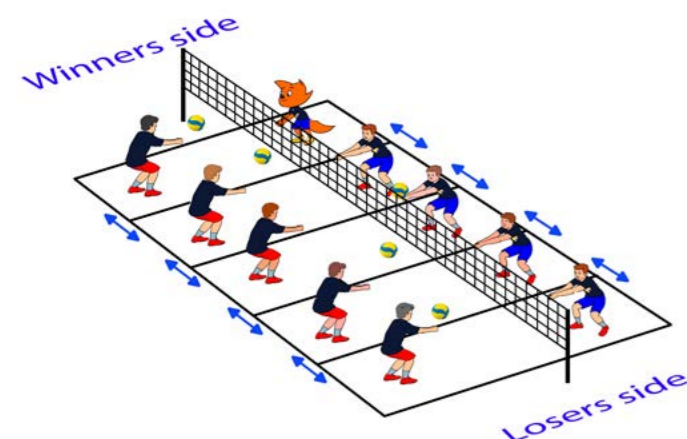
This game is played with more than two teams on one court. Two teams play against each other; the other teams are on waiting positions behind the court opposite the King/Queen-court. The team that wins the rally stays or changes to the King's/Queen's court, the losing team goes to the waiting position. The next team in the line waiting goes into the free court and starts the rally with a serve. Every team counts the points for itself where points can only be achieved on the King/Queen court.

▶ Power-Volleyball

This game is characterised by a high number of ball contacts per time. As soon as the rally results into a point a person – either the coach or the waiting position – tosses or throws a ball over the net in order to start a new rally. Long breaks in between the rallies will be prevented. In order to play this game successfully it is important to make sure previous played balls are far away from the court preventing injuries. Additionally, a verbal signal should be used in order to get the children's attention.

▶ Take Points Game

Several playing courts are used and one/two children are in waiting positions. Short sets up to 7 points are played, the winner stays and starts the new game at 0. One of the waiting children plays



Jump

▶ Without jumping

In order to introduce and practice techniques it wise to start without jumping to have a stable body position and to eliminate another complexity.

▶ With jumping

- Playing a technique such as setting, overhead serve, block or attacking while jumping is complex and requires a good estimation in body-ball-relation and timing. It can be introduced once the children master the basic techniques.
- Stem step (for right-handed people; for left-

handed people the same movement just the other way around):

- 2-steps: make a long step forwards towards the net with the right leg (for right-handed people). Then the left leg does an explosive overtaking step and from this position push off and jump up with both legs UNDER the ball.
- 3-steps: The first step is an orientation step with the left leg (for right-handed people) directed towards the position where the ball shall be attacked. The second step is then the long stem step and the third step the overtaking step.

The way to play volley

▶ Catch and throw

All ball contacts will be caught, hold and afterwards tossed. The time of holding the ball should reduce continuously.

▶ Catch Volley

This game is originally from Canada and also called Canadian Volley. It combines elements of "Ball over the string" and the target game Volleyball. The goal is to integrate playing volley into more complex game situations while playing with or against each other. For this catching and throwing the ball in the first and second ball contact is allowed while the third contact must be played volley (see level 1 below).

3 Levels:

- Level 1: 1st and 2nd contact can be caught.
- Level 2: only 2nd contact can be caught, player runs to net with ball.
- Level 3: 2nd contact caught and set from where ball is caught.

▶ Volleyball (see p. 8)

▶ SmashVolley

The receiving team is allowed to catch the serve directly or after only one bounce on the floor. This also applies for both teams when they defend the ball. The teams are only allowed to pass the ball up to three ball contacts. The third contact must result into a net-crossing. The touch on the floor must be in the defined playing field otherwise the ball is 'out'. It is also a mistake when the ball touches the floor more than one time or is caught in the second or third contact.

▶ Catch SmashVolley

Mix of Catch Volley and SmashVolley. The rules are the same as Catch Volley, however, the receiving team can receive the ball directly or after a bounce by catching it. The levels of Catch SmashVolley differ from the Catch Volley as followed:

- Level 1: 1st and 2nd contacts can be caught.
- Level 2: 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
- Level 3: only 1st contact can be caught.

Competition closeness

▶ Games/Minigames (with points)

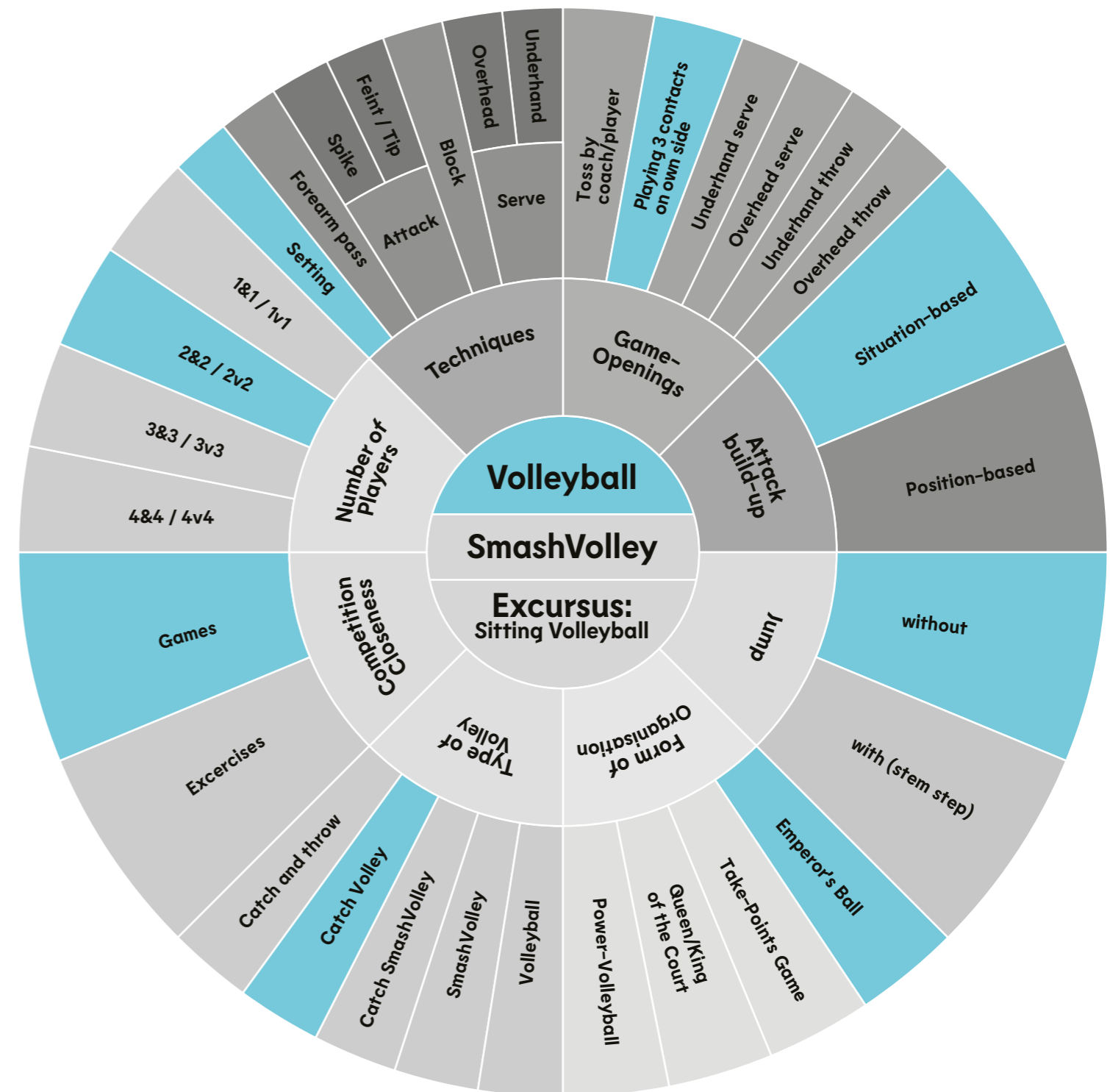
- In order to motivate the use of new techniques or the training content use reward points for the team using it.
- In order to prevent mistakes, use "penalties" for the mistake making team. As an example, the mistake making team loses one point/loses all points (zero-rule) when not using the correct

technique.

▶ Practice/exercises (without points)

The choice of exercise and the counting system can influence the use of the technique to be learned. It is necessary to use exercises that force the player to use the technique being learned in order to promote the learning process.

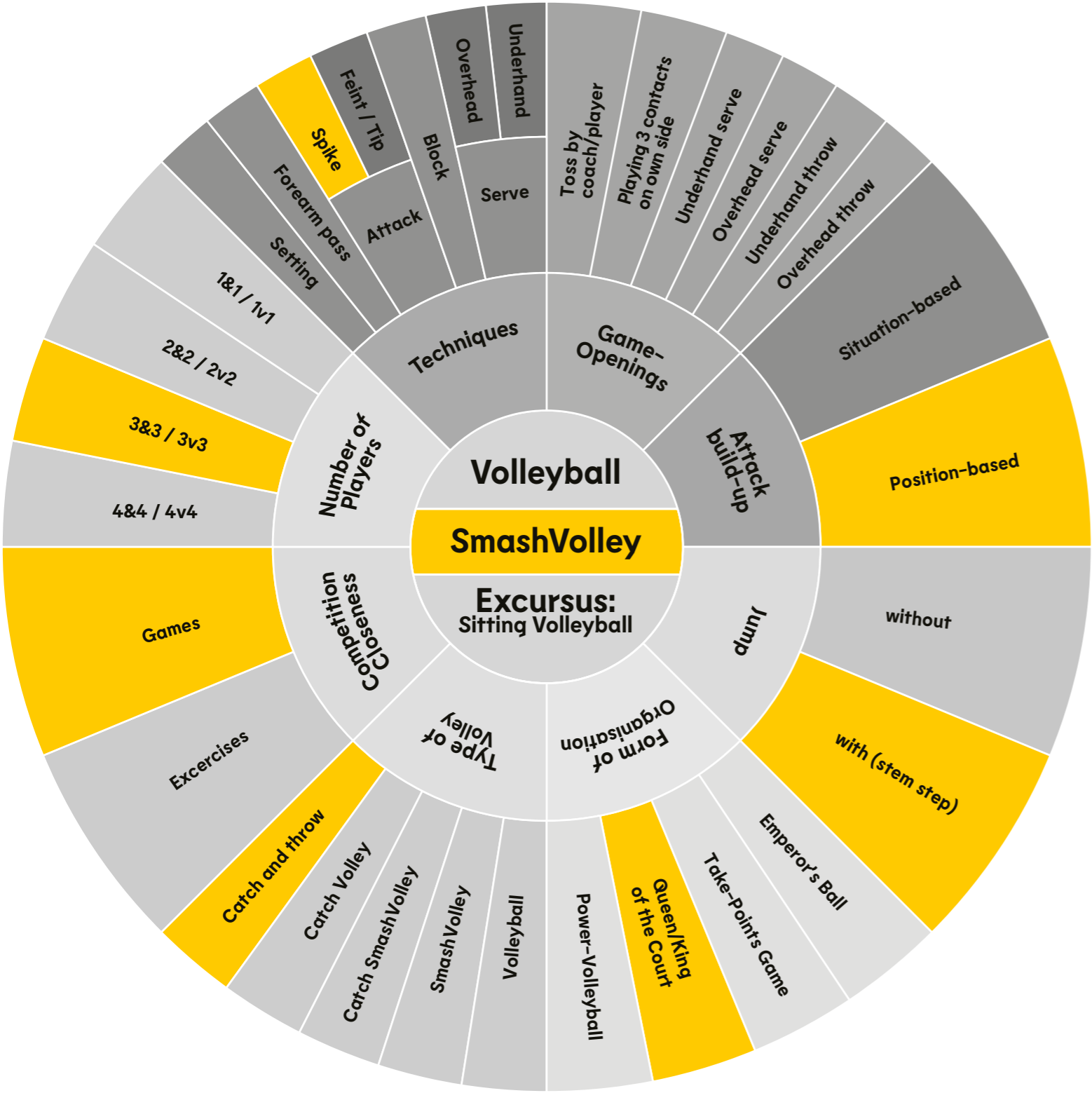
See also "Level 1 - Setting (overhead pass) - Play overhead pass volley with each other"





Smash Volleyball

See also "Level 3 – Revision – 3&3 Catch SmashVolley"



Exercices Structure

This is how the exercices are structured in the following chapter. We would advise to teach the topics in this order. Choose the start depending on your students' skills.

LEVEL 1	page	
01 Running & Sprinting Games	23	1&1 / 1v1 — 2&2 / 2v2
02 Catching & Throwing Games	23	
03 Settings	24	
04 Preparation Attack standing	29	
05 Attack Ball thrown to you	30	



LEVEL 2	page	
06 Forearm Pass (Bump)	33	1&1 / 1v1 — 2&2 / 2v2 — 3&3 / 3v3
07 Underhand Serve	35	
08 Attack	39	
09 Preparation Jump Attack	41	



LEVEL 3	page	
10 Attack	48	1&1 / 1v1 — 2&2 / 2v2 — 3&3 / 3v3 — 4&4 / 4v4
11 Standing Block	49	
12 Block with jump	50	
13 Overhead serve	52	
14 Feints/Tip	52	

Level 1

Age 6–8



Running and sprinting games

General preparatory games without a ball

► Chase the thief

Learning goals: Orientation in space, speed of approach, speed of reaction, agility.

Game procedure: Two children compete for a ball (cloth/hoop) placed on the centerline. After a signal, both children simultaneously start from the same distance (6/9m) on opposite sides and try to win the ball or object. They then carry it across their own starting line without getting tagged by the opponent. The opponent tries to take the ball or tag the opponent in possession of the ball. Feints should be used to beat the opponent.

Variations:

1. Play with several players dog-eat-dog.
2. Play with several players 2v2 or 3v3.

► Two-People Catch

Learning goals: Space awareness (range, direction and level), agility, communication.

Game procedure: In pairs, ask A to chase and try

to touch B. Blow the whistle as a signal to change over so that B chases A. Blow the whistle at short irregular times to encourage quick changes of direction. If the partner is touched before the whistle blows immediately change roles.

Variations:

1. Walking instead of running.
2. Hopscotch.
3. Side gallop.
4. Quadruped walk.

► Tape Catching

Learning goals: Orientation in space, speed of approach, peripheral vision, speed of reaction, agility.

Game procedure: All children have a party band (or similar) in the back of their waistband. The task is to catch as many straps as possible and fasten them in your own waistband. Do not leave the Volleyball half court (9m x 9m).

➔ For larger groups, perform on the entire Volleyball court (9m x 18m).

Catch and Throwing games

General preparatory games with a ball: Champion on the ball

► Keep the ball in the air

Learning goals: Ball control, estimation of ball trajectories, estimating the body-ball ratio.

Game procedure: Every child has a ball. The ball gets thrown up in the air with both hands from below and caught with both hands.

Variations:

1. Throw/catch with only one hand.
2. Once the ball is in the air clap your hands in front of and behind the body.
3. Throw/catch the ball while sitting/laying on the back.
4. Throw the ball against the wall and catch it
5. Throw the ball up through your legs/behind your back.
6. Catch the ball above the head while jumping.

Specific preparatory games with a ball

► Ball over the string games

Ball over the string can be played in different variations. The complexity of the game is constantly increased by rule extensions as well as new tactical and technical elements. Step by step there is an approach in the direction of the target game Volleyball.

a) 1&1 Single-Volleyball (game with each other)

Learning goals: Ball control, assessment of trajectories and body-ball ratio, coupling of body and ball movement, orientation in space, initiating the setting-technique, tactics in game 1&1 (throw ball high).

Form of organisation: Two players play together and are separated by a net or a string. Each player has a clearly defined playing court.

Procedure: The aim of the game is to throw

the ball over the net into the opponent's court. The partner catches it and throws it back. Objective is to create as many net crossings as possible in pairs.

Variations:

The ball must be thrown, caught or volleyed in different ways.

Additionally possible in Sitting Volleyball

Note: The "game with each other" can also be played as a competition as the pairs play against each other and try to set the high score with the net crossings.

b) 1v1 Single-Volleyball (game against each other)

Learning goals: Ball control, assessment of trajectories and body-ball ratio, coupling of body and ball movement, orientation in space, initiating the setting-technique, tactics in game 1v1 with ball in/out.

Form of organisation: Two players play against each other and are separated by a net or a string. Each player has a clearly defined playing court.

Procedure: The aim of the game is to throw the ball over the net into the opponent's court on the ground and to prevent this as an opponent. Thus, the basic idea of the game is the same as in Volleyball. Two players face each other in two halves of the playing court and try to throw the ball over the string into the opponent's playing court on the ground.

Variations:

The ball must be thrown, caught or volleyed in different ways.

Additionally possible in Sitting Volleyball

Important ! The children should anticipate the flight of the ball and move to the area where the ball falls. They should only let it "go out" if the ball is falling beyond the line. Encourage the game of movement. They should verbally support this with the call "out".

c) 2&2 Micro-Volleyball

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: Two teams of two players face

each other in two halves of the playing court and try to throw the ball over the string to the opposing team. From then on 3 ball contacts (throws) per side are mandatory. The goal is to achieve as many net-crossings as possible.

Variations:

The ball must be thrown, caught or volleyed in different ways.

Additionally possible in Sitting Volleyball

d) 2v2 Micro-Volleyball

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: The aim of the game is to throw the ball over the net into the opponent's court on the ground and to prevent this as an opponent. Thus, the basic idea of the game is the same as in Volleyball. Two teams of two players face each other in two halves of the playing court and try to throw the ball over the string into the opponent's playing court on the ground. From then on 3 volley ball contacts are mandatory. The goal is to make more points than the opponent in a specific time (10mins.) or to reach an amount of points (e.g. 15 points) before the opponent.

Variations:

The ball must be thrown, caught or volleyed in different ways.

Additionally possible in Sitting Volleyball

Practical tip: 'Water ditch'

In the game 1v1 as well as in the game 2v2 a so-called "water ditch" can be used as methodical help. It marks the area close to the net as out, so no short balls may be played. This has the advantage that all balls can be captured above the forehead and then later played. It is always allowed to enter the ditch to play the ball over the net.

Setting (Overhead pass)

Set a self-tossed ball

Setting around the gym

Form of organisation: Each player has a ball and moves around the gym with it.

Procedure: While running the player tosses the ball in the air, sets it, and catches it again. Which player will be the first to do 5x (10x, 20x) without the ball touching the floor?

Variations:

1. Set the ball toward an elevated target (marking on a wall, basketball backboard, basketball hoop).
2. The students stand close to the net in the attack zone and set the ball over the net towards a larger target (mat, hoop) in the opposing attack zone.
3. Like (2), but the player stands close to their own attack line.
4. Like (2), but the player sets the ball towards larger targets mid-distance in the back court.

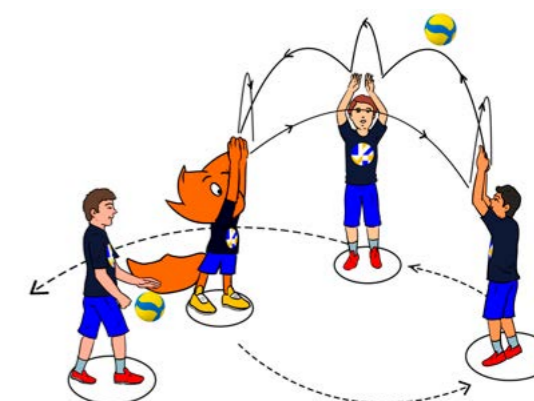
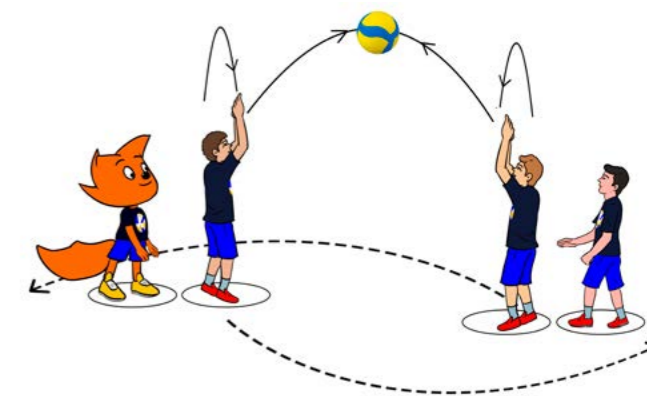
Note: the size and distance of the targets should gradually change (from large targets at greater distance to smaller targets in shorter distance).

Important! All variations should be performed as individual or group competitions. Which player or group will hit the target the most during e. g., 10 attempts?

1&1 Single-Volleyball

Form of organisation: Two players play together and are separated by a net or a string. Each player has a clearly defined playing court.

Procedure: Two players 'self-set' a ball and then set it over the net in a small field (2x6m). Which team of two will manage the longest volley within a predetermined amount of time (2-3 min.), without leaving the field and/or without the ball touching the floor?



Variations:

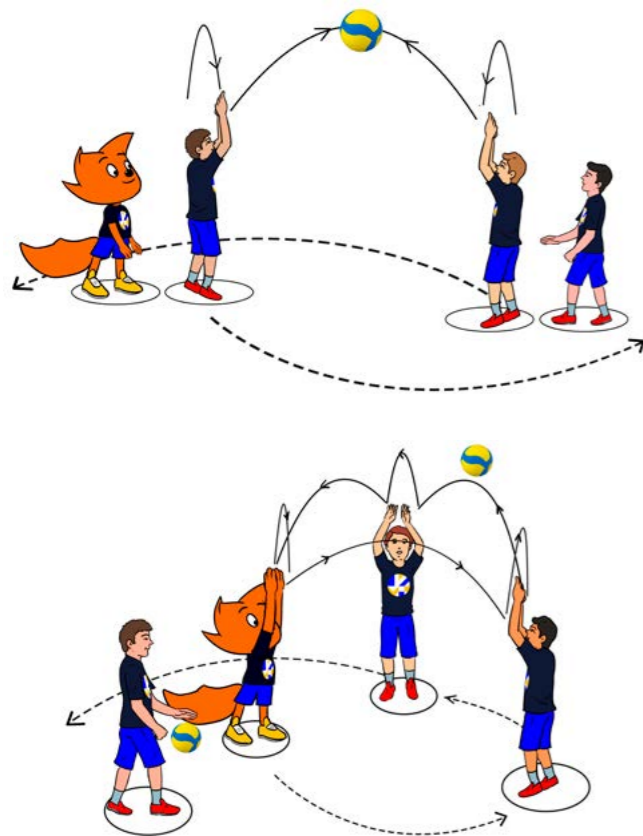
With three or more players as a line (3 players minimum) or a triangle (4 players minimum): Each player chases after his pass.

Additionally possible in Sitting Volleyball.

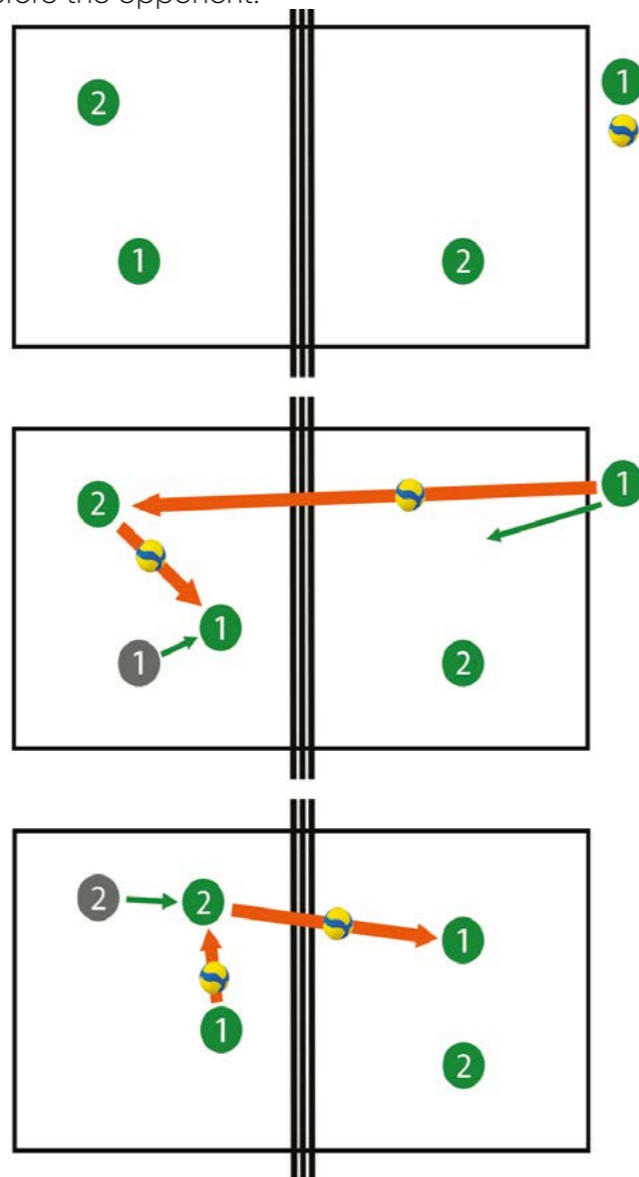
1v1 Single-Volleyball

Form of organisation: Two players play against each other and are separated by a net or a string. Each player has a clearly defined playing court.

Procedure: Two players 'self-set' a ball and then set it over the net in a small field (2x6m). Both try to get the ball on the floor in the opponent's court and try to defend the ball. Which team of two will manage the longest volley within a predetermined amount of time (2-3 min.), without leaving the field and/or without the ball touching the floor?



of movement. Once the game and the ways of movement are clear the setting can be included as instead of catching and throwing the players catch the ball and toss and self-set it to the partner or to the opponent. In 2&2 the goal is to achieve as many net-crossings as possible. In 2v2 the goal is to make more points than the opponent in a specific time or to reach a number of points before the opponent.

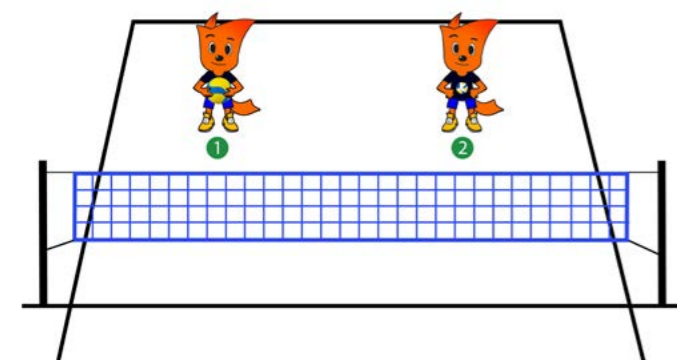


Variations:

1. Use the different levels of Catch Volley (see p. 17).
 - a) 1. Level: 1st and 2nd contact can be caught.
 - b) 2. Level: only 2nd contact can be caught, player runs to net with ball.
 - c) 3. Level: 2nd contact caught and set from where ball is caught.
2. Introduce the position-based attack build-up (see p. 14).

Additionally possible in Sitting Volleyball.

Note: This game is played in the situation-based attack build-up (see p. 14).



Procedure: Requirement: in order to start a rally the ball will be 'served' as a self-tossed set over the net to the other side. Alternatively, the ball can be tossed with both hands from below. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with all 3 ball contacts caught and thrown in order to clarify the ways

Play overhead pass volley with each other

1&1 Single-Volleyball

Form of organisation: Two players play together and are separated by a net or a string. Each player has a clearly defined playing court.

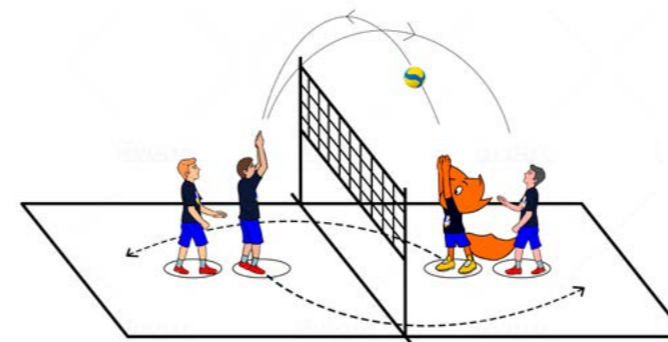
Procedure: The ball is set back and forth over the net in a high curve by the players facing each other on the field. The pair with the most uninterrupted touches/most net crossings (5x, 10x, etc.), or with the fewest mistakes during a certain amount of time (2/3 mins.) wins.

Variations:

Add additional tasks:

1. After passing, perform an arm circle (first forward, later backwards).
2. After passing, touch the floor with both hands.
3. After passing, touch your heels.
4. After passing, touch the attack line.
5. After passing, spin around one time, etc..

Additionally possible in Sitting Volleyball.



Practical tip:

If not enough space available or not enough balls, this game is also possible with four or six players. This means that two players stand in front of the other on both sides of the net. After playing the ball, the player goes behind his teammate, who will play the next ball. Further, a relay competition with four or more players chasing their own ball is a good way to make sure the children have many ball contacts.

2&2 Catch Volley

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: Requirement: in order to start a rally the ball will be 'served' as a self-tossed set over the net to the other side. Alternatively, the ball can be tossed with both hands from below. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with all 3 ball contacts caught and thrown in order to clarify the way of moving. Once the game and the way of moving are clear the setting can be included as instead of catching and throwing the players play the first contact as a volley set, the second contact can be caught and tossed and self-set to the partner. The third contact should be volley set to the opponent's side over the net. The goal is to achieve as many net-crossings as possible.

Variations:

1. Use the different levels of Catch Volley according to the skills of the class (see p. 17).
 - a) 1. Level: 1st and 2nd contact can be caught.
 - b) 2. Level: only 2nd contact can be caught, player runs to net with ball.
 - c) 3. Level: 2nd contact caught and set from where ball is caught.
2. Include a rotation within their own group after passing the ball over the net.

Additionally possible in Sitting Volleyball.

Note: This game is played in the situation-based attack build-up (see p. 14).

2&2 Micro-Volleyball

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: Two teams of two players face each other in two halves of the playing court and try to throw the ball over the string to the opposing team. From then on 3 ball contacts (throws) per side are mandatory. The goal is to achieve as many net-crossings as possible.

Variation:

Additionally possible in Sitting Volleyball.

Play overhead pass volley against each other

1v1 Single-Volleyball

Form of organisation: Two players face each other and play against each other. They are separated by a net or a string. Each player has a clearly defined playing court (2x4m).

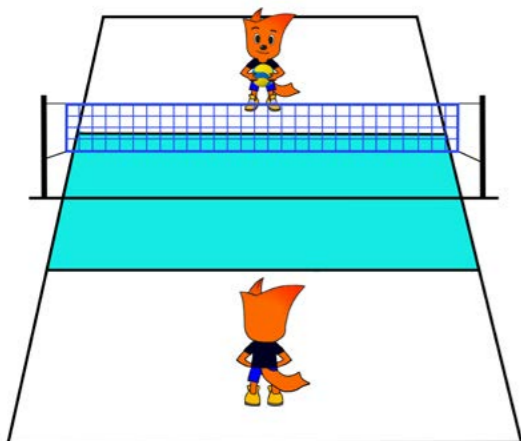
Procedure: The ball can be caught (if it can no longer be set at head level). The ball must then be set over the net from where it was caught. Errors are balls that are 'out', in the net, or touching the floor. Each player can play the ball only 1x. Players will play up to 15/25 points, or for time.

Variations:

Add additional tasks:

- After passing, perform an arm circle (first forward, later backwards).
 - After passing, touch the floor with both hands.
 - After passing, touch your heels.
 - After passing, touch the attack line.
 - After passing, spin around one time, etc..
- Vary the field size: Choose a field that is 3x4m, 2x6m, 3x6m. Variations (1) a-e apply to each field.
- Variations (1) and (2) on different fields with a 'moat' as open space.
- Variations (1) to (3) but a point counts double when a player scores it without first catching the ball. All points scored after catching the ball continue to be single points.

Additionally possible in Sitting Volleyball.



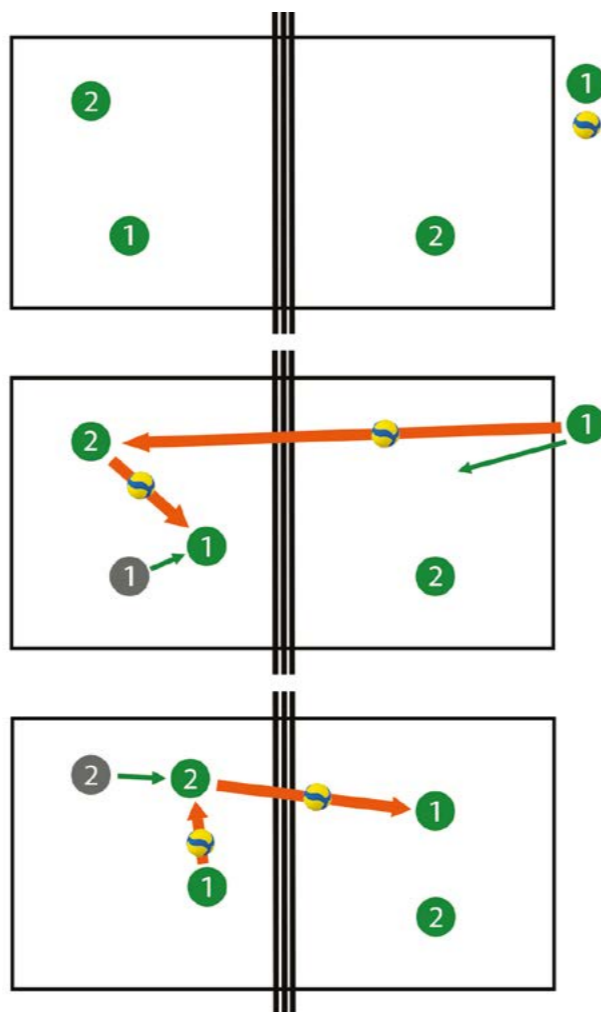
Practical tip:

The competitive games and their variations should be played as a setting competition based on the emperor's ball tournament mode (see p. 16).

► 2v2 Catch Volley

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: Requirement: in order to start a rally the ball will be 'served' as a self-tossed set over the net to the other side. Alternatively, the ball can be tossed with both hands from below. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with all 3 ball contacts caught and thrown in order to clarify the ways of movement. Once the game and the ways of movement are clear the setting can be included as instead of catching and throwing the players catch the ball and toss and self-set it to the partner or to the opponent. The goal is to make more points than the opponent in a specific time (10mins.) or to reach a number of points (e. g., 15 points) before the opponent.



Variations:

- Use the different levels of Catch Volley (see p. 17).
 - Level: 1st and 2nd contact can be caught.
 - Level: only 2nd contact can be caught, player runs to net with ball.
 - Level: 2nd contact caught and set from where ball is caught.
- Include a rotation within their own group after passing the ball over the net.
- Vary the size of the field (4x8m).

- Introduce the position-based attack build-up (see p. 14).

Additionally possible in Sitting Volleyball.

Note: This game is played in the situation-based attack build-up (see p. 14).

► 2v2 Micro-Volleyball

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: The aim of the game is to throw the ball over the net into the opponent's court on

the ground and to prevent this as an opponent. Thus, the basic idea of the game is the same as in Volleyball. Two teams of two players face each other in two halves of the playing court and try to throw the ball over the string into the opponent's playing court on the ground. From then on 3 volley ball contacts are mandatory. The goal is to make more points than the opponent in a specific time (10mins.) or to reach an amount of points (e.g. 15 points) before the opponent.

Variation:

Additionally possible in Sitting Volleyball.

Preparation Attack Standing

General preparatory games SmashVolley

► Pass the ball 10 times

Form of organisation: Two groups play against each other in a clearly defined playing field. The players play with only one ball.

Procedure: The players in one team try to pass the ball around 10 times in a row via tossing it in the air and hitting it towards a team mate who catches the ball and passes it on the same way. The opponent team tries to prevent this by catching the ball in the flight or to force the ball to drop on the floor. When the ball touches the floor or goes 'out', regardless of who touched it last, the defending team gets the ball and has the turn to pass around. Once one team achieves 10 passes by hitting the ball the round is over and they won.

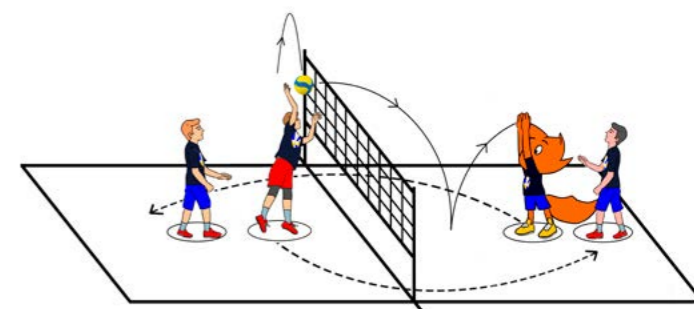
Self-tossed attack

► 1&1 SmashVolley

Form of organisation: Two players play together and are separated by a net or a string. It is important that the string/net is about the height of the children's shoulders. Each player has a clearly defined playing court.

Procedure: The player tosses the ball up and hits it over the net into the partner's playing field. The partner catches the ball after it bounced one time onto the floor after the hit. It is allowed to carry the ball, run close to the net/string, then toss the ball into the air and hit it. In order to catch it successfully the defending player should stand farther away

from the net. Which team achieves the highest number of SmashVolleys in a row without the ball touching the floor more than one time after the hit or touch the floor out of the playing field?



Variations:

Add additional tasks:

- After hitting, perform an arm circle (first forward, later backwards).
- After hitting, touch the floor with both hands.
- After hitting, touch your heels.
- After hitting, touch the attack line.
- After hitting, spin around one time, etc..

Practical tip:

If not enough space available or not enough balls, this game is also possible with four or six players. This means that two players stand in front of the other on both sides of the net. After hitting the ball, the player goes behind his teammate, who will play the next ball. Further, a relay competition with four or more players chasing their own ball is a good way to make sure the children have many ball contacts.

► 1v1 SmashVolley

Form of organisation: Two players play against each other and are separated by a net or a string. It is important that the string/net is about the height of the children's shoulders. Each player has a clearly defined playing court.

Procedure: The player tosses the ball up and hits it over the net into the opponent's playing field. The defending opponent catches the ball after it bounced one time onto the floor after the hit. It is allowed to carry the ball, run close to the net/string, then toss the ball into the air and hit it. In order to catch it successfully the defending player should stand farther away from the net. The goal is to make more points than the opponent in a specific time (10mins.) or to reach a number of points (e.g. 15 points) before the opponent.

Variations:

Add additional tasks:

1. After hitting, perform an arm circle (first forward, later backwards).
2. After hitting, touch the floor with both hands.
3. After hitting, touch your heels.
4. After hitting, touch the attack line.
5. After hitting, spin around one time, etc..

Practical tip:

If not enough space available or not enough balls, this game is also possible with four or six players. This means that two players stand in front of the other on both sides of the net. After hitting the ball, the player goes behind his teammate, who will play the next ball. Further, a relay competition with four or more players chasing their own ball is a good way to make sure the children have many ball contacts.

Practical tip:

The competitive games and their variations should be played as a setting competition based on the emperor's ball tournament mode (see p. 16).

Attack a ball thrown toward you

► 2&2 Catch SmashVolley

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: Requirement: in order to start a rally the ball will be 'served' as a self-tossed set over the net to the other side. Alternatively, the ball can be tossed with both hands from below. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with all 3 ball contacts caught and thrown in order to clarify the way of moving. Once the game and the way of moving are clear the setting can be included as instead of catching and throwing the players play the second contact as a volley set, the third contact can be caught, tossed up and self-hit to the partner on the other side. The first contact should always be caught and self-set to the partner in order to ensure the fluency of the game. The goal is to achieve as many net-crossings as possible without the ball touching the floor more than one time after the hit or touch the floor outside of the playing field.

Variations:

1. Use the different levels of **Catch SmashVolley** according to the skills of the class (see p. 17).
 - a) 1. Level: 1st and 2nd contact can be caught.
 - b) 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 - c) 3. Level: only 1st contact can be caught.
2. Include a rotation within their own group after passing the ball over the net.
3. Vary the size of the field (4x8m).
4. Introduce the position-based attack build-up (see p. 14).

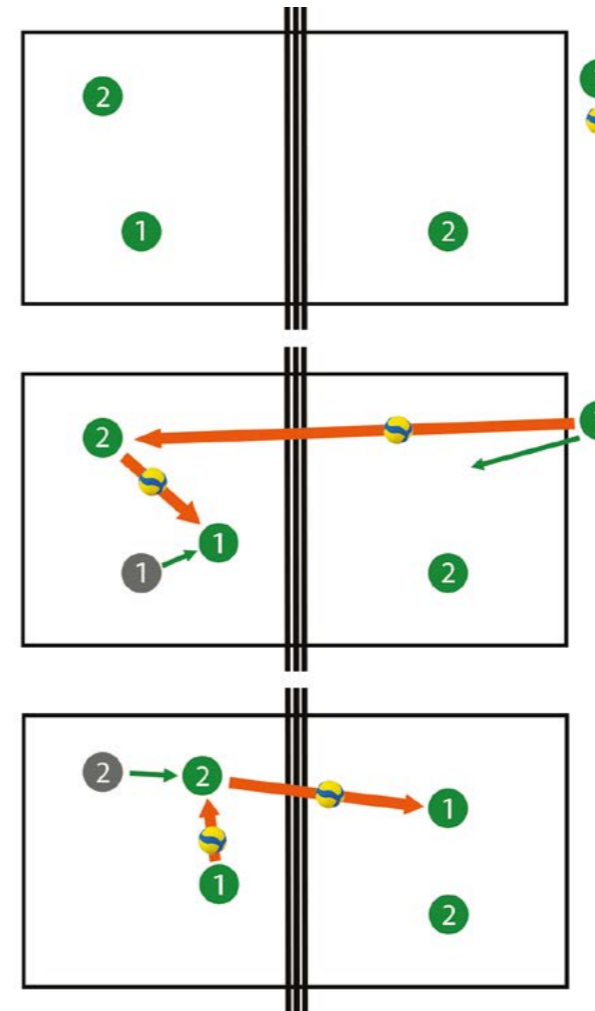
Note: This game is played in the situation-based attack build-up (see p. 14).

► 2v2 Catch SmashVolley

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: Requirement: in order to start a rally the ball will be 'served' as a self-tossed set over the net to the other side. Alternatively, the ball can be tossed with both hands from below. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with all 3 ball contacts caught and thrown in order to clarify the way of moving. Once the game and the way of moving are clear the setting can be included as instead of catching and throwing the players play the second contact as a volley set, the third contact can be caught, tossed up and self-hit to the partner on the other side. The first contact should always

be caught and self-set to the partner in order to ensure the fluency of the game. The goal is to make more points than the opponent in a specific time (10mins.) or to reach a number of points (e. g., 15 points) before the opponent.



Variations:

1. Use the different levels of **Catch SmashVolley** according to the skills of the class (see p. 17).
 - a) 1. Level: 1st and 2nd contact can be caught.
 - b) 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 - c) 3. Level: only 1st contact can be caught.
2. Include a rotation within their own group after passing the ball over the net.
3. Vary the size of the field (4x8m).
4. Introduce the position-based attack build-up (see p. 14).

Note: This game is played in the situation-based attack build-up (see p. 14).

Level 2

Age 9–11



Forearm Pass (Bump)

Bump a ball thrown towards you

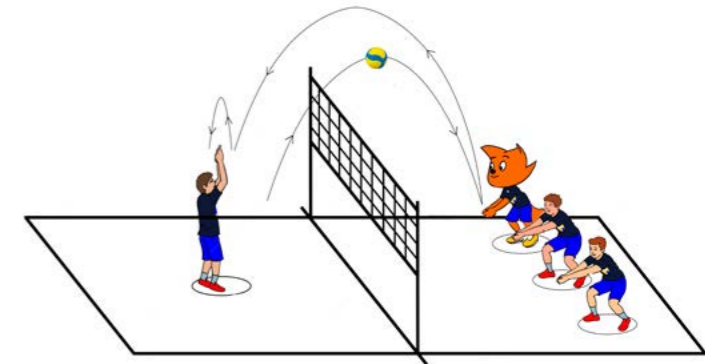
► 1&1 Single-Volleyball

Form of organisation: Two players play together and are separated by a net or a string. Each player has a clearly defined playing court.

Procedure: The ball is thrown to the opposite player in a high arc over the net so that he can receive it at hip level. The player bumps it back so that his teammate can set and then catch it. Players switch after five bumps. The pair that bumps the ball 5x, 10x, etc. in a row without the ball touching the floor and the ball is always set/caught by the partner, wins.

Variations:

1. Gradually increase the distance between the players, and between the players and the net.
2. 1-and-3 play: the single player alternately throws the ball to one of the three other players who initially stand one behind the other, and later, next to each other. That player then bumps the ball back to him. If the single player is unable to set the ball, the two players trade places.
3. The ball is bumped back into the opposing field in a target (mat, hoop, etc.). The group that scores the most points during a specified number of attempts wins. The thrower changes after each round.



Note: The exercise/game **Bumping the ball up** is recommended if students already struggle with the easy version of the game:

- a) Step one: Let the low self-set ball bounce on the floor, then bump it up and subsequently catch it.
- b) Step two: Using your legs for support, bump the ball as many times in a row as possible. The arms should be parallel to the floor (overcorrection). Game: Who can bump the ball the most times in a row without an error, within a certain amount of time?

► 1v1 Single-Volleyball

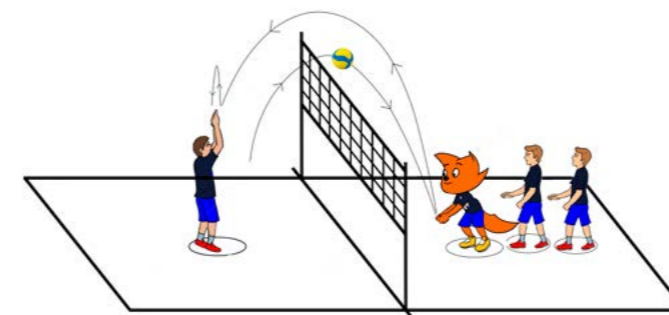
Form of organisation: Two players play against each other and are separated by a net or a string. Each player has a clearly defined playing court.

Procedure: As a serve, the ball is thrown to the opposite player in a high arc over the net so that he can receive it at hip level. The player bumps it back to the other side into the opponent's playing field. The defending player bumps the first ball contact, catches it, tosses the ball up and self-set the second contact. For the third contact the ball can be caught and thrown over the net. Which player reaches first 11 points (15, 20, etc.)?

Variation:

Only one contact is allowed and only the bumping technique.

Important ! Use the most important technique key points. If not used correctly the point goes to the opposing team. In case it does not work, if the technique is not yet mastered, go **back to the game 1&1**.



Bump a ball set to you

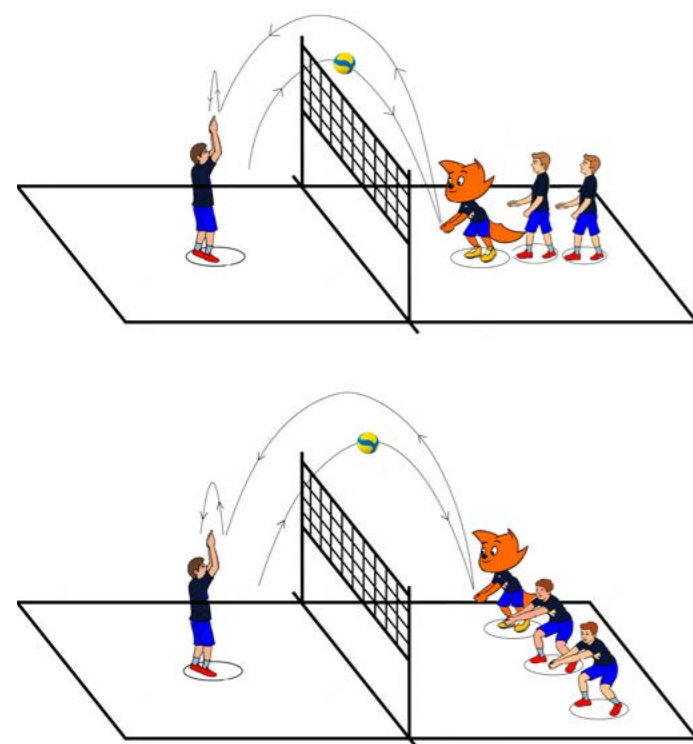
1&1 Single-Volleyball

Form of organisation: Two players play together and are separated by a net or a string. Each player has a clearly defined playing court.

Procedure: The ball is set to the opposite player in a high arc over the net so that he can receive it at hip level. The player bumps it back so that his teammate can set and then catch it. Players switch after five bumps. The pair that bumps the ball 5x, 10x, etc. in a row without the ball touching the floor and the ball is always set/caught by the partner, wins.

Variations:

1. Gradually increase the distance between the players, and between the players and the net.
2. 1-and-3 play: the single player alternately throws the ball to one of the three other players who initially stand one behind the other, and later, next to each other. That player then bumps the ball back to him. If the single player is unable to set the ball, the two players trade places.
3. The ball is bumped back into the opposing field in a target (mat, hoop, etc.). The group that scores the most points during a specified number of attempts wins. The thrower changes after each round.



1v1 Single-Volleyball

Form of organisation: Two players play against each other and are separated by a net or a string. Each player has a clearly defined playing court.

Procedure: As a serve, the ball is thrown to the opposite player in a high arc over the net so that he can receive it at hip level. The player bumps it back to the other side into the opponent's playing field. The defending player bumps the first ball contact, catches it, tosses the ball up and self-set the second contact. The third contact can be played volley either with a bump or a set or can be caught, tossed up and self-set the ball over the net. Who reaches first 11 points (15, 20, etc.)?

Variation:

Only one contact is allowed and only the bumping technique.

Important: Use the most important technique key points. If not used correctly the point goes to the opposing team. In the worst case, if the technique is not yet mastered, go **back to the game 1&1**.

Volley setting and bumping together

1&1 and 2&2 Catch Volley

All the games in the learning unit for the overhead set can be played by using both passing techniques, setting and bumping. The ball can no longer be caught!

3&3 Catch Volley

Form of organisation: Two teams play together and are separated by a net or a string. Each team consists out of three players. Each team has a clearly defined playing court.

Procedure: Eight players play 3&3, two players supply the field with balls thrown in and correct from the side. The first contact and the second contact can be caught and self-set, the third contact must be played volley, either set or bumped. Therefore, time is given to understand and practice the ways of movement without time pressure. How many net-crossing can you achieve?

Variations:

1. The first contact must be a bump.
2. Introduce the position-based attack build-up (see p. 14).

Note: At first, 3&3 should be played with a

situation-based attack build-up (see p. 14).

Volley setting and bumping against each other

1v1 and 2v2 Catch Volley

All the games in the learning unit for the overhead set can be played by using both passing techniques, setting and bumping. The ball can no longer be caught!

3v3 Catch Volley

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of three players. Each team has a clearly defined playing court.

Underhand Serve

Serve towards a goal

1&1/1v1 Single-Volleyball Targeted serve against the wall

Form of organisation: Every player has a ball and has some space at a wall.

Procedure: Players serve the ball underhand against the wall from a distance of 3m. The ball should hit the wall above a mark/line to a height approximately 3m. The player (or the group if you play in teams, consisting of 2-5 players) that is first to complete 5, 10, 15 successful actions, wins.

Variations:

1. Successful actions must occur consecutively
2. Like the game and variation (1), but by gradually increasing the distance to the wall to 6m.

Additionally possible in Sitting Volleyball

1&1/1v1 Single-Volleyball Targeted serve over the net

Form of organisation: Every player has a ball. The playing field is clearly defined.

Procedure: Players serve the ball underhand from the attack line into the opposing court. Which player is the first to complete 5, 10, 15 underhand serves over the net (error-free and consecutively)?

Variations:

1. Successful actions must occur consecutively
2. Like the game, but by gradually increasing the

Procedure: Eight players play 3v3, two players supply the field with balls thrown in and correct from the side. The first contact and the second contact can be caught and self-set, the third contact must be played volley, either set or bumped. Therefore, time is given to understand and practice the ways of movement without time pressure. Which team reaches 10 points (15, 20 etc.) first?

Variations:

1. The first contact after the ball is thrown from the outside must be a bump.
2. Introduce the position-based attack build-up (see p. 14)

Note: At first, 3v3 should be played with a situation-based attack build-up (see p. 14).

distance to the net to 5 or 7m.

Additionally possible in Sitting Volleyball.

Serve towards a partner

1&1 Single-Volleyball

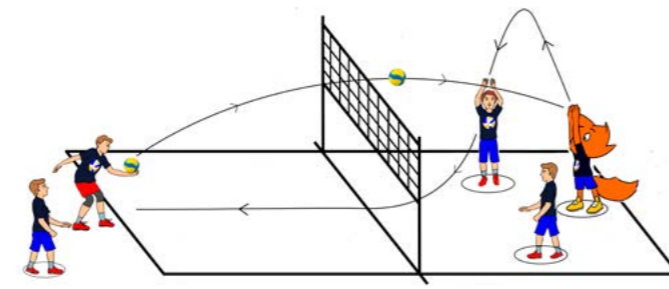
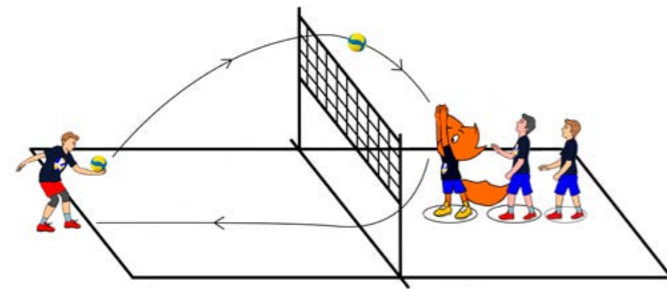
Form of organisation: Two players play together and are separated by a net or a string. Each player has a clearly defined playing court.

Procedure: The serving player stands behind the baseline (court measurements 3x6/8m) and his partner stands on the opposite court. He catches the serve and rolls the ball back to the server. Players switch tasks after 5 serves. The pair that catches to most error-free serves wins.

Variations:

1. Like the game, but the ball is received by setting/bumping it and then caught. Players alternate serving.
2. The receiving player stands on a mat/inside a hoop, etc., which he is not allowed to leave to receive the ball.

Additionally possible in Sitting Volleyball.



► 2&2 Micro-Volleyball Serving game

Form of organisation: Four players play together and are separated into two teams with 2 players each. Both teams are separated by a net or a string. Each team has a clearly defined playing court.

Procedure: Two players take turns serving underhand to the opposing team standing next to each other in the opposing court. The two receiving players play the received ball to the net in accordance with a situation-based attack build-up, where the setter catches it and rolls it back to the respective server. Players rotate by one position (including one of the servers) after a total of eight attempts. Which group will be the first to successfully receive the ball 25, 30, 35 times?

Variations:

Like the game, but the ball is not caught by the setter but instead played to the attacker, who will catch the ball.

Additionally possible in Sitting Volleyball.

Playing Volley together

► 1&1 Single-Volleyball

Form of organisation: Two players play together and are separated by a net or a string. Each player has a clearly defined playing court.

Procedure: The serving player stands behind the baseline (court measurements 3x6/8m) and his partner stands on the opposite court. The ball is received either with a bump or a set and played back and forth over the net in a high curve by the players facing each other on the field. The pair with the most uninterrupted touches/most net crossings (5x, 10x, etc.), or with the fewest mistakes during a certain amount of time (2/3 mins.) wins.

Variation:

Use the **SmashVolley** concept and start with a underhand serve.

► 2&3 Serving game

Form of organisation: Two players play together, a group of three players on the opposing court. Both teams are separated by a net or a string. Each team has a clearly defined playing court.

Procedure: Two players take turns serving underhand to a group of three players standing in an open triangle formation. The group plays the received ball to the net in accordance with a situation-based attack build-up, where the setter catches it and rolls it back to the respective server. Players rotate by one position (including one of the servers) after a total of eight attempts. Which group will be the first to successfully receive the ball 25, 30, 35 times?

Note: This game can also be played with only one server.

Variations:

1. Like the game, but the ball is not caught by the setter but instead played to the attacker, who will catch the ball.
2. Like the game and the variation (1), but in a closed triangle, meaning position-based (see p. 14) with attack build-up via pos. III, later pos. II.

Additionally possible in Sitting Volleyball.

Additionally possible in Sitting Volleyball.

► 2&2 Catch Volley

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: In order to start a rally, the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with all 3 ball contacts caught and thrown in order to clarify the ways of moving. Once the game and the ways of moving are clear the setting can be included as instead of catching and throwing the players play the first contact as a volley set, the second contact can be caught and tossed and self-set to the partner. The third contact should be volley set to the opponent's side over the net. The goal is to achieve as many net-crossings as possible.

Variations:

1. Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 - a) 1. Level: 1st and 2nd contact can be caught.
 - b) 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 - c) 3. Level: only 1st contact can be caught.
2. Use the different levels of Catch Volley according to the skills of the class (see p. 17).
 - a) 1. Level: 1st and 2nd contact can be caught.
 - b) 2. Level: only 2nd contact can be caught, player runs to net with ball.
 - c) 3. Level: 2nd contact caught and set from where ball is caught.
3. Include a rotation within their own group after passing the ball over the net.

Additionally possible in Sitting Volleyball.

Note: This game is played in the situation-based attack build-up (see p. 14).

► 2&2 Micro-Volleyball

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: Two teams of two players face each other in two halves of the playing court and try to throw the ball over the string to the opposing team. From then on 3 ball contacts (throws) per side are mandatory. The goal is to achieve as many net-

crossings as possible.

Variation:

Additionally possible in Sitting Volleyball.

► 3&3 Catch Volley

Form of organisation: Two teams play together and are separated by a net or a string. Each team consists out of 3 players. Each team has a clearly defined playing court.

Procedure: Six players play 3&3, one player underhand serves the ball to the other side. The first contact and the second contact can be caught and self-set, the third contact must be played volley, either set or bumped. The right to serve is alternating and before serving the team rotates in one position. How many net-crossings can you achieve?

Variations:

1. Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 - a) 1. Level: 1st and 2nd contact can be caught.
 - b) 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 - c) 3. Level: only 1st contact can be caught
2. The first contact must be a bump.
3. Introduce the position-based attack build-up (see p. 17).

Additionally possible in Sitting Volleyball.

Note: At first, 3&3 should be played with a situation-based attack build-up (see p. 14).

► 3&3 Micro-Volleyball

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 3 players. Each team has a clearly defined playing court.

Procedure: Two teams of two players face each other in two halves of the playing court and try to throw the ball over the string to the opposing team. From then on 3 ball contacts (throws) per side are mandatory. The goal is to achieve as many net-crossings as possible.

Variation:

Additionally possible in Sitting Volleyball

Playing Volley against each other

► 1v1 Single-Volleyball

Form of organisation: Two players play together and are separated by a net or a string. Each player has a clearly defined playing court.

Procedure: The serving player stands behind the baseline (court measurements 3x6/8m) and his partner stands on the opposite court. The ball is received either with a bump or a set and played back and forth over the net in a high curve by the players facing each other on the field. The pair with the most uninterrupted touches/most net crossings (5x, 10x, etc.), or with the fewest mistakes during a certain amount of time (2/3 mins.) wins.

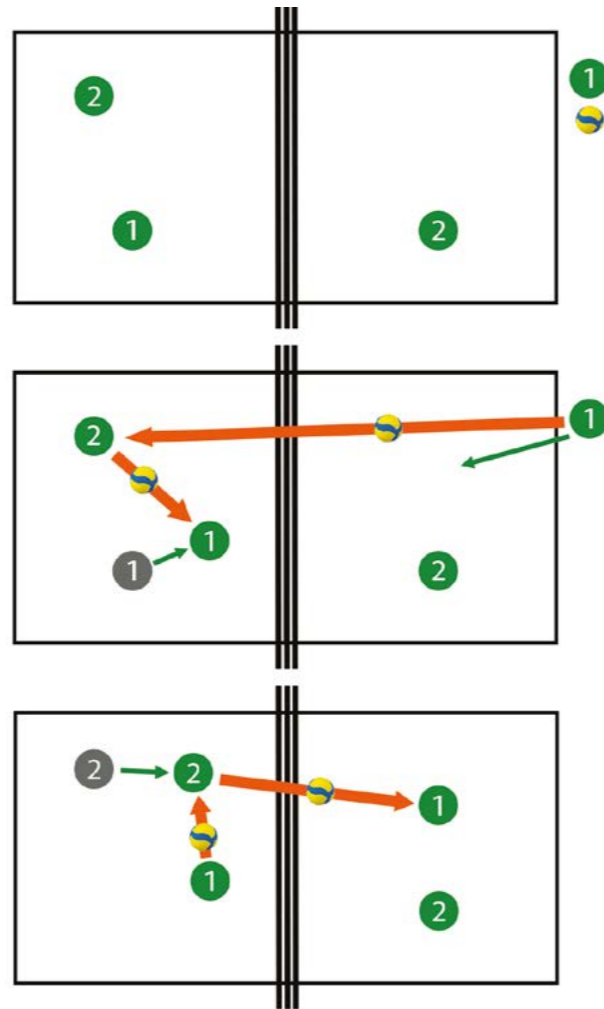
Variation:

Use the **SmashVolley** concept and start with a underhand serve.

Additionally possible in Sitting Volleyball

Practical tip:

The competitive games and their variations should be played as a setting competition based on the emperor's ball tournament mode (see p. 16).



Variations:

- Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 1. Level: 1st and 2nd contact can be caught.
 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 3. Level: only 1st contact can be caught.
- Use the different levels of Catch Volley (see p. 17).
 1. Level: 1st and 2nd contact can be caught.
 2. Level: only 2nd contact can be caught, player runs to net with ball.
 3. Level: 2nd contact caught and set from where ball is caught.
- Include a rotation within their own group after passing the ball over the net.
- Vary the size of the field (4x8m).

Additionally possible in Sitting Volleyball

Note: This game is played in the situation-based attack build-up (see p. 14).

Note: Once the second ball can be played volley, play all three contacts volley.

► 2v2 Micro-Volleyball

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: The aim of the game is to throw the ball over the net into the opponent's court on the ground and to prevent this as an opponent. Thus, the basic idea of the game is the same as in Volleyball. Two teams of two players face each other in two halves of the playing court and try to throw the ball over the string into the opponent's playing court on the ground. From then on 3 volley ball contacts are mandatory. The goal is to make more points than the opponent in a specific time (10mins.) or to reach an amount of points (e.g. 15 points) before the opponent.

Variation:

Additionally possible in Sitting Volleyball.

► 3v3 Catch Volley

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of three players. Each team has a clearly defined playing court.

Procedure: Eight players play 3v3, two players supply the field with balls thrown in and correct from the side. The first contact and the second contact can be caught and self-set, the third contact must be played volley, either set or bumped. Therefore, time is given to understand and practice the ways of movement without time pressure. Which team reaches 10 points (15, 20 etc.) first?

Variations:

- The first contact after the ball is thrown from the outside must be a bump.
- Use the different levels of Catch Volley (see p. 17).

Attack

Revision

Note: All **SmashVolley** games in this chapter can also be played as Micro- and Mini-Volleyball.

► 2&2 Catch SmashVolley

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

17).

1. Level: 1st and 2nd contact can be caught.
 2. Level: only 2nd contact can be caught. player runs to net with ball.
 3. Level: 2nd contact caught and set from where ball is caught.
- Introduce the position-based attack build-up (see p. 14).
 - Use the **SmashVolley** concept and start with a underhand serve.

Additionally possible in Sitting Volleyball.

Note: At first, 3v3 should be played with a situation-based attack build-up (see p. 14).

Note: Once the second ball can be played volley, play all three contacts volley.

► 3v3 Mini-Volleyball

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of 3 players. Each team has a clearly defined playing court.

Procedure: The aim of the game is to throw the ball over the net into the opponent's court on the ground and to prevent this as an opponent. Thus, the basic idea of the game is the same as in Volleyball. Two teams of two players face each other in two halves of the playing court and try to throw the ball over the string into the opponent's playing court on the ground. From then on 3 volley ball contacts are mandatory. The goal is to make more points than the opponent in a specific time (10mins.) or to reach an amount of points (e.g. 15 points) before the opponent.

Variation:

Additionally possible in Sitting Volleyball.

of the game. The goal is to achieve as many net-crossings as possible without the ball touching the floor more than one time after the hit or touch the floor outside of the playing field.

Variations:

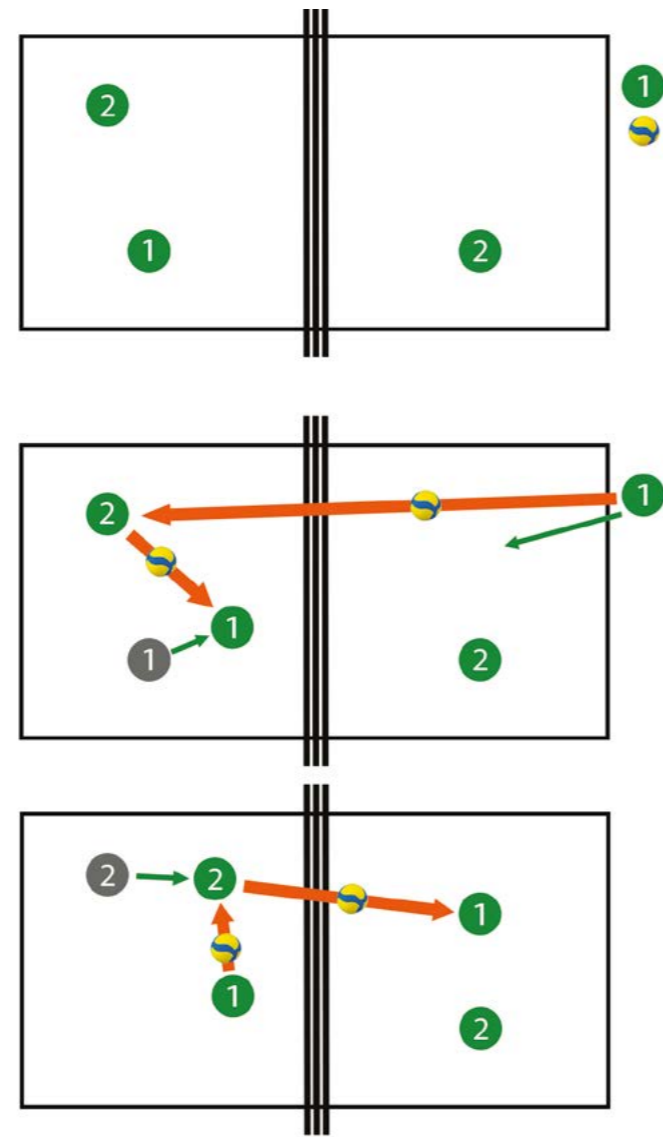
1. Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 - a) 1. Level: 1st and 2nd contact can be caught.
 - b) 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 - c) 3. Level: only 1st contact can be caught.
2. Include a rotation within their own group after passing the ball over the net.
3. Vary the size of the field (4x8m).
4. Use **SmashVolley** with an underhand serve to start the rally.

Note: This game is played in the situation-based attack build-up (see p. 14).

► 2v2 Catch SmashVolley

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with all 3 ball contacts caught and thrown in order to clarify the way of moving. Once the game and the way of moving are clear the setting can be included as instead of catching and throwing the players play the second contact as a volley set, the third contact can be caught, tossed up and self-hit to the partner on the other side. The first contact should always be caught and self-set to the partner in order to ensure the fluency of the game. The goal is to make more points than the opponent in a specific time (10mins.) or to reach an amount of points (e.g. 15 points) before the opponent.



Variations:

1. Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 - a) 1. Level: 1st and 2nd contact can be caught.
 - b) 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 - c) 3. Level: only 1st contact can be caught.
2. Include a rotation within their own group after passing the ball over the net.
3. Vary the size of the field (4x8m).
4. Use **SmashVolley** with an underhand serve to start the rally.

Note: This game is played in the situation-based attack build-up (see p. 14).

► 3&3 Catch SmashVolley

Form of organisation: Two teams play together and are separated by a net or a string. Each team consists out of three players. Each team has a clearly defined playing court.

Procedure: Six players play 3&3. In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with all 3 ball contacts caught and thrown in order to clarify the way of moving. Once the game and the way of moving are clear the setting and bumping can be included as instead of catching and throwing the players play the second contact as a volley set/ bump, the third contact can be caught, tossed up and self-hit to the partner on the other side. The first contact should always be caught and self-set to the partner in order to ensure the fluency of the game. The goal is to achieve as many net-crossings as possible without the ball touching the floor more than one time after the hit or touch the floor outside of the playing field. The right to serve is alternating and before serving the team rotates in one position. How many net-crossing can you achieve?

Variations:

1. Introduce the position-based attack build-up (see p. 14).
2. Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 - a) 1. Level: 1st and 2nd contact can be caught.
 - b) 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 - c) 3. Level: only 1st contact can be caught.
3. Include a rotation within their own group after passing the ball over the net.
4. Vary the size of the field (4x8m).
5. Use **SmashVolley** with an underhand serve to start the rally.

Note: At first, 3&3 should be played with a situation-based attack build-up (see p. 14).

► 3v3 Catch SmashVolley

Form of organisation: Two teams play against each other and are separated by a net or a string. Each

team consists out of three players. Each team has a clearly defined playing court.

Procedure: Six players play 3v3. In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with all 3 ball contacts caught and thrown in order to clarify the way of moving. Once the game and the way of moving are clear the setting and bumping can be included as instead of catching and throwing the players play the second contact as a volley set/ bump, the third contact can be caught, tossed up and self-hit to the partner on the other side. The first contact should always be caught and self-set to the partner in order to ensure the fluency of the game. The right to serve is alternating and before serving the team rotates in one position. The goal is to make more points than the opponent in a specific time (10mins.) or to reach an amount of points (e.g. 15 points) before the opponent.

Variations:

1. Introduce the position-based attack build-up (see p. 17).
2. Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 - a) 1. Level: 1st and 2nd contact can be caught.
 - b) 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 - c) 3. Level: only 1st contact can be caught.
3. Include a rotation within their own group after passing the ball over the net.
4. Vary the size of the field (4x8m).
5. Use **SmashVolley** with an underhand serve to start the rally.

Note: At first, 3v3 should be played with a situation-based attack build-up (see p. 14).

Preparation Jump Attack

Jumping games

► Timing Games

Game procedure: One child throws the ball up into the air from below, and catches it again with extended arms at the highest point of his jump.

Which child is able to catch the ball 3x or 5x in a row without an error?

Variations:

1. Like the game, but throw the ball with one hand, first with the stronger hand and then with the weaker hand. Catch the ball with both hands.

- Like the game and variation (1), but additionally: clap your hands, touch the floor/your heels, spin around once, etc.
- The game and the variation (1) with the ball thrown slightly forwards so that the jump must come out of the movement.
- Like the game and its variations, but the ball is not thrown in the air but instead thrown indirectly with both hands, meaning it is bounced very hard on the floor so it can then be caught at the highest point of the player's jump.
- Like the game and all its variations, only the ball is thrown/bounced in the floor by a partner.
- Like variation (4), but the ball is indirectly thrown/bounced against the wall meaning the student stands 3m from the wall and throws the ball on the floor 1m from the wall so the ball rebounds against the wall and bounces back high off the ground.
- Like variation (6), only the ball is indirectly fisted hard against the floor in front of the wall and the rebound is caught from a jump.

► Ball over the string/SmashVolley

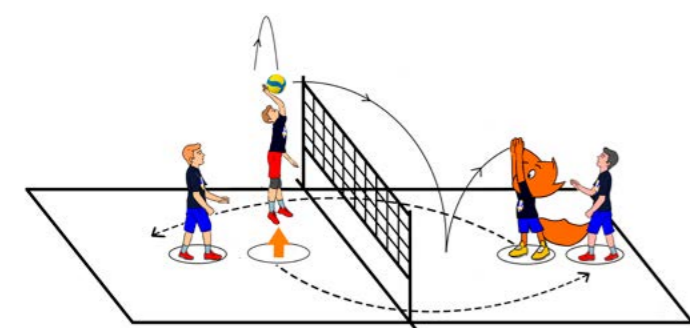
► Introduction to the 2/3 stem step

► 1&1 SmashVolley

Learning goals: Ball control, assessment of trajectories and body-ball ratio, coupling of body and ball movement, orientation in space.

Form of organisation: Two players play together and are separated by a net or a string. Each player has a clearly defined playing court. It is important that the string/net is about the height of the children's shoulders.

Procedure: The aim of the game is to throw the ball with two hands over the head over the net



out of a jump into the opponent's court. There it bounces one time and gets caught by the partner. The partner is allowed to walk with the ball closer to the net and then throw the ball out of a jump to the partner. Objective is to create as many net crossings as possible in pairs.

Variation:

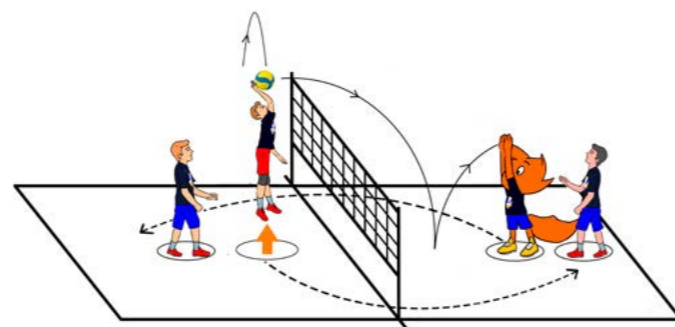
Use tennis balls in order to practice the arm swing and the coupling of arm swing and stem step.

Note: The "game with each other" can also be played as a competition as the pairs play against each other and try to set the high score with the net crossings.

► 1v1 SmashVolley

Learning goals: Ball control, assessment of trajectories and body-ball ratio, coupling of body and ball movement, orientation in space.

Form of organisation: Two players play against each other and are separated by a net or a string.



It is important that the string/net is about the height of the children's shoulders. Each player has a clearly defined playing court.

Procedure: The aim of the game is to throw the ball with two hands over the head over the net out of a jump into the opponent's court. There it bounces one time and gets caught by the partner. The partner is allowed to walk with the ball closer to the net and then throw the ball out of a jump to the partner. The goal is to make more points than the opponent in a specific time (10mins.) or to reach a number of points (e.g. 15 points) before the opponent.

Variations:

Add additional tasks:

- After hitting, perform an arm circle (first forward, later backwards).

- After hitting, touch the floor with both hands.
- After hitting, touch your heels.
- After hitting, touch the attack line.
- After hitting, spin around one time, etc.

Practical tip:

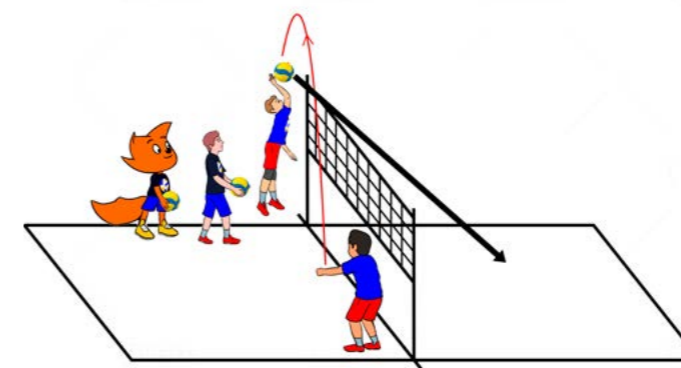
If not enough space available or not enough balls, this game is also possible with four or six players. This means that two players stand in front of the other on both sides of the net. After hitting the ball, the player goes behind his teammate, who will play the next ball. Further, a relay competition with four or more players chasing their own ball is a good way to make sure the children have many ball contacts.

Attack a ball thrown towards you

► Safety attack

Form of organisation: Four players stand on one side of the net/string the other side is empty. One player is the thrower standing in the middle of the net (on the setting position (III/II)). If you want to know more, see here p. 13. Every other player is an attacker. The opposing court is clearly defined.

Procedure: The ball must be hit from pos. IV into the opposing side of the court from a jump. The thrower throws the ball approximately 1.5m higher than the net and parallel to it. The group that hits the most balls into the opposing court, within a certain amount of time (3/5mins), wins. The thrower changes after every round.



Variations:

- The ball must be hit into the right or left side of the court.
- The ball must hit specific, increasingly smaller targets (matt, hoop, etc.).

► 2&2 Catch Volley

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: One player from team A throws the ball to the other player, parallel to the net and very high. This player does the 3 steps, jumps and hits the ball over the net to the opposing team. The defending team tries to catch the ball. Catching and self-setting the ball in the first contact and catching and throwing the second ball contact is allowed while the third contact must be played volley (see p.11 Catch Volley). How many net-crossings without an error, meaning hit into the net or not caught by the opposing team, can you achieve?

Variations:

- Use the different levels of Catch Volley (see p. 17).
 - Level: 1st and 2nd contact can be caught.
 - Level: only 2nd contact can be caught, player runs to net with ball.
 - Level: 2nd contact caught and set from where ball is caught.
- Add additional tasks:
 - After hitting, perform an arm circle (first forward, later backwards).
 - After hitting, touch the floor with both hands.
 - After hitting, touch your heels.
 - After hitting, touch the attack line.
 - After hitting, spin around one time, etc..
 - If the game works well with catching try to bump or set the ball as a defense.

► 2&2 Catch SmashVolley

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with the 1st and 2nd ball contacts caught and thrown. The first contact should always be caught and self-set to the partner in order to ensure the fluency of the game. The goal is to achieve as many net-crossings as possible without the ball touching the floor more than one time after the hit or touch the floor outside of the playing field.

Variations:

1. Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 - a) 1. Level: 1st and 2nd contact can be caught
 - b) 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught
 - c) 3. Level: only 1st contact can be caught.
2. Include a rotation within their own group after passing the ball over the net.
3. Vary the size of the field (4x8m).
4. Use **SmashVolley** with an underhand serve to start the rally.

Note: This game is played in the situation-based attack build-up (see p. 14).

► 2v2 Catch SmashVolley

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with all 3 ball contacts caught and thrown in order to clarify the way of moving. Once the game and the way of moving are clear the setting can be included as instead of catching and throwing the players play the second contact as a volley set, the third contact can be caught, tossed up and self-hit to the partner on the other side. The first contact should always be caught and self-set to the partner in order to ensure the fluency of the game. The goal is to make more points than the opponent in a specific time (10mins.) or to reach an amount of points (e.g. 15 points) before the opponent.

Variations:

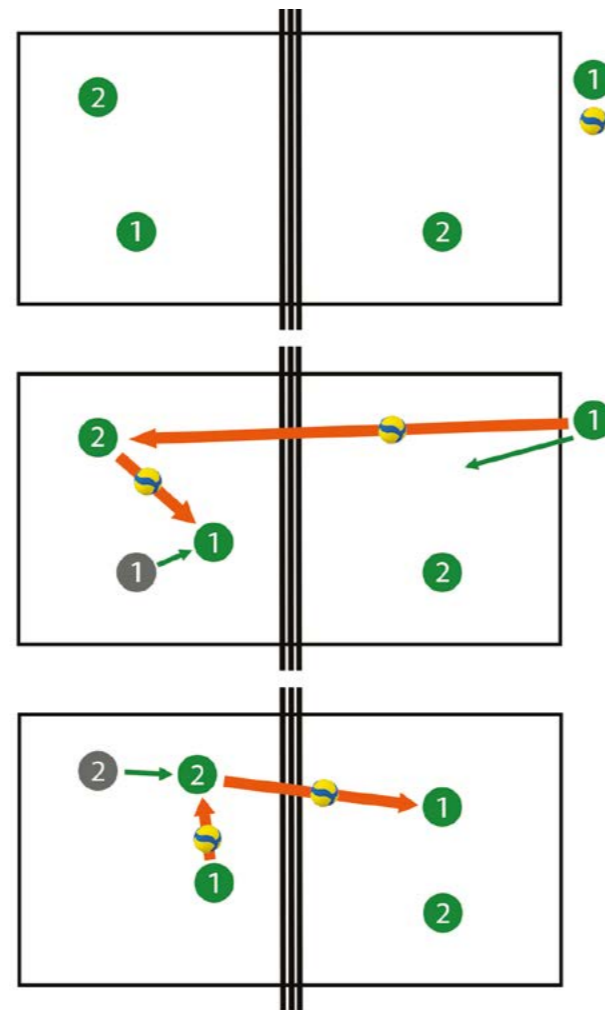
1. Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 - a) 1. Level: 1st and 2nd contact can be caught.
 - b) 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 - c) 3. Level: only 1st contact can be caught.
2. Include a rotation within their own group after passing the ball over the net.
3. Vary the size of the field (4x8m).
4. Use **SmashVolley** with an underhand serve to start the rally.

Note: This game is played in the situation-based attack build-up (see p. 14).

► 2v2 Catch Volley

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: One player from team A throws the ball to the other player, parallel to the net and very



high. This player does the 3 steps, jumps and hits the ball over the net to the opposing team. The defending team tries to catch the ball. Catching and self-setting the ball in the first contact and catching and throwing the second ball contact is allowed while the third contact must be played volley (see p. 17). The goal is to hit the ball so that the opposing team is unable to catch the ball.

Variations:

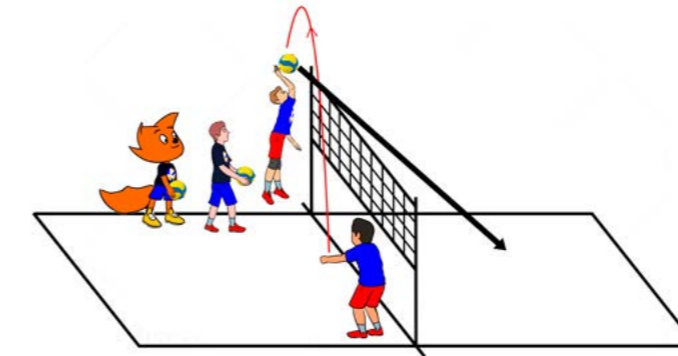
1. Use the different levels of Catch Volley (see p. 17).
 - a) 1. Level: 1st and 2nd contact can be caught.
 - b) 2. Level: only 2nd contact can be caught, player runs to net with ball.
 - c) 3. Level: 2nd contact caught and set from where ball is caught.
2. If the game works well with catching try to bump or set the ball as a defense.

Attack a ball set to you

► Safety attack

Form of organisation: Four players stand on one side of the net/string the other side is empty. One player is the setter standing in the middle of the net (on the setting position III/II). If you want to know more, see here p. 13. Every other player is an attacker. The opposing court is clearly defined.

Procedure: The ball must be hit from pos. IV into the opposing side of the court from a jump. The next attacker throws the ball to the setter who catches it and self-sets the ball approximately 1.5m higher than the net and parallel to it. The group that hits the most balls into the opposing court, within a certain amount of time (3/5mins), wins. The setter changes after every round.



Variations:

1. The ball must be hit into the right or left side of the court.
2. The ball must hit specific, increasingly smaller

targets (matt, hoop, etc.).

3. The ball must be set volley without catching and self-setting.

► 2&2/2v2 Catch SmashVolley

All the games of the chapter 'Attack a ball thrown towards you' can be played as **Catch SmashVolley** with catching and self-setting instead of throwing the 2nd contact (see p. 17).

Attack a ball tossed by yourself

► Hitting a target from a jump

Form of organisation: Every player has a ball and some space at the wall.

Procedure: The player stands 2-3m from the wall that has a mark (line) drawn on it at a height about 2m. He throws the ball underhand with both hands above head-level and a bit forward. The player jumps and hits it against the wall above the mark with one hand. The player that hits the target the most during a certain number of attempts (10, 15, 20 balls) wins.

Variations:

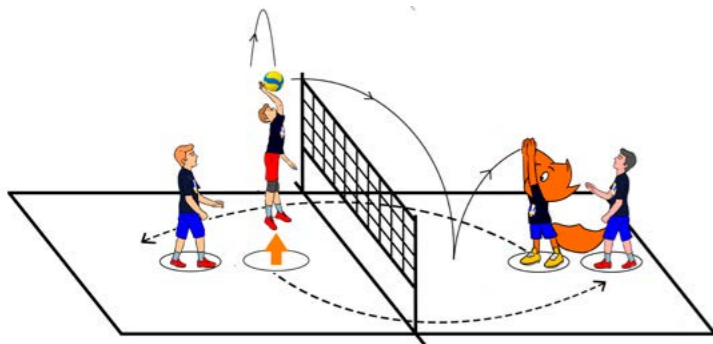
1. Players stand on the attack line of the Mini Volleyball court and hit the ball into the opposite side of the court.
2. The ball must be hit into the half of the court behind the attack line.
3. The ball must be hit into the left or right side of the court.
4. The ball must be hit 3x into each the left and right side of the court.
5. The ball must hit specific, increasingly smaller targets (matt, hoop, etc.)

► 1&1 SmashVolley

Form of organisation: Two players play together and are separated by a net or a string. It is important that the string/net is about the height of the children's shoulders. Each player has a clearly defined playing court.

Procedure: The player tosses the ball up and hits it over the net from a jump into the partner's playing field. The partner catches the ball after it bounced one time onto the floor after the hit. It is allowed to carry the ball, run close to the net/string, then toss the ball into the air and hit it from a jump. In order to catch it successfully the defending player

should stand farther away from the net. Which team achieves the highest number of **SmashVolleys** in a row without the ball touching the floor more than one time after the hit or touch the floor out of the playing field?



Variations:

Add additional tasks:

1. After hitting, perform an arm circle (first forward, later backwards).
2. After hitting, touch the floor with both hands.
3. After hitting, touch your heels.
4. After hitting, touch the attack line.
5. After hitting, spin around one time, etc..

Practical tip:

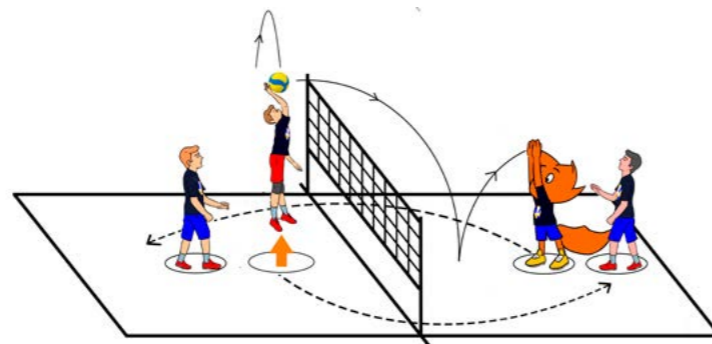
If not enough space available or not enough balls, this game is also possible with four or six players. This means that two players stand in front of the other on both sides of the net. After hitting the ball, the player goes behind his teammate, who will play the next ball. Further, a relay competition with four or more players chasing their own ball is a good way to make sure the children have many ball contacts.

► 1v1 SmashVolley

Form of organisation: Two players play against each other and are separated by a net or a string. It is important that the string/net is about the height of the children's shoulders. Each player has a clearly defined playing court.

Procedure: The player tosses the ball up and hits it over the net from a jump into the opponent's playing field. The defending opponent catches the ball after it bounced one time onto the floor after the hit. It is allowed to carry the ball, run closer to the net/string, then toss the ball into the air and hit it from a jump. In order to catch it successfully the defending player should stand farther away from the net. The goal is to make more points than the opponent in a specific time (10mins.) or to

reach a number of points (e.g. 15 points) before the opponent.



Variations:

Add additional tasks:

6. After hitting, perform an arm circle (first forward, later backwards).
7. After hitting, touch the floor with both hands.
8. After hitting, touch your heels.
9. After hitting, touch the attack line.
10. After hitting, spin around one time, etc..

Practical tip:

If not enough space available or not enough balls, this game is also possible with four or six players. This means that two players stand in front of the other on both sides of the net. After hitting the ball, the player goes behind his teammate, who will play the next ball. Further, a relay competition with four or more players chasing their own ball is a good way to make sure the children have many ball contacts.

Practical tip:

The competitive games and their variations should be played as a setting competition based on the emperor's ball tournament mode (see p. 16).

Level 3

Age 12–14



Attack

Revision

Note: All **SmashVolley** games in this chapter can also be played as Micro-, Mini- and Midi-Volleyball.

► 3&3 Catch SmashVolley

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 3 players which are position in an open triangle. Each team has a clearly defined playing court.

Procedure: In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with the 1st and 2nd ball contacts caught and thrown. The first contact should always be caught and self-set to the partner in order to ensure the fluency of the game. The goal is to achieve as many net-crossings as possible without the ball touching the floor more than one time after the hit or touch the floor outside of the playing field.

Variations:

- Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 1. Level: 1st and 2nd contact can be caught.
 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 3. Level: only 1st contact can be caught.
- Include a rotation within their own group after passing the ball over the net.
- Vary the size of the field (4x8m).
- Use **SmashVolley** with an underhand serve to start the rally.
- Introduce the position-based attack build-up (see p. 17).

Additionally possible in Sitting Volleyball.

Note: This game is played in the situation-based attack build-up (see p. 14).

► 3v3 Catch SmashVolley

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of 3 players which are position in an open triangle. Each team has a clearly defined playing court.

Procedure: In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with all 3 ball contacts caught and thrown in order to clarify the way of moving. Once the game and the way of moving are clear the setting can be included as instead of catching and throwing the players play the second contact as a volley set, the third contact can be caught, tossed up and self-hit to the partner on the other side. The first contact should always be caught and self-set to the partner in order to ensure the fluency of the game. The goal is to make more points than the opponent in a specific time (10mins.) or to reach an amount of points (e.g. 15 points) before the opponent.

Variations:

- Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 1. Level: 1st and 2nd contact can be caught
 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 3. Level: only 1st contact can be caught.
- Include a rotation within their own group after passing the ball over the net.
- Vary the size of the field (4x8m).
- Use **SmashVolley** with an underhand serve to start the rally.
- Introduce the position-based attack build-up (see p. 17).

Additionally possible in Sitting Volleyball

Note: This game is played in the situation-based attack build-up (see p. 14).

► 4&4 Catch SmashVolley

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 4 players. Each team has a clearly defined playing court.

Procedure: In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with the 1st and 2nd ball contacts caught and thrown. The first contact should always be caught and self-set to the partner in order to ensure the fluency of the game. The goal is to achieve as many net-crossings as possible without the ball

touching the floor more than one time after the hit or touch the floor outside of the playing field.

Variations:

- Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 1. Level: 1st and 2nd contact can be caught.
 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 3. Level: only 1st contact can be caught.
- Include a rotation within their own group after passing the ball over the net.
- Vary the size of the field (4x8m).
- Use **SmashVolley** with an underhand serve to start the rally.
- Introduce the position-based attack build-up (see p. 17).

Additionally possible in Sitting Volleyball.

Note: This game is played in the situation-based attack build-up (see p. 14).

► 4v4 Catch SmashVolley

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of 4 players. Each team has a clearly defined playing court.

Procedure: In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 ball contacts

are mandatory. At first, it simplifies the game when started with all 3 ball contacts caught and thrown in order to clarify the way of moving. Once the game and the way of moving are clear the setting can be included as instead of catching and throwing the players play the second contact as a volley set, the third contact can be caught, tossed up and self-hit to the partner on the other side. The first contact should always be caught and self-set to the partner in order to ensure the fluency of the game. The goal is to make more points than the opponent in a specific time (10mins.) or to reach an amount of points (e.g. 15 points) before the opponent.

Variations:

- Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 1. Level: 1st and 2nd contact can be caught.
 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 3. Level: only 1st contact can be caught.
- Include a rotation within their own group after passing the ball over the net.
- Vary the size of the field (4x8m).
- Use **SmashVolley** with an underhand serve to start the rally.
- Introduce the position-based attack build-up (see p. 17).

Additionally possible in Sitting Volleyball.

Standing Block

Single Block

Note: The single block should be practiced in a position-based attack build-up.

► Group of two/three – Block practice

Form of organisation: Two players come together and practice the block technique. Both players practice at the net/string.

Procedure: One player stretches the hands over the net and blocks and the other corrects the technique.

Variation:

The correcting partner holds a ball over the net and the blocker tries to slide over the surface of the ball.

Important: The player is not allowed to grab or hit the ball with the hands because this would falsify the technique.

► 3&3 SmashVolley

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 3 players which are position in a closed triangle. Each team has a clearly defined playing court.

Procedure: In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with the 1st and 2nd ball contacts caught and thrown. The first contact should always be caught and self-set to the partner in order to ensure the fluency of the game. The player on the

net has the task to try and block the 3rd contact which is hit or set from the opponent to the own court over the net. The hitter at the same time tries to hit/set the ball to the other side without touching the block. The goal is to achieve as many net-crossings as possible without the ball touching the floor more than one time after the hit or touch the floor outside of the playing field.

Variations:

- Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 1. Level: 1st and 2nd contact can be caught.
 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 3. Level: only 1st contact can be caught.
- Include a rotation within their own group after passing the ball over the net.
- Vary the size of the field (4x8m).
- Use **SmashVolley** with an underhand serve to start the rally.

Additionally possible in Sitting Volleyball.

► 3v3 SmashVolley

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of 3 players which are position in a closed triangle. Each team has a clearly defined playing court.

Procedure: In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 ball contacts are mandatory. At first, it simplifies the game when started with all 3 ball contacts caught and thrown in order to clarify the way of moving. Once the game and the way of moving are clear the

setting can be included as instead of catching and throwing the players play the second contact as a volley set, the third contact can be caught, tossed up and self-hit to the partner on the other side. The first contact should always be caught and self-set to the partner in order to ensure the fluency of the game. The player on the defending court who stands at the net tries to block the ball of the hitter. If the block is successful this team gets a bonus point. The goal is to make more points than the opponent in a specific time (10mins.) or to reach an amount of points (e.g. 15 points) before the opponent.

Variations:

- Use the different levels of **Catch SmashVolley** with an underhand serve to start the rally.
 1. Level: 1st and 2nd contact can be caught.
 2. Level: only 1st contact can be caught, 2nd contact is set volley, 3rd contact can be caught.
 3. Level: only 1st contact can be caught.
- Include a rotation within their own group after passing the ball over the net.
- Vary the size of the field (4x8m).
- Use **SmashVolley** with an underhand serve to start the rally.

► 4&4/4v4 Catch SmashVolley

All the games of the 3&3/3v3 **Catch SmashVolley** in the chapter "Standing Block; Single Block" can be played in 4&4/4v4.

Additionally possible in Sitting Volleyball.

Variation:

The correcting partner holds a ball/a folder over the net and the blocker tries to slide over the surface of the ball.

Important: The player is not allowed to grab or hit the ball with the hands because this would falsify the technique.

With a ball

Note: The single block should be practiced in a position-based attack build-up.

Jumping Block

Without a ball

Note: The single block should be practiced in a position-based attack build-up.

► Group of two/three – Block practice

Form of organisation: Two players come together and practice the block technique. Both players practice at the net/string.

Procedure: One player jumps and blocks and the other corrects the technique.

► Group of two/three – Block practice

Form of organisation: Two players come together and practice the block technique. Both players practice at the net/string. 5 blocks per person then they switch.

Procedure:

- Attack against the block with two players: Player B tries to block the ball which is self-tossed and overhead passed close over the net by player A.
- Attack against the block with three players: Player A throws the ball in front of the hitting-shoulder of player B. B hits the ball straight and in direction of the net. Player C stands on the other side of the net and tries to block the ball.

► 3&3/3v3 and 4&4/4v4 Catch SmashVolley

All the games in the chapter "Standing Block" can be played in 3&3/3v3 and 4&4/4v4 with the addition of the jumping block instead of the standing block. Further, the games Catch Volley in 3&3/3v3 and 4&4/4v4 can be played including the addition.

Playing Volley against each other

► 2v2 Micro-Volleyball

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of 2 players. Each team has a clearly defined playing court.

Procedure: In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 volley ball contacts are mandatory. The goal is to make more points than the opponent in a specific time (10mins.) or to reach an amount of points (e.g. 15 points) before the opponent.

► 3v3 Mini-Volleyball

Form of organisation: Two teams play with each other and are separated by a net or a string. Each team consists out of 3 players which are position in a closed triangle. Each team has a clearly defined playing court.

Procedure: In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 volley ball contacts are mandatory. The goal is to make more points than the opponent in a specific time

(10mins.) or to reach an amount of points (e.g. 15 points) before the opponent.

► 4v4 Catch Volley

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of four players. Each team has a clearly defined playing court.

Procedure: Ten players play 4v4, two players supply the field with balls thrown in and correct from the side. The first contact and the second contact can be caught and self-set, the third contact must be played volley, either set or bumped. Therefore, time is given to understand and practice the ways of movement without time pressure. Which team reaches 10 points (15, 20 etc.) first?

Variations:

- The first contact after the ball is thrown from the outside must be a bump.
- Use the different levels of Catch Volley (see p. 17).
 1. Level: 1st and 2nd contact can be caught.
 2. Level: only 2nd contact can be caught, player runs to net with ball.
 3. Level: 2nd contact caught and set from where ball is caught.
- Introduce the position-based attack build-up (see p. 14).
- Use the **SmashVolley** concept and start with a underhand serve.

Note: At first, 4v4 should be played with a situation-based attack build-up (see p. 14).

Note: Once the second ball can be played volley, play all three contacts volley.

► 4v4 Midi-Volleyball

Form of organisation: Two teams play against each other and are separated by a net or a string. Each team consists out of four players. Each team has a clearly defined playing court.

Procedure: In order to start a rally the ball will be 'underhand served' over the net to the other side from the baseline. From then on 3 volley ball contacts are mandatory. The goal is to make more points than the opponent in a specific time (10mins.) or to reach an amount of points (e.g. 15 points) before the opponent.

Overhead Serve

Standing Float

All the games in the chapter "Underhand Serve" can be played with the game opening technique Overhead Serve and in all different variations (Catch Volley, **Catch SmashVolley**, **SmashVolley**, Volleyball) in 1&1/1v1, 2&2/2v2, 3&3/3v3 and 4&4/4v4.

Feints/Tip

Two handed

All the games in the chapters "Setting (overhead pass)" and "preparation Jump Attack" and "Attack" can be played with the two handed feint technique (see p. 11) as well as the attacking technique and in all different variations (Catch Volley, **Catch SmashVolley**, **SmashVolley**, **Volleyball**) in 1&1/1v1, 2&2/2v2, 3&3/3v3 and 4&4/4v4.

Single handed

All the games in the chapters "Setting (overhead pass)" and "preparation Jump Attack" and "Attack" can be played with the single handed feint technique (see p. 11) as well as the other feint and attack techniques and in all different variations (Catch Volley, **Catch SmashVolley**, **SmashVolley**, **Volleyball**) in 1&1/1v1, 2&2/2v2, 3&3/3v3 and 4&4/4v4.

Your Concept wheel





CEV Publications
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