

Train to Train Stage
PROGRESS: 12-17yrs



Volleyball

Coaching Guide

**Resources & guidance to help coaches
& players develop all round Volleyball skills,
techniques & tactics**

VLI
Volleyball
Ireland

Part of the Long Term Player Development Model

Coaching Volleyball Manual

Contents

Session Planning	Page 3
Warm up ideas – fun running games, ball handling exercises	Page 5
Skill Development	Page 13
The Hit	Page 14
The Forearm Pass	Page 18
The Volley	Page 23
The Serve	Page 27
The Block	Page 31
Combination Drills/Conditioned Games	Page 35
Volleyball Tactics and Basic Systems of Play	
Serve Receive	Page 37
Team Offense	Page 42
Team Defense	Page 48
Blitz organisation	Page 53
Refereeing	Page 55
Volleyball Court and Positions	Page 56
Volleyball Rules of the Game	Page 58

Session Planning

“If you fail to plan you plan to fail”

It is very important that a coach takes time to prepare a written plan for each session. Session plans should be developed from two to three goals/objectives that have been identified for that session.

In general terms each session should consist of:

- Warm Up – including fun running game, stretching, ball handling skills
- Review – game reviewing previous session
- Introduce new skill or new focus to a skill, individual practice
- Put new skill/focus into small sided practice
- Conditioned games/ team work
- Play fun game
- Cool down

What to practice in training sessions:

- Individual practice of skills
- Small sided practice of skills in conditioned games
- Serving and serve receive systems
- Attack and defense systems
- Free ball play
- Identify key issues in relation to opponents in competition
- Practice what you are going to do in a game
- Implement game plan in practice

Use and design drills/exercises that:

- Are focused
- Are game like
- Create movement
- Encourage communication
- Allow for individual practice of skills
- Allow for application of skills in small sided practice
- Improve serve receive
- Improve attacking play
- Improve defensive play

- Practice transition from offense to defense and vice versa
- Develop decision making skills
- Are fun
- Are varied
- Develop tactical awareness

Remember to use the learning route when teaching skills:

- | | | |
|--------------------------|---|---|
| • Demonstrate | - | Show demo of the Whole Skill |
| • Do | - | Players do it and coach observes |
| • Demonstrate with focus | - | Show demo with focus on one part of the skill |
| • Do with Feedback | - | Players practice and coach gives feedback on coaching focus |
-
- Avoid activities that require inactivity or drills that eliminate players. It is likely that the players to be first eliminated will be the less skilled, who are the ones that need the most practice.
 - Use more groups with a small number of participants rather than a few groups containing large numbers.
 - The activities must be appropriate for the participant's ability and age.
 - Use questioning at the end of the session to review content and check understanding
 - Evaluate the session and make recommendations for the next class
 - Plan for next session
 - Ensure the sessions are Safe and FUN!

Warm up

- The objective of the warm up is as follows:
 - To increase the heart rate and prepare the body and mind for a successful session
 - To improve a players flexibility and movement
 - To help prevent injury
- Warm up for Volleyball should consist of the following:
 - General warm up/pulse raiser
 - Stretching
 - Ball handling activities
- The duration of the warm up will depend on the length of the session: For example:
 - 6 minutes for 40 minute session
 - 10 minutes for 1 hour session
 - 15 minutes for 1 hr ½ session

Fun Chasing games are a great way of getting players warmed up and for injecting some fun at the very start of the session. Here are some ideas suitable for children:

Stuck in the mud	Organisation
<p>Two players are 'on' and must chase the others to try and catch them all within a specified area. When caught a player must remain stuck in the mud which means standing with legs apart. The player stuck can be released by having another player dive or slide under their legs. The two players that are on are given one minute to try and catch everybody, then change so two different players are on.</p> <p>Variations:</p> <p>Turtle Tag When a player is caught they must lie on the ground on their back, as if they are a turtle rolled onto their back, wriggling arms and legs. To be released another person must roll them back onto their side.</p> <p>Wizards and Rocks: 2 people that are on are wizards when they catch someone the person caught becomes a rock. Rock can be released by someone running around them twice.</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> </div> <ul style="list-style-type: none"> ○ Set the boundary for the warm up area ○ Players must remain inside this area for the warm up activity
Chain Tag	Organisation
<p>Two players are on and must tag the other players. When players are caught or tagged they hold hands forming a chain and helping chase the other players. As soon as the chain has four players, they must split to become two pairs. The game ends when all players have been caught.</p>	<p>As above:</p> <ul style="list-style-type: none"> ○ Set the boundary for the warm up area ○ Players must remain inside this area for the warm up activity

Fun Relays	Organisation												
<p>Divide group into relay teams and set different conditions for example: Wheelbarrow relay or Kangaroo relay where layers hop to other side with ball held between ankles.</p>	<div data-bbox="906 271 1390 689" style="border: 1px solid black; padding: 10px;"> <p>Team A ————— Team A</p> <p>Team B ————— Team B</p> <p>Team C ————— Team C</p> <p>Team D ————— Team D</p> </div> <p data-bbox="815 712 1430 786">Line teams up on one end of the hall with team mates facing them on the other side</p>												
Cat v's mouse	Organisation												
<p>Players are divided into two equal teams, positioned in the middle of the hall, one on each side of the centre line. One side are 'Cats' and the other side are 'Mice'. The teacher calls out either 'Cats' or 'Mice'. If the teacher calls 'Cats' then the cats must run from the centre line back to their base without being tagged by the mice and vice versa</p>	<div data-bbox="906 931 1390 1328" style="border: 1px solid black; padding: 10px;"> <table style="margin: auto; border-collapse: collapse;"> <tr><td style="padding: 0 5px;">A</td><td style="border-left: 1px solid black; padding: 0 5px;">B</td></tr> <tr><td style="padding: 0 5px;">A</td><td style="border-left: 1px solid black; padding: 0 5px;">B</td></tr> <tr><td style="padding: 0 5px;">A</td><td style="border-left: 1px solid black; padding: 0 5px;">B</td></tr> <tr><td style="padding: 0 5px;">A</td><td style="border-left: 1px solid black; padding: 0 5px;">B</td></tr> <tr><td style="padding: 0 5px;">A</td><td style="border-left: 1px solid black; padding: 0 5px;">B</td></tr> <tr><td style="padding: 0 5px;">A</td><td style="border-left: 1px solid black; padding: 0 5px;">B</td></tr> </table> <p style="text-align: center; margin-top: 10px;">←————— —————→</p> </div> <p data-bbox="815 1339 1461 1440">A = Cats B = Mice Players run in direction of arrow to their base which is the far wall</p>	A	B	A	B	A	B	A	B	A	B	A	B
A	B												
A	B												
A	B												
A	B												
A	B												
A	B												

Other Warm up activities:

Commando	Organisation
<p>Each team stands in a line at one side of the hall legs apart. Person at the back has to crawl underneath all pairs of legs to the front, they then become person at the front and shout next for person at the back to start. Continue until team reaches opposite end line</p> <p>Variation: Leap Frog Similar to 'Commando' only everyone crouches down and person at the back leap frogs over people in front. Continue until they reach opposite end line.</p>	<div data-bbox="879 1659 1390 2018" style="border: 1px solid black; padding: 10px;"> <p>Team A —————→</p> <p>Team B —————→</p> <p>Team C —————→</p> <p>Team D —————→</p> </div>

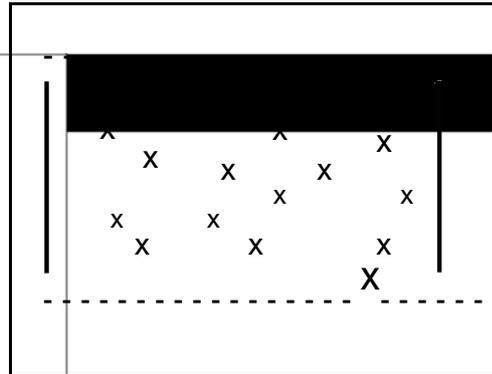
Traffic Lights

Coach gives signals/commands which players follow, for example:

- | | | |
|--------|---|---------------|
| Red | - | Run |
| Green | - | Stop |
| Orange | - | Jumping jacks |
| Right | - | Shuffle right |
| Left | - | Shuffle left |
| Up | - | Sit down |
| Down | - | Jump |

Variation:
Mirror drill

Players mimic coaches movements



- Set the boundary for the warm up area
- Players must remain inside this area for the warm up activity

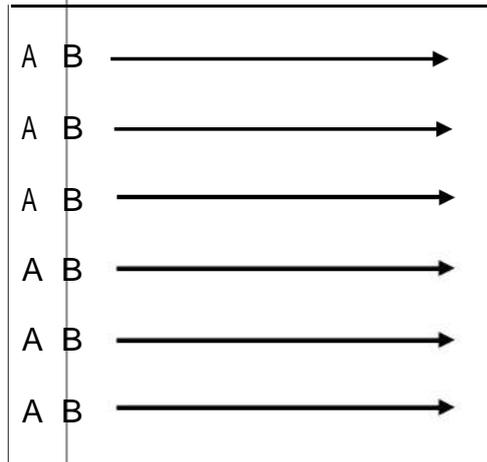
Chasing Pairs

Players pair off. Player B stands with legs straddled on the service line. Player A stands directly behind them with a ball. Player A rolls the ball between Player B's legs, Player A must chase and stop the ball before it reaches the far end wall.

Vary the ways the players can stop the ball e.g.:

- stop ball by sitting on it,
- stop with head etc.

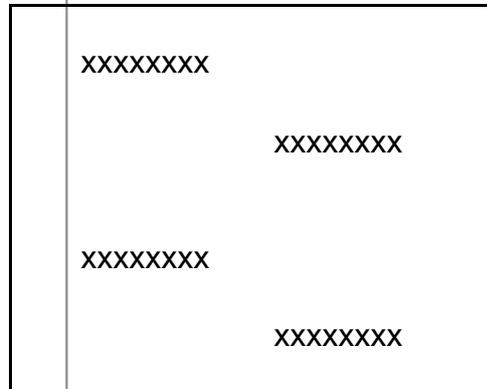
Organisation



Snakes Tail

The group will line up single file and place their hands on the shoulders of the person in front of them. On the word "GO" the person in the front of the line tries to catch the person at the back of the line. The line cannot come apart. Rotate the group from front to back or back to front for each round of play. Once the group has caught their own tail once or twice, have them try to catch the tail of a different "snake."

Organisation

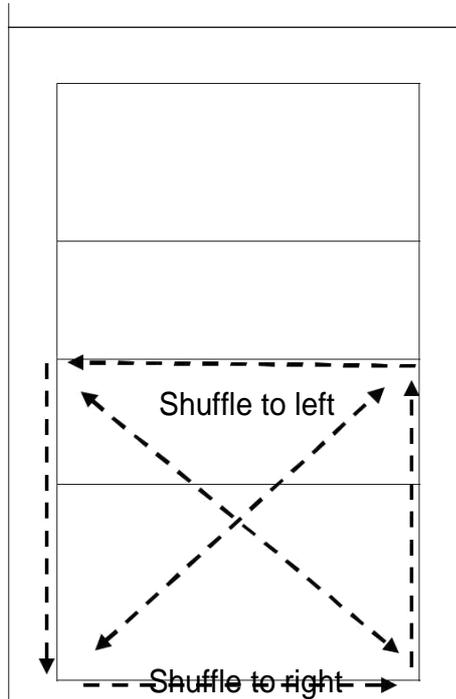


Some general warm up ideas for adults:

Players begin in the left hand corner of the court. Players shuffle to the right hand corner along the service line. Players run with knees up to net along right side line. Shuffle along the net to left side line. Run backwards along left side line to begin again from rear left hand corner.

Make up your own sequence of movements which could include some of the following:

- Jumping at the net simulating a block or a spike
- Diagonal movement on the court
- Movement along lines of the court
- Diving/rolling on the court
- Jogging backwards
- Side stepping
- Cross over steps
- Sprinting



Knee Tag

Players pair off and assume a defensive ready position. When coach says "go" the goal of each player is to touch their opponents' knee as many times as they can. Players with a high ready position are extremely vulnerable to having their knees tagged! Players learn to move quickly to avoid knee tags and players can use their arms to deflect their opponents attempts and counter with their own. Rotate partners every 30 seconds.

Ball Tag

One person is 'on' and must chase the others to try and catch them within a specified area. Once a person is caught they are then the chaser. There is one Volleyball in the game and the person holding it cannot be caught. The team has to work together to try and pass the ball to teammates that are close to being caught to prevent the person chasing from successfully catching anyone. Good game to develop anticipation and quick thinking skills.

- Set the boundary for the warm up area
- Players must remain inside this area for the warm up activity

- Use a smaller area for this game
- If someone steps outside the boundary they are then the chaser

- General warm up guidelines:
 - Explain the warm up activity
 - Set the boundaries of the area to be used
 - Observe the activity
 - Give clear signal to end the activity
- Game related movement can be incorporated into warm up activities:
 - Correct movement patterns in Volleyball
 - Short distance – shuffle/slide steps
 - Average distance – cross step
 - Longer distance – turn and run
- Include some appropriate stretching exercises after the general warm up.

Ball Handling Exercises

It is recommended to include some ball handling exercises after the general warm up and stretching. Throwing and catching ball handling exercises help improve players hand eye co-ordination and throwing and catching skills. Incorporating Volleyball skills into ball handling exercises helps to improve players' confidence and ball control. The difficulty level of the exercises can be increased as players skill level improves.

Throwing and Catching exercises - individual:

- Bounce ball on floor with two hands
- Bounce ball while walking or running a set distance
- Bounce ball around body, under legs
- Throw ball and catch overhead
- Throw ball and catch overhead while clapping or turning in between
- Throw ball and catch overhead while touching opposite foot in between
- Throw ball, clap hands overhead, clap hands behind back and catch ball overhead
- Throw ball, jump and catch ball overhead
- Throw ball, step forward and catch behind back
- Throw ball, sit down, catch ball
- Sit down, throw ball, stand up, catch ball
- Sit down with legs crossed, roll ball behind, stand up and chase after ball, gather with one arm to stop, alternate arms
- Lie on ground and push ball forward, get up and chase ball it has passed a certain marker
- 2 balls each players start at the end line and walk to the net. Start with ball A on the ground, bounce ball B, pick ball A and bounce it, catch the ball B before it bounces a second time and repeat while walking towards the net.

Throwing and catching exercises in pairs:

- Throw and catch the ball in pairs from different distances
- Bounce ball off floor for partner to catch ball over head
- Bounce ball under legs to partner
- In pairs sit on the ground facing each other legs apart, push ball back and forth along the ground to one another keeping the ball moving all the time (hands in volley shape)
- As above keep 2 balls moving at the same time.
- 2 balls per pair, one person underarm throws the ball, one person chest passing, two balls going at the same time
- 2 balls per pair, one person underarm throws the ball the other person passes with feet along the ground, two balls going at the same time
- Partners sit facing each other on opposite sides of the net. Player 1 rolls the ball to their partner who stops the ball, stands up and throws the ball over the net. Player 1 stands up catches the ball and both sit again and repeat.

- Partners stand facing each other on opposite sides of the net. Player 1 throws the ball over the net to partner who catches. After 2 successful catches and throws each both players take a step back further away from the net.
- Player 1 stands with a ball with their back to the net. Player 2 stands on the end line with their back facing into court. Player 1 shouts “go” or “now” and throws the ball high into the centre of the court. On hearing the call player 2 turns and runs to try and catch the ball before it hits the ground
- Player 1 stands with a ball on one side of the net and their partner, player 2, stands on the opposite side. Player 1 throws the ball over the net, player two must move so that the ball will bounce between their legs.

Incorporating Volleyball Skills - individual:

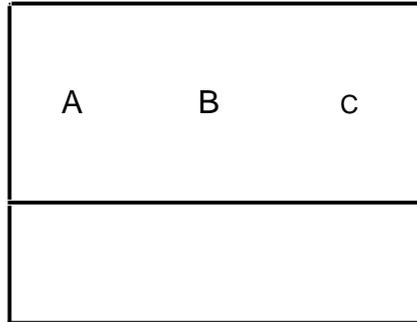
- Throw ball to self near the net, jump and hit or tip ball over the net
- Practice keeping ball in the air to self using the volley
- Walk to the net trying to volley the ball
- Practice volleying ball into basketball hoop
- Practice volleying ball against the wall
- Practice keeping ball in the air to self using dig
- Bounce ball on floor and pass it to self repeat all the way to the net
- Practice digging ball against the wall

Incorporating Volleyball skills in pairs:

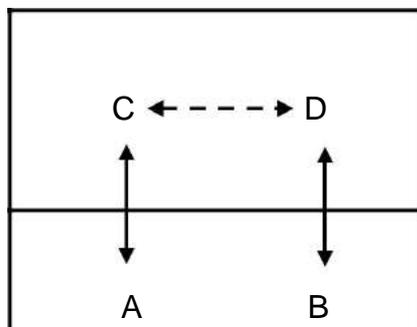
- Player 1 stands with back to net, player 2 stands facing them on the same side. Player 1 underarm throws the ball (or volleys), player 2 volleys (or digs) the ball back. Partners switch positions after 10 attempts each. Practice volleying or digging the ball from different distances and angles back to partner at the net.
- In pairs see how many times can the ball be volleyed or dug back to each other in a row.
- In pairs volley (or dig) to partner, either touch the ground, do a complete turn or run and touch a cone before receiving the next volley (dig).
- Player 1 volleys (or dig) the ball to player 2. Player 1 then runs around player 2 and back to position. Player 2 volleys continuously to self until player 1 is back in position ready to volley again.
- Player 1 lies on the ground on their stomach, player 2 rolls the ball along the floor, player 1 volleys the ball along the floor back to their partner
- Player 1 standing, player 2 sitting. Player 1 tosses the ball towards the forehead of player 2. Player 2 volleys the ball from sitting back high towards the head of player 1.
- Player 1 standing, player 2 kneeling. Player 1 tosses the ball to player 2. Player 2 uses forearms to play the ball back high to player 1
- Player 1 serves or throws the ball at a wall, player 2 must move to dig (or volley) the ball back to a point on the wall.

Incorporating Volleyball skills – larger groups:

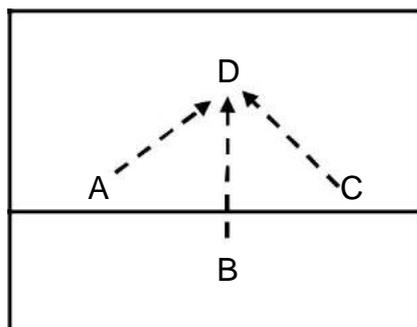
- Group of 3. A volleys short to B, B volleys back to A, A volleys long to C. C volleys to B, B volleys back to C, C volleys long to A. Continue and repeat the sequence. Rotate players to different position. Include other volleyball skills:
 - Dig: Same sequence as above
 - Controlled hit/attack: A volleys to B, B volleys back to A, A control hits to C, C digs to B, B volleys to C, C control hits to A.
 - Reverse set: A volleys short to B, B reverse sets to C, C volleys short to B, B reverse sets to A



- Groups of 4, 2 players start with their backs to the net, the other 2 players start facing them making a square. The players at the net are overhead passing straight in front of them. The 2 players off the net are forearm passing straight back to the players at the net. After the players facing the net (C and D) pass they switch places, side to side, with their partner.



- Groups of 4, A feeds a ball to D who volleys back to A. B feeds a ball to D who volleys back to B, C feeds a ball to D who volleys back to C. After x number of feeds rotate players



Skill Development – The Learning Route

The Learning Route is a proven effective method to introduce skills and develop technique. It is based on the IDEA principle – introduce, demonstrate, explain, attend. Players learn best by seeing tasks demonstrated and then performing them. The steps of the Learning Route are as follows:

1. Demonstrate the whole skill

This first demonstration is given without any technical information and is used when introducing a skill for the first time. The players simply observe the skill being performed in a game like way. The only information given at this stage is the name of the skill and when it is used in the game: e.g. 'this is the Hit or the Spike and we use this skill to play the 3rd touch over the net as an attacking shot'.

2. Do – players do

Players are then set up in a drill to copy what they have just seen demonstrated. The Teacher/Coach observes as the players do the skill without giving any feedback or correction of technique. This is when the Teacher/Coach must evaluate the most common error and decide on the key technical point that will help to improve the players' performance of this skill.

3. Demonstrate with focus

The Teacher/Coach then sets up another demonstration of the skill focusing the players on one specific technical point – e.g. 'jump and land on two feet'

4. Do with feedback

The players then practice the skill again with particular focus on the one technical aspect to be improved. The Teacher/Coach observes and gives specific feedback to players on the technical point being focused on. e.g. 'good feet', 'remember jump and land on two feet'

5. Repeat steps 3 – 4 with new focus

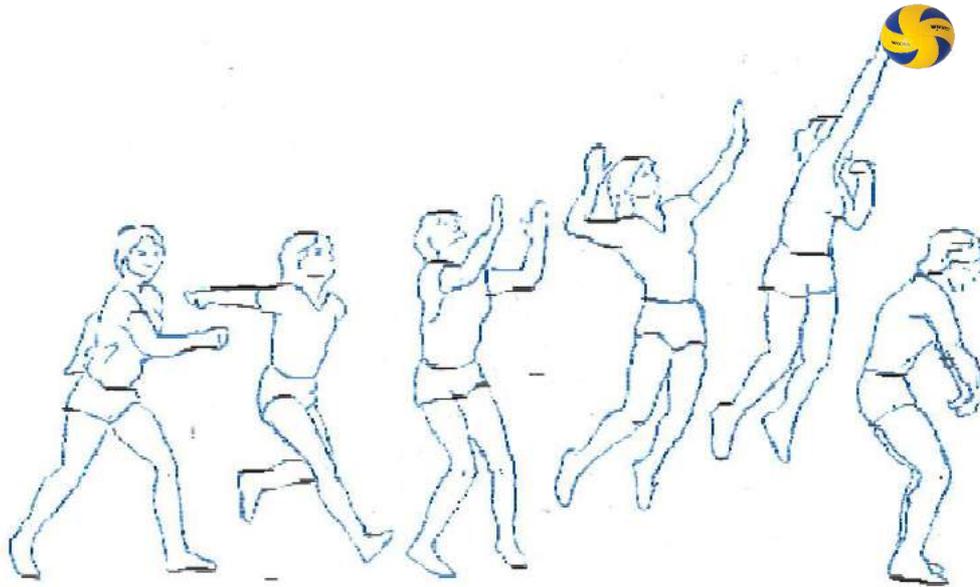
When introducing a new technical point for a skill, simply repeat steps 3 and 4.

Some tips:

- Use the best demonstration of the skill you can. If you cannot give a demonstration then use a player or a video clip.
- Demonstrate the skill several times.
- Use simple drills that are game like.
- When giving feedback use positive specific feedback on the focus being worked on.
- Remember to give feedback to the players who are also performing well!

The Hit

The Hit, is also called the Spike, and is used as an attacking shot. The objective of the Hit is to ground the ball on the opponents' court or force an error in their defense ideally by playing the ball with power downwards into space on opponents' court.



Key Technical Points of the Hit

- Jump and Land from two feet
- Use a 3 step approach to the take off position (jump)
- Approach steps for a right handed player are left step followed by a long low step with right foot planting a fraction before the left. Rhythm is Left – Right - Left
- Both arms swing back and through
- The left hand acts as a sight for the ball
- The right hand reaches to contact the ball high in front of the body and over the hitting shoulder
- Elbow high on approach and contact
- Contact the ball with open hand
- Fleshy part of palm makes contact with ball
- Wrist is loose and snaps over the ball to give top spin
- After contact right arm follows through to right thigh (for right handers)

Common Technical Errors

Common mistakes resulting in hitting errors:	Key Points to eliminate these errors:
<ol style="list-style-type: none">1 Approach started too early or too late2 Not reaching for the ball with a high arm/elbow3 Not using wrist to direct the ball4 Making poor decisions	<ol style="list-style-type: none">1 Dynamic approach – short 1st step, long 2nd step and plant2 Begin approach when ball is at it's highest point from the set3 Reach high and snap wrist on top of ball4 Vary attacking shots

Key Teaching points to focus on at beginner level

- Jump and land from two feet
- Stay behind the ball
- Reach to contact the ball with Elbow high
- Contact the ball with high arm
- Swing arm fast through the ball
- Wrist snap over the ball on contact
- Follow through
- 3 Step Approach

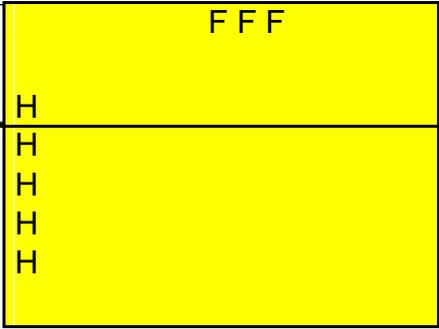
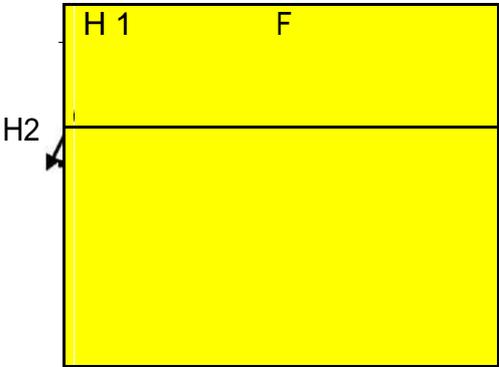
The Tip

The Tip is a variation of the Hit and is another attacking skill that can be used to play the ball over the net. The objective of the tip is to softly place the ball over or to the side of the blockers or into another open area of the opponent's court.

Key Technical points:

- The Attacker should approach and jump as for a normal Hit/Spike.
- Arm swing is slowed down just before contact
- Elbow and arm high on approach and contact
- Contact the ball on pads of fingers of a firm opened hand

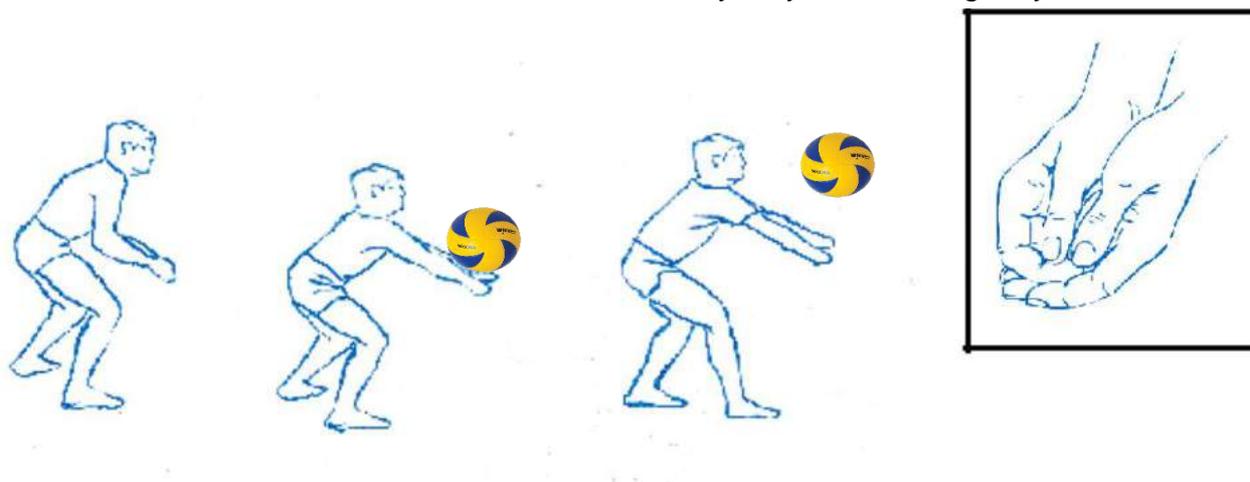
Hitting Drills

Basic Hitting Drill	Organisation
<div style="text-align: center;">  </div> <ul style="list-style-type: none"> ○ Progressions: □ Increase distance between feeder and hitter □ Add a blocker on the other side of the net □ Add targets on other side of the net that hitter is aiming to hit (e.g. Add mats on court) □ Feeder sets the ball instead of using an underarm throw ○ To make the drill easier □ Eliminate timing issues by the feeder standing on a bench and holding the ball up over the net for hitter □ Hitter stands on a bench and hits the ball either from own toss or a feeders toss to isolate arm swing and contact on the ball. 	<ul style="list-style-type: none"> ○ Divide players into groups e.g. groups of 8 or 10 ○ Allocate 5 – 6 Volleyballs per group <p>Diagram illustrates how drill works with one group</p> <ul style="list-style-type: none"> ○ A line of feeders (F) stand close to the net. ○ A line of hitters (H) stand on or near the 3m line. ○ Feeder underarm throws the ball for hitter to approach jump and hit the ball. ○ After F feeds the ball they join hitting line ○ After H hits the ball they collect their ball and join feeding line <p>Safety:</p> <ul style="list-style-type: none"> ○ If possible have all groups hitting from the same side – spread groups down one side of the hall all hitting from the same side of the net. ○ Loose volleyballs rolling under the net are very dangerous – ensure players do not roll balls back under the net and keep an eye out for any loose Volleyballs
Transition and Hit	Organisation
<div style="text-align: center;">  </div> <ul style="list-style-type: none"> ○ Progressions: ○ Add a blocker on the other side of the net ○ Feeder sets the ball instead of throwing 	<ul style="list-style-type: none"> ○ The hitter starts at the net in position H1 indicated, in a ready position to block the ball. ○ The feeder (F) slaps the ball. When H1 hears this slap of the ball they jump to block. ○ Immediately on landing from the block the hitter transitions from the net, i.e. turns & runs back to 3m line (H2 position) ○ F feeds the ball using underarm throw for hitter to approach and hit over the net. ○ Organise groups as basic hitting drill

Attack from different positions	Organisation
<div data-bbox="268 253 707 622" data-label="Diagram"> </div> <p data-bbox="156 651 347 685">Progressions:</p> <ul data-bbox="204 689 826 1227" style="list-style-type: none"> ○ Setter sets the ball instead of throwing ○ Feeder passes the ball into setter using either Forearm or Overhead Pass from a ball feed over the net ○ Hitters start at the net and transition off the net to position to make approach ○ Add blockers on the other side of the net ○ Add targets on the other side of the net that hitters attempt to hit ○ Set target number of successful hits over the net per group/ or target number of target areas hit on the other side of the net ○ Add defenders on the other side of the net 	<ul data-bbox="890 264 1465 1227" style="list-style-type: none"> ○ Divide players into groups e.g. groups of 8 or 10 ○ Allocate 5 – 6 Volleyballs per group ○ Diagram illustrates how drill works with one group ○ A setter stands close to the net between position 2 and 3 ○ A line of Hitters (H) stand on or near the 3 metre line in position 4, 3, 2 (front court attack positions) ○ Feeder underarm throws the ball to setter (S) who either catches and throws the ball to feed it to the hitter or they can set the ball using a Volley. ○ Setter alternates feed/set to each attack position ○ After F feeds the ball they join one of the hitting lines ○ After H hits the ball they collect their ball and join feeding line ○ Rotate different players into setting position after a certain amount of time ○ Hitters rotate through the 3 hitting positions to practice attack from each
Small sided/conditioned Games	Organisation
<div data-bbox="284 1384 687 2022" data-label="Diagram"> </div>	<ul data-bbox="890 1368 1465 2069" style="list-style-type: none"> ○ Split the Volleyball court into 2 or 3 smaller courts ○ Divide players into 2 v 2 games (X players) 3 v 3 games (Y players) or 4 v 4 games (Z players) ○ 1 Volleyball required per group ○ Set conditions of the game, for example: <ul data-bbox="890 1682 1465 2069" style="list-style-type: none"> <input type="checkbox"/> 1st touch catch and throw towards the net <input type="checkbox"/> 2nd touch catch and underarm throw parallel to the net <input type="checkbox"/> 3rd touch jump and hit the ball over the net. <input type="checkbox"/> Other skills can be build into the game to increase difficulty <input type="checkbox"/> Play for certain length of time or to a certain number of points

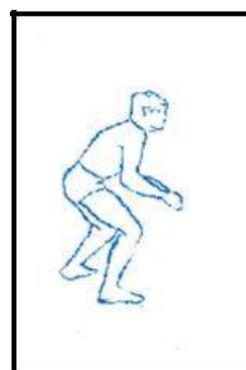
The Forearm Pass

The Forearm Pass is mainly used to play the 1st ball that comes low over the net from either a service or an attack. The objective of the Forearm Pass is to control the ball and direct it towards the setter in a specific area of the court (position 2 ½ or 3). The skill is referred to as the Forearm Pass when used to receive serve. This skill can also be used as the 2nd touch to set up the attack if the ball played into the setter is low. Or it can be used to play the ball over the net on the 2nd or 3rd touch but really only in an emergency situation.



Ready Position

- Stand with medium high posture, facing server
- Feet shoulder width apart
- Right foot slightly in front
- Weight on balls of feet
- Knees bent slightly over toes
- Relax arms and extend them away from the body



Hand Grip

- Close one fist
- Wrap other hand around closed fist so that thumbs come together parallel
- Tilt the wrists downward so that thumbs are pointing forward and slightly down

Or

- Rest the fingers of the right hand on to the fingers of the left hand
- Close the hands up until the thumbs are touching and parallel
- Tilt the wrists downward so that thumbs are pointing forward and slightly down

Key Technical Points of the Forearm Pass

- Be in a ready position when waiting to play the ball
- Move to the ball to put body behind the ball
- Arms straighten and come together with correct grip to receive the ball
- Strive to be stopped and balanced before playing the ball
- Platform for contact of the ball is just above the wrists
- Arms are away from the body for entire pass
- Arms remain straight throughout with elbows locked and very little arm swing
- Adjust the angle of the platform so that the thumb nails are facing the target
- Face the target (Feet, hips, shoulders and platform square to target)

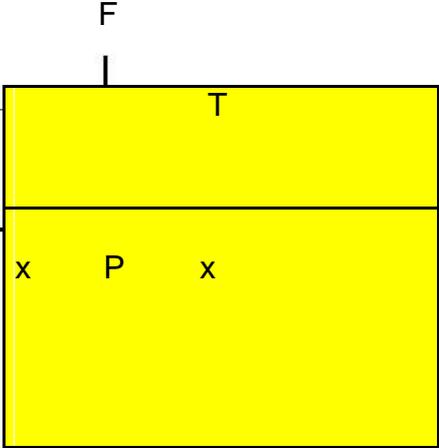
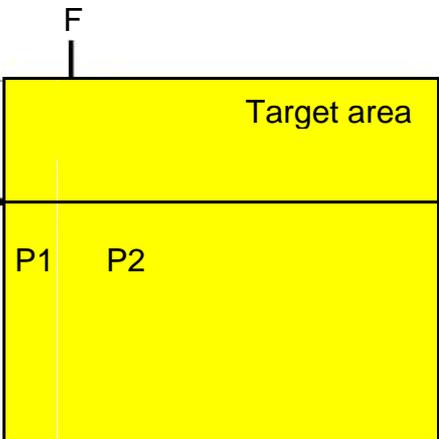
Common Technical Errors

Common mistakes resulting in poor passing	Key points to improve technique
1 Standing upright	1 Ready Position – weight forward, arms long and outstretched
2 No movement	2 Movement – early positioning to be ready to play the ball
3 Bent elbows	3 Arms away from the body and early Platform. Little or no arm swing

Key Teaching points to focus on at beginner level

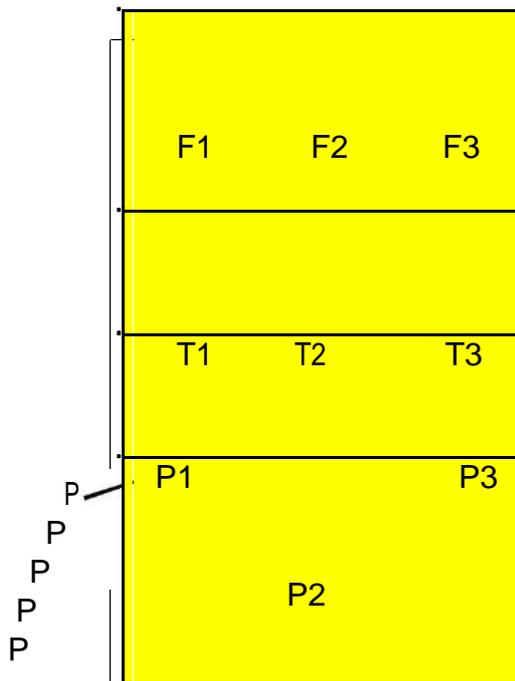
- Move to the ball – shuffle steps for short distance
- Position body behind and arms under the ball
- Be stopped and balanced before passing
- Arms long and away ready early for the ball
- Angle the platform (contact area) to the target
- Very little if any arm swing is used
- Extend through the legs if needed

Forearm Passing Drills

Basic Passing Drill	Organisation
<div style="text-align: center;">  </div> <p>Progressions:</p> <ul style="list-style-type: none"> ○ Increase the distance between the feeder and the passer ○ Place cones on either side of the passer that they must move and touch in between each pass ○ Add more movement by feeding the ball to the left, right in front and behind passer ○ Feeder serves the ball instead of throwing it ○ Place a ball cart in the place of the target player that passers try and pass the ball into 	<ul style="list-style-type: none"> ○ Divide players into groups of 3, 2 balls per group. ○ Feeder (F) positioned one side of the net with a ball. Passer (P) and target (T) with a ball on the other side of the net. ○ F underarm throws the ball over the net to the passer (P) ○ As soon as F serves the ball over the net, T bounces the 2nd ball under the net to F. ○ P passes the ball to T who is positioned at the net, T catches the ball. ○ After P passes 10 balls rotate positions so a new passer comes in. ○ If you need to make up groups of 4, add a second feeder. All players now move around one position (following the ball) after each attempt. Feeder would go to pass, passer becomes the target player and target player goes to feed.
Passing Drill	Organisation
<div style="text-align: center;">  </div> <p>Progression:</p> <ul style="list-style-type: none"> ○ Add in other skills so 3 touches are completed to play ball back over the net. 	<ul style="list-style-type: none"> ○ Divide players into groups of 3, 2 balls per group. ○ Feeder (F) on one side of the net with two balls, two passers on the other side of the net P1 & P2 ○ F feeds the ball over the net. ○ Passers must call for the ball and one of them play it, directing the ball towards the target area. ○ Whichever passer does not pass the ball must move immediately to the target area at the net to be ready to catch the ball ○ After 10 attempts rotate the players.

Long/Short Passing

Organisation



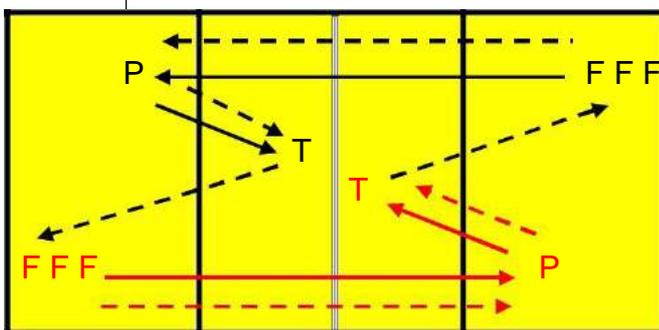
Progression

- Change sequence of passes from short/long/short to long/short/long or players move from side to side
- Feeders serve the ball instead of throwing it.

- Divide players into groups of approx 14, 6 balls per group
- 3 feeders are positioned on the opposite side of the net with a ball each F1, F2 & F3.
- 3 Target players are positioned at the net with a ball each T1, T2 & T3.
- Player (P) moves onto court to position P1.
- F1 feeds the ball over the net to P1 for player to pass the ball to T1. T1 catches the ball & bounces the ball under the net to feeder.
- The player moves immediately to position P2 where F2 feeds the ball over the net for player to pass to T2. T2 catches the ball & bounces the ball under the net to feeder.
- Player then moves immediately to P3 to pass ball feed over the net from F3 into T3. T3 catches the ball & bounces the ball under the net to feeder.
- Once the player passes the ball from P1 & moves to P2 a new player comes into to pass in P1.
- Change feeders/targets and passers after certain number of attempts

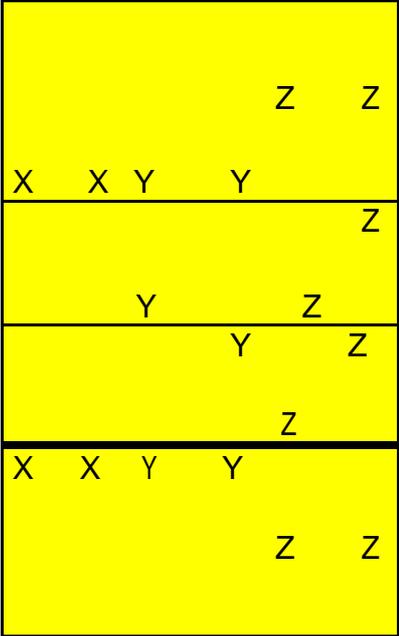
Butterfly drill

Organisation



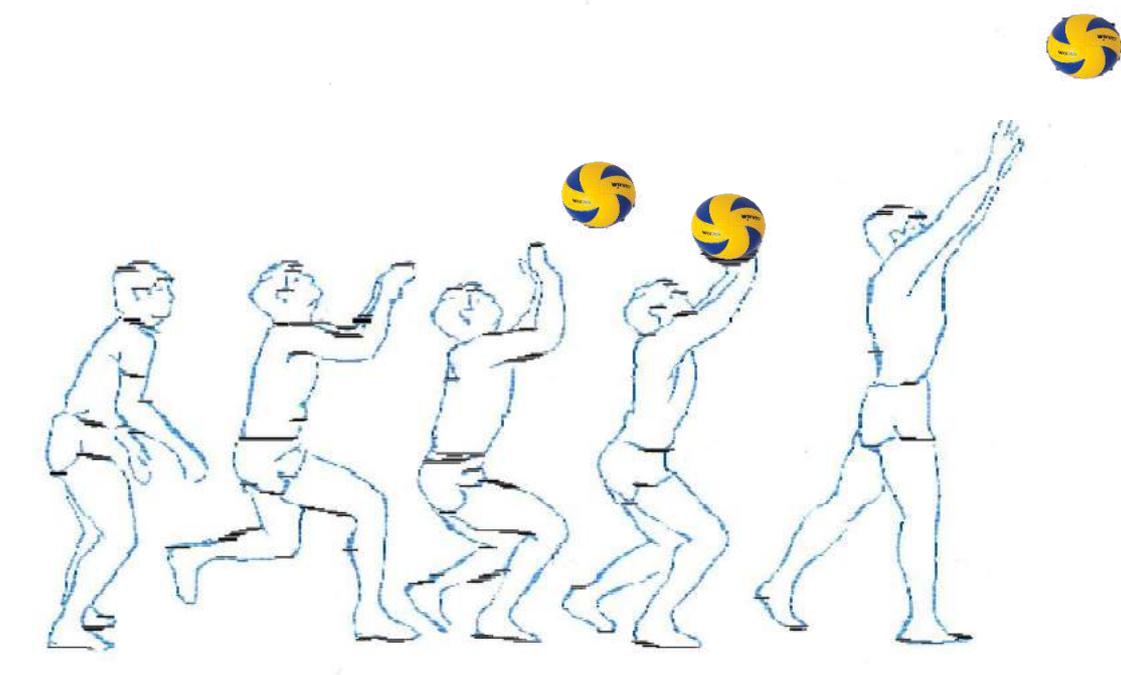
A simpler version of this is the half butterfly drill, indicated by the red arrows and positions marked in red. Once the target player catches the ball they return to the feeding line on the other side of the court. Progress to players using 3 touches to play the ball back over the net.

- Divide into groups of approx 10 -12, 2 balls per group
- F (Feeder) serves over the net to P (Passer).
- P forearm passes to T (Target).
- T catches the ball & joins the F (Feeder) line on own side of court.
- After F feeds they run to the other side of the court & become P (passer).
- After P passes they take T's spot and become the target player. T goes to feed on own side of court after catching the ball from the pass.
- Both sides of the court start at the same time & the drill should work continuously.

Small Sided/Conditioned Games	Organisation
<div style="border: 1px solid black; background-color: yellow; padding: 10px; margin-bottom: 10px;">  </div> <p>Play 8 ball elimination game where each group is given 8 balls or 8 rally attempts. Each time the rally breaks down one attempt or ball is eliminated from their 8. See which group takes the longest to use all 8 balls/attempts</p>	<ul style="list-style-type: none"> ○ Split the Volleyball court into 2 or 3 smaller courts ○ Divide players into 2 v 2 games (X players) 3 v 3 games (Y players) or 4 v 4 games (Z players) ○ 1 Volleyball required per group ○ Play co-operation game where players in each group are working together to try and keep the ball in play for as long as possible, following certain conditions set. ○ Set conditions for the game, for example: <ul style="list-style-type: none"> □ 1st touch pass □ 2nd touch catch and underarm throw parallel to the net/or volley □ 3rd touch jump and tip the ball over the net. □ Or 3rd touch jump and controlled hit over the net

The Volley/Overhead Pass

The Volley/Overhead Pass can be used to play any of the three touches in Volleyball, provided the ball is high. The volley is the preferred setting skill to use for the 2nd touch, note it can only be used if the ball is played high into the setter. The volley would not generally be considered an effective attacking shot on the 3rd touch, however it can be useful to play the ball into space on opponents' court.



Key Technical Points of the Volley

- Be in a ready position when waiting to play the ball
- Move to the ball to put body behind the ball
- Face target (i.e. Feet, hips and shoulders facing target)
- Volley from just above and in front of the forehead
- Volley with relaxed ball shaped hands
- Contact made with finger pads not palms
- Follow through to extend elbows and finish with arms high

Common Technical Errors

Common mistakes resulting in volleying errors:	Key Points to eliminate these errors:
<ol style="list-style-type: none">1 Head not under the ball2 Palming/slapping the ball3 No follow through	<ol style="list-style-type: none">1 Move to the ball early – comfortable stance, right foot in front2 Hands take the shape of the ball3 Follow through with hand high towards the target

Key Teaching points to focus on at beginner level

- Move to the ball – shuffle steps for short distance
- Position body behind and head under the ball
- Be stopped and balanced before volleying
- Spread fingers around ball
- Follow through with arms finishing towards ceiling

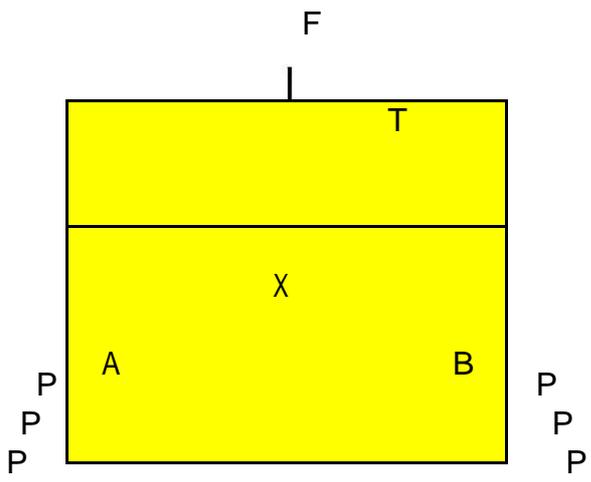
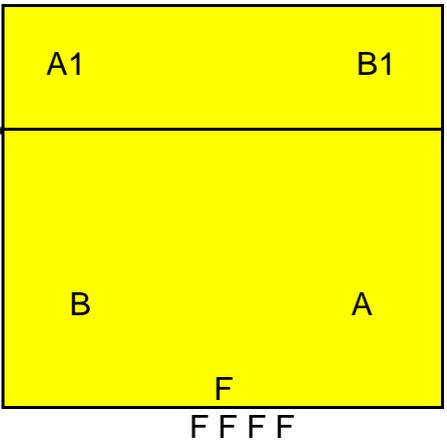
The Volley when used for 2nd touch (setting skill)

The setter is generally the player positioned in either position 3 or 2 ½ in the front court. Their role is that of playmaker. They are responsible for receiving the ball from the 1st pass and setting up an attack using the 2nd touch. The Volley is the ideal setting skill to use and the same technical points apply however there are a couple of alterations.

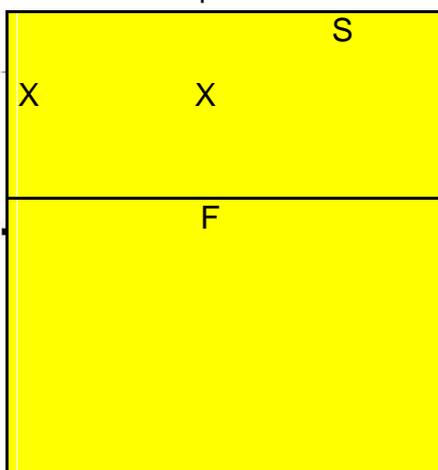
- Beginner Setters position while waiting to play the ball is with right shoulder to the net and body at a 45 degree angle to the net.
- Setter faces position 4 on the left side of the court when setting the ball however they can set the ball in front or behind (a reverse set).

Volley/Overhead Pass Drills

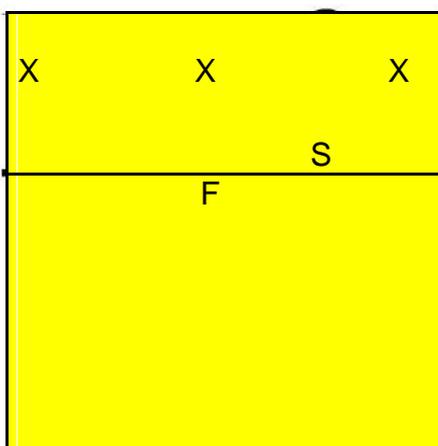
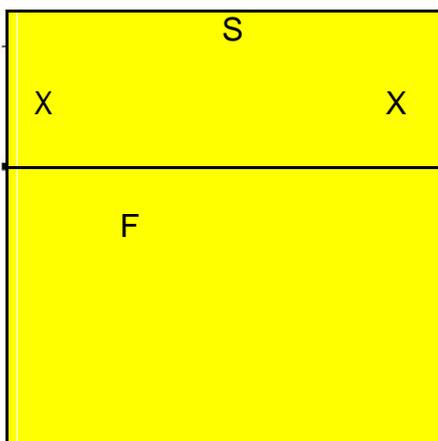
All the drills in the Forearm Passing section can be used also to practice the Volley/Overhead Pass, when it is used to play the first touch. Here are some additional drills which likewise can be used for practicing the forearm Pass.

Move and Volley	Organisation
<div style="text-align: center;">  </div> <p>Progressions:</p> <ul style="list-style-type: none"> ○ Target player sets the ball using a volley for player who volleyed the ball to the target to Volley over the net so 3 touches are completed. 	<ul style="list-style-type: none"> ○ Divide into groups of approx 8 – 10, 2 balls per group ○ F (Feeder) and T (Target) start with a ball each. ○ 2 lines of players on either side line of the court, A line and B line. ○ F throws the ball underarm and high over the net to position X. As soon as F throws the ball T bounces their ball under the net to F. ○ Player A runs as the ball is thrown to position X and Volleys the ball to T. ○ T catches the ball and runs behind F to become a feeder ○ Player A runs to become target player (T) after they volley the ball. ○ Drill continues with players from alternate sides moving into position X to play the ball
The Moving Square	Organisation
<div style="text-align: center;">  </div>	<ul style="list-style-type: none"> ○ Divide into groups of approx 8 – 10, 4 balls per group ○ F (feeder) feeds the ball high towards the centre of the court. ○ A begins by running and volleying to A1. ○ A then runs to take A1's place while A1 takes the ball and joins F line. ○ The person who fed the ball replaces A ○ Next feeder now feeds the ball high towards the centre of court for B to volley to B1. ○ B then runs to take B1's place while B1 takes the ball and joins F line.

Setter in position 2 ½



Setter in position 3



Progressions:

- Add passers so the setter is practicing setting the ball from a pass
- Hitters hit the ball over the net

- Divide players into groups of 3 – 4 players, 2 balls per group
- Setter in position 2 ½, with target
- players in either position 4 and/or 3
- Feeder feeds the ball using an underarm throw to setter who sets the ball using a volley to position 4 or 3
- Players standing in these positions catch the ball that is set and bounce the ball back to the feeder
- Feeder varies position that ball is feed from
- After 10 attempts rotate players

- Setter in position 3, with target
- players in either position 4 and/or 2 ½.
- Feeder feeds the ball using an underarm throw to setter who sets the ball using a volley to position 4 and a reverse volley to position 2 ½
- Players standing in these positions catch the ball that is set and bounce ball back to feeder
- Feeder varies position that ball is feed from
- After 10 attempts rotate players

- Setter now starts in a position off the net
- When feeder slaps the ball setter must run to target area and set the ball to either position 4, 3 or 2 ½
- Feeder varies position that ball is feed from
- Feeder varies where the ball is feed to – the setter should run first to the target area and then adjust to where the ball is feed to.

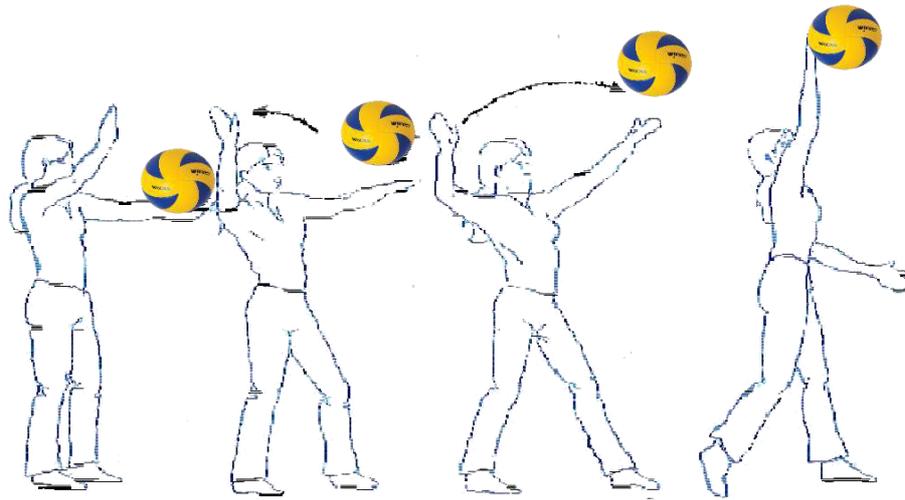
The Serve

The Serve is used to start a rally. Service is made from anywhere behind the end line. An underarm or an over arm serve can be used.



Key Technical Points of the Underarm Serve

- Stand behind the end line facing the net
- Stand with one foot in front of the other, the foot opposite to serving arm in front. (E.g. a right handed player will stand with left foot in front)
- Put weight on the back foot
- Hold ball in palm of non hitting hand at waist level in front of serving hand (hold in left hand for right handed players)
- Toss to release the ball low in front of the serving arm
- Take a step with front foot (left foot for right handed player) and drag the back foot as you serve transferring weight forward.
- Swing arm like a bowling action
- Feeding arm (left for right handed player) releases ball before contact
- Contact is made with the heel of the hand or fist
- Move quickly into a defensive position



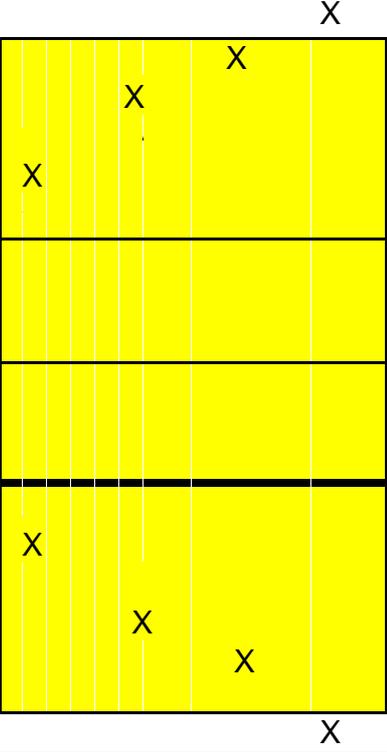
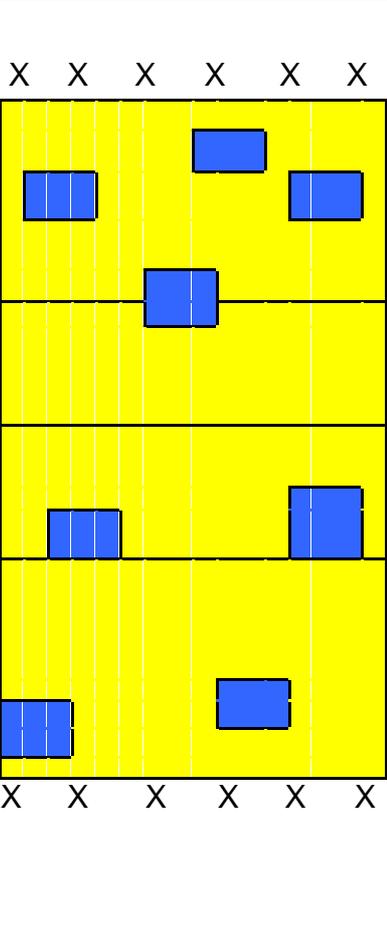
Key Technical Points of the Over Arm Serve

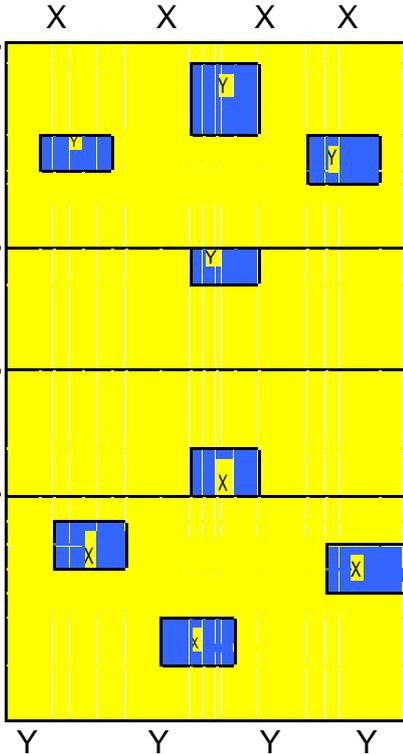
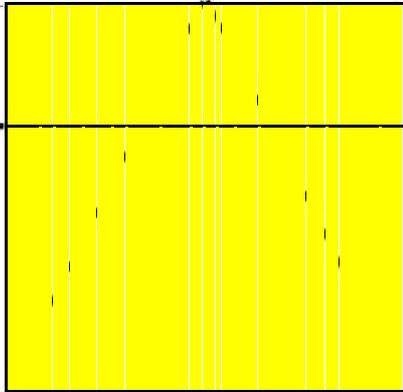
- Stand behind the end line facing the net
- Stand with one foot in front of the other, the foot opposite to serving arm in front. (E.g. a right handed player will stand with left foot in front)
- Put weight on the back foot
- Hold ball in palm of non hitting hand out from body at chest level
- Hold the hitting arm up, extended almost straight above the hitting shoulder
- Take a step with front foot (left foot for right handed player) and drag the back foot as you serve transferring weight forward.
- Toss the ball up to be contact by the serving hand at arms reach
- Reach arm high to hit the back of the ball with the meaty part of the hand.
- Contact ball with elbow high above ears
- Contact is made with strong flat hand
- Move quickly into a defensive position

Common Technical Errors

Common mistakes	Key points to improve technique:
1 Poor toss	1 Consistent ball tossing in training in front of hitting arm
2 less power	2 Strike the ball with a high arm and stiff wrist
3 Unbalanced foot work	3 Establish a routine to focus feet movement

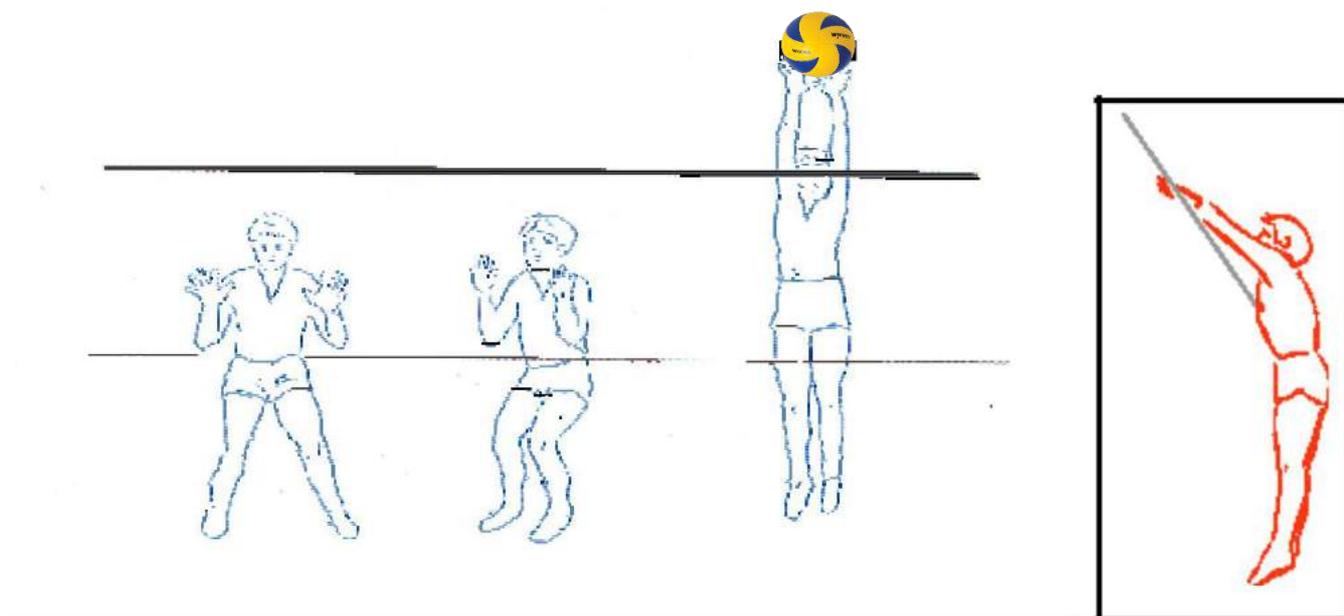
Serving Drills

Basic Serving Drill	Organisation
	<ul style="list-style-type: none"> ○ Players partner up, 1 ball between two, and stand on opposite sides of the net. ○ Players serve the ball to their partner who retrieves the ball and serves it back. ○ Players can stand inside the court if they need to, to successfully serve the ball over the net. ○ As players skill level and confidence improves they can step back so they are serving from nearer the end line ○ Ultimately they will be serving from behind the end line
Target Serving	Organisation
	<ul style="list-style-type: none"> ○ Arrange players behind the end line on each side of the court. ○ Place mats or any other large visible items on court as target areas for players to serve towards. ○ Both sides of the court can serve at the same time and players on each side can also serve at the same time or one after the other. ○ Encourage players to serve from different areas behind the end line ○ Allocate points each time a serve lands on a target area and see individually who gets the most points or have a competition between the two teams. ○ Change the condition of the game so now servers must avoid the targets when serving. ○ Instead of using mats, players can partner up, with one partner sitting down and their partner must serve the ball to them so they can catch it.

Serving Games	Organisation
 <p style="text-align: center;">X X X X</p> <p style="text-align: center;">Y Y Y Y</p>	<ul style="list-style-type: none"> ○ Put mats on each side of the court, for example, 3 long and 1 short. ○ Divide players into teams of 8, 4 players behind the end line are servers and the other 4 players sit on each mat on the other side of the court. ○ To release the players on the mats servers must serve the ball to them so they can catch it. ○ When players on a mat catch a ball they join the servers on their team to try and release the other players on the mats. ○ Play until all players are released and then switch around players. ○ Modify the game so that the players on mats now stand up and the servers must now try to serve into space and avoid them. ○ If player on a mat catches the ball they switch with the server, who then takes their place on the mat. ○ Players score a point when they successfully serve into space and lose a point when someone on a mat catches a ball.
Serving Games	Organisation
	<ul style="list-style-type: none"> ○ Divide the court into zones ○ Servers practice serving to each zone ○ Set a number of successful serves players must achieve ○ If players miss a serve their score goes back to zero and they start again ○ Players can keep their score individually or as a team

The Block

Blocking refers to a front court player's attempt to defend an opponent's attack at the net by reaching their hands above the top of the net. Blockers can reach their hands beyond the net to contact the ball as long as they do not interfere with an opponent's play before or during an attack hit. One or more front court players can attempt to block at the same time. Back court players and Libero players are permitted to use a block action at the net however if a contact by a backcourt player/libero is made then it is a foul. The block is not counted as one of a team's three contacts.



Key Technical Points of the Block

Ready position

- Feet Shoulder width apart.
- Arms in front so you can see the back of your hands.
- Knees slightly bent

Blocking Action

- Jump and land on two feet while bending knees to absorb pressure
- Block with two hands and loose wrists
- Jump and extend arms up and over the net
- Hands are spread and penetrate across the net
- Keep head between extended arms
- Hands are directed down towards the centre of the opponent's court

What to watch

- Eyes on the ball as it comes into setter
- Next focus is the setter
- Watch the ball until the setter releases it to a position
- Eyes then on the approaching hitter
- Focus on the hitter's approach.
- Key in on the hitter's hand
- Ball – Setter – Hitter – Ball/Hitter

Where to jump

- Line up block according to team tactics (X court, line etc.)
- Focus on the hitter's approach.
- Key in on the hitter's hand

When to jump

- Jump just after the hitter jumps
- Delay in accordance with the distance of the set from the net.

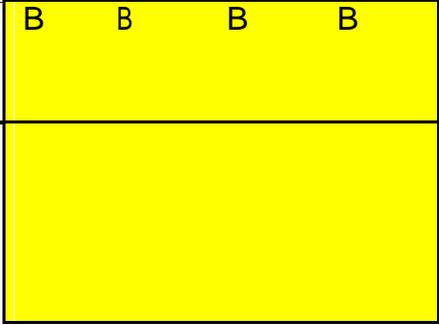
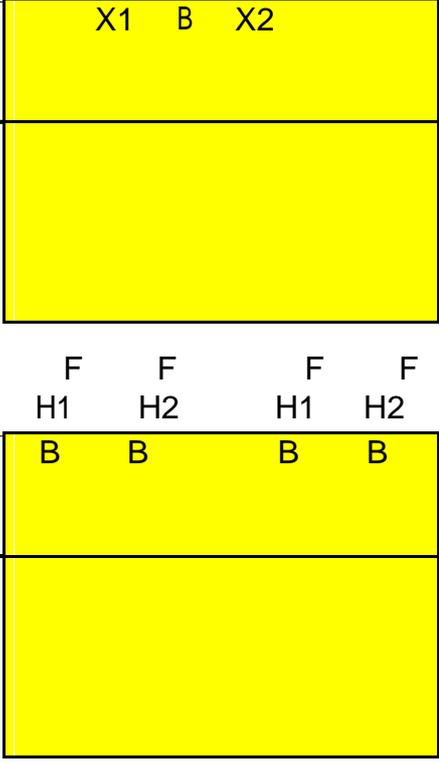
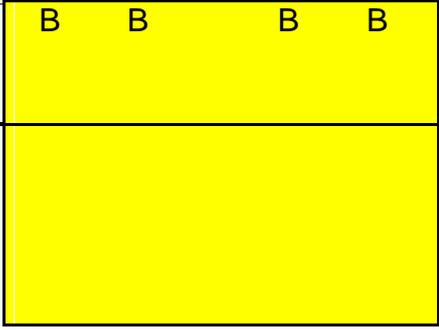
Footwork in Blocking

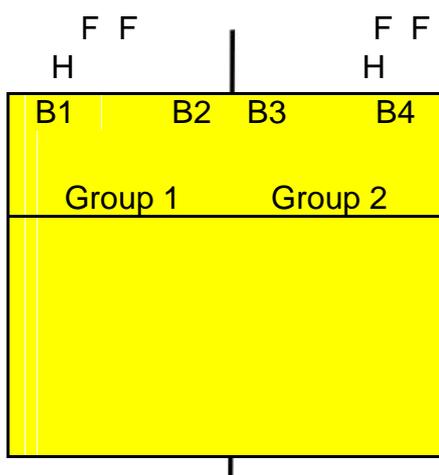
- Short Distance – Shuffle step/Side step
- Long Distance – Cross Step – (Step/Cross/Close) or Turn and run.

Common Technical Errors

Common blocking mistakes	Key points to improve technique:
1 Ball lands down on blocker's side	1 Reach arms across the net to block ball on opponent's side
2 Ball wipes off the block and goes out	2 Turn hands into court to prevent wipe off
3 Ball is spiked over the block	3 Adjust timing of the block jump
4 Ball is spiked in between a 2 man block	4 Ensure the block is closed in a 2 man block

Blocking Drills

Basic Blocking Drill	Organisation
<div style="text-align: center;"> <p>F F F F</p> <p>H H H H</p>  </div> <p>This is a good drill to work on blocking ready position and blocking technique of contacting the ball with hands on opponents side of the net.</p>	<ul style="list-style-type: none"> ○ Divide players into groups e.g. groups of 3. ○ Allocate 3 - 4 Volleyballs per group ○ Hitters (H) positioned on a bench or chair on the opposite side of the net. ○ Feeder (F) gives ball to hitter and collects loose Volleyballs ○ Blocker (B) on opposite side of the net. ○ H slaps and hits the ball, B jumps and blocks. ○ After x number of attempts players change positions. <p>Safety:</p> <ul style="list-style-type: none"> ○ Ensure Hitters are positioned on a stable platform. ○ Ensure the area is kept clear of loose volleyballs rolling on the floor so it will be safe for blockers jumping.
Individual Blocking with Side Step Movement	Organisation
<div style="text-align: center;"> <p>F</p> <p>H</p>  <p>F F F F</p> <p>H1 H2 H1 H2</p>  </div>	<ul style="list-style-type: none"> ○ Organise groups as basic blocking drill ○ The blocker starts in X1 position. ○ Hitter (H) on a bench/chair slaps and hits the ball. ○ Blocker in X1 quickly moves using a shuffle/side step to the right to blocking position B to block the ball. ○ The blocker then repeats the exercise starting in X2 position and shuffle/side step to the left to blocking position B. ○ Rotate players after x number of attempts. <p>Progression:</p> <ul style="list-style-type: none"> ○ Organise into groups of 5. ○ Add hitters in two positions on the opposite side of the net (H1 and H2). ○ The blocker must now move from side to side to attempt to block the ball from both positions. ○ Rotate players after x number of attempts.



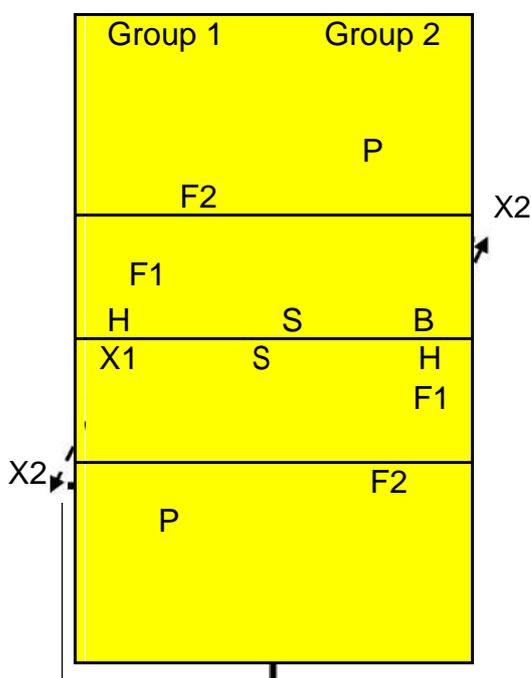
- Divide players into of 5, 4-5 Volleyballs per group
- Hitters (H) positioned on a bench or chair on the opposite side of the net.
- Feeders (F) give ball to hitter and collect loose Volleyballs.
- Two blockers (B1 and B2) on opposite side of the net.
- B2 moves using a cross step to close the block with B1.
- In the 2nd group B2 and B4 are the blockers.
- B3 moves using a cross step to close the block with B4.
- Rotate players after x number of attempts and rotate players into different blocking positions.

Progressions:

- Add setter to opposite side of the net so hitters approach and hit the ball.
- Blockers on the outside must now work on setting the block in the correct position.
- Both blockers work on block timing.

Blocking and Transition

Organisation

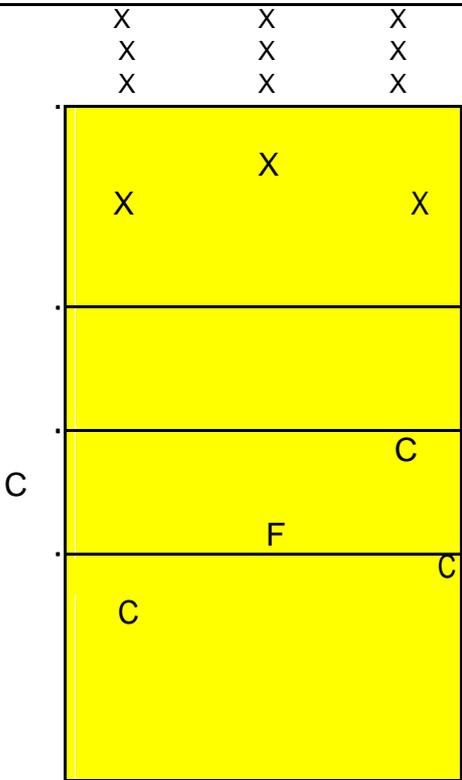
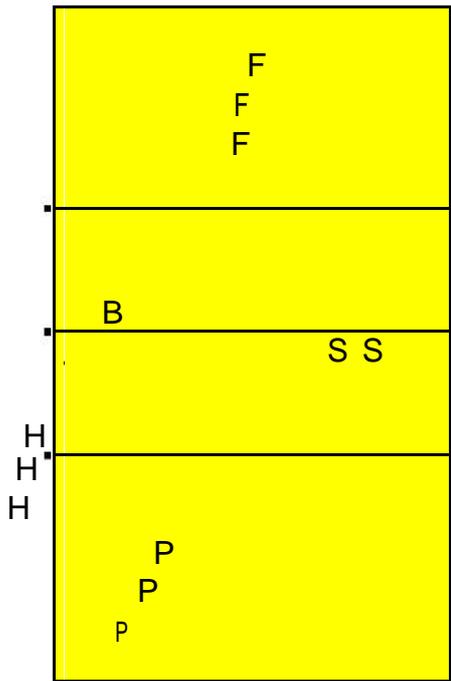


- Divide players into of 6, 5-6 Volleyballs per group
- Hitter (H) positioned on a bench or chair on the opposite side of the net.
- Feeder (F1) gives ball to hitter and collects loose Volleyballs.
- Hitter slaps and hits the ball over the net.
- Player starts at the net (X1) and blocks, immediately on landing from the block the player turns and runs to position behind the attack line ready to attack (X2).
- Feeder (F2) feeds ball to Passer (P) on opposite side of the net.
- P passes the ball to the setter (S) who sets the ball parallel to the net for player to approach and attack.
- Rotate players after x number of attempts.
- Practice block and transition from all blocking positions on court, right side, middle and left side.

Progressions:

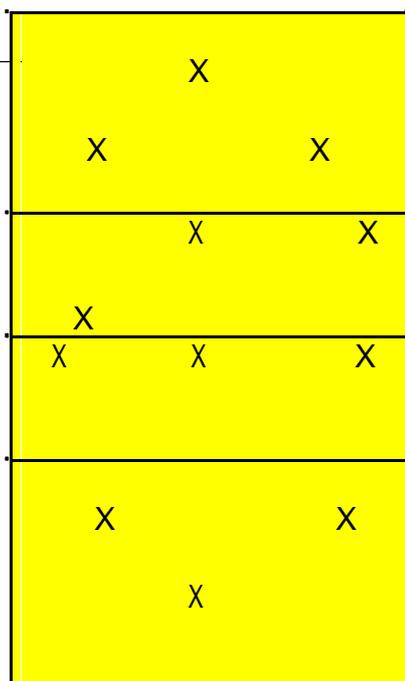
- Remove the passer and the player who blocks must transition and pass the ball and then attack.
- Include a middle player to the exercise who also blocks and transitions.
- Add setter on the opposite side so hitters approach and hit the ball.

Combination Drills/Conditioned Games

3 touch drill	Organisation
	<ul style="list-style-type: none"> ○ Divide the group in two with half the group collecting volleyballs (C) and ensuring feeder has a ball ○ Players line up in three lines behind the end line and come onto court in groups of 3, 1 player from each line. ○ Feeder (F) feeds the ball over the net using either an underarm throw, a serve or standing on a chair close to the net attack the ball. ○ Team of 3 on court must play the ball back over the net using 3 touches ○ Set conditions for the drill for how the three touches are to be played ○ Team of 3 must stay on court until they are successful in fulfilling the conditions of the exercise. ○ When the 3 players complete the task they join the back of each line and the next 3 players come on court ○ Switch players and ball collectors half way through the exercise
Combination drill	Organisation
	<ul style="list-style-type: none"> ○ Divide the players into groups of approx 12 ○ One line of passers (P), one line of hitters (H), one line of setters (S), one line of feeders (F) and a blocker (B) ○ Feeder plays the ball over the net using either a throw, serve, or a controlled hit. ○ Passer (P) plays the ball into the setter (S) who sets for the hitting line ○ Feeder joins the passing line, passer joins the setting line, setter joins the hitting line, hitter moves to blocking position, blocker collects the ball and joins the feeding line ○ Vary position where ball is being passed from ○ Change hitting line to position 3 and 2

Defenders V Attackers

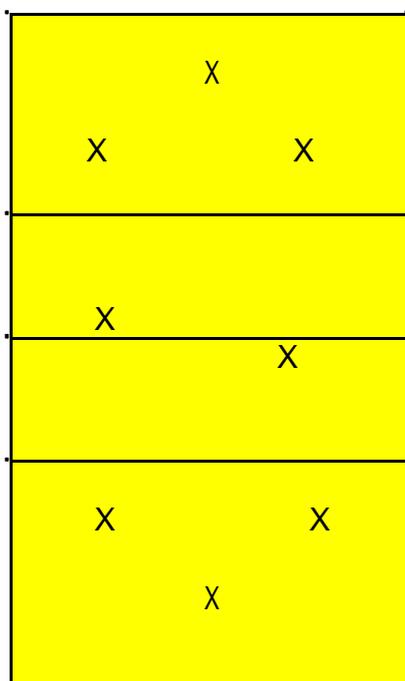
Organisation



- Divide players into teams 3 v 3, 4 v 4, 5 v 5 or 6 v 6
- Team on one side of the court starts the rally by setting up an attack over the net. This can be done by either tossing a ball to the setter on the attacking team to set up an attack or by giving a free ball to the attacking team to play into the setter.
- Opposite team (defenders) set up defense to counter the attack
- Teams play out the rally
- Play for a certain number of points keeping the score then switch attacking and defending team

King/Queen of the Court

Organisation



X X X X
X X X X

- Divide players into teams 3 v 3, 4 v 4, 5 v 5 or 6 v 6.
- Run a series of games changing players on teams for different matches.
- Players keep their individual score, gaining a point for each game they are on the winning team for.
- Player with the most points at the end of the series of games is the King/Queen of the court.
- Variation: - Wave through:
Teams change after every rally.
The team that won the rally stays on court
The team that lost the rally goes off court
New team come onto serve
Play until one team gains x number of points

Serve Receive

Serve receive is the first play from service over the net. Players can be lined up on court to maximise the team's effectiveness in receiving the serve and setting up a good first attack. Arranging players in this way is called a serve receive system.

Skills used to receive Serve:

- Forearm Pass
- Overhead Pass

Tips to help select a Serve Receive System

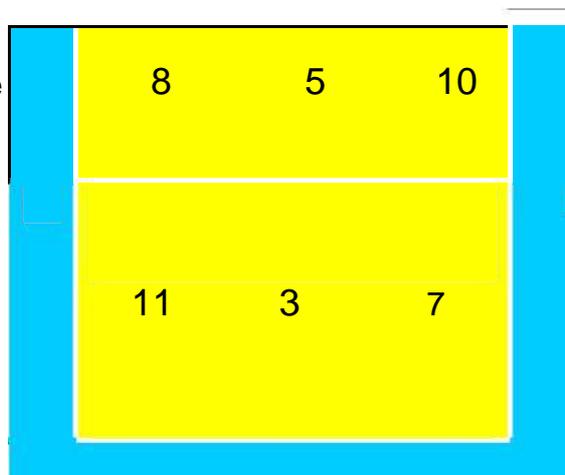
- The setter/player in the setting position (position 2 ½ or 3) does not pass
- Decide how many of the other players will be in the passing line up to receive the serve, either 5 passers, 4 passers, 3 passers or even two passers.
- For beginner level using 5 or 4 passers is recommended
- Ensure players are in correct rotational order when passing to ensure a positional fault does not occur.
- Teach players their areas of responsibility in each position
- Identify target area where the 1st ball is to be played towards (position 2 ½ or position 3)

Common errors in team Serve Receive	Common causes of team passing errors
<ul style="list-style-type: none"> ○ Ball hitting the floor, no-one attempting to play it ○ Two or more players clash going to play the same ball ○ Run of serves that the passers are unable to receive successfully 	<ul style="list-style-type: none"> ○ Poor concentration ○ Poor communication ○ Lack of movement ○ Lack of focus ○ Lack of confidence
Tips to help	Key points to improve team Serve Receive
<ul style="list-style-type: none"> ○ Use of visualisation ○ Positive self talk ○ Team members help and encourage each other ○ Incorporate practice of team passing into training session ○ Encourage players to call for the ball 	<ul style="list-style-type: none"> ○ Choose a serve receive system that best suits your team ○ Ensure areas of responsibility are clear ○ Encourage good communication between players – verbal & physical ○ Make a change in the passing line up if there is a run of points

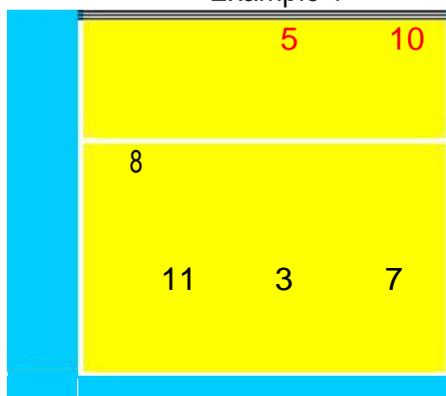
Example of Serve Receive line ups using 4 passers

Starting Line Up

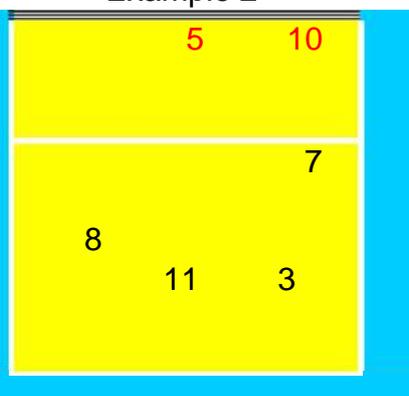
Player in Position 2 is the Setter in this rotation



Example 1



Example 2

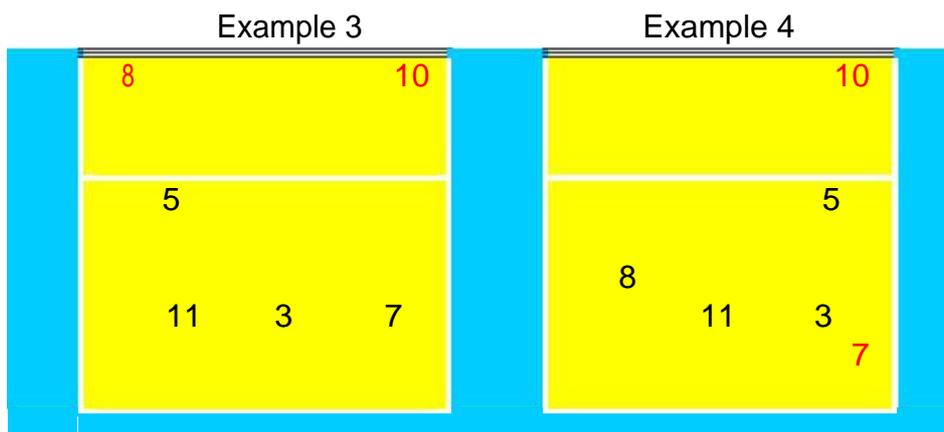


Example 1:

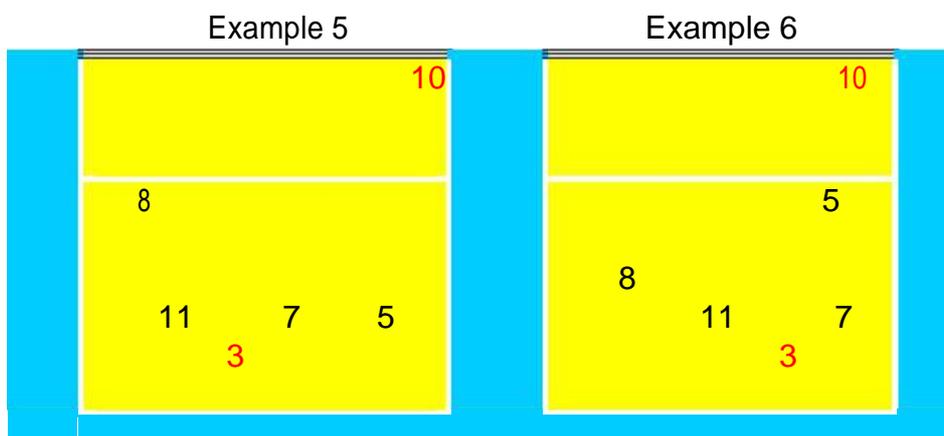
- Player No 10 the setter and player No 5 are not in the passing line up.
 - Player No 8 drops back to the 3m line to cover any short serve in and around that area
 - Player No's 11, 3 and 7 divide the rest of the court in equal thirds between them.
- Possible positional faults in this line up:
- As there is little change from the starting positions it is highly unlikely a positional fault will occur

Example 2:

- Player No 10, the setter, and player No 5 are not in the passing line up.
 - Player No 7 moves forward to cover the short serve behind the setter
 - Player No 8 drops back nearly in line with the other two backcourt players.
 - Player No's 8, 11 and 3 divide the rest of the court in equal thirds between them.
- Possible positional faults in this line up:
- Player No 8 needs to ensure that their feet are closer to the net than player No 11
 - Player No 7 must ensure that they are closer to the right side line than player No 3
 - Player No 3 must be between player No 7 and player No 11.



Example 3:	Example 4:
<ul style="list-style-type: none"> ○ Player No 10 ,the setter, and player No 8 are not in the passing line up and player ○ Player No 5 drops back to the 3m line to cover any short serve in and around that area ○ Player No's 11, 3 and 7 divide the rest of the court in equal thirds between them. <p>Possible positional faults in this line up:</p> <ul style="list-style-type: none"> ○ Player No 5 needs to ensure they are in between players No 8 and 10. 	<ul style="list-style-type: none"> ○ Player No 10, the setter, and player No 7 are not in the passing line up. ○ Player No 5 drops back to cover the short serve behind the setter ○ Player No 8 drops back nearly in line with the other two backcourt players. ○ Player No's 8, 11 and 3 divide the rest of the court in equal thirds between them. <p>Possible positional faults in this line up:</p> <ul style="list-style-type: none"> ○ Player No 5 needs to ensure that they are in between player No 8 and 10. ○ Player No 8 needs to ensure that their feet are closer to the net that player No 11 ○ Player No 7 must ensure that they are closer to the right side line than player No 3 ○ Player No 3 must be between player No 7 and player No 11.



Example 5:	Example 6:
<ul style="list-style-type: none"> ○ Player No 10 ,the setter, and player No 3 are not in the passing line up and player ○ Player No 5 drops back in line with other two backcourt passers ○ Player 8 drops back to 3m line to cover any short serve in or around that area ○ Player No's 11, 7 and 5 divide the rest of the court in equal thirds between them. <p>Possible positional faults in this line up:</p> <ul style="list-style-type: none"> ○ Player No 5 needs to ensure they are in between players No 8 and 10. ○ Player No. 5 must have their feet closer to the net than player No 3. ○ Player 3 must be between players No 11 and 7 	<ul style="list-style-type: none"> ○ Player No 10, the setter, and player No 3 are not in the passing line up. ○ Player No 5 drops back to cover the short serve behind the setter ○ Player No 8 drops back nearly in line with the other two backcourt players. ○ Player No's 8, 11 and 7 divide the rest of the court in equal thirds between them. <p>Possible positional faults in this line up:</p> <ul style="list-style-type: none"> ○ Player No 5 needs to ensure that they are in between player No 8 and 10. ○ Player No 8 needs to ensure that their feet are closer to the net that player No 11 ○ Player No 3 must be between player No 11 and player No 7

- A positional fault is called if players are not positioned correctly on court, according to the rotational order, at the moment of service.
- The penalty for this is loss of rally (a point for the other team) and loss of service (if your team was serving).
- After the ball is contacted for serve players may move to any court position they wish during the rally but they must always return to the correct rotational order before the next serve.

Additional drills to practice Serve Receive

Passing in Pairs	Organisation
<div style="text-align: center;"> </div> <p>Progressions:</p> <ul style="list-style-type: none"> ○ F Serves the ball over the net from behind the end line ○ T practices setting the ball from the pass 	<ul style="list-style-type: none"> ○ Divide players into groups of 4, 2 balls per group ○ Divide the court into three sections with one group working in each section ○ F is the feeder who either throws or serves the ball over the net ○ X1 and X2 are the passers who pass the ball to T, the target player positioned at the net. ○ F has a ball and T has a ball ○ As soon as F serves the ball over the net, T bounces the 2nd ball under the net to F and catches the ball that is played in by the passers. ○ Players practice passing in pairs either side by side, staggered one in front and one behind, and in different areas of the court. ○ Rotate players after a certain number of attempts
Team Passing	Organisation
<div style="text-align: center;"> </div>	<ul style="list-style-type: none"> ○ Divide players into groups of 7 -8, 4 balls per group ○ In each group 4 players are passing, 1 player is a Target and the rest are serving (one after the other) ○ S serves or throws the ball over the net to players who pass to T, Target ○ Rotate players after a certain number of attempts. ○ S1 rotates into T (x), T (x) moves into pass in X1 position, player in X1 moves to pass in X2, player in X2 moves to pass in X3, Player in X3 moves to pass in X4 and player in X4 goes to the other side of the net to become a server S (x) ○ Progression: ○ T practices setting the ball from the pass ○ Players attack the ball that is set over the net

Offense System/Attack

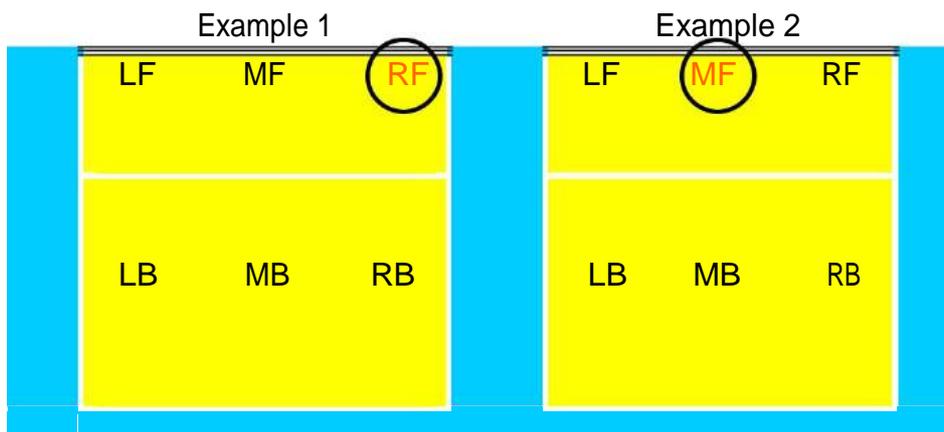
A Volleyball offense system relates to:

- setting position on court
- the number of setters on court
- the available attackers
- variety of attack

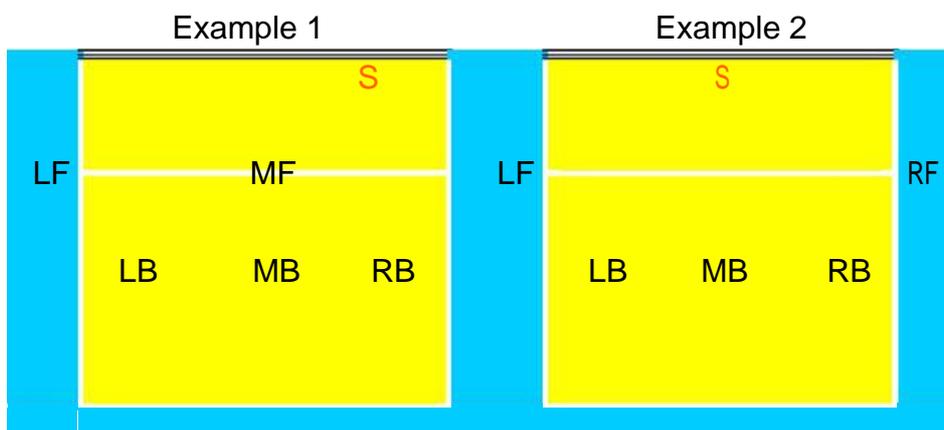
Skills used to Attack are ideally	Skills used to Set
<ul style="list-style-type: none"> ○ Hit ○ Tip ○ Roll Shot 	<ul style="list-style-type: none"> ○ Volley (ideally) ○ Dig ○ The setter can also attack the ball over the net on the 2nd touch

There are several offense systems that can be selected depending on the level of the players:

- At beginner level it is recommended that players do not specialise and all players set when they rotate into position 2 (or position 3)



Example 1:	Example 2:
<ul style="list-style-type: none"> ○ The setting position is in position 2, the right front of the court ○ The first ball played should be directed towards this area of the court ○ When each player rotates into this position they take on the role of the setter ○ Hitters available in the front court to set to are the left front and the middle front players. ○ Players must be able to set the ball to both of these positions 	<ul style="list-style-type: none"> ○ The setting position is in position 3, the middle front of the court. ○ The first ball played should be directed towards this area of the court ○ When each player rotates into this position they take on the role of the setter ○ Hitters available in the front court to set to are the left front and right front players. ○ Players must be able to set the ball to both of these positions, using a reverse set ideally to set the right front position.



Example 1:	Example 2:
<ul style="list-style-type: none"> ○ When the ball comes over the net either from service or in a rally attackers move to a position to be available to attack and setter moves into setting position at the net, position 2 ○ Left front player moves to just behind 3m line to a position just off the court to be ready to make an approach ○ Middle front player moves to just behind the 3m line in the middle of the court to be ready to make an approach ○ The setter moves into position 2, with their right shoulder to the net to be ready to set the ball. 	<ul style="list-style-type: none"> ○ When the ball comes over the net either from service or in a rally attackers move to a position to be available to attack and setter move into setting position at the net, position 3 ○ Left front player moves to just behind 3m line to a position just off the court to be ready to make an approach ○ Right front player moves to just behind the 3m line to a position just off the court to be ready to make an approach. ○ The setter moves into position 3, with their right shoulder to the net to be ready to set the ball.

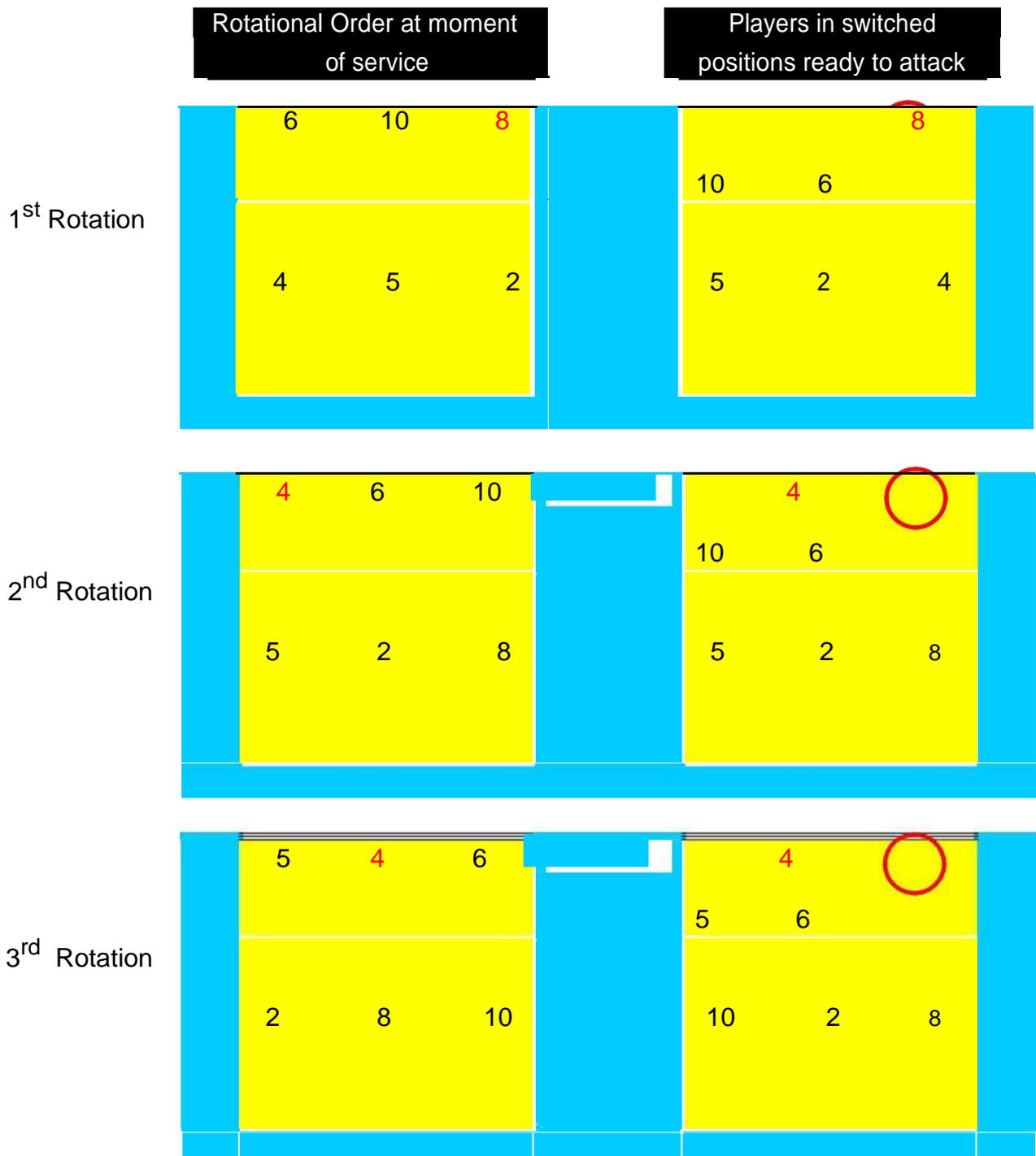
Whichever position the setter is setting from it is important that the setter moves to the setting position quickly to provide a clear target for the other players to direct the first ball towards. If the first ball does not come directly into this position the setter is then ready to react and move to play the ball.

At intermediate and advanced level players do tend to specialise and switch to a particular side of the court. Intermediate/advanced offense systems include:

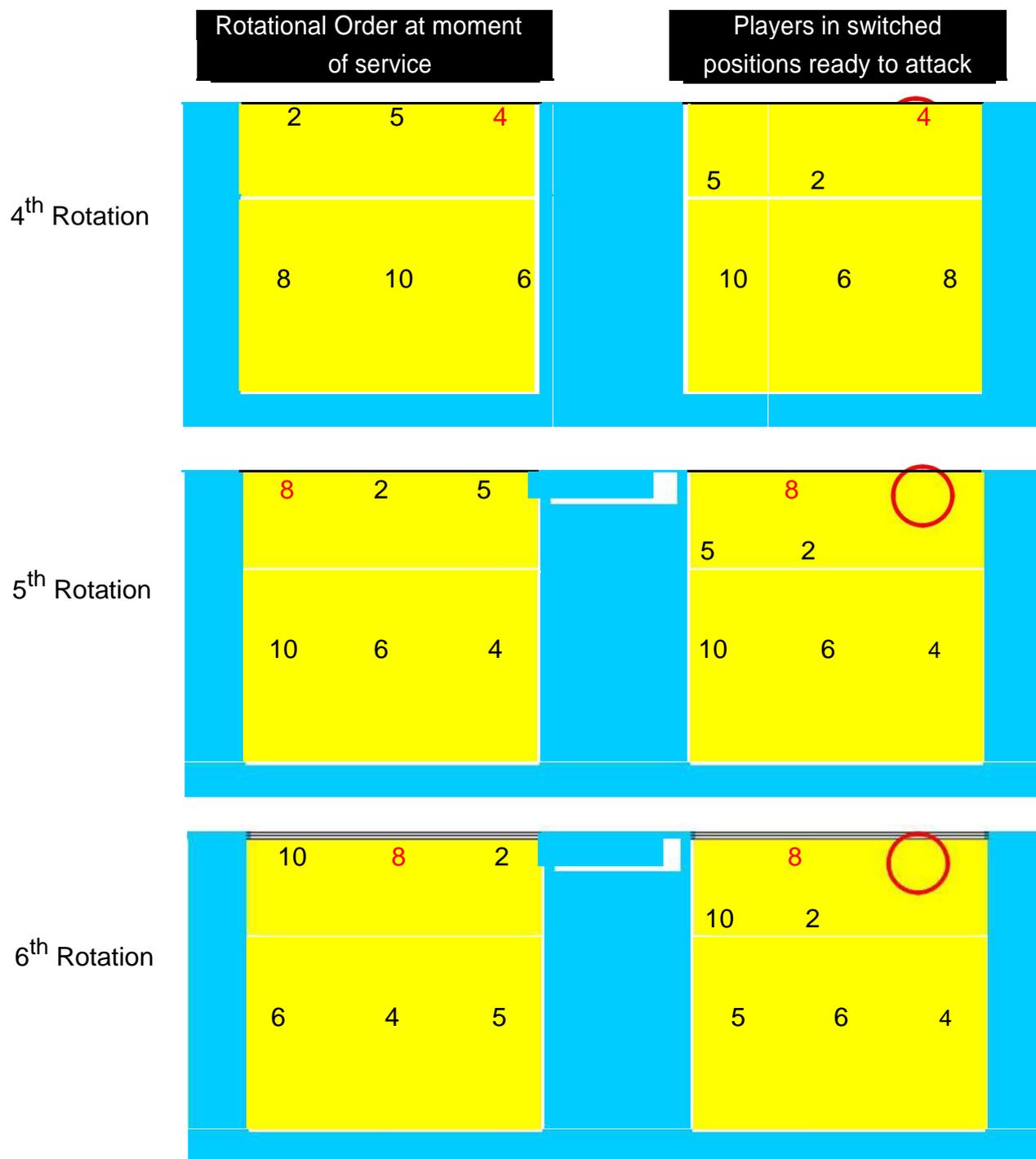
- 4 – 2 system: 2 setters – 4 attackers. Setter in front court sets
- 5 – 1 system: 1 specialist setter – 5 attackers. Setter sets when in the front court and back court
- 6 – 2 system: 2 setters – 6 attackers. Setter in back court sets – 6 attackers

4 – 2 Offense System

- 2 Setters system.
- Setters set only when in front court and set from position 2 ½ .
- 2 front court attackers available on all rotations.
- Middle players can attack from in front or behind the setter.
- All players switch to specialised positions after service.
 - Left side players - No 5 & 10
 - Middle players – No 6 & 2
 - Right side players/setters – No 8 & 4

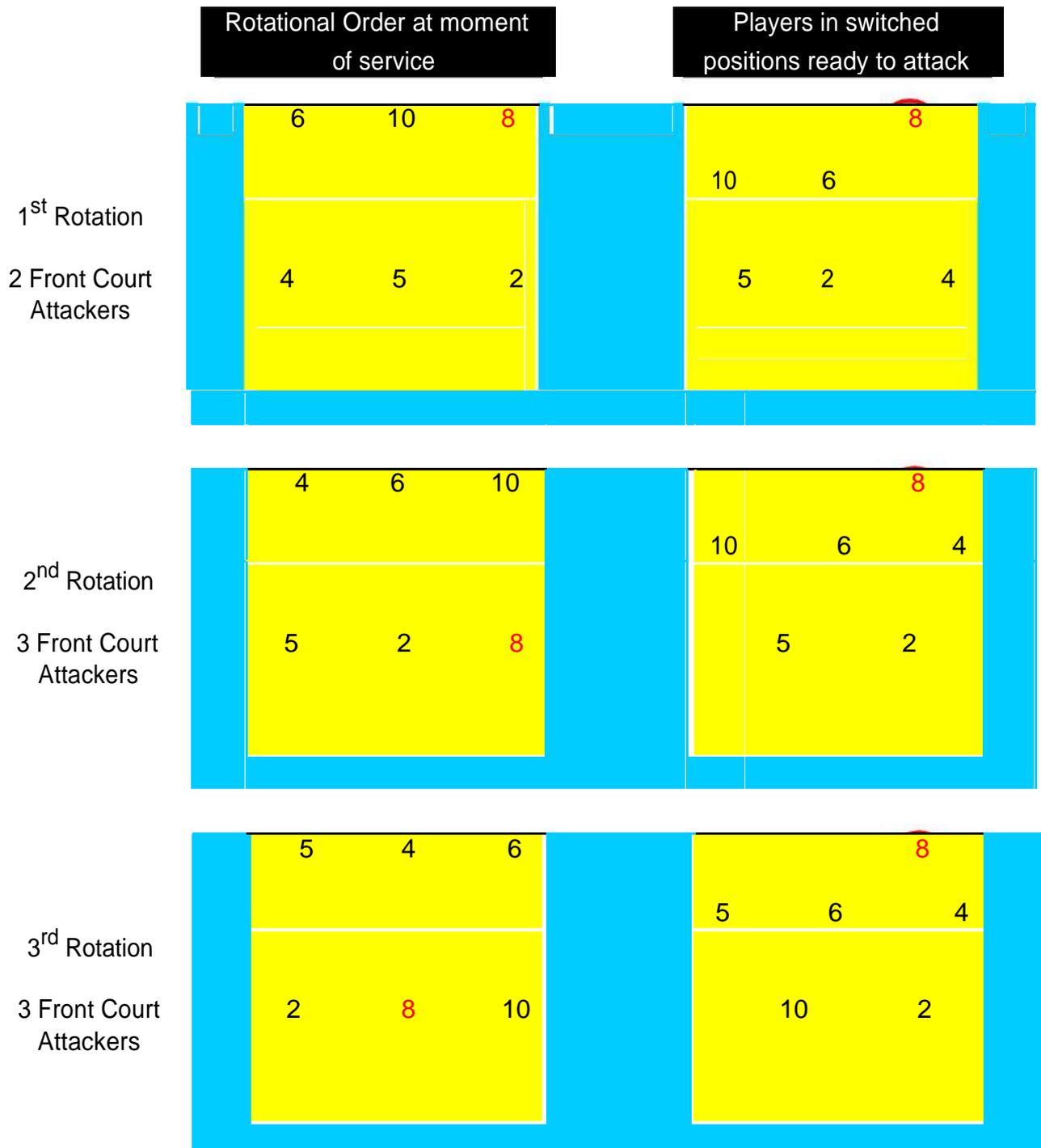


4 – 2 Offense System continued

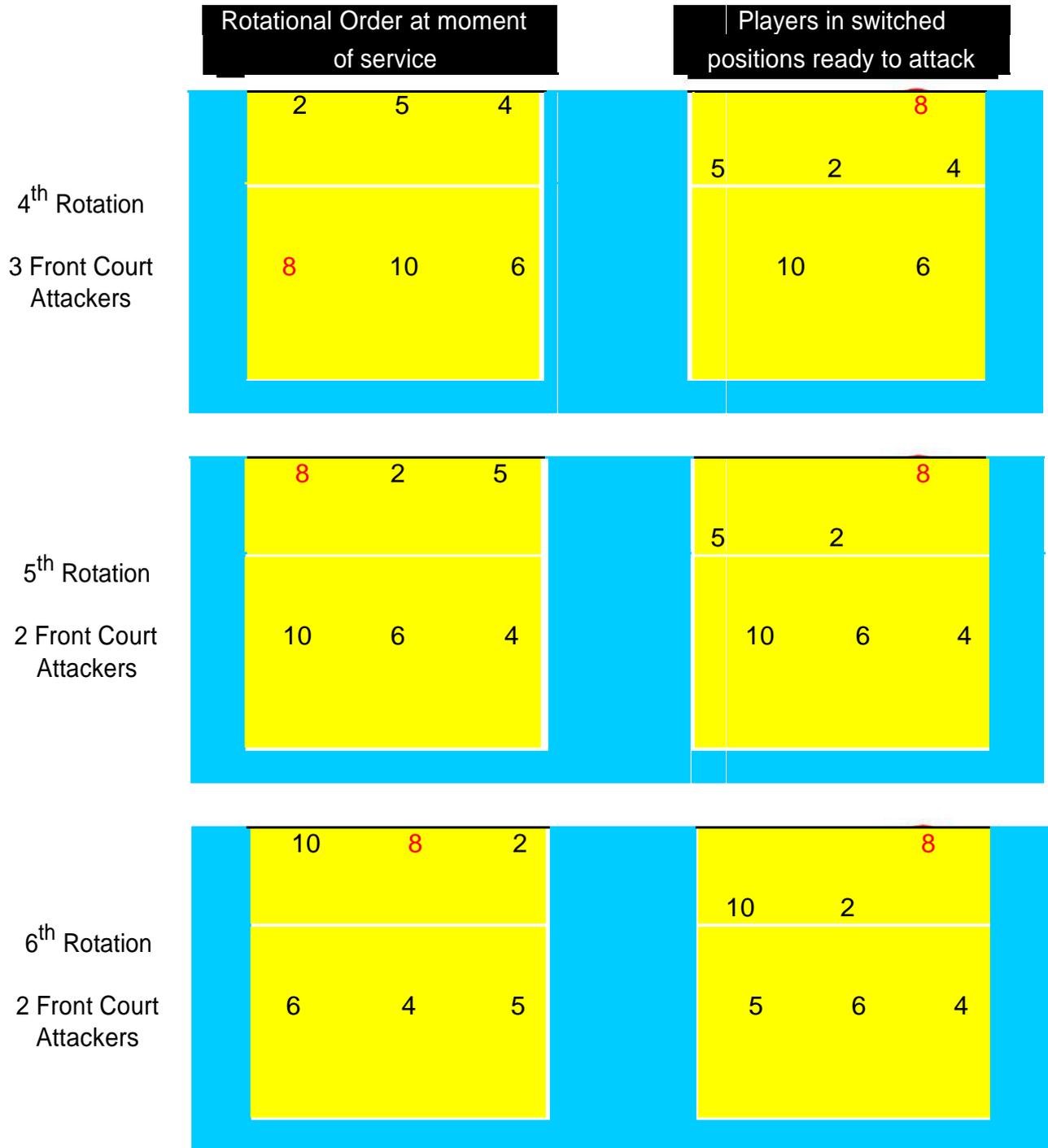


5 – 1 Offense System

- 1 Setter system – Player No 8
- Setter sets when in front court and penetrates to setting position from the backcourt.
- 2 front court attackers available on 3 rotations.
- 3 front court attackers available on 3 rotations.
- All players switch to specialised positions after service.
 - Left side players – Player No 5 & 10
 - Middle players – Player No 6 & 2
 - Right side players – Player No 4



5 – 1 Offense System continued



Team Defense

Team defensive relates to the positioning of players on court to maximise the teams' ability to defend against the opponent's attack. The goal of defense is to:

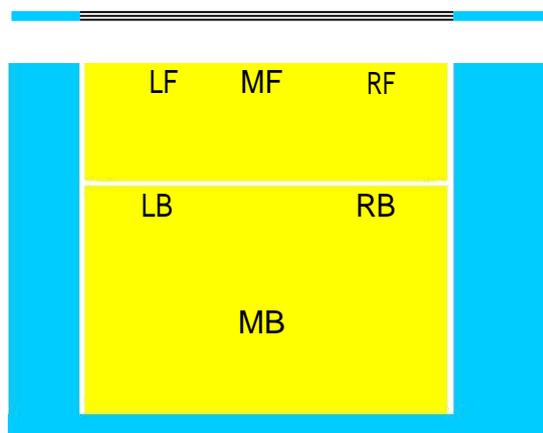
- Attempt to stop the ball being attacked onto own court by using a block.
- If the block is unsuccessful, receive the ball in such a way that a successful transition to attack can be made.

Skills used in defense:

- Block
- Dig
- Overhead pass

There are several defense systems that can be selected from depending on the level of the players and also depending on the type of attack from opponents.

Initial Defense Positions (IDP)



- When the ball is in play on opponent's side of the court these are the initial defense positions.
- Players in positions 2, 3 and 4 are front court players.
- Players in positions 5, 6 and 1 are back court players.
- Depending on where the ball is being attacked from, players will move from IDP positions to defend certain areas of the court.

Tips to help select a Team Defense system

- Decide if you will use a block or not. You may chose not to use a block if the opponents do not attack the ball with a strong spike/hit, or if your players are not able to block or not tall enough to block.
- If using a block decide how many blockers for each blocking position at the net, position 2, 3 and 4. You can use 1 blocker, 2 blockers or even 3 blockers for each position.
- Decide where all players will move to defend for each attacking position from opponents' court.
- Ensure all areas of the court are covered and players are aware of their responsibilities in each positions.

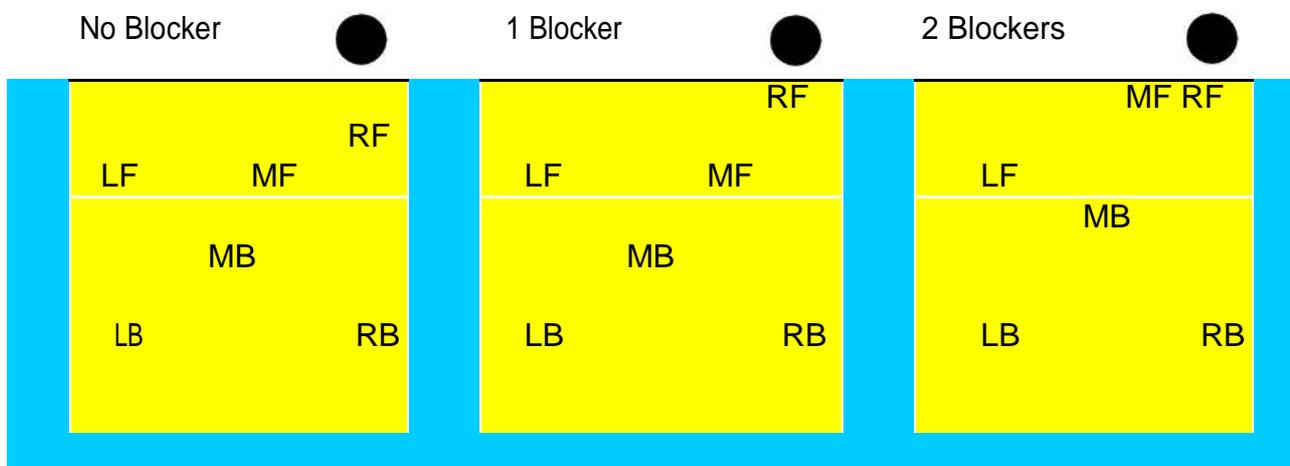
- Only front court players can block at the net.
- All players can occupy any other position on court to defend.
- Position your players to maximise their strengths e.g. If player in the middle front is the strongest blocker use them to block in each of the 3 positions and if using 1 blocker drop the other front court players off the net to defend.

Libero Player

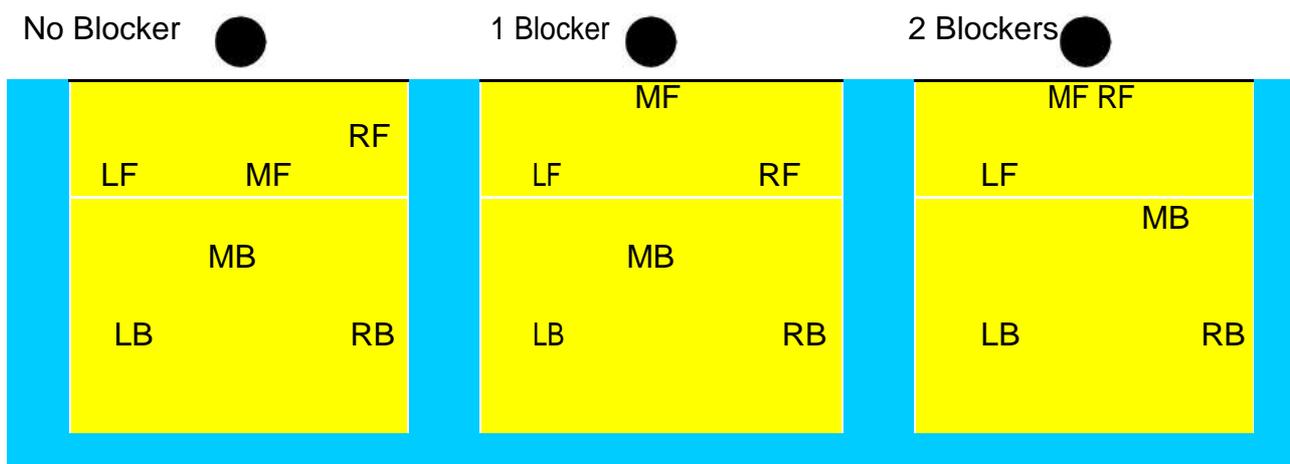
- The Libero is a backcourt specialist player who is able to replace any player only in the back court.
- This replacement can be done any time while the ball is out of play and can be done any number of times.
- The Libero is not permitted to rotate into the front court, to serve or attack the ball.
- When the Libero player is to come off the court, the player that they exchanged for must be returned to the court, and not anyone else.
- The Libero player wears a different colour jersey to the rest of the team.

Defense Positioning Examples – 6 Up Defense

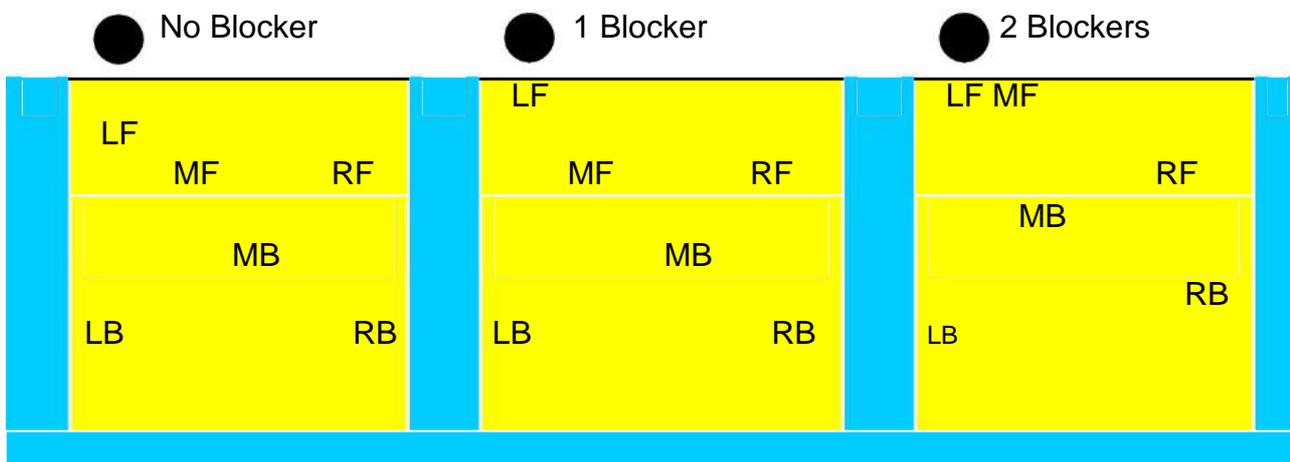
Attack from Position 4 on opponents' court (6 up defense)



Attack from position 3 on opponents' court (6 up defense)

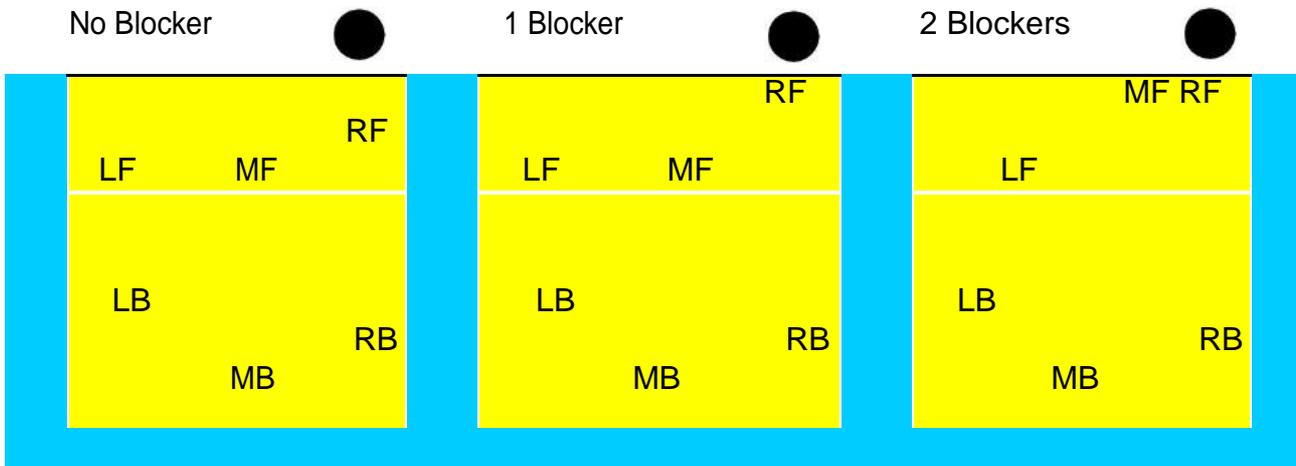


Attack from position 2 on opponents' court (6 up defense)

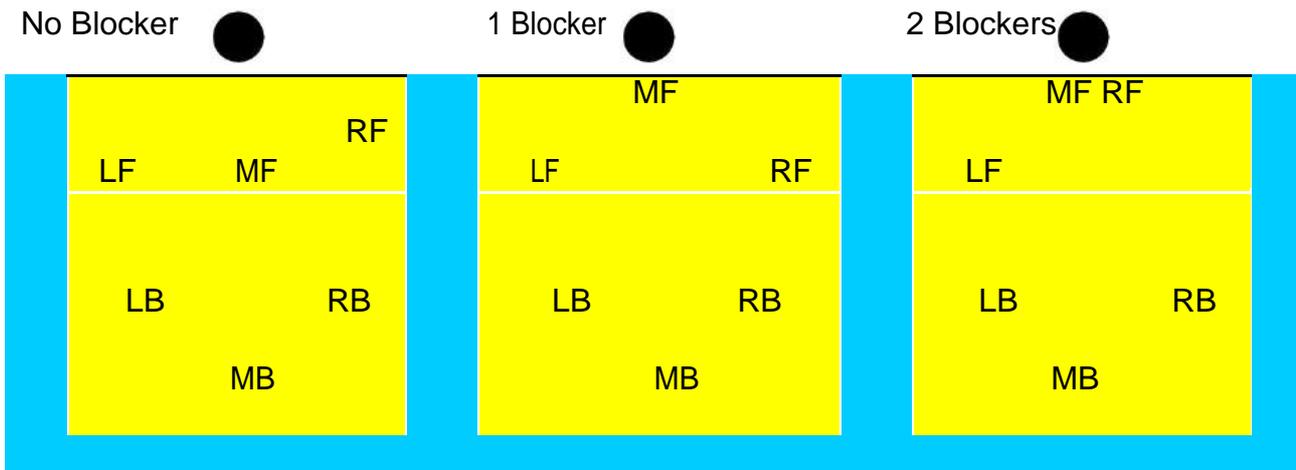


Defense Position Examples – 6 Back Defense

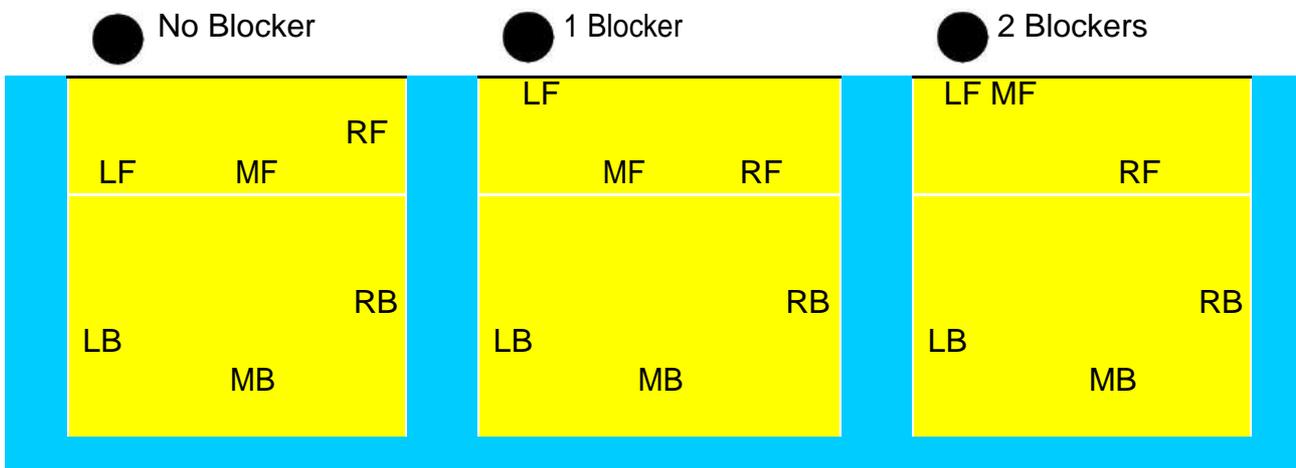
Attack from Position 4 on opponents' court (6 Back defense)



Attack from position 3 on opponents' court (6 back defense)

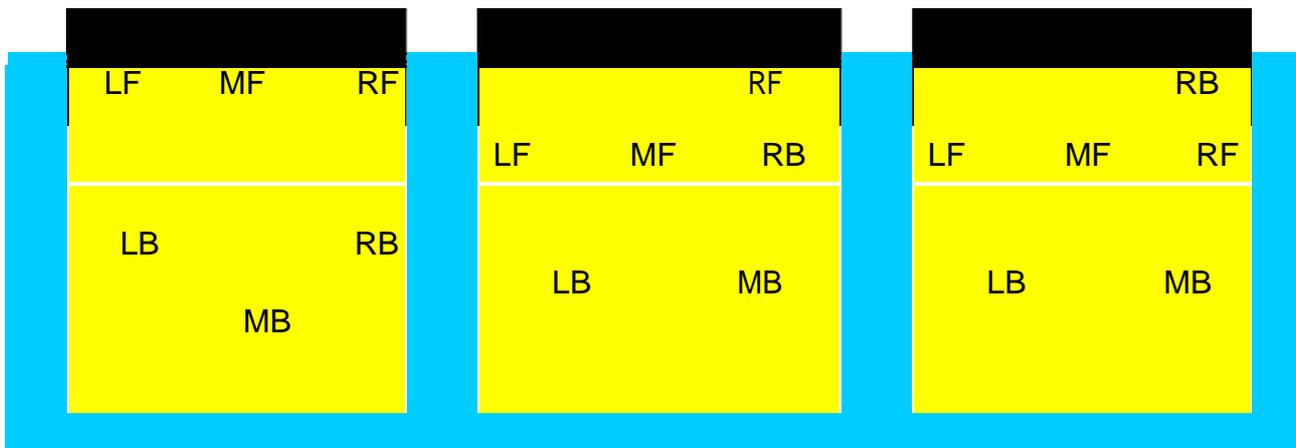


Attack from position 2 on opponents' court (6 back defense)



Free Ball Defense

- If opponents dig or volley the ball over the net, this is called a free ball play.
- When players see that the ball is not going to be attacked they move into free ball positions.
- The front players do not block.
- The setter remains in the setting position (position 2 indicated).
- The middle front and left front players move back to on or around the 3m line.
- The left back and middle back players split the backcourt in half.
- The right back player moves forward to cover the ball behind the setter.



- The ball should ideally be played into the setter using an overhead pass.
- The attackers are in position early ready to attack.
- Receiving a free ball should be an ideal opportunity within a game to set up a good attack.
- The Setter is not involved in the first contact with the ball, their job is to ensure they are in the setting position.
- If the setter is a front court setter, there are two front court attacking options.
- If the setter is a back court setter, there are three front court attacking options.
- When the setter penetrates from the back court to the setting position, the right front player moves back off the net to cover the area behind the setter and is ready to attack from position 2.

Running a Volleyball Blitz

If playing in Volleyball Competitions, Schools Volleyball or National League Volleyball, all matches will either be the best of 3 sets or the best of 5 sets, depending on the competition. If however you would like to organise a blitz in your own school/club or a tournament the following are recommendations.

To plan and prepare for a Volleyball Blitz or tournament you will need to know:

- Number of participating teams
- Number of courts available
- Start time
- Finish time

Once you have that information the following needs to be prepared:

- Schedule of matches for each court
- Results Chart for each court
- Score sheets for each game

Blitz/Tournament Guidelines:

- Timed sets are recommended.
- A match can consist of 1 set, 2 sets or 3 sets.
- Ensure all teams play the same amount of matches at pool stages.
- Schedule teams to referee and score keep when they are not playing.
- Allow time at the start of the blitz to organise teams when they arrive, e.g. 10 mins.
- Allow time in the scheduling at the changeover of each match, e.g. 2-3 minutes.
- Allow time at the end of the blitz for any presentations and/or thank you's.

Blitz/Tournament Format:

- Format will depend on the number of teams participating and the time and number of courts available for the fixture.
- Teams can be placed in pools for the 1st round matches.
- Teams then should be seeded for knockout stage based on pool positions in 1st round.
- If more than one pool involved in fixture, pools should be crossed for knockout stage.
- Recommend playing 1 v 4 and 2 v 3 etc.
- If the blitz is a participation tournament then a knockout stage is not necessary.

VI Volleyball Coaching Manual

Blitz with 4 Teams		Blitz with 5 Teams		Blitz with 6 Teams	
1 pool of 4 To play every team in pool, each team plays 3 matches Total number of pool matches 6		1 pool of 5 To play every team in pool, each team plays 4 matches Total number of pool matches 10		1 pool of 6 To play every team in pool, each team plays 5 matches Total number of pool matches 15 Or 2 pools of 3	
Blitz with 7 Teams		Blitz with 8 Teams		Blitz with 9 Teams	
1 pool of 7 To play each team in pool, each team plays 6 games Total number of pool matches 21 Or 1 pool of 4 and 1 pool of 3		2 pools of 4		3 pools of 3 Or 1 pool of 4 and 1 pool of 5	
Blitz with 10 Teams		Blitz with 11 Teams		Blitz with 12 Teams	
2 pools of 5		1 pool of 6 and 1 pool of 5 or 2 pools of 4 and one pool of 3		3 pools of 4	

Sample Schedule – 1 court 4 teams – Each game 2 x 12 minute sets

Time	Team	v	Team	Referee
11.00	Wildcats	v	Lions	Cobras
11.30	Cobras	v	Jets	Wildcats
12.00	Wildcats	v	Jets	Lions
12.30	Lions	v	Cobras	Jets
13.00	Wildcats	v	Cobras	Lions
13.30	Lions	v	Jets	Wildcats
14.00	1 st Placed	v	4 th Placed	3 rd Placed
14.30	2 nd Placed	v	3 rd Placed	4 th Placed
15.00	Winner 1 v 4	v	Winner 2 v 3	Loser 2 v 3

Sample Pool Results Chart

Team	Wildcats	Lions	Cobras	Jets	Total
Wildcats		2 (+5)			
Lions	0 (-5)				
Cobras					
Jets					

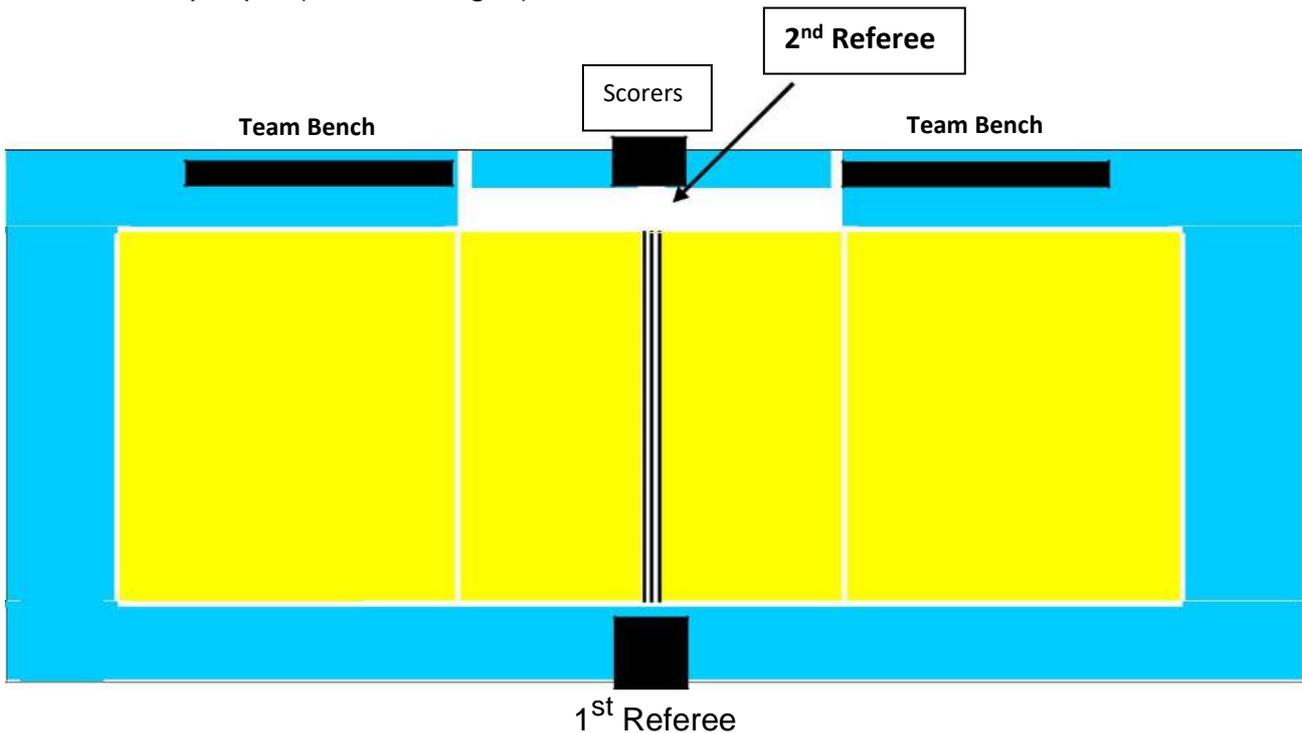
- The chart reads from left to right.
- Fill in the set score, 1 point set win, 0 for set loss, and under or beside it write the points difference in that set.
- Example: Wildcats won their match against the Lions 2 sets to 0 and the score was (11 – 10, 14 - 10). Wildcats get 2 set points and the points difference is +5 for that game.
- Once all the results are noted add up the total set points for each team across.
- If there is a tie in set points then the points difference score will decide position, teams with a better points difference will be in a higher position in this case.

Refereeing

Match Officials

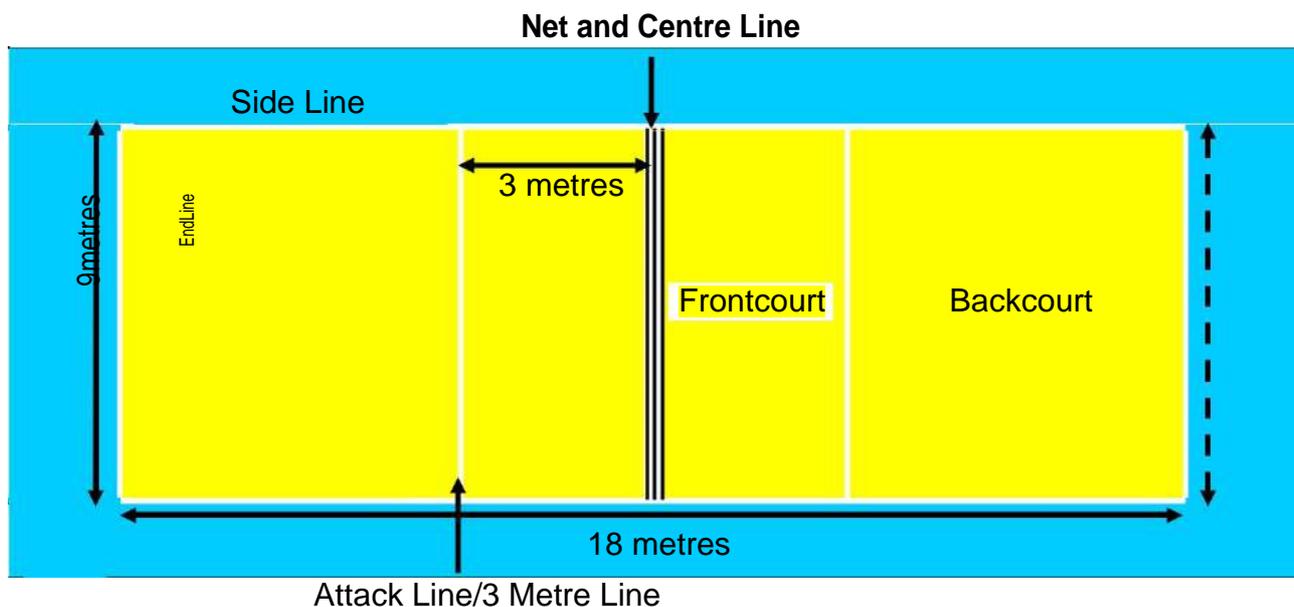
For Schools and National League Matches it is the responsibility of the home team to provide the following officials:

- 1st Referee
- 2nd Referee
- Scorer
- Lines people (at finals stages)



- 1st Referee is positioned on a stand to enable them to be above the height of the net.
- 2nd Referee and scorer are positioned directly opposite the 1st referee.
- The role of the Referee is to ensure the games are played in a fair manner and apply the rules.
- The 2nd Referee acts as an assistant to the 1st Referee.
- When a rule is broken the referee must:
 - Blow the whistle to stop play
 - Indicate correctly which side has next serve
 - Use correct hand signals to show what the fault was
- The scorer records on a score sheet the score during the match.
- An assistant scorer can be positioned next to the scorer to keep track of the score on a flip over score board during the match.

Volleyball Court



Volleyball Court dimensions are 18m x 9m

Centre Line: A line that runs directly under the net from side line to side line. This line marks the divides the court into two equal courts measuring 9m x 9m each.

End Line: A line that is parallel to the net at the back of each playing area. While serving players must stay behind this line until contact with the ball is made.

Side Lines: Lines that mark the sides of each playing area.

Attack Line: Also know as the 3 metre line. A line on the court 3 meters from and parallel to the net on each side that separates the front court from the backcourt.

Front court: The area between the attack line and the net (from sideline to sideline) on each side of the net.

Back court: The area between the attack line and the base line (from sideline to sideline) on each side of the net.

Service Area: The area behind the end line and between the two sidelines from where the ball may be served.

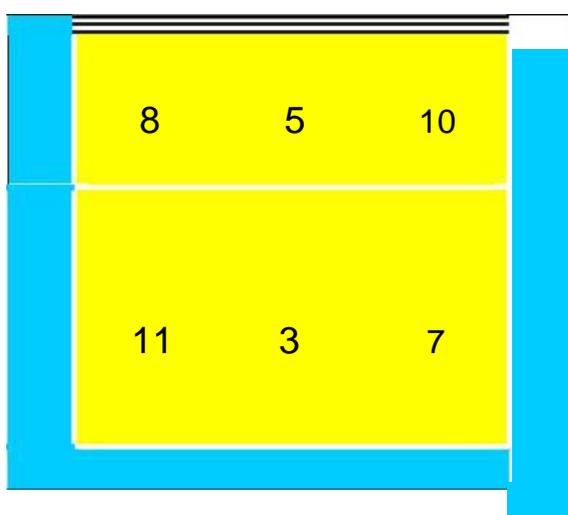
Volleyball Rules of the Game

Team Composition

- o Each team must consist of a minimum of 6 players and maximum of 12 players, 6 players on court and a maximum of 6 players on the substitute bench.
- o A team is deemed incomplete and forfeits the match if it is unable to field 6 players on court.

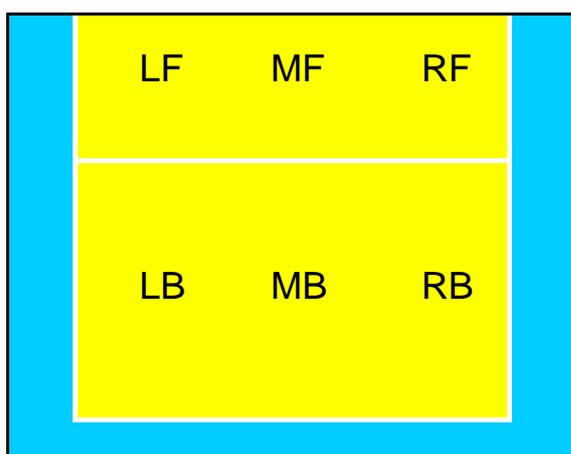
Team Line up

- o At the start of each set a team line up/rotation is submitted by the coach to the 2nd referee.
- o This line up contains the numbers of the starting 6 players in the positions that they will start the game in.



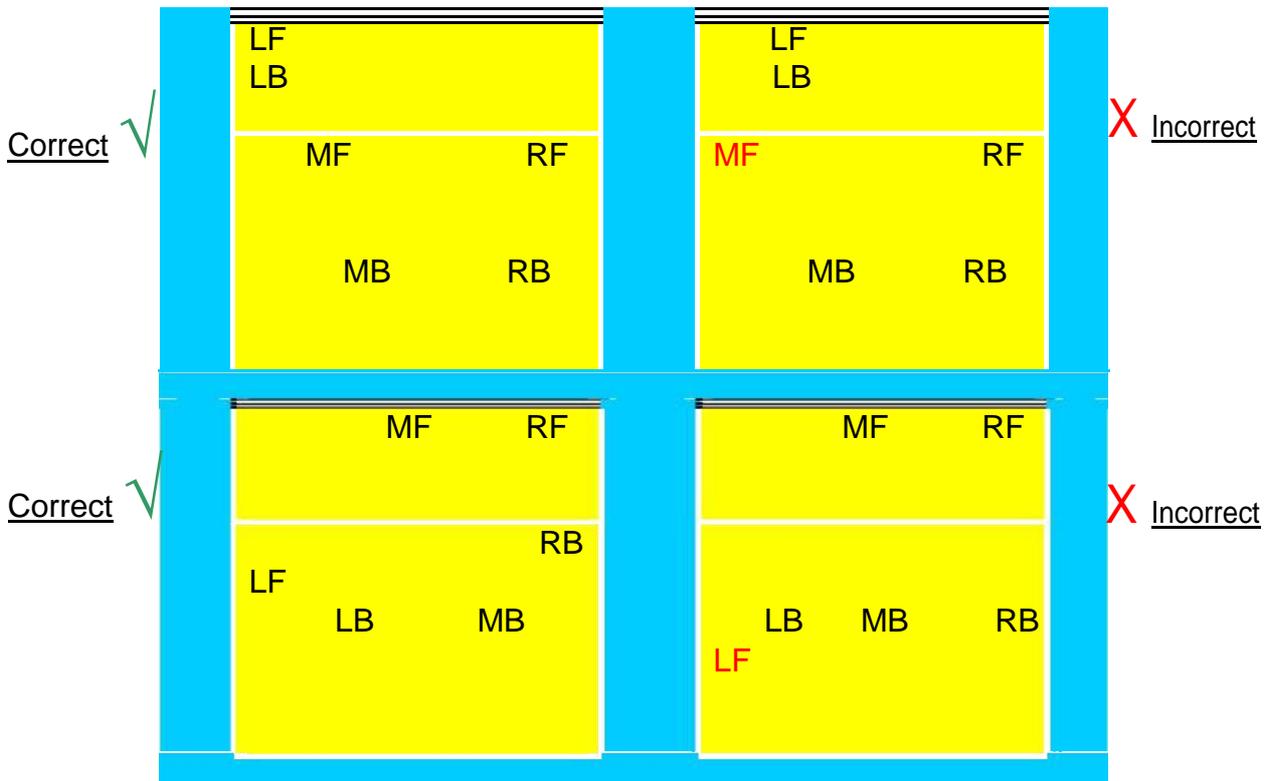
- Rob shirt number 7 - Position 1
- Mike shirt number 10 - Position 2
- Paul shirt number 5 - Position 3
- John shirt number 8 - Position 4
- Eoin shirt number 11 - Position 5
- Niall shirt number 3 - Position 6

- o Players must be positioned within own court and in correct rotation order at the moment the ball is contacted for each serve.
- o After the ball is contacted for serve players may move to any court position they wish during the rally but they must always return to the correct rotational order before the next serve.
- o The correct positioning for each player at the moment the ball is contacted for serve is as follows: (RF = Right front player, MF = Middle front player, LF = Left front player, LB = Left back player, MB = Middle back player, RB = Right back player)



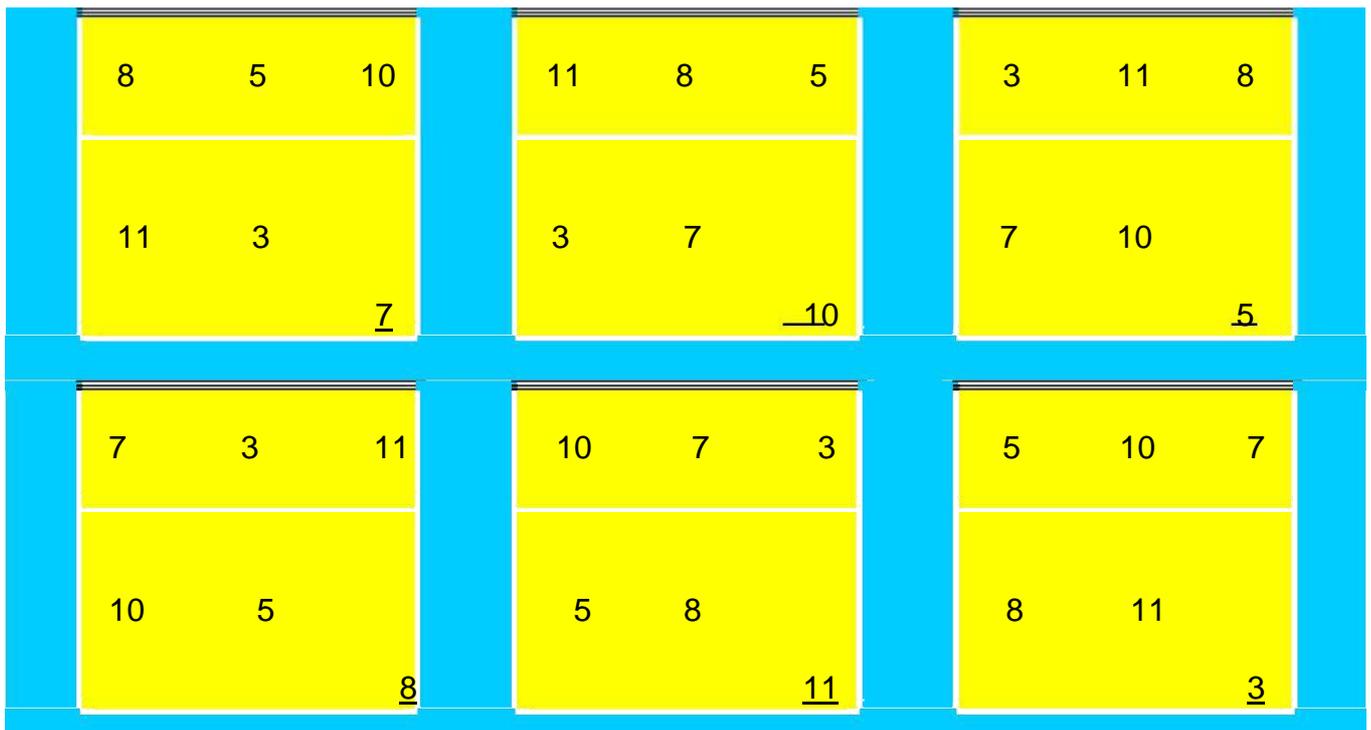
- RB must be closer to endline than RF
- RB must be closer to right sideline than MB
- RF must be closer to right sideline than MF
- RF must be in front of RB
- MF must be between LF and RF
- MF must be in front of MB
- LF must be closer to left Sideline than MF
- LF must be in front of LB
- LB must be closer to left sideline than MB
- LB must be closer to endline than LF
- MB must be between LB and RB
- MB must be closer to endline than MF

- o A team commits a positional fault if any player is not in his/her correct position at the moment the ball is contacted for serve.
- o Positioning is determined by the players feet:



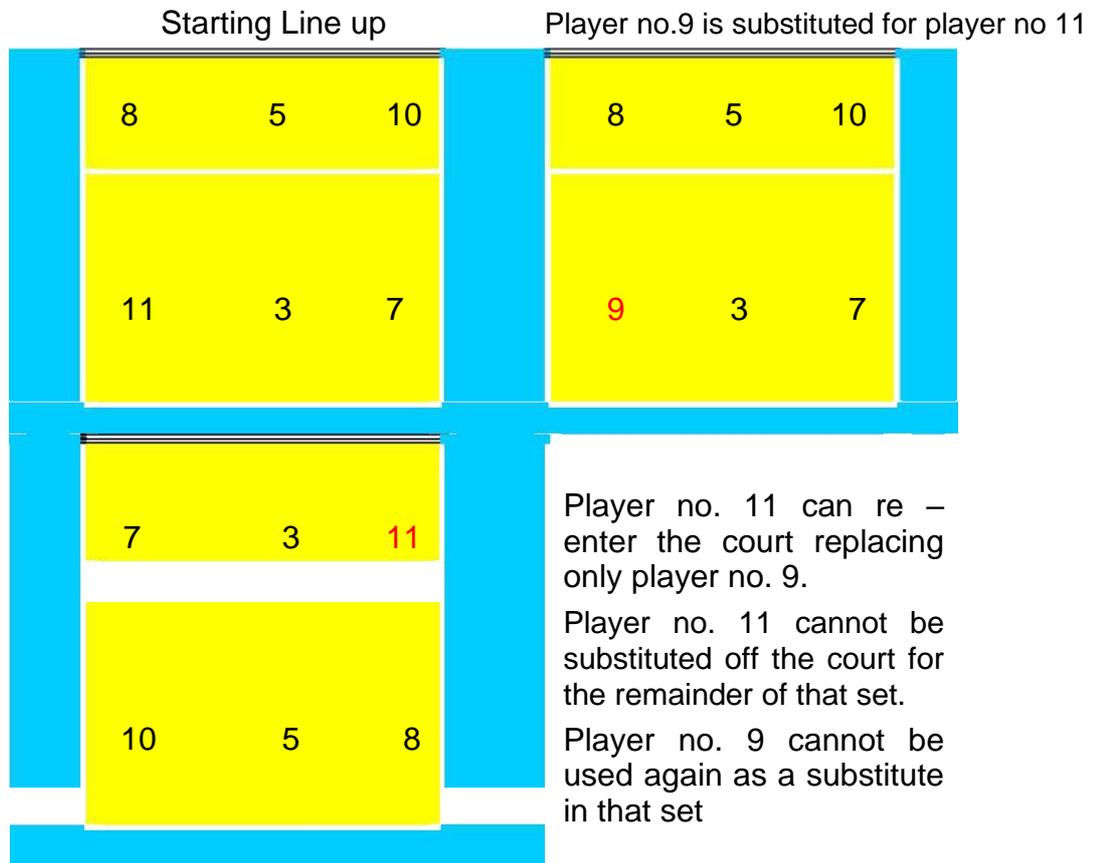
Rotation

- o A team must rotate when they regain the right to serve.
- o Players rotate one position clockwise.
- o Service must be made in correct rotational order for the duration of each set.



Substitutions

- o Each team is allowed a maximum of 6 substitutions per set.
- o A player on the starting line-up may be substituted off the court, only once in a set, and can re-enter the court only to their previous position in the line-up.
- o A substitute may enter the game in place of a player on the starting line up only once per set, he/she can only be substituted back off the court by the player they replaced.
- o That substitute can then play no further part in that set.
- o The example illustrated below counts as two substitutions in a set.



Time outs

- o Each team is allowed two time outs per set.
- o Each time out lasts 30 seconds.
- o The time out is requested by the coach or game captain to the 2nd referee.
- o During the time out all players must remain off the court.

Scoring system

- o Rally scoring system is used in Volleyball.
- o A point is scored at the end of each play regardless of which team served.
- o If serving team wins the rally, they gain a point and continue to serve.
- o If receiving team wins the rally, they gain a point and the right to serve.
- o A Volleyball match is either the best of 3 sets or the best of 5 sets.
- o A set is won by a team which first scores 25 points with a minimum lead of 2 points.
- o A deciding set (3rd set in best of 3 set match or 5th set in best of 5 set match) is played to 15 points with a minimum lead of two points.
- o In the case of a 24 – 24 tie in a set, play is continued until a two point lead is achieved.
- o Timed sets are often used in Volleyball tournaments and blitzes.

Game rules

Service

- o A serve is used to start the rally.
- o Service is made according to rotational order.
- o Serving options include an underarm or overarm serve.
- o The serve can take place from anywhere behind the end line.
- o One service attempt only is allowed and must be taken within 8 seconds.
- o Server is not permitted to touch or cross over the end line with their feet when serving.
- o If using an underarm serve, it is a fault to serve the ball off the palm/hand, the ball must be released before contact.
- o The ball may touch the net on service.
- o The service attempt cannot be blocked.
- o If the serving team win the rally, the same player will serve again.
- o If the receiving team win the rally, they gain the right to serve and rotate.
- o A service fault results in the loss of serve and a point to the opponent.

Characteristics of play

- o Each team is allowed a maximum of 3 touches/contacts with the ball on their side of the court.
- o The ball may be played back over the net using 1, 2 or all 3 touches.
- o The block does not count as one of these touches.
- o The Forearm Pass and Volley are used to play the 1st touch.
- o The Volley or pass is generally used to play the 2nd touch to set up the attack. Note the 2nd touch can also be attacked over the net using the attacking skills listed for the 3rd touch.
- o The Hit, Tip, Roll shot are attacking skills used for the 3rd touch, the Volley and pass may also be used.
- o No catching, throwing, carrying, slapping or lifting of the ball is permitted.
- o Low balls which are played with a forearm pass/dig must be played cleanly with the forearm, no slapping/lifting of the ball with fingers/palms allowed.
- o The ball cannot be slapped down onto opponent's court with two hands.
- o A player may not play the ball two times consecutively, (Exception – if a player contacts the ball on a block that player may play the ball again).
- o Ball is out when the ball contacts the floor or any obstacle outside the boundary lines. (Note a player is permitted to play the ball outside of the court. In doing so the player is keeping the ball in play.)
- o Players may step on but not completely over the centre line with their feet during play as long as they do not interfere with the opponent's ability to play the ball.
- o Back court players may not jump and attack the ball with their hands above the top of the net from in front of the 3 metre/attack line.
- o At Junior school level the ball cannot be played below the waist or played with the head.

Net touches

- o The ball can touch the net at any stage. Player can not touch the net unless it not interfering with play.

Block

- o The block is not counted as a touch.
- o If the ball is touched by the block but not blocked into opponent's court, a further three touches may be used to direct ball back into opponent's court.
- o Blocking an opponent's serve is not permitted.

Volleyball Equipment

Net System

- o Ensure the equipment being used is safe.
- o Volleyball posts should be secured to either the floor or a wall and not free standing.
- o A net may be secured to the wall on each side using hooks, provided it is safe, if suitable posts are not available.

Net Heights

Adult Volleyball			
Women	2.24m	Men	2.43m
Schools Volleyball			
Senior Girls	2.24m	Senior Boys	2.43m
Cadet Girls	2.24m	Cadet Boys	2.35m
Junior Girls	2.24m	Junior Boys	2.24m

Volleyballs

- o The recommended Volleyball to be used is a Mikasa MV200W or a Junior Volleyball Mikasa V180 – 230 range.
- o No plastic, nylon wound or heavy ball permitted.



Mikasa V200W



Mikasa V230



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