



MINI-VOLLEYBALL

HANDBOOK



International Volleyball Federation

The *Mini-Volleyball Handbook* is a modified and expanded version of the *Newest Soft Volleyball Handbook* published in Japan in 2008

By Prof. Hiroshi Toyoda

(Author)

(Editor)

International Volleyball Federation

President of the Technical Commission, Former President of the Coaching and Rules of the Game Commissions, Former Member of the Board of Administration, Coach Instructor

Japan Amateur Sports Association

Standing Director, Master Coach, Chief Instructor

Japan Volleyball Association

Advisory Member, Former Vice President and Managing Director

Table of Contents

CHAPTER 1 **BEFORE STARTING TO COACH MINI-VOLLEYBALL**

Page

A. GOAL OF MINI-VOLLEYBALL COACHING.....	4
B. PHYSICAL AND MENTAL CONDITION OF MINI-VOLLEYBALL PLAYERS.....	5
C. WHAT COACHES NEED TO PREPARE FOR WHEN COACHING.....	9
D. WHAT COACHES NEED TO PAY ATTENTION TO WHEN COACHING.....	10

CHAPTER 2 **PROCESS OF COACHING AND TEACHING DRILLS** **IN MINI-VOLLEYBALL**

Page

A. THE THREE STEPS OF VOLLEYBALL COACHING.....	11
B. SPECIFIC EXAMPLES OF COACHING MINI-VOLLEYBALL.....	12
C. EXERCISES TO GET USED TO THE BALL.....	14
D. PASSING THE BALL FREELY.....	27
E. SETTING AND SPIKING.....	45

Chapter 1

Before Starting to Coach Mini-Volleyball

A. Goal of Mini-Volleyball Coaching

These days, volleyball is played by many groups: from primary school children to mothers' clubs to Olympians, in 217 nations and regions. It is one of the three most popular sports in the world and has grown to be one of the main disciplines of the Olympics.

The reason for this outstanding success is that volleyball is a highly versatile sport. It can be practiced by young and old, men and women, and it requires very little equipment. One can play in the gym, on the grass in the park or on the sand at the beach. Volleyball is a sport that provides physical activity for the entire body and thus contributes to overall well-being. It includes controlled, whole-body exercises such as passing the ball, jumping, running and rolling without stepping into the opponent's court.

As for mini-volleyball, it should be viewed as a sport activity with an educational purpose, i.e., fostering collaboration and teamwork, and teaching the importance of developing a strong body and a healthy mind. These characteristics of mini-volleyball can be used by coaches to help children learn the joy of sports through training and playing.

Considering the above, it goes without saying that winning is not the ultimate goal in mini-volleyball. One should always remember that coaching mini-volleyball is about providing valuable experiences that children need for their future, while enabling them to experience the joys of self-improvement.

B. Physical and Mental Condition of Mini-Volleyball Players

One of the main goals of coaching mini-volleyball is to foster the development of children through sporting activities. To attain this goal, mini-volleyball coaches must possess an understanding of the physical and mental condition of the children placed under their responsibility. At the same time, coaches need to be able to measure the children's progress and training results using various testing methods.

Improving Children's Physical Development and Performance

In recent years, the strength and performance of children have been changing for the better. This phenomenon is largely due to improvements in the social environment, such as nutrition and quality of living. This notwithstanding, a worrying trend is the increase observed in the number of overweight children, which is detrimental to the enjoyment of sport. It is all the more important, therefore, to pay attention to the nutrition and healthcare of children playing volleyball. Regarding the strength and performance of children, very few differences exist when one compares boys and girls between the ages of 10 and 12. These findings would tend to suggest that the same rules of mini-volleyball can be used for both genders.

More generally, the physical performance in humans consists of five elements: muscular strength, agility, general endurance, flexibility, and body control abilities. Of these, body control abilities such as timing, rhythm, balance, feeling of direction, concentration, and relaxation start to develop first. Figure 1 depicts the increase in human brain weight by age. As can be seen, the nerve centres controlling perception and movement develop rapidly up to the age of 8. Figure 2 shows that reaction times improve particularly between the ages of 8 and 15, when children are in primary or junior high school.

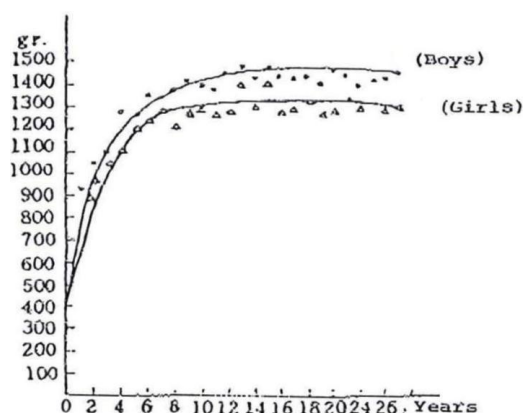


Figure 1
Human brain weight

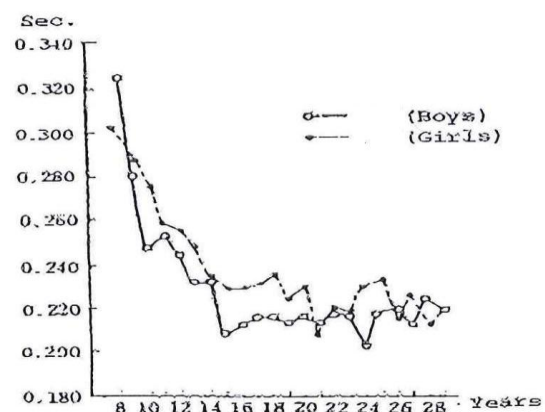


Figure 2
Reaction times

These data underscore the fact that consistent and well-planned coaching is necessary to achieve body control and attain ideal fitness in volleyball. The most suitable time for players to develop these athletic and body control abilities is when they are young. If incorrect movement patterns are learned, considerable effort is required to correct them subsequently. This means that mini-volleyball coaches must carefully study the basic techniques of volleyball so they can modify wrong patterns or bad habits.

Muscle power, agility, and flexibility start to develop next, as shown in Figures 3, 4 and 5.

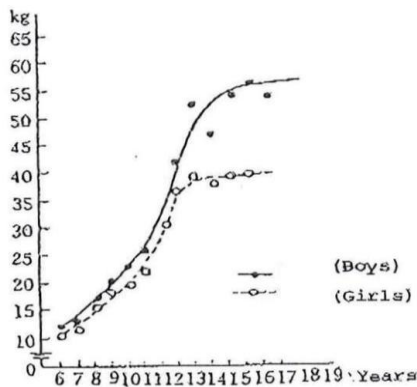


Figure 3
Leg extension power

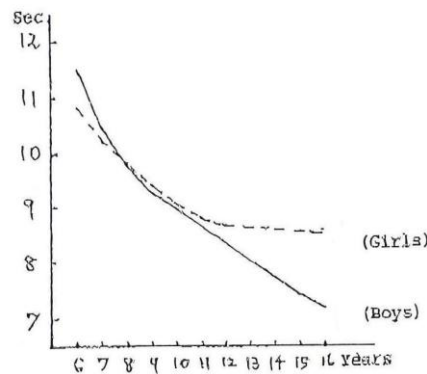


Figure 4
50-meter dash

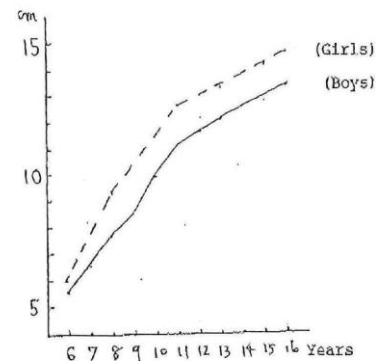


Figure 5
Forward bending flexibility

Leg extension power, which influences jumping height, increases rapidly between the ages of 8 to 15 in boys and 8 to 13 in girls. An analysis of the 50-meter dash indicates that this ability appears before the age of 16 in boys and 13 in girls. The forward-bending flexibility test clearly shows that this ability evolves rapidly prior to the ages of respectively 11 and 12. All these data highlight the importance of sports activities for primary school children. General endurance (i.e., anaerobic/aerobic capacity and cardiac output) is the last to develop and continues to increase with age until reaching its peak around the age of 20, as Figure 6 demonstrates.

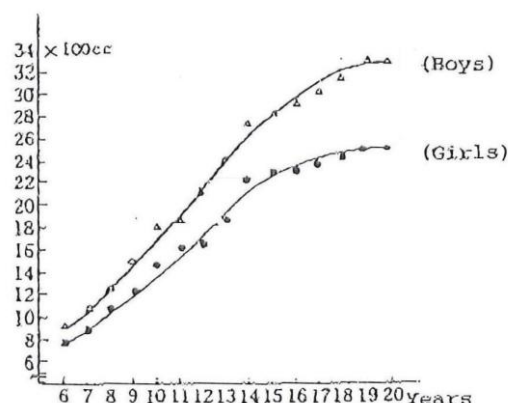


Figure 6
General endurance

They also indicate that children should not engage in intense training situations for long periods of time as

they might become overly fatigued or stressed, both physically and mentally.

Physical Performance of Mini-Volleyball Players in Japan

One of the objectives of mini-volleyball training is to improve children's physical performance through daily practice. The Volleyball Association of Japan analysed the physical performance of mini-volleyball players and compared their test results with those of normal of children of the same age throughout the country, as Table 1 indicates.

	Mini-volleyball players	Normal children	Difference
Body height	150.1	151.0	- 0.9 cm
Body weight	42.4	42.5	- 0.1 kg
Grip strength	26.3	23.3	+ 3.0 kg
Back strength	74.7	65.2	+ 9.5 kg
Vertical jump	41.2	38.4	+ 2.8 cm
Running jump	43.1	37.5	+ 5.6 cm
Block jump	35.6	28.7	+ 6.9 cm
Three successive two-leg jumps	5.32	4.36	+ 0.96 m
Side-steps	41.4	36.0	+ 5.4 x
9-meter shuttle running	16.1	18.3	+ 2.2 sec
Forward bending test	12.6	14.6	- 2.0 cm
Harvard step test	63.9	62.8	+ 1.1 pt

Table 1
Differences in physical characteristics and performance
between mini-volleyball players and normal children of the same age

The average training period of these players was 21 months and their median age was 11.5 years. Results showed significant improvement in grip force, vertical jump, back strength, and agility in the 50-meter dash and side-steps in mini-volleyball players, but no difference in flexibility and general endurance.

As can be seen in Table 2, technical test data indicate that the non mini-volleyball players are not very good at overhand passing. This, along with information on the underhand pass and serve, provide useful guidelines when training primary school children.

OVERHEAD SET-UPS	using overhand pass	25.9 x
	using underhand pass	31.2 x
WALL-VOLLEY PASSES	using overhand pass	21.2 x
	using underhand pass	20.1 x
DISTANCE TRAVELLED BY BALL	using overhand pass	7.04 m
	using underhand pass	11.60 m
	using underhand serve	15.00 m

Table 2
Ball-handling abilities of mini-volleyball players

Mindset and Attitudes of Children Aged 10 to 12

Children aged 10 to 12 usually exhibit the following psychological and mental characteristics:

- a) They are emotionally stable despite rapid physical growth.
- b) They are starting to show interest in their environment and are often eager to learn.
- c) They seek to be independent from their parents and teachers but they also like being part of a group.
- d) They are interested in sporting activities, especially team sports such as volleyball and football, as opposed to individual sports. It is important not to force them to learn volleyball but instead to foster their desire to play it.
- e) They are beginning to observe their surroundings more objectively, and they are also interested in group activities. Volleyball can help to teach them the importance of responsibility, cooperation, and teamwork.

Summary

The following points should be taken into consideration by coaches teaching mini-volleyball:

- 1) A systematic and reasonable training programme should be designed, with a focus on improving body control, agility, and flexibility through volleyball practice.
- 2) Elements from different sporting activities such as gymnastics, track and field, and other ball sports should be incorporated into the training methods rather than sticking strictly to volleyball.
- 3) Children should not be pushed too hard, and a 10- to 15-minute rest should be taken after 60 minutes of training.
- 4) Weight training should not be used when working with children aged 10 to 12, in order to prevent injuries.
- 5) Children should be given sufficient warm-up and preparatory exercises prior to beginning their daily training.
- 6) Gender differences are not a factor when training children aged 10 to 12.
- 7) For a proper understanding of the sport, children should be taught the theory of volleyball skills and techniques in addition to the tactics.
- 8) Proper conditions should be in place in order to maintain the children's interest in volleyball.
- 9) Children should take on responsibilities within their team in order to learn the importance of team-building.
- 10) Mental stress and pressure should be avoided when training or playing.
- 11) When children perform well, they should be praised in order to boost their morale and increase their self-confidence.
- 12) Efforts should be made to understand the background and personality of children through meetings, observation, and open discussion with them and their parents.

C. What Coaches Need to Prepare for When Coaching

Getting to know the children

- a. Understand their individual situations.
- b. Get to know their characteristics, physical strength, athletic abilities, and lifestyle.
- c. Figure out how much they already know about volleyball and what their technical level is.
- d. Obtain a health certificate from their doctors.
- e. Check to see whether their families are able to provide support.

Creating a favourable coaching environment for the children

- a. Set specific goals and plan according to their individual situations.
- b. Have them prepare a uniform and shoes for the training sessions, or prepare them yourself.
- c. Try to lessen the financial burden faced by them.
- d. Organise training sessions based on the number of participants.
- e. Ensure the availability of courts, volleyball equipment, and training material.

D. What Coaches Need to Pay Attention to When Coaching

Points to keep in mind when coaching

- a. Before the training session begins, let the children play with a ball for warm-up purposes, and have them stretch and cool down after the practice in order to reduce fatigue.
- b. Develop the children's basic athletic abilities through exercises including volleyball-related movements and elements drawn from other sports.
- c. Avoid staging training sessions that cause anxiety or pain. Start by getting the children to play with the ball so that they become accustomed to it, then gradually introduce the basic techniques of passing and tossing.
- d. Plan training sessions from easy to difficult, light to heavy, simple to complex, short to long. Modify the number of repetitions, the pace of training, and the duration of rest breaks as needed, observing how the children react and in particular how they move.
- e. Repeat each exercise between five and ten times. Provide explanations and demonstrations every 60 minutes, with a 5- to 10-minute break in between.
- f. Use a variety of exercises to avoid fatigue and help concentration.
- g. Try to optimise the number of times the children have contact with the ball, based on the number of players in the group, the equipment available, and the pace of the session.
- h. Try to give the children equal opportunities to play and practice.
- i. Make training more interesting by introducing game-like situations and contests.
- j. Create an environment based on team-building and mutual improvement by allowing the children to cheer each other on.
- k. Praise the children in front of their partners when they play well, as this will boost their confidence. If some children have had a bad session, try and explain to them what the problem might be and offer advice on how to improve.
- l. Do not introduce weight training before junior high school.
- m. Help the children understand that making an effort in daily practice is more important than winning.
- n. Ensure that the children continue practicing together over time and acknowledge the efforts they make to achieve this objective.

Chapter 2

Process of Coaching and Teaching Drills in Mini-Volleyball

A. The Three Steps of Volleyball Coaching

Volleyball differs from other ball sports in that players are not allowed to hold or throw the ball. It involves unique movements such as overhand passing which uses the fingers, and underhand passing in which both wrists are joined together. Children who are still growing may have difficulty with these movements. Coaches should understand that some adults dislike volleyball because of previous experiences with a jammed finger or forearm pain when they were young. If you throw a ball at children, they will instinctively move away from it. Therefore, coaches must start by helping children understand that the ball is an enjoyable item to play with, rather than something to be feared.

1) How to enjoy → 2) How to play → 3) How to win

Children can learn the proper stance and footwork by running around the court, playing with the ball, as well as catching, throwing, and hitting it freely. It is essential to teach children how to take up new challenges in volleyball and get pleasure in the process. It is also important to include basic volleyball movements in a competitive situation during training sessions in order to increase the enjoyment of children and their level of interest.

B. Specific Examples of Coaching Mini-Volleyball

After introducing the children to volleyball and helping them gain a sense of improvement, coaches should follow the steps below to begin teaching volleyball techniques and ensure that the children continue to develop their skills.

Table 1: How to teach mini-volleyball

Steps	Objective	Techniques to learn	How to play the game
Step 1	To get used to the ball	Play with the ball Physical or athletic training with the ball	Game play with the ball
Step 2	To hit the ball back and forth freely	Underhand pass Single-hand pass Overhand pass	Game with underhand pass
Step 3	To learn to hit the ball after it has been set	Overhand pass Set from the area close to the net or far from the net Spike and dink	Game with sets and passes
	To serve with strength	Float serve Overhand serve	Game with spikes
Step 4	To keep the ball in play, receiving opponent's spiked ball	Reception Dig Net play	Game with rallies after ball reception
	To be able to play the game, blocking the opponent's spike	Block Cover the spiker	Advanced game with blocking of the opponent's spikes

Step 1: Teach the children proper stance, ball handling with volleyball movements, and how to get used to the ball. Children start to become physically prepared and conditioned through play.

Step 2: Teach single-hand passing, underhand passing, and underhand serving as well as overhand passing by way of lead-up games, mainly through catching and throwing exercises.

Step 3: Teach the children the basic elements of setting and spiking along with overhand float serving. Help the children learn the three stages of passing, setting, and spiking.

Step 4: Teach the children the basics of the game with digging, blocking, and receiving. Develop these skills with lead-up games based on continuous rallying.

Final Step: Play lead-up games and training games, including formation and tactics with confrontation elements.

The table below shows the 23 steps for teaching beginners to play mini-volleyball, based on the essential coaching techniques mentioned above. How fast the children make progress will depend on the number of hours per training session and the number of days they can practice each week. Ideally, it is preferable to train two or three days a week for 90 to 120 minutes per session.

Table 2: Basic process for teaching volleyball to beginners (23 steps)

Step	Skill to teach and theme to learn	Step	Skills to teach and theme to learn
1	Playing with the ball alone	13	Lead-up game (2-on-2, 3-on-3, 4-on-4) using passing and setting
2	Playing with the ball with somebody else	14	Teach spiking (swinging hands, mechanism of jumping)
3	Ball handling with single hand and underhand by one player	15	Spiking with lower net Pass-set-spike
4	Basic stance and underhand pass with footwork	16	Spiking the ball set away from the net
5	Underhand serve and reception	17	Basics of digging
6	Catch and throw pass game with underhand serve	18	Digging with footwork and digging with anticipation
7	2-on-2, 3-on-3, 4-on-4 lead-up game with underhand pass and single-hand pass	19	Defending with two or three players and defence formation
8	Overhand pass from catch and throw	20	Combination practice of pass-set-spike and formation
9	Overhand pass with footwork	21	Basics of receiving and reception formation
10	Lead-up game (2-on-2, 4-on-4) using overhand pass and underhand pass	22	Dig-set-spike after blocking by three front row players
11	Set from the court very far from the net	23	2-on-2, 3-on-3, 4-on-4 training game
12	Set from the area very close to the net		

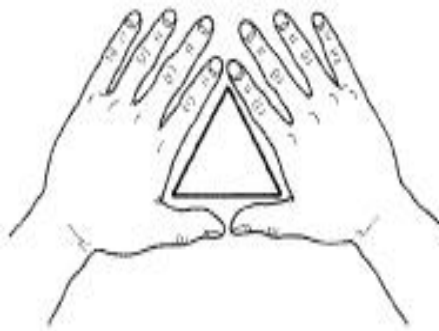
C. Exercises to Get Used to the Ball

Beginners should start by getting used to the ball, an objective which can be achieved in various ways. In this context, it is important for coaches to keep the following points in mind:

1. As the children try to catch the ball overhand, teach them to move to the point of contact quickly and to catch with their ten fingers wide open.
2. When trying to hit the ball using an underhand or single-hand pass, the children should move to a position in which their arms are facing the direction of the approaching ball. In single-hand passing, the arm is extended to ensure the ball makes proper contact with the wrist.
3. When passing the ball, the children should avoid reaching upwards. It is preferable for them to maintain a low stance, with their knees and hips bent, and make contact when the ball comes close to their body.

The following pages feature a wide range of exercises that coaches can use to introduce children to mini-volleyball. They also contain a number of useful tips that will help them organise their coaching sessions in the most effective manner. Let's begin with a key feature of volleyball, i.e., the overhand pass.

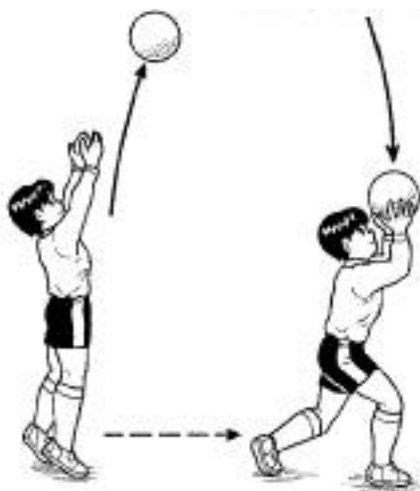
The overhand pass



Get the children to open their fingers wide and make a triangle at eye level, with their thumbs and index fingers as shown in the above picture. Have them spread their elbows wide while keeping their wrists close to each other. Make them stand with their legs slightly apart, in a crouched position. Check that they are leaning forwards, with their knees bent over the ankles, and their shoulders relaxed. When the children toss the ball, make sure they do so with the inside of their fingers rather than the palm of their hands.

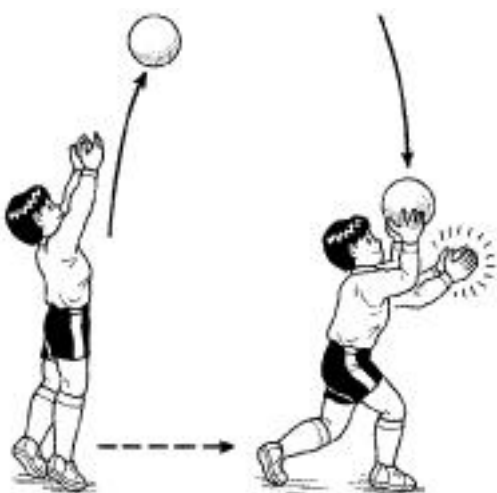
Drill 1: Overhand Catch (1)

1. Throwing the ball and catching it



The aim of this first exercise is to throw the ball, at first with both hands, then with a single hand. Ensure that the children don't throw the ball too far from where they are standing. Make them move quickly to the place where the ball is likely to fall. Check that they catch it with their knees slightly bent.

2. Clapping hands before catching the ball



The objective here is to get the children to clap hands before catching the ball. Gradually make them increase the number of claps, while at the same time keeping count of them. Have them try the exercise with a lower stance. Check that they are in a passing position when

catching the ball. Suggest a contest to see which child claps the most.

3. Catching the ball after doing a 90- or 180-degree turn



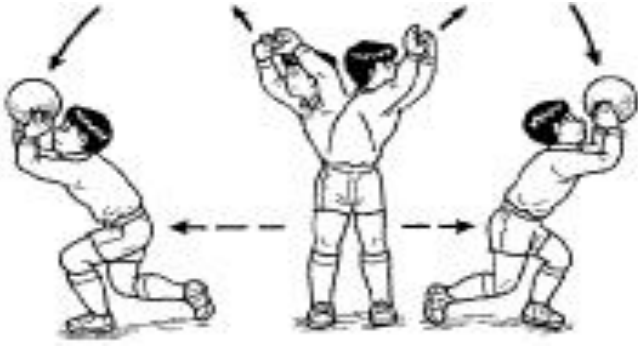
In exercise 3, make the children do a 90-degree turn, before getting them to try 180 degrees. Once they feel comfortable with rotating, add hand clapping. Ensure that they turn in both directions when doing the exercise. Suggest a contest to see which child claps the most.

4. Getting under the ball and catching it



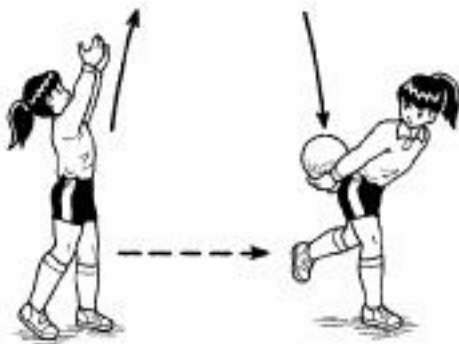
The next step is to make the children move to where the ball is likely to fall and adopt a crouched position. Get them to catch the ball using the overhand technique, ensuring that their knees are slightly bent. Have them repeat the exercise five times. At first, the children will throw the ball too high; get them to throw it lower as they gradually become accustomed to the exercise.

5. Catching the ball using right and left movements



In exercise 5, the children throw the ball high and catch it five times on each side (right and left). Make them move towards the ball using side-steps or cross-over steps. Ensure that they don't throw the ball too far from where they are standing.

6. Throwing the ball and catching it behind the back



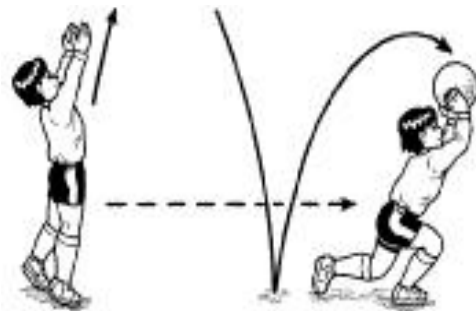
Make sure the children throw the ball in a controlled manner. Get them to move to where the ball is likely to fall. See to it that they are facing away from the ball when catching it. Finally, check that they keep their eyes on the ball when they look back.

7. Throwing the ball between the legs and catching it in front of the body



The aim here is for the children to catch the ball in front of their body after throwing it between their legs. To ensure that this exercise is done correctly, make them bend forwards as far as possible and get them to throw the ball upwards, close to their body. See to it that they use a wrist-snap motion to throw the ball up towards their head.

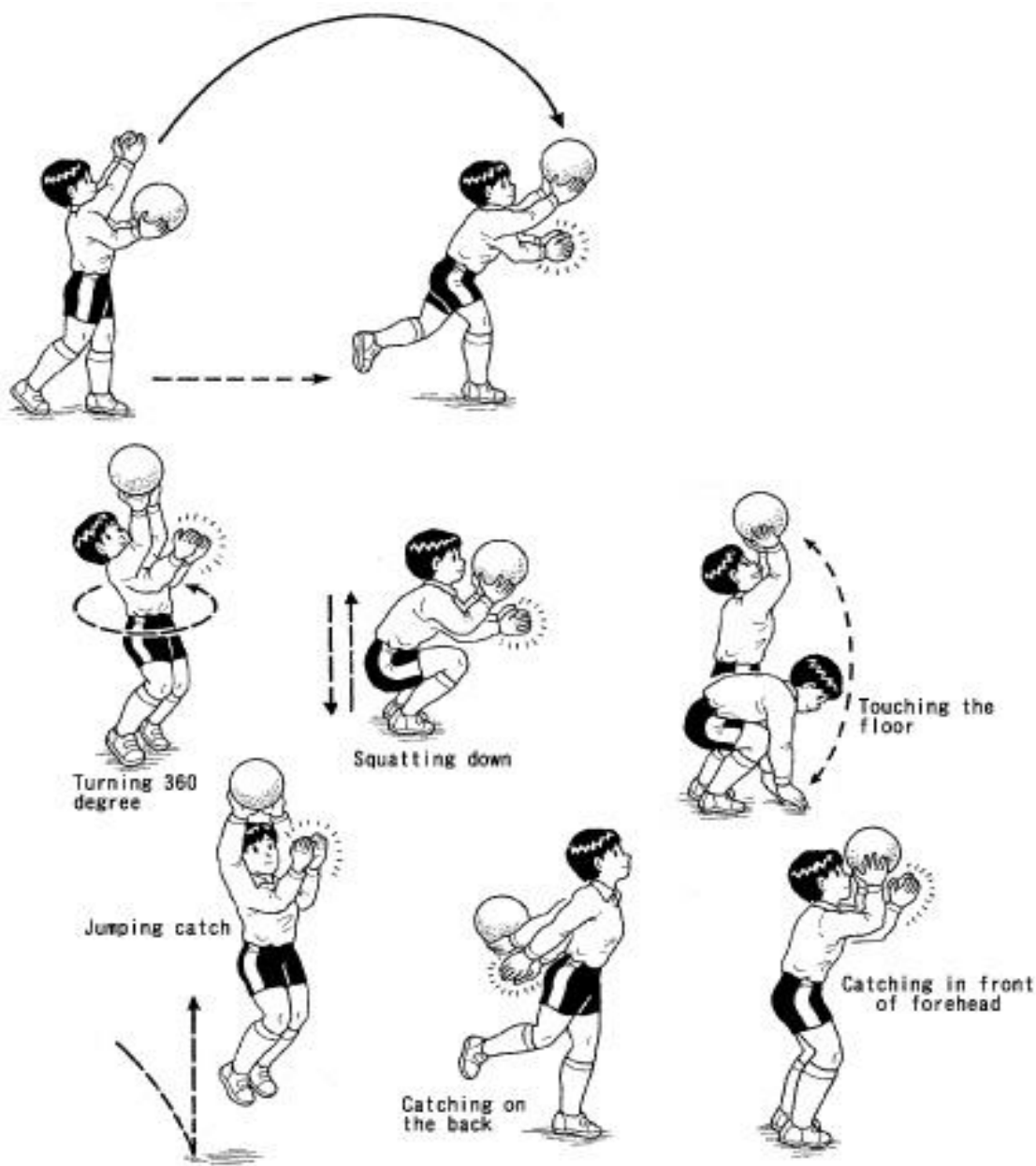
8. Throwing the ball high and catching it on the first bounce in a passing stance



The idea of this exercise is to make the children throw the ball up high, but not too far from where they are standing. Ensure that they move quickly to where the ball is likely to fall and that they catch it in a crouched position, with their knees slightly bent.

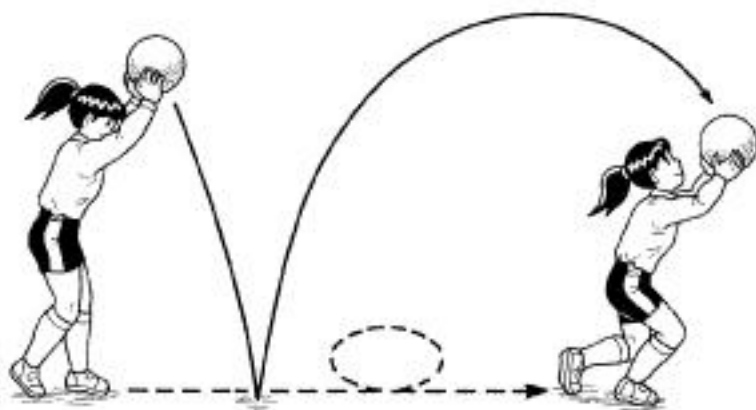
Drill 2: Overhand Catch (2)

1. Throwing a ball and catching it overhand after clapping hands



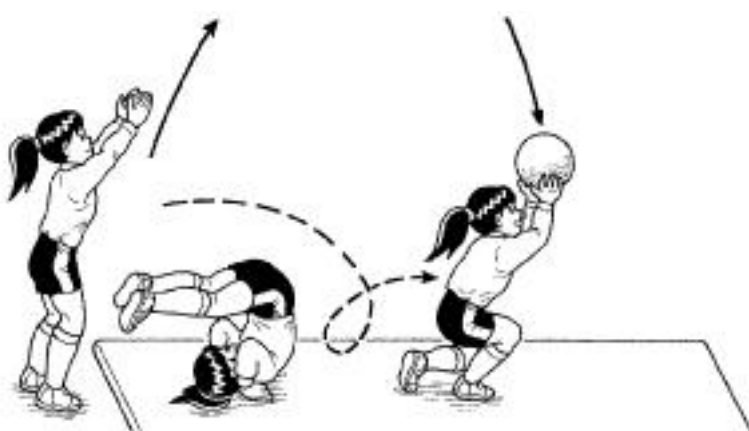
This exercise aims to get the children to throw the ball up high and to clap hands quickly. Its interest lies in the fact that several movements can be added: catching while crouching down, turning 360 degrees before catching, catching in front of the forehead, catching behind the back, catching while jumping, throwing the ball further. Make sure they enjoy themselves when trying out these various movements. If there are a lot of children, check that there is enough space between them. Have them do the exercise using at first one hand, then two hands.

2. Bouncing the ball and catching it after a 360-degree turn



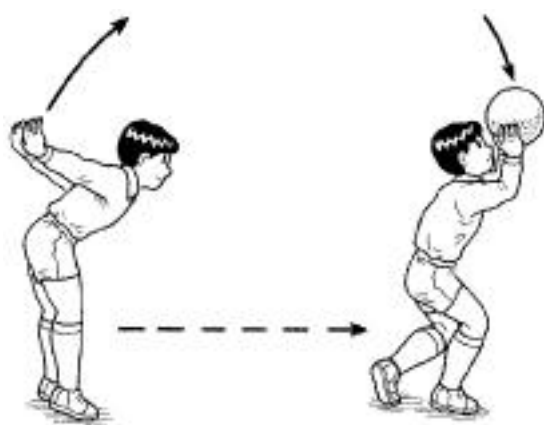
The objective here is to get the children to bounce the ball off the floor using one or two hands. Then make them turn 360 degrees and move to where the ball is likely to fall. Encourage them to learn from their partners' good moves. Provide a wide-open space and use a ball that is sufficiently inflated.

3. Throwing the ball and catching it after doing a forward roll



In exercise 3, the children throw the ball up high and away from where they are standing. Make them catch the ball after doing two forward rolls. Vary the conditions, for instance by using different types of balls (big, small, soft or hard).

4. Throwing the ball from behind the body and catching it in front



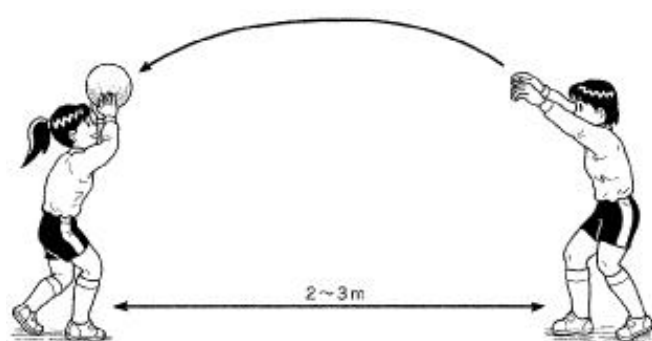
When throwing the ball, make sure the children use their wrists. Check that they bend over and throw the ball to a place where they will catch it easily. You can make the exercise a little harder by asking them to turn 180 or 360 degrees.

Drill 3: Two-Player Overhand Catch (1)

Once the children are able to move quickly towards an approaching ball and to catch it in front of their body, pair them up and have them try the following exercise. At first, get them to throw the ball up high so their

partners can catch it easily. Having mastered this movement, make them throw the ball further and lower. Finally, have them slip under the ball and catch it in front of their face using the overhand technique.

1. Two-player catching

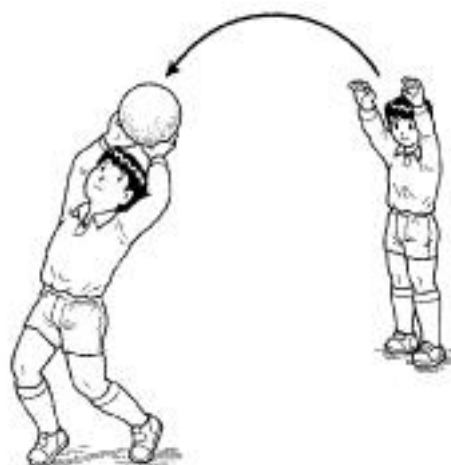


In this exercise, the children throw the ball in an arc towards their partners' forehead. Make them practice passing and catching several times in a row. Start with a 2-3 meter gap between them and gradually increase the distance.



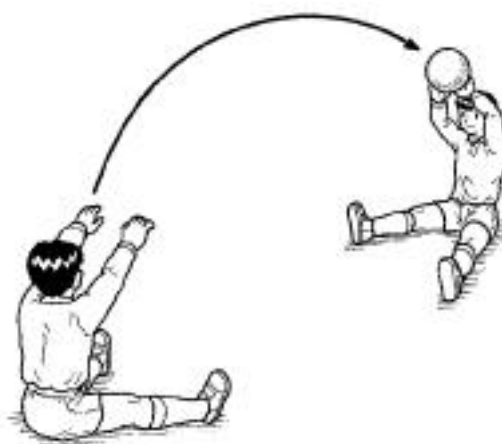
The next step is to get the children to place a knee on the floor. Check that they bend their knees and throw the ball in a controlled manner, using the full force of their body. Make sure they direct the ball towards their partners' chest. Have them stand with one foot in front of the other when catching. You can also get them to try the exercise with both knees on the floor. Use a soft ball to keep them from being frightened.

2. Two-player catching with the ball coming from behind



It is important to get the children to move quickly to the place where the ball is likely to fall. Have them use a verbal cue when throwing. Modify the playing conditions (gap between them, height of ball path, distance of throw, etc.).

3. Two-player catching while sitting and facing each other



Ask the children to throw the ball to their partners' chest. Make sure they retrieve the ball quickly if they fail to

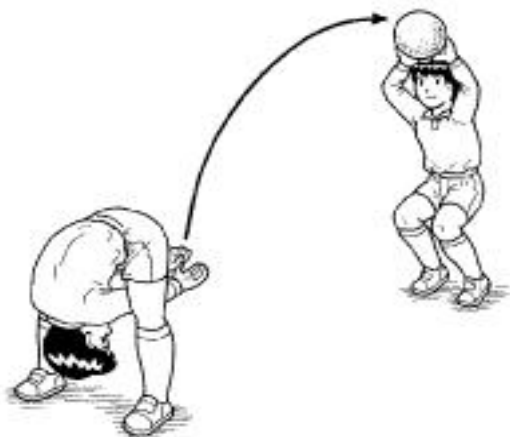
catch it. Gradually increase the gap between them. You can also try the exercise with four children. Get them to throw with an overhand position as much as possible.

4. Two-player leapfrogging and catching



In exercise 4, the children throw the ball up high but not too far away from where they are standing. Make sure their partners bend over sufficiently so they can leapfrog over them safely. If you think it is advisable, you can add tougher conditions for the children who are more advanced (i.e., catching after forward rolling, catching after a 180-degree turn, etc.).

5. Two-player throwing between the legs



Make sure the children watch each other carefully and throw the ball in a controlled manner. Gradually increase the gap between them. Suggest a contest to see how many times they can catch the ball in a given period of time.

Drill 4: Two-Player Overhand Catch (2)

This drill introduces different body movements such as changing direction and lying down on the floor when catching the ball. Begin with slow, precise movements.

As the children become accustomed to the exercise, get them to throw the ball back as quickly as possible after catching it.

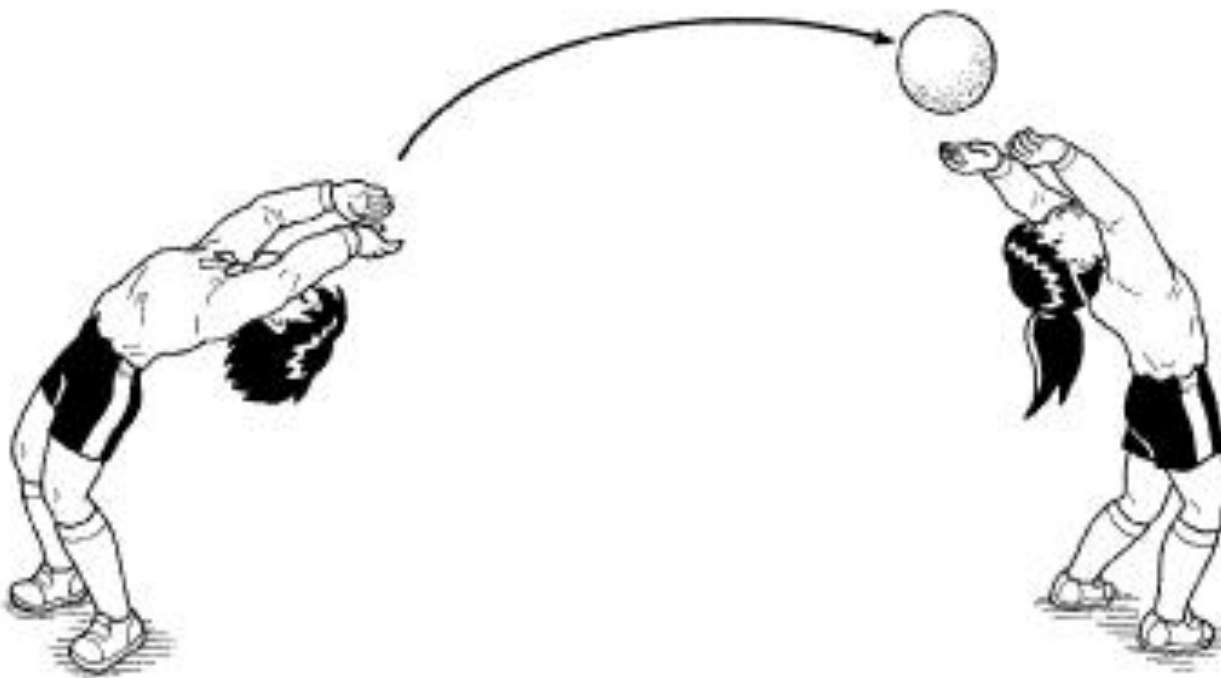
1. Catching while lying on stomach



In this first exercise, the children throw the ball back slowly at first, then more quickly as they improve. Get them to throw the ball towards their partners' face. Make sure they aim carefully since they are unable to

move, for obvious reasons. Check that they catch the ball with all ten fingers open wide when the ball gets close to their face. See to it that they throw the ball into the air rather than roll it on the floor.

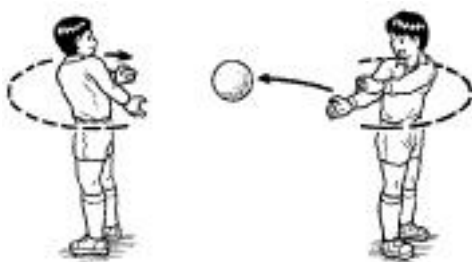
2. Catching while bending backwards



The objective here is to get the children to stand with their legs apart and their upper body bent backwards. Ensure that they watch their partners and throw the ball in a controlled manner to them. Check that they catch

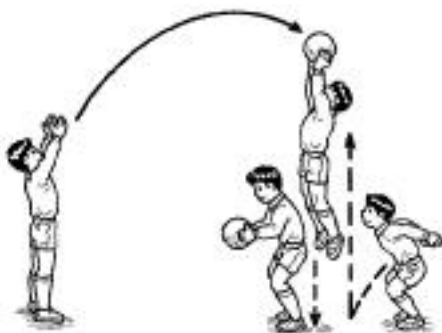
the ball facing the other way from where it is coming. Ask them to throw the ball high at the beginning. Gradually, get them to throw it a little lower.

3. Facing backwards and throwing the ball while twisting the upper body



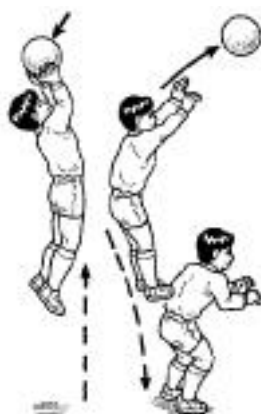
The aim of this exercise is to get the children to twist their upper body from right to left as they throw the ball. Ask them to twist the other way when throwing the ball back. After catching and throwing ten times, get them to twist their body from left to right and throw ten more times. Make sure they start the exercise slowly and gradually pick up speed.

4. Catching while jumping



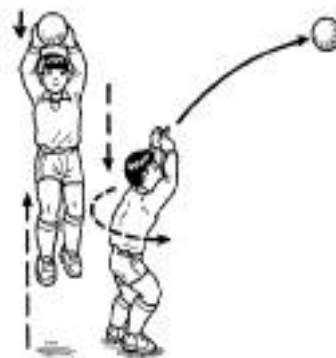
Exercise 4 aims to ensure that the children position themselves under the ball correctly. Ask them to squat down, then get them to jump and catch the ball in the air before landing. Make sure they throw the ball up high towards their partners. Try to get them to move by gradually throwing the ball right, left, front, and back.

5. Catching the ball and throwing it in the air



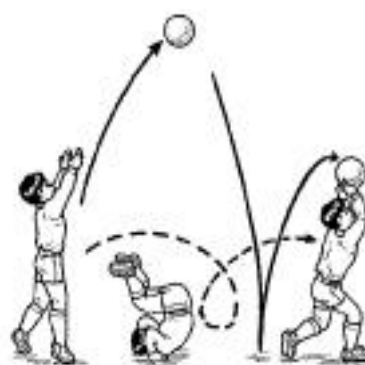
Swinging both arms is important as it helps the children jump higher. Get them to catch the ball when it comes close to their face and to throw it back while they are still in the air. Ask them to throw the ball up higher at the beginning of the exercise. Try to get them to move by gradually throwing the ball right, left, front, and back.

6. Catching the ball in the air and turning to throw it sideways



Try and get the children to catch the ball in the air and twist their body. Have them throw the ball back when they land on the floor. A useful variation here is to change the direction in which they turn.

7. Catching the ball after doing a push up or forward roll



In this exercise, get the children to do a push up or forward roll after throwing the ball slightly forwards. Ensure that they catch the ball after one bounce. Check that they throw the ball up high and that they watch where it goes.

8. Two players facing each other and switching position after throwing the ball



The final exercise of this drill relates to movement and communication. The idea here is to make the children move quickly and communicate verbally. Once they have mastered the exercise based on catching the ball when thrown directly, get them to try bouncing it. Take care to avoid that they collide with each other. Think about better ways for them to move. Involve more children once this exercise is done correctly in pairs. You can also add a second ball if you so decide.

Drill 5: Ball Play (1)

Throwing and catching the ball over and over again isn't much fun. By adding ball movements, this drill increases the pleasure the children experience when

being coached. The following exercises can also be used for warm-up purposes.

1. Rolling the ball and moving forwards



The first step in this drill is to get the children to place the ball on the floor and touch its side with one or two hands. Then, make them roll the ball forwards and ensure that they move along with it. Check that they squat down low and take lot of little steps.

3. Rolling the ball and moving sideways



What is important here is to make the children roll the ball with their body facing sideways, not to the front or back. Get them to use a side-step motion for this exercise. When they move to the left, ensure that they handle the ball with the right hand (and vice versa).

2. Rolling the ball and moving backwards



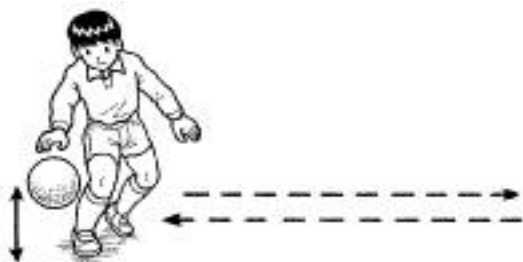
Get the children to place their hand in the same position as before. Ask them to roll the ball back and make sure they move backwards with it. Avoid collisions between the children by making sure they look back.

4. Dribbling



Use this exercise to get the children to learn to handle the ball properly. The following variations can be introduced: twenty times with left and then right hand, and another twenty times with hands alternating left and right. Ensure that they keep the ball bouncing for as long as possible. Check that they make full use of the spring action of their wrists and knees.

5. Dribbling backwards and forwards



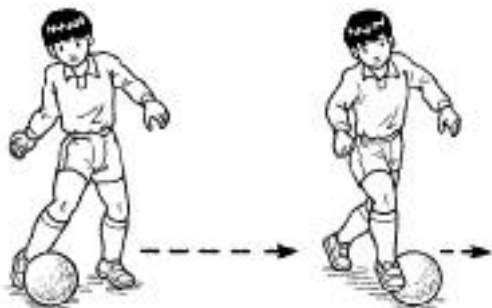
The objective of this exercise is to make the children use their right or left hand to dribble the ball while moving backwards or forwards. Since the ball used for mini-volleyball does not bounce much, ensure that the children stay low to the floor.

7. Turning around in push-up position



The children can also try to turn around the ball without touching it. Ensure that they do the exercise with their elbows and arms extended. Encourage them to move quickly and also to rotate the other way. Ask them to count how many rotations they make.

6. Dribbling with feet



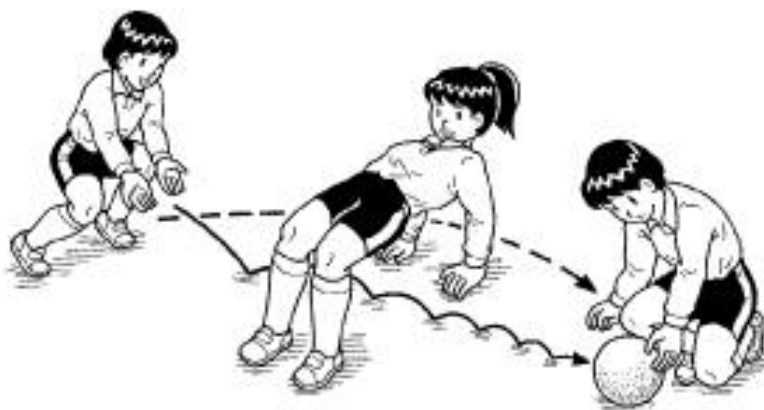
Here, the point is to make the children use side steps and dribble the ball with their feet. Once they have mastered the side step, make them try the cross-over step. Ensure that they take small, quick steps. When using the cross-over step, ask them to alternate front and back movements.

8. Clapping with feet



In the second-to-last exercise of this drill, the children jump and clap their feet while in the air. Get them to do the exercise five times in a row at a good pace. Ensure that they count how many times they can do the movement in ten seconds. Check that they watch the ball carefully to avoid stepping on it.

9. Tunnel (two players, one in reverse push-up position)

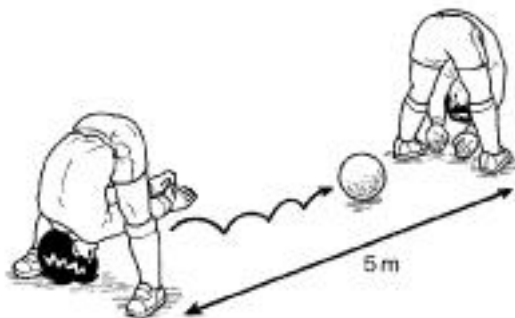


Finally, you can get the children to do the tunnel exercise. What is important here is to ensure that they don't touch the ball as it rolls under their body. Get them to chase the ball after they have thrown it and check that they keep their body straight. Suggest that they switch roles after five tries.

Drill 6: Ball Play (2)

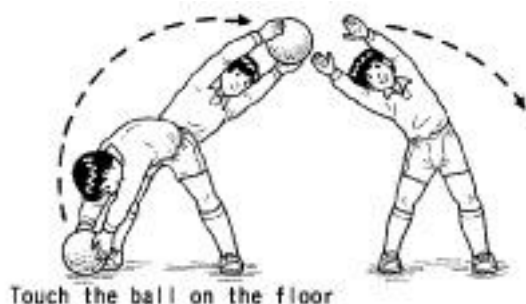
During the following drill, you should pay close attention to where the children are standing and encourage them to talk to each other.

1. Rolling the ball



In this first exercise, get the children to face away from each other, standing about 5 meters apart. After having got them to bend over, make them throw the ball between their legs and catch it from behind. Check that they move quickly towards the ball and bend their knees. Encourage them to watch each other carefully and to aim the ball at their partners in a controlled manner.

2. Ball passing with side bend



First, have the children stand 1 meter away from each other. Then, get them to bend their upper body to the side and pass the ball to their partners, making sure their knees are kept straight. After five or ten passes, make them do the exercise in the other direction. They should try to pass the ball as many times as possible within five seconds. Check that they talk to each other during the exercise.

3. Ball passing over head and between legs



Ask the children to stand 1 meter away from each other. Get them to pass the ball over their head and then between their legs, adjusting the distance as required. They should stand with their feet wide apart and keep their legs straight. If they drop the ball, get them to quickly retrieve it and return to the exercise. Suggest a contest to see who can make the most passes within a given period of time.

4. Ball passing doing a figure eight



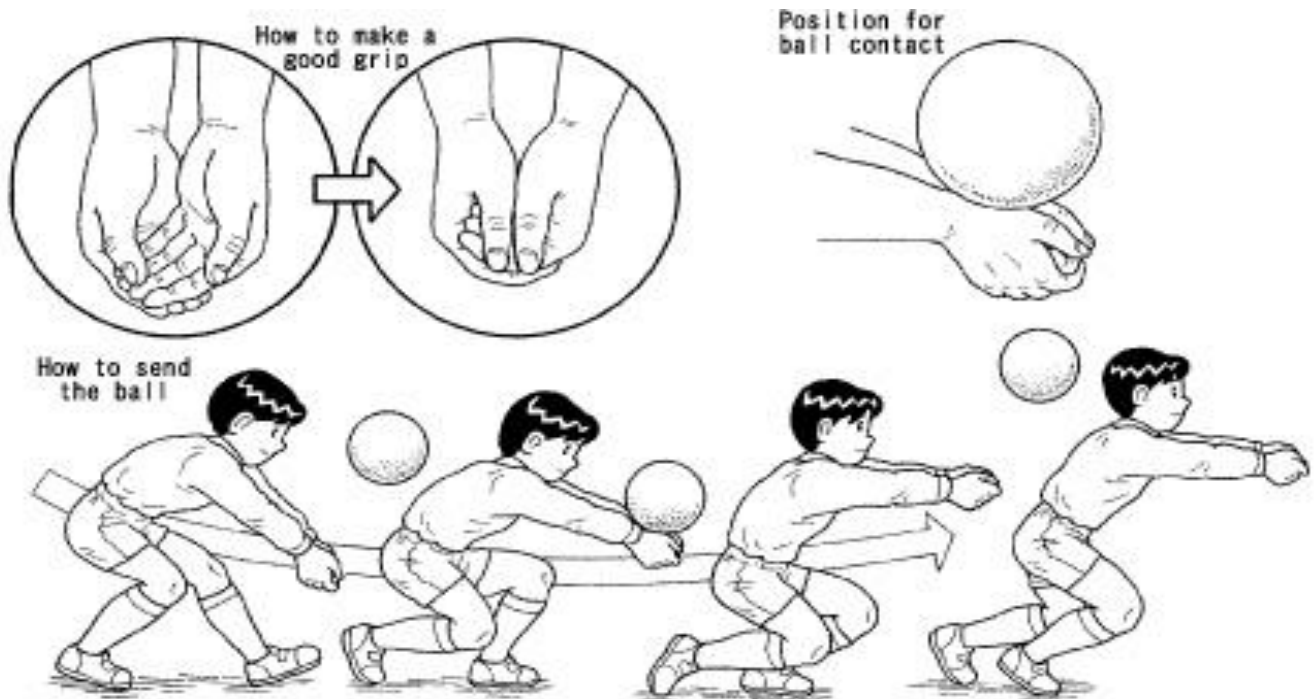
The idea here is for the children to face away from each other. Ask them to twist their upper body to the right and hand the ball to each other. When receiving the ball, they should turn to the left. They should stand with their feet wide apart and keep their legs straight. If the children drop the ball, get them to quickly retrieve it and return to the exercise. Suggest a contest to see who can make the most passes within a given period of time.

D. Passing the Ball Freely

Drill 1: Ball Handling for Underhand and Single-Hand Pass

Once the children are able to handle the ball well, you can begin practicing the first steps of passing with them. In volleyball, there are several techniques that can be used to pass the ball, i.e., the underhand pass, the

single-hand pass, and the overhand pass. Begin by teaching the children the most common among these techniques, the underhand pass.



Key pointers on how to handle the ball when making an underhand pass

1. How to acquire a good grip

There are many ways to position the hands for the underhand pass. The most common is the one shown in the picture above. Get the children to extend five fingers and place one hand over the other at an angle. They should put their thumbs together, the thumb of the lower hand holding the upper four fingers. Both thumbs should point downwards, away from the wrists. Ensure that the children extend their elbows. The inside of the wrists should be flat and kept together. The shoulders and hands should ideally form a triangle.

2. How to adopt a good position for ball contact
Explain to the children that the ideal place to make contact with the ball is slightly above the point where a wristwatch is worn. Tell them that it is important to extend the elbow at the moment of contact.

3. How to send the ball

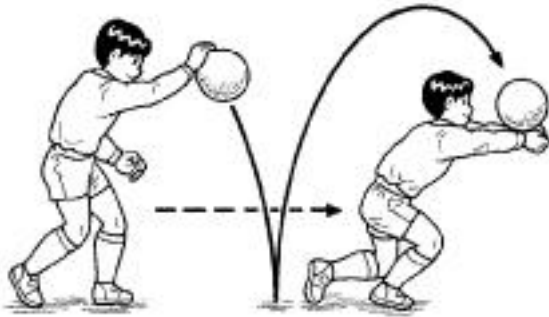
Beginners tend to swing their arms when trying to hit the ball, but this is a mistake. When hitting the ball, make sure the children don't swing their arms; rather, they should make contact by pushing up from the lower body.

Drill 2: Practicing the Self Underhand Pass

In this drill, the coach needs to pay attention to the children's hand position and movement of lower body at the moment of ball contact. When children practice these exercises, remind them to:

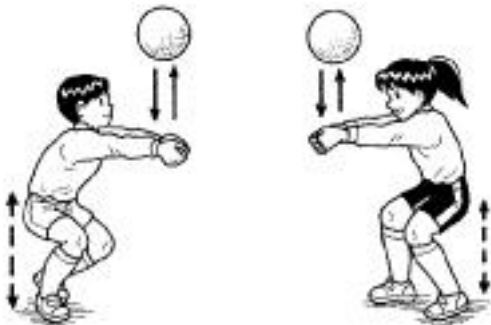
1. Watch the ball carefully until it hits the forearm platform.
2. Take a low stance and make contact with the centre of the ball when it comes close to their body.

1. Throwing a ball down towards the floor and catching it using the forearm platform



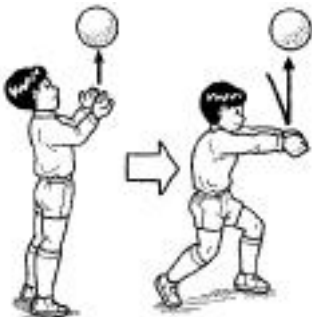
In the first exercise of this drill, the children should prepare the forearm platform and move to where the ball is likely to fall. Ensure that they bend their knees and hold the platform they have made parallel to the floor. When the ball touches their forearms, get them to tighten their elbows and make the platform a flat surface. See to it that they don't push out their chin, elbows or hips, and that they keep their elbows tight and relax their shoulders.

2. Consecutive underhand passing



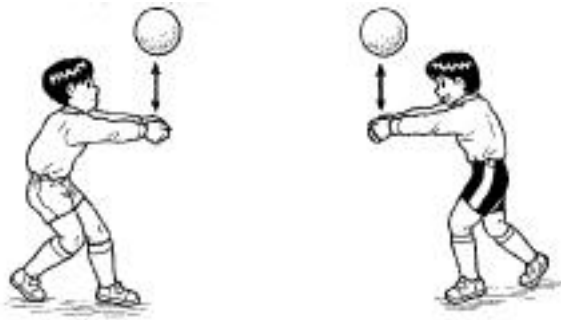
The idea here is to get the children to do five underhand passes in a row. Make sure they bump the ball upwards using the thrust from their knees and back. Check that they create a proper platform and that they hold it parallel to the floor. Verify that they don't bump the ball too high and that they make contact with it at the same spot every time. Give feedback to the children who are having trouble achieving the desired objective.

3. Throwing a ball and bumping it straight up



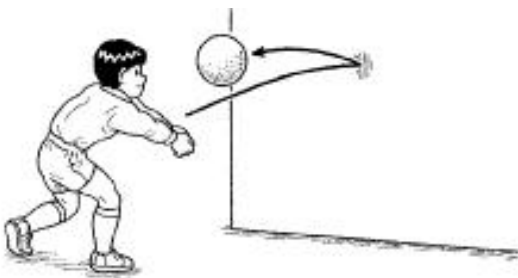
Ensure that the children create a flat platform parallel to the floor. Verify that they keep their chin down and their elbows extended, and that they don't push out their hips. Check that they bend their knees and stand with one foot in front of the other. Make sure they don't swing their arms to bump the ball but instead use the upward thrust of their body.

4. Having a contest with the number of self underhand passes



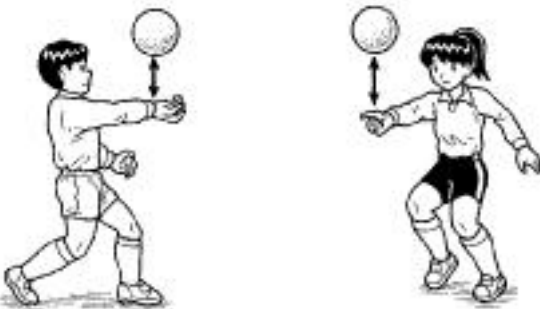
The objective on this exercise is to ensure that the children keep control of the ball. To do so, check that they maintain their weight forwards and that they don't bump the ball too high. Encourage them to keep practising until they are able to do several passes in a row. Make sure that they have enough space around them to avoid a collision with their partners.

5. Underhand passing against wall



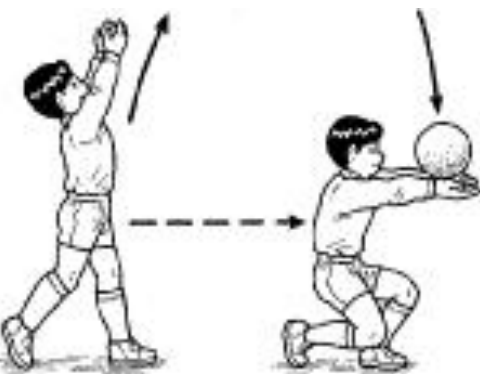
When children do underhand passes against a wall, it is important to make them move to where the ball is likely to fall. Check that they use their knees to control the ball. Encourage them think about why the exercise may not be working well (e. g., arm, elbow, leg, strength, distance).

6. Self single hand passing



The aim here is to get the children to extend their elbow and hit the ball with the inside part of the wrist, which should be kept loose at all times. Make them try the exercise with the other hand. Ensure that they bend their knees slightly and that they don't swing their arm.

7. Throwing the ball up high and stopping it on the forearm while bending the knees



As in the previous exercises, it is important that the children move quickly to where the ball is likely to fall. Ensure that they hold their forearms parallel to the floor. When making contact with the ball, get them to lower the platform in order to stop the ball. Check that they keep their elbows extended and their knees bent. Look around to ascertain the safety conditions.

Drill 3: Underhand pass with specific conditions

Once the children are able to do a self underhand pass 20-30 times in a row, try two-player passing exercises and games.

1. Ready position

To begin, start by teaching the children the ready position of a back row player. Get them to place one foot slightly in front of the other. Ensure that they lift their heels and stand on their toes, with their knees aligned directly over the latter. Get them to lean forwards slightly, with their arms open and raised to chest height, and their palms facing upwards. Verify that they watch the ball carefully.

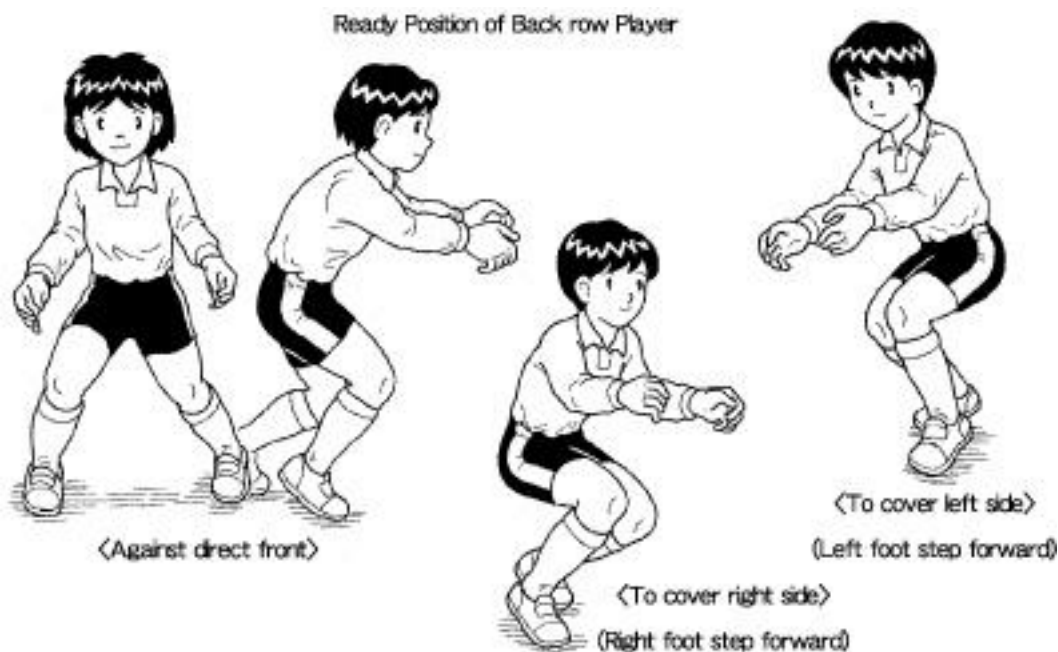
2. Running underhand pass

Get the children to maintain a crouched position when moving (as in the ready position) and to use small steps in order to go to where the ball is likely to fall. Ensure that they make contact with the ball when it is close to their body. Stop them from swinging their arms upwards. See to it that they keep the same angle between their body and arms and that they hit the ball on the forearm

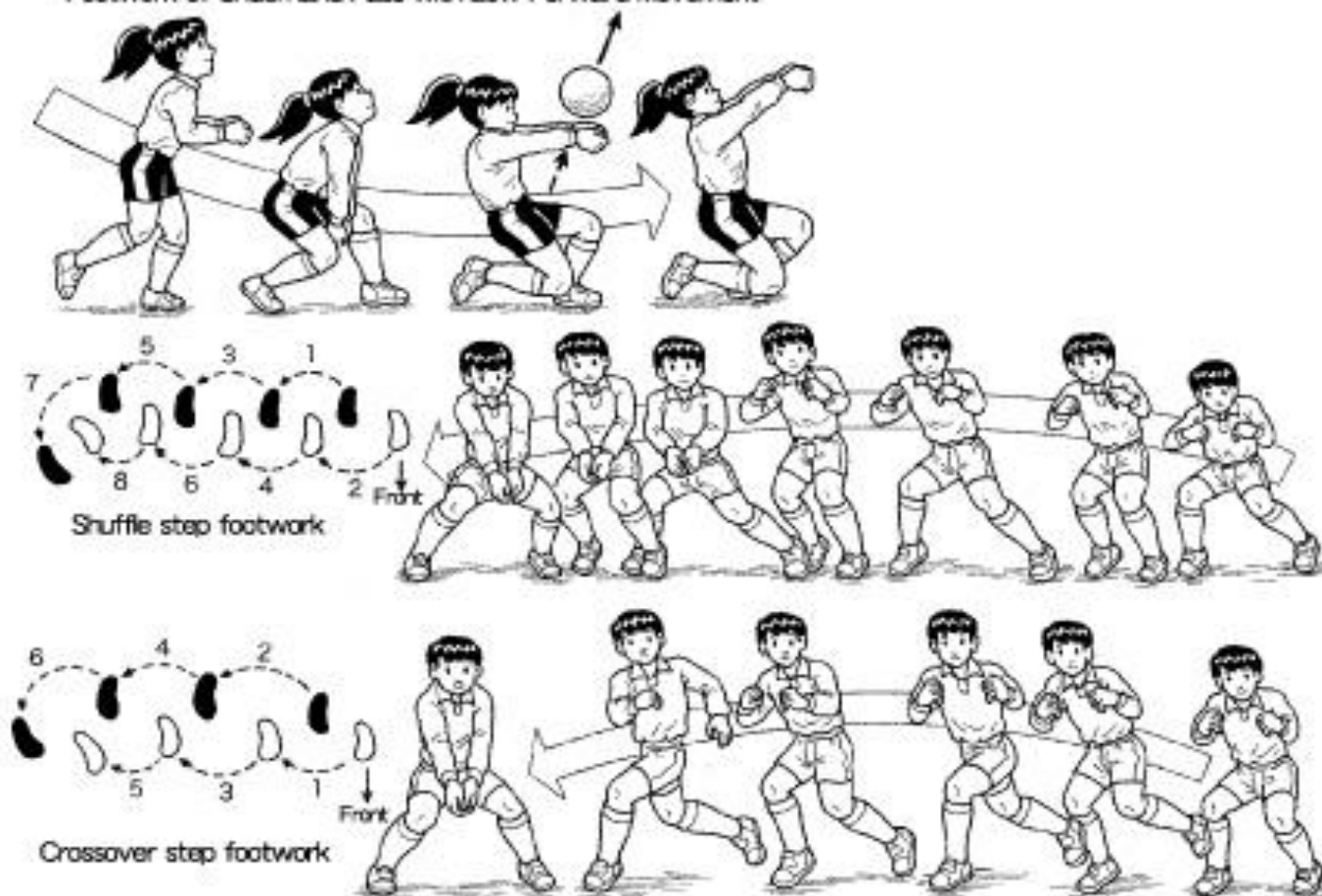
platform, using their whole body to propel the ball forwards.

3. Underhand pass with low forward movement
If the ball falls low and very close to the floor, get the children to drop onto one knee. Ensure that they move forwards with their hip positioned over their ankle to stay low (see picture on the following page). Make them slide both wrists under the ball and extend their whole body to propel the ball forwards.

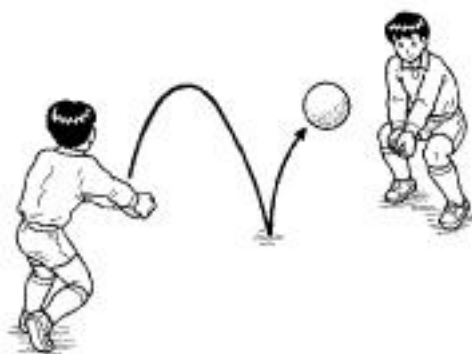
4. Underhand pass with diagonal movement
If the ball comes to the right or left of the children's body, get them to do a quick shuffle step or crossover step. See to it that they place their outside foot one step forwards and that they position their toes so that they are pointing in the direction of the partners to whom they want to pass the ball. They should face the ball and use their whole body to send the ball to each other.



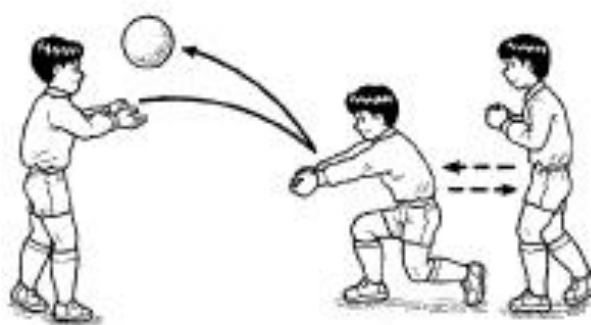
Footwork of Underhand Pass with Low Forward Movement



1. Two-player one bounce passing



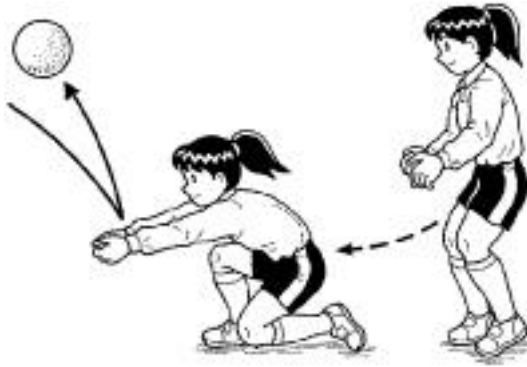
2. Underhand passing with forward movement



In this first exercise, make the children pass the ball backwards and forwards at a short distance, with only one bounce in between. Ensure that they move back and forth, right and left, getting under the ball quickly and adopting a crouched position. Ask them to count the number of successful passes in a row. Pay attention to the children's stance: they should return the ball by pushing up with their whole body, rather than simply swinging their arm.

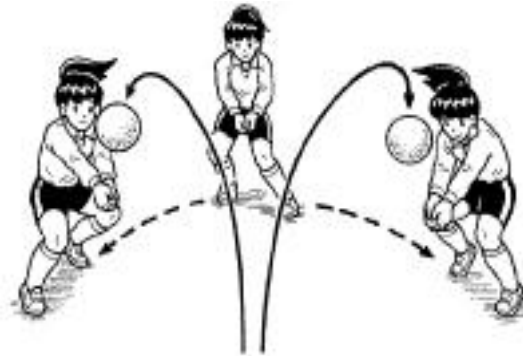
When doing underhand passes, ensure that the children toss the ball gently to their partners at waist level while facing each other. The ball should be tossed with both hands in a controlled manner, using an underhand throw. Get them to move forwards when tossing, then make them move back and get into the ready position. Suggest that they switch roles after passing ten times.

3. Underhand passing with low forward movement



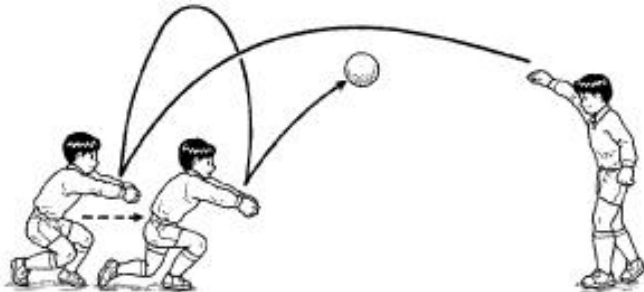
The idea here is to get the children to toss the ball gently but not as high as in exercise 2. Make them toss the ball gradually lower until it gets very close to the floor. Ensure that they move in a crouched position and extend their legs fully when passing the ball. Suggest that they switch roles after ten passes.

4. Underhand passing with forward right and left movements



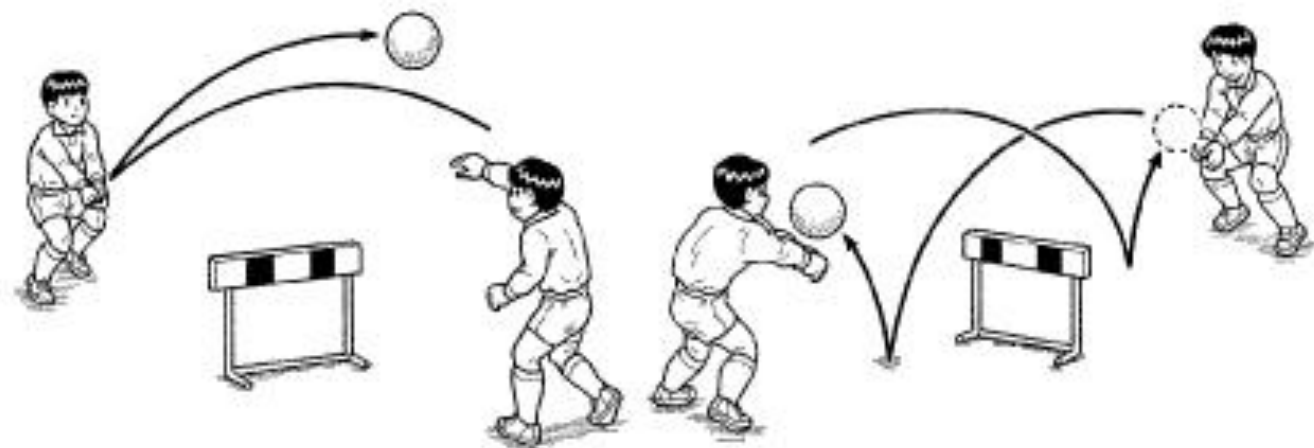
At first, make the children use a single or double shuffle step to move forwards (right or left). Get them to pass the ball with the outside foot positioned one step in front of the inside foot, using a crossover step to move quickly. Ensure that they gradually toss the ball further and further. Repeat the exercise five times on both sides, then switch roles.

5. Underhand passing twice in a row



In this exercise, the aim is to make the children toss the ball to their partners, who return it after two bumps. Ensure that, after extending their whole body for the first bump, the children quickly get back into a crouched position.

6. Ball returning game



The final exercise of this drill aims to get the children to throw the ball over a hurdle and have their partners pass it back. See to it that they return the ball on the first bounce with an underhand pass. Suggest a contest to see how many passes the children can return to their partners out of ten trials. If some children are having trouble passing the ball back, get them to keep tossing the ball backwards and forwards.

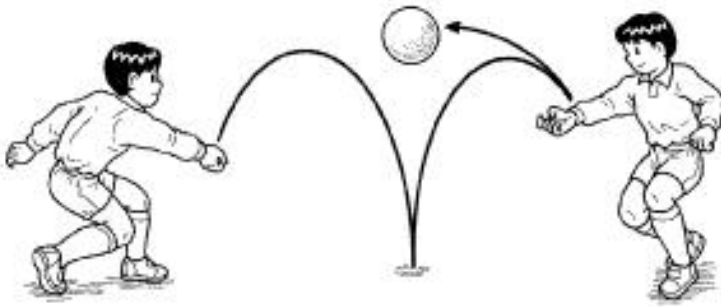
Drill 4: Underhand Serve

1. Before they toss the ball, check that the right-handed children stand with their left foot in front of the right one and that they pull their right arm back. The reverse applies to the left-handed children.
2. Ensure that they hold the ball in front of their body, staying low with their knees bent.
3. Get them to toss the ball up slightly and swing their

right arm upwards from behind using a wrist-snap motion to send the ball high.

4. Make them take one or two steps forwards after hitting the ball.

1. Single-hand bounce ball passing



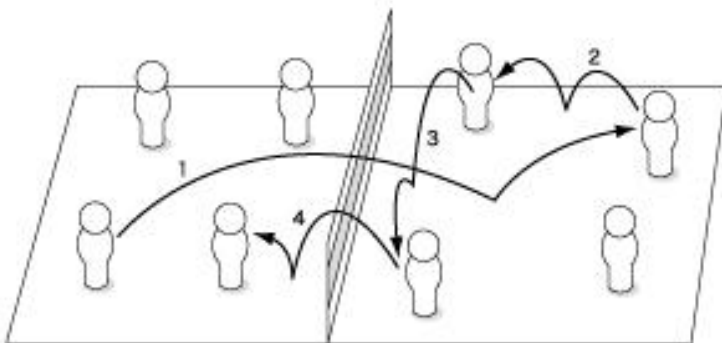
In the first exercise of this drill, get the children to hit the ball with their wrist. Make them pass the ball ten times in a row. Assign the roles of thrower and passer at the beginning. Once children are comfortable with passing the ball to their partners, try to make them pass it with one bounce in the middle.

2. Underhand serving in pairs



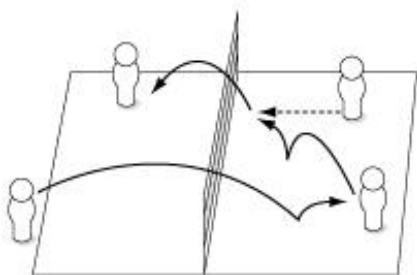
The objective here is to get the children to toss the ball up slightly with their left hand and hit the bottom of the ball. Make sure they face the ball and swing their arm from low to high, watching the contact point carefully. Suggest a contest to see how far the children can serve. See to it that they have enough space around them.

3. Underhand bounce passing game



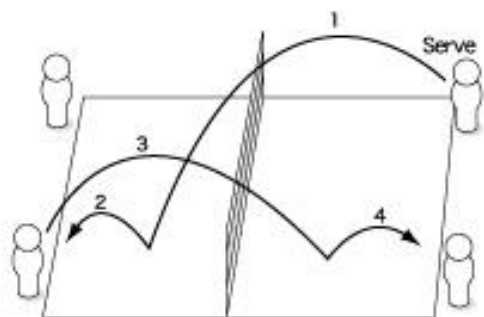
Set up two teams comprising four to six children each. One side serves the ball, while the other passes it to three different team members using a single-bounce pass, before returning it to the other side. It is advisable to assign a role to each team member.

4. Serving from inside the court



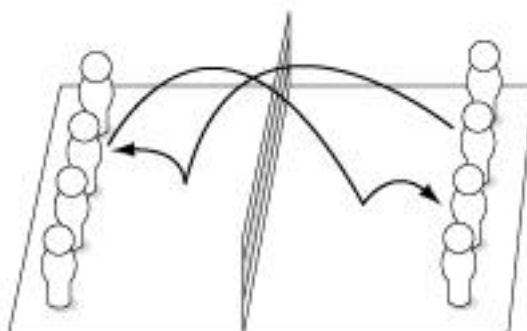
Use a badminton court for this exercise. Get the children to serve various ways from each side of the court. When making contact with the ball, ensure that they move forwards the foot opposite their hitting arm. If the ball gets over the net, ask the children to take a step back and serve from a little further away. Encourage them to shag the ball and return it quickly. Make sure they shag balls for their partners who are still serving after ten serves. Have a contest to see how many serves successfully cross the net.

5. Serving over the net from behind the end line



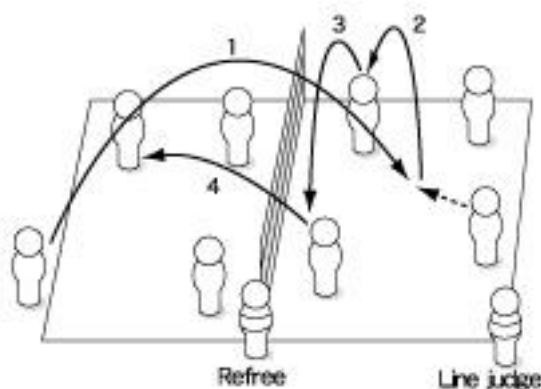
Set up two teams comprising two to four children. Have a contest to see how many serves each team can get over the net. Assign roles to the children (shaggers, servers, etc.). Allow children who can't get the ball over the net to serve from inside the court and count as good balls that touch the net. Identify a target to aim at, such as a chair.

6. Bounce passing and underhand serving in pairs game



Three team members pass the ball to each other using one bounce, and then return it to the other side of the net. Ensure that the children serve the ball in the court and that they don't step on the back line when serving. Count as good balls that touch the net. Assign one child as the referee and encourage all the children to accept the final score.

7. Four-player single-hand/underhand passing game



Assign two children as line judges. Make sure they respect the referee's calls. As in the previous exercise, start without rotating the children. Rotation should be introduced only once they have become accustomed to the game. The first team to score ten points wins (using the rally point scoring system).

Drill 5: Overhand Pass

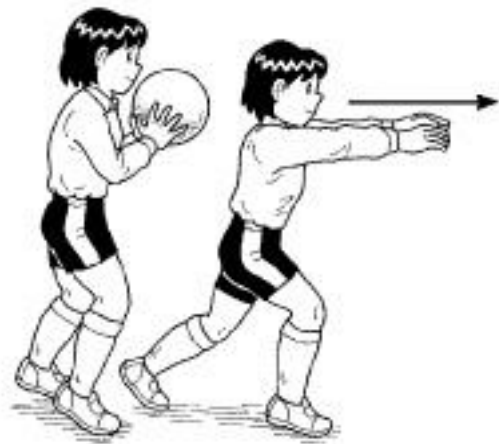
Have the children reached the stage where they are able to perform the underhand pass and underhand serve well? If so, you can introduce the overhand pass, which is used for balls above waist height.

Key pointers on how to make an overhand pass



1. Get the children to move quickly under the ball and make contact with it in front of their face, as it is not possible to handle the ball on the side of their body like with the underhand pass.
2. Ensure that they place both arms at face height, while opening their elbows to the side, keeping their wrists close to each other and spreading all ten fingers as wide as possible. They should be able to see the ball between their arms.
3. See to it that they allow the ball to come close to the front of their face and hit it using all ten fingers.
4. Finally, get the children to propel the ball by pushing up from the knees and hips, rather than by simply by bending and extending their arms. They should keep their hips forwards and chest lifted. Encourage them to take a couple of follow-through steps.

1. Player-to-player chest passing



In this first exercise, make the children get behind the ball. Have them catch it using all ten fingers, before throwing it back to their partners. Try to minimise the amount of time they hold the ball. Ensure that they catch the ball with all ten fingers spread open and that they return the ball with a motion similar to passing.

2. Catching, throwing, and returning using overhand passing



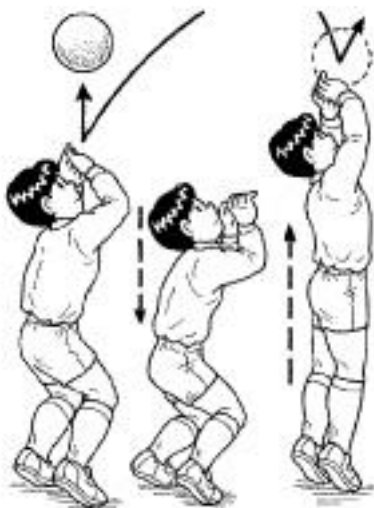
The idea here is to get the children to catch the ball tossed by their partners, to throw it straight up and then return it using an overhand pass on the second contact. Ensure that their body extends upwards as they make the first contact. Get them to come down quickly to a crouched position and pass the ball when it comes close.

3. Overhand passing after touching the floor



Make the children move quickly under the ball after their partners toss it. Check that they crouch down low and place both hands on the floor. Then get them to stretch upwards, extending their knees and hips to catch the ball at its highest point. Encourage them to use a motion similar to the passing motion. Ensure that they move quickly into position under the ball and that they are ready to make ball contact with the lower body extended.

4. Self passing and returning using overhand passing



After their partners toss the ball, get the children to hit it straight up once before returning it with an overhand

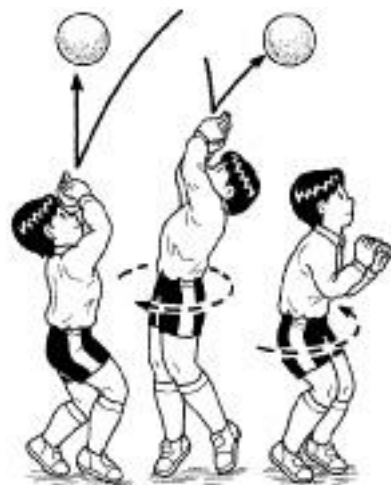
pass on the second contact. Their body should extend upwards as they make the first contact. Ensure that they come down quickly to a crouched position and pass the ball when it comes close to their body.

5. Self passing, turning to the side and overhand passing



This is similar to exercise 4 above except that the children turn 90 degrees after the self pass. Get them to reach over sideways (right or left) and return the ball to their partners with an overhand pass. Ensure that they hit the ball up high the first time and turn their body quickly. Make them reach over sideways to return the ball.

6. Self passing, turning and back passing



The difference with the previous exercise is that the children turn 180 degrees to face the other way after

the self pass. Get them to bend backwards and pass the ball to their partners positioned behind them. Ensure that they stand with one foot in front of the other, leaning back slightly. Check that they let the ball come close before hitting it. Make them turn around to face their partners again after they have done the back pass.

Drill 6: Move and Pass

Once children have mastered the overhand pass, the next step is to get them to move quickly under the ball and perform continuous overhand passes after an underhand pass or single-hand pass.

They should also practice knowing when to use an underhand pass or an overhand pass properly, a decision that largely depends on the height of the approaching ball.

The same movement is used to get under the ball for either an underhand pass or an overhand pass.

However, there are two different ways to move:

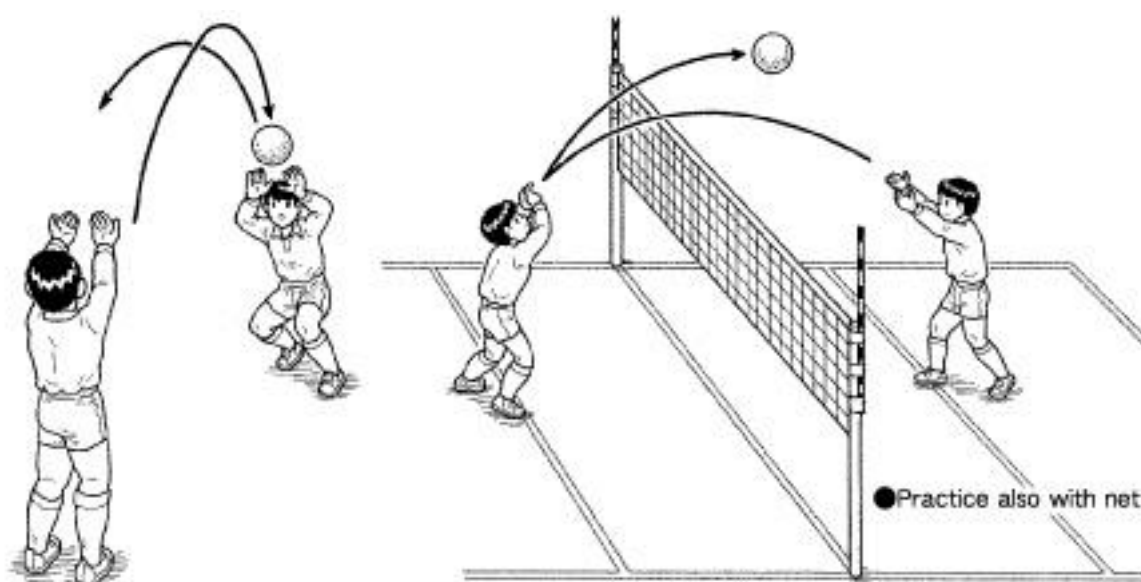
1. Draw back method

Here, the children should take small, quick steps backwards, maintaining a crouched position. Ensure that they don't hold their upper body straight.

2. Turn around and run method

If children find it difficult to reach the ball using the drawback method, make them turn around and run. Encourage them to use a backpass when their body is facing the other way. Otherwise, get them to use an overhand pass if possible.

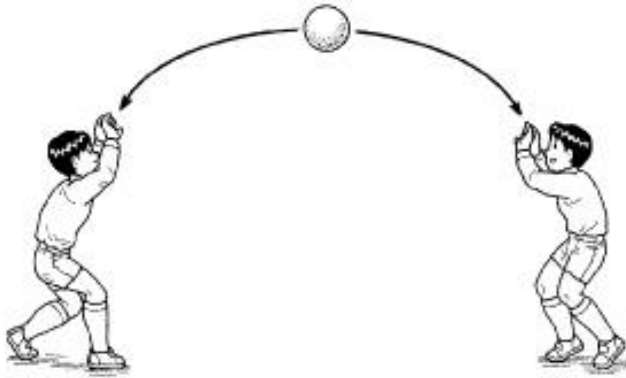
1. Two-player overhand passing



The objective of this first exercise is to get the children to toss the ball, while their partners quickly move to get under it before returning it with an overhand pass. Ensure that they use the full force of their body as they spring up, and that they refrain from pushing out their chin, elbows, or hips. Encourage them to move quickly when getting under the ball and to talk to each other. Children who have not mastered the overhand pass should work on trying to catch and release the ball very quickly. Make sure there is enough space to perform the various movements correctly. Feel free to introduce

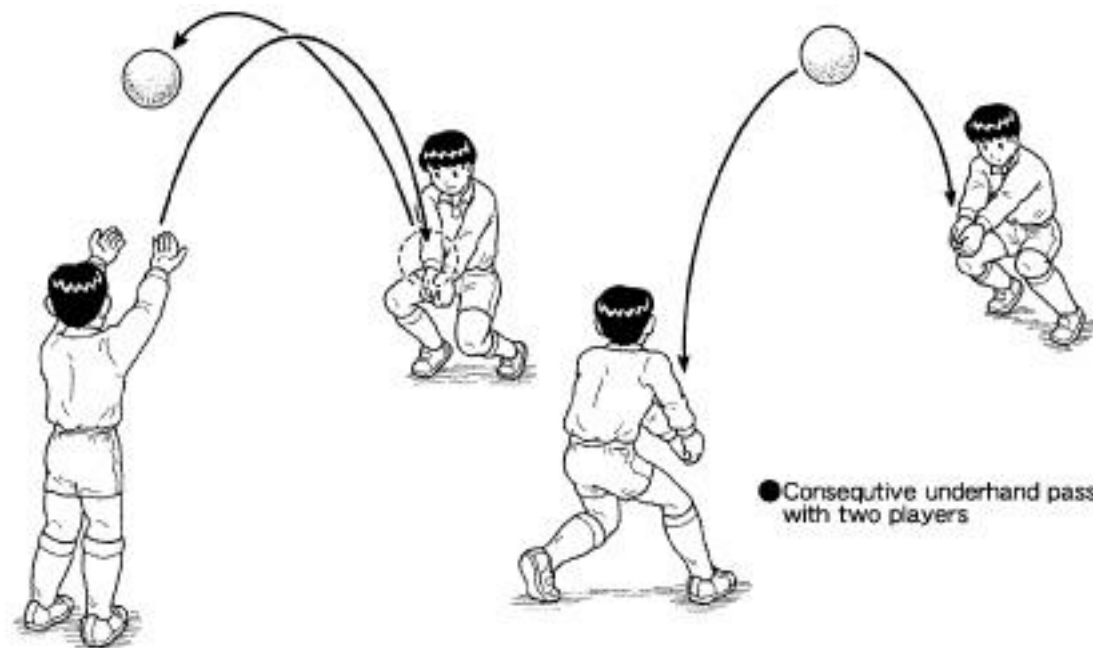
variations, such as moving forwards, moving backwards, moving to the right or left, getting under the ball, passing with a jump. Make the children switch roles after ten tries.

2. Player-to-player overhand passing



In this exercise, get the children to practice doing ten passes in a row. Ask them to count the number of passes out loud. Encourage them not to give up even if they are experiencing difficulties.

3. Player-to-player underhand passing



The objective here is to get the children to toss the ball gently towards their partners' knee. Make sure the receiving children crouch down in the ready position and make contact with the ball in front of their knees. Stop them from pushing out their chin, elbows, or hips. Have them send the ball back over their partners' head, keeping their eyes on the ball and talking to each other. Variations can be introduced, such as moving forwards, moving backwards, moving to the right or left, always crouched down low. Make the children switch roles after ten tries.

Drill 7: Receiving an Underhand Serve

Volleyball rallies begin with a serve. For this reason, it is extremely important to master the technique of receiving the serve, called reception. As you have not yet practiced advanced serving techniques with the children, work on mastering reception of an underhand serve first.

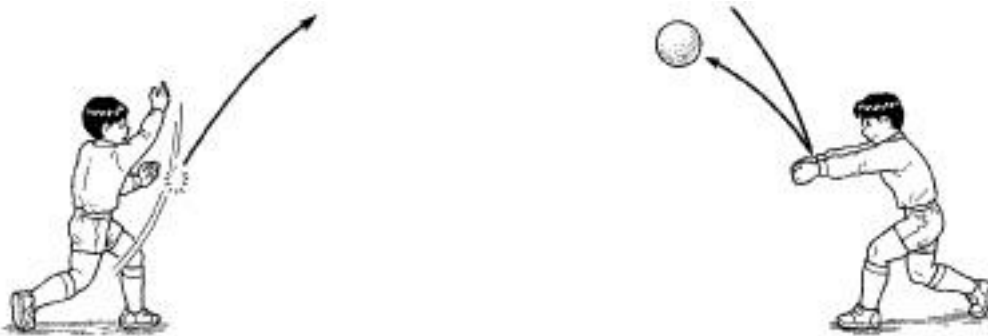
Points on reception

1. The children should crouch down in the ready position with their knees slightly bent. They should follow the trajectory of the approaching ball and get

under it so that they can make contact at waist level.

2. See to it that the children move quickly and have proper timing when making contact with the ball. They should count 1 when they pass and start moving. On count 2, they should position themselves under the ball and wait until it gets close to their body. The ball should be passed back when they count 3.

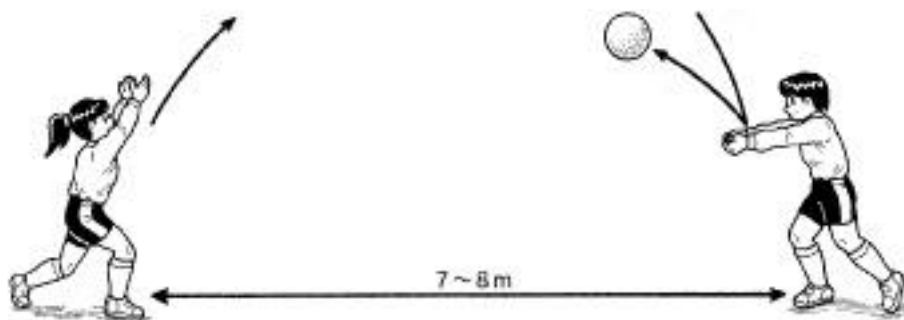
1. Long underhand passing



This drill begins with a first exercise in which the children stand facing each other 7-8 meters apart. Make them move quickly to get under the ball. Ensure that they throw it gently. Ask them to wait until the ball

drops close to the floor, then to pass it back. See to it that they send the ball back using the upward thrust of their body and hips.

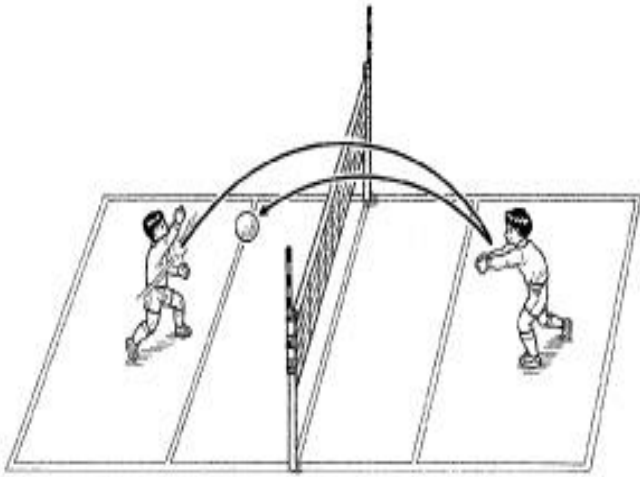
2. Receiving an underhand serve



The aim here is to get the children to serve and their partners to receive. Make sure that the receivers move quickly to get to the ball and send it back to the servers. The children should make contact with the ball in front of their body. Once the children have mastered the

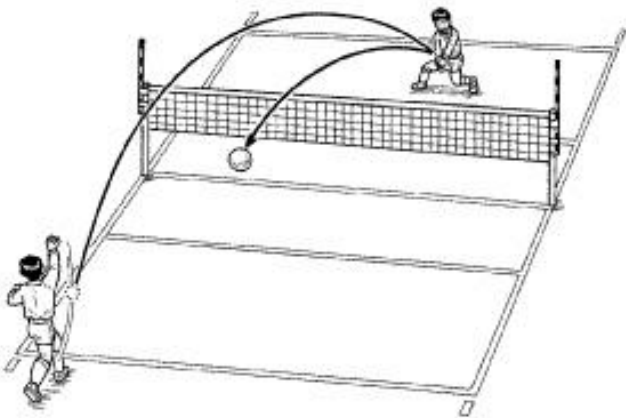
reception of balls approaching straight on, work on them receiving balls served to right or left. Have a contest to see how many balls out of ten hit the target.

3. Receiving a ball served over the net



To start off with, you can allow the children to serve from inside of the court. Once they are comfortable serving at that distance, ask them to gradually take a step back and increase the distance. The children should aim the ball directly at their partners at first, and then try aiming to the sides. Stop them from pushing out their chin, elbows, or hips. Ensure they move quickly to get under the approaching ball. Have a contest to see how many balls they can successfully return out of ten tries.

4. Receiving a ball served from behind the end line

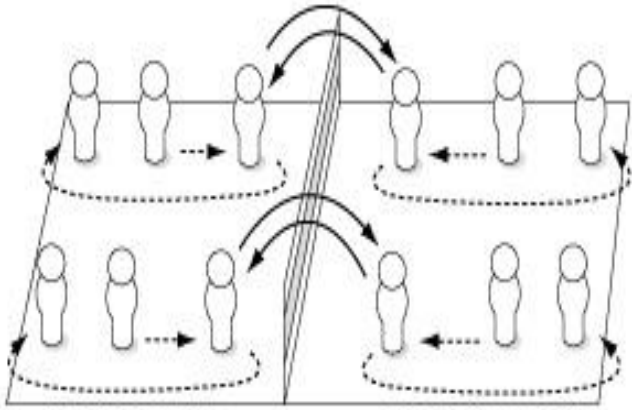


What is important here is to ensure the children play only those balls falling inside the court. When the ball falls outside the court, get the children to say "out of bounds" in a loud and clear voice. Ensure they move quickly to get under the approaching ball. Have a server vs. receiver contest for the number of successful receptions.

Drill 8: Continuous Pass to Pass Game

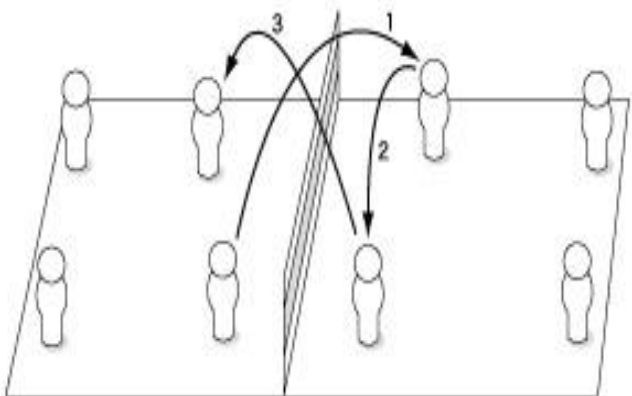
So far, you have taught the children four basic techniques: underhand pass, single-hand pass, overhand pass, and overhand serve. The time has now come to get them to play a game using the underhand serve.

1. Running pass game



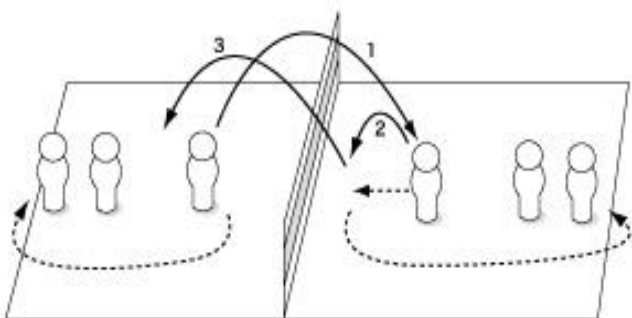
In exercise 1, make the children line up on both sides of the net. Get them to use an overhand pass to return the ball to their partners on the other side of the net. The children should aim to hit the ball 20, 30, or 50 times without dropping it on the floor. Set up two lines of children on each side of the net and have a contest to see how many continuous passes they can make. Get them to use both the underhand and overhand pass.

2. Running underhand pass and overhand pass



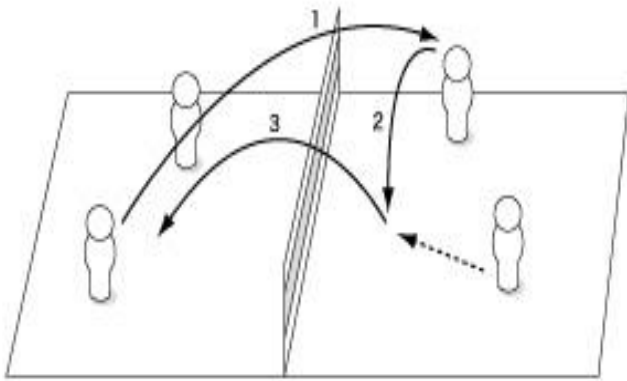
In this exercise, the ball is passed from the other side of the net, with the receiving children performing a self underhand pass on the first contact. When receiving, make the children use an underhand pass on the first contact and then an overhand pass on the second contact. Count the number of passes that go over the net on the second contact. Once the children are comfortable with the self underhand pass, work on returning the ball with side pass or back pass on the second contact.

3. Two-player running pass game



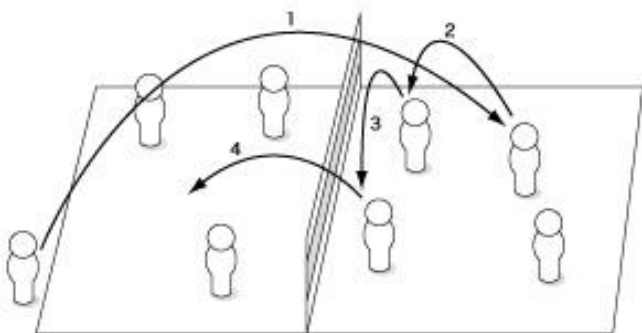
The objective here is to get the children to return the ball over the net on second contact in the 2-on-2 format. Make sure they don't return the ball on the first contact. Switch teams after each error. Have a contest to see which team stays in the same formation the longest.

4. Playing in the 2-on-2 format



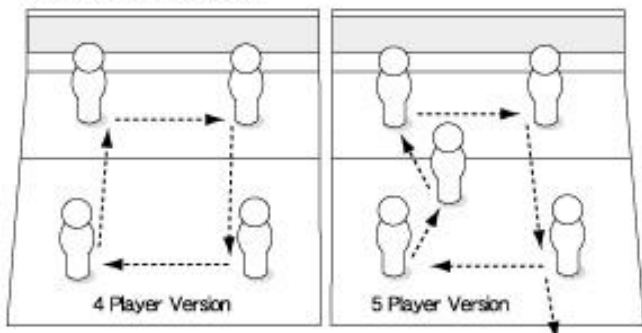
Play a passing game with two children on each side of the net. Ask one team to start by throwing the ball over the net. The other team returns the ball after the second or third contact, depending on what is decided before the game begins. After sending the ball over the net, the children should move back to prepare for the returning ball. The first team to score five points wins the game and the losing side switches with the next team.

5. Game using underhand serve



Make up teams of three to five children (3-on-3, 4-on-4, 5-on-5, etc.). After the serve has been received, get the children to use an underhand pass on the second contact and return the ball over the net after catching the ball with an overhand pass on the third team contact. Once this exercise is mastered, get them to use an overhand pass to return. The first team to score 15 points wins the game. Initially, avoid using a rotation system. Make sure the game starts and finishes with the children greeting each other. Assign roles such as referee, line judge, scorer, etc. to the children who are not playing. Make sure they respect the referee's calls and accept the final score. Modify the rules based on the children's suggestions for improvements. Use a table format to keep track of win-loss records. After a team wins the opponent's serve rally, get the children to rotate clockwise one position.

● Play games with rotation



E. Setting and Spiking

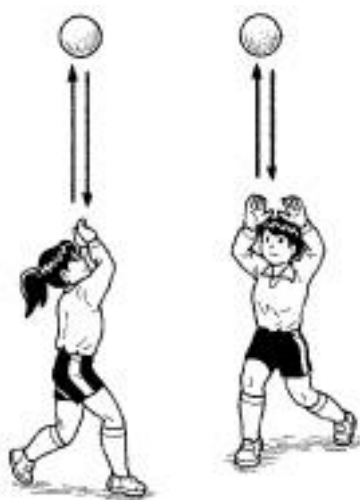
From the Self Overhand Pass to Passing Near the Net

This brings us to the point where the children can start to practise setting and spiking. Even though they may be enjoying the passing games, it will be more fun for them to play a game that includes spiking. So let's get them to practice setting, spiking, and overhand serving. Setting is required for a spike. The overhand serve is considered to be an application of spiking.

Key pointers on how to perform a good set

1. Children should move quickly to get under the approaching ball and maintain a crouched position. When setting, they should face the direction of the ball.

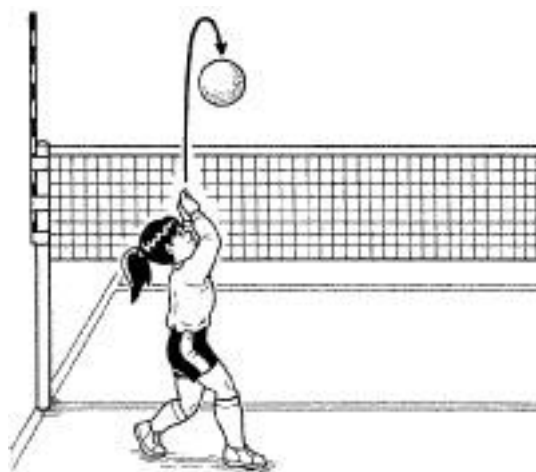
1. Setting straight up



In this first exercise, make the children set the ball continuously to a height of 1-2 meters. Get them to stand with their feet apart (one foot in front of the other) and practice setting ten times in a row. Check that they always handle the ball near their forehead and that they use their full body to set. Make sure they understand the difference between passing and setting.

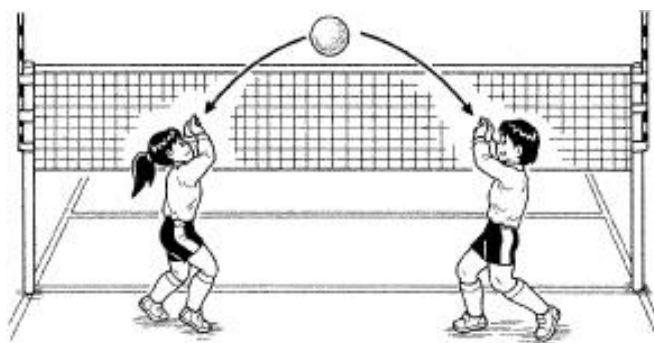
2. Once the ball drops close to their forehead, get them to set it using their ten fingers spread wide open.
3. Make sure they extend their whole body to push the ball towards the target and use the full thrust of their knees, wrists, and elbows, which should be slightly bent.
4. After setting the ball, get them to take a few steps towards the target.
5. They should practice setting the ball from every direction, including sideways and backwards.

2. Setting straight up near the net



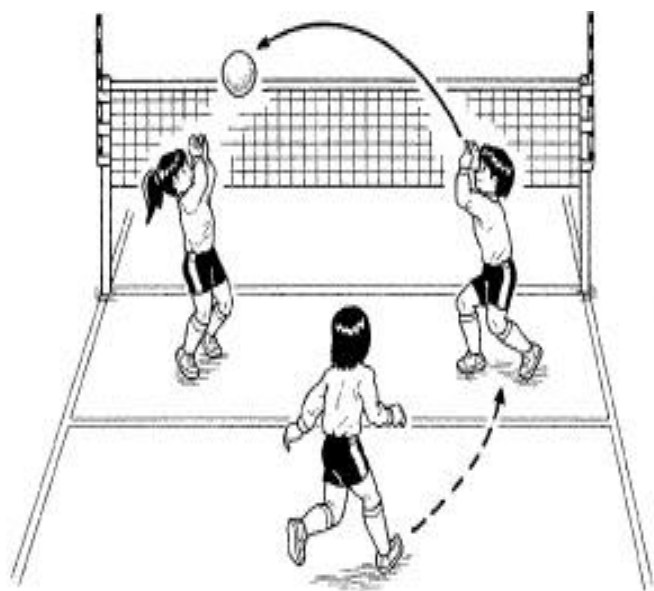
Before beginning exercise 2, ensure that the children aren't standing with their back to the net. Get them to set the ball parallel to the net, using an upward thrust from their knees and hips. It is important that they adopt a crouched position, with their knees bent, and that they hold their palms in the form of a triangle. Make sure they understand that setters are important players in volleyball.

3. Player-to-player passing near the net



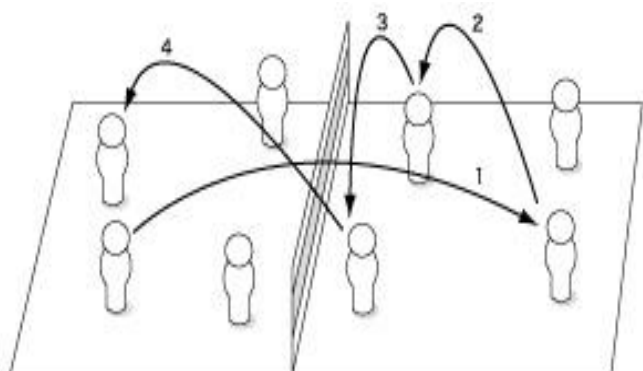
To do this exercise correctly, make the children face their partners near the net. Get them to send the ball high towards the latter's forehead. Ensure that they pass the ball by pushing up from a crouched position and that their partners move quickly to get under it. It is important that the ball be passed parallel to the net

4. Running pass near the net with three players



The aim here is to ensure that the children start from the attack line, run to the net at an angle, and turn to face the target. Get them to stop with their left leg when they get close to the net and to pass the ball towards the antenna or their partners' forehead. Check that they move quickly to get under the ball, staying low in a crouched position. Ensure that they perform the next steps correctly, i.e., the jump set and back set. Rotate children after ten consecutive passes.

5. Setting game



In the final exercise of this drill, get the children to play a game where each team member has to set before returning the ball over the net. Make them play the game in the 4-on-4 format. Ensure that the children greet each other before starting the game and that a role is assigned to each one of them. Call a time-out when rotating the children and remember to give each one a chance to play.

Drill 2: Set from the back court

Setting cannot always be performed from the area near the net. In some cases, the receivers can barely hit the ball that has been passed or it goes out of bounds. Therefore, the children need to practice setting from well outside the court or far behind the end line.

Key pointers on how to set from the back court

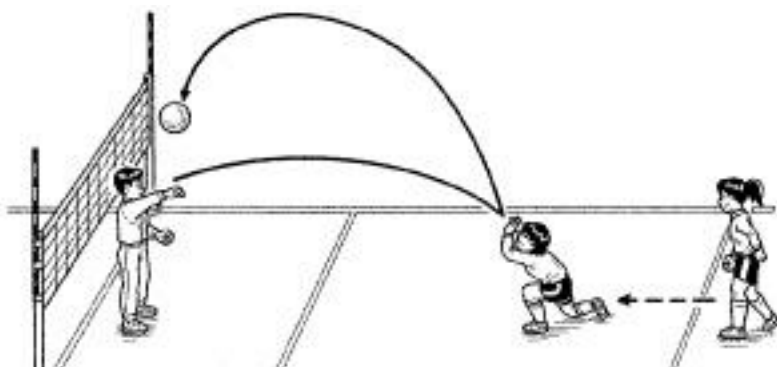
1. Get the children to move quickly to position themselves under the ball, stay as low as possible and face the target.
2. They can stand up while moving; but once they are in position, they should crouch with their knees bent and

wait for the ball to come close enough for them to be able to return it comfortably to the target. If they have sufficient time, they should look at the target to check the distance, then bring their eyes back to the ball.

3. It is preferable to get them to use an overhand pass; however, if the ball comes in low, they can use an underhand pass.

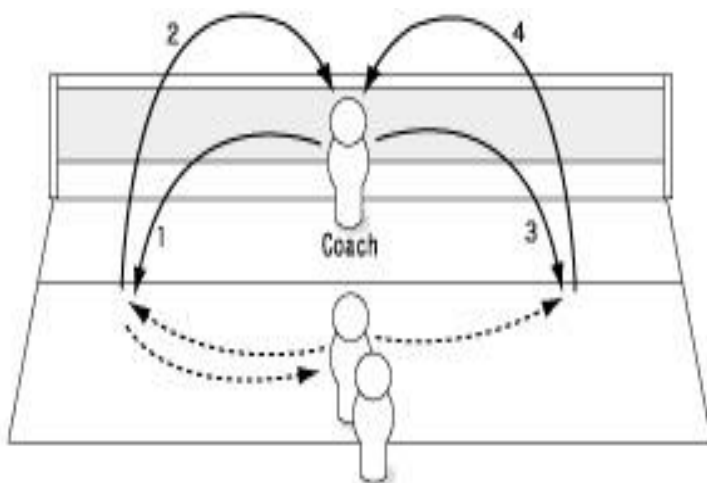
4. When doing a back set, make the children stand with their back to the target. Get them to bend backwards and to set the ball high and straight towards the target behind them. After setting the ball, they should turn around and watch where the ball goes.

1. Moving forwards to set a long ball in front



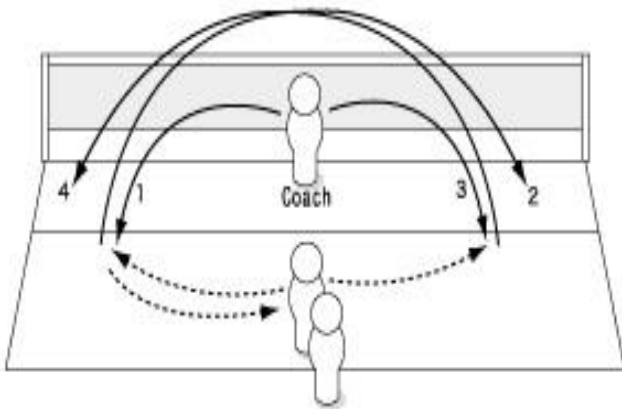
In this first exercise, have the children stand ready behind the end line. When you toss the ball to them, make sure they move quickly to get under it and set it high in front of them. Ideally, the ball should get to within 30-50 centimetres of the net each time they hit it. Repeat the exercise ten times, rotating the children one by one so they can all get a chance to practise the exercise.

2. Moving to the right or left when setting to the centre



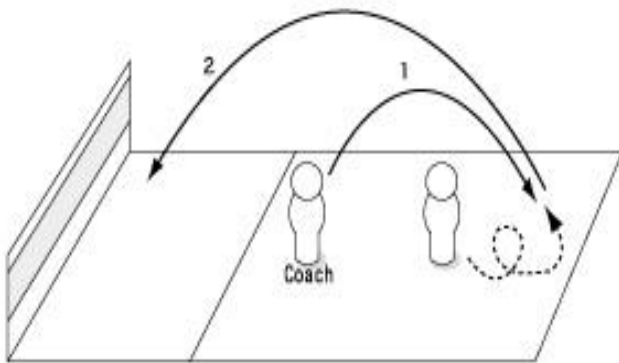
The objective here is to make the children set the ball towards a target at the centre and then return to their initial position. Get them to do the same exercise with a ball tossed to the right. Once the children have made sufficient progress, suggest that they use an underhand pass to set. Rotate children after they have had an opportunity to practice setting twice in the right and left directions, and repeat ten times.

3. Moving to the right or left when setting to the far side



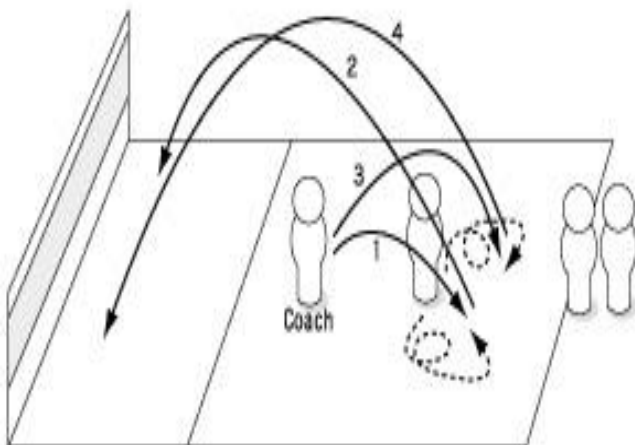
Having tossed a ball to the left, get the children to move in a roundabout path to where the ball is likely to fall and set to the right side facing the target. Make sure that, in so doing, they plant the outside foot and set the ball facing the target. Rotate children after they have practiced setting twice for both the right and left directions, and repeat ten times.

4. Precise back setting



Start by positioning yourself at the centre of the court and the children in the back court, facing you. Toss the ball behind the children and get them to turn to chase it before returning it using a back set. The children may find this exercise difficult if the ball is thrown too low or too far, so you should start with an easy, high toss of the ball. Rotate children after ten tries.

5. Diagonal back setting after moving backwards



Start in the same way as for exercise 4. Toss the ball to the back of the children, towards the right or the left. Get them to turn and chase the ball, staying low and getting under it. Have them back set the ball, bending backwards and using the full extension of their body. After the children have shown some improvement, get them to set with an underhand pass. Repeat the exercise ten times in each direction. If they have trouble doing this well, go back to the basics of backwards overhand passing.

Drill 3: Learning the Spike Swing

All volleyball players want to be able to hit the ball well. Since the mini-volleyball net is lower than in traditional volleyball (roughly 6 feet instead of 8 feet in height), all children should be able to hit the ball even if they are not tall, so long as they learn some tips and adopt good timing.

There are three important aspects of teaching children to spike:

- 1) how to pull back from the net to the back court,
- 2) how to hit the ball, swing, and make contact, and
- 3) how to jump, from approach to take-off.

Be sure to teach these different aspects step-by-step.

Key pointers on how to swing when spiking

1. The children should swing both arms back and do a little hop before jumping. Their upper body should be leaning forwards, their arms positioned above shoulder height.
2. Get them to swing their arms forwards and upwards. Make them bend their elbows to produce a more rapid swing. To maintain balance, they should swing both arms forwards as they straighten up, not just the hitting arm.

arm.

3. Show them the importance of pulling both arms back behind their ears, especially the hitting arm.

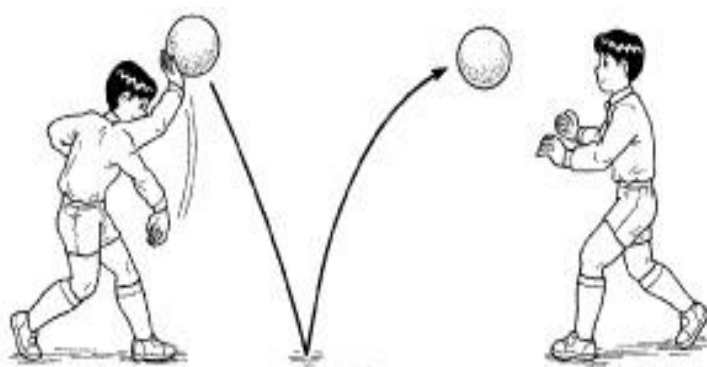
4. Have them pull the non-hitting arm in close to their body and swing the hitting arm from the forearm down, keeping their elbow in the same position. They should snap their wrist as they hit the upper side of the

ball with their palm. If they swing with their elbow, the contact point will be lower and they will end up pushing the ball. As a result, the ball is likely to go out of bounds. The ball used in mini-volleyball (200-220 grams) tends to float and will go out of bounds easily if the children do not hit it with a snapping motion.

5. Since the ball is soft, it will be easier for the children to control it if they hit with their palm or five fingers spread wide apart.



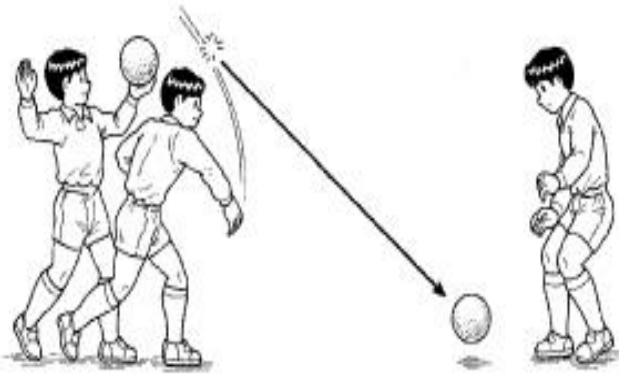
1. Bounce ball throwing by two players



In exercise 1, make the children hold the ball in the palm of their hand, with all five fingers aligned. Then, get them to bounce the ball off the floor in the direction of their partners' feet, trying to make it go as high as possible. Have them release the ball at the highest point above their head by swinging their forearm using a wrist-snap motion. Ensure that they keep the throwing elbow close to their head and the

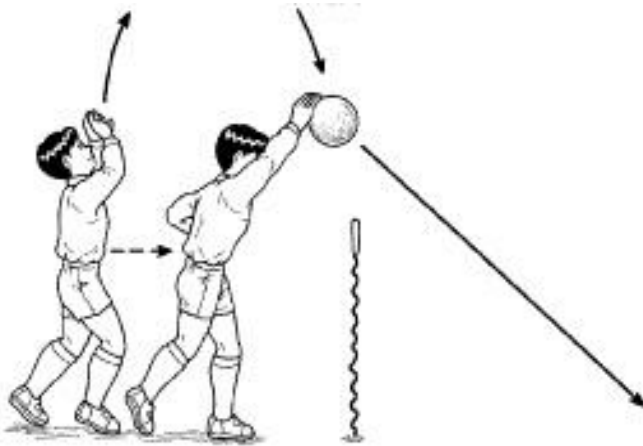
other elbow tucked in close to their body. See to it that right-handed children place their left foot forwards and vice-versa. Rotate children after ten throws.

2. Hitting a ball tossed near the partners' foot with one or two hands



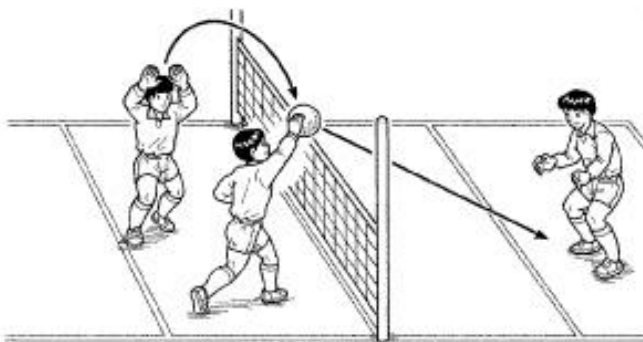
The objective of this exercise is to get the children to toss the ball low with their non-hitting hand. Ensure that they don't toss the ball too high and gradually increase the distance between them. When hitting, the children should have the opposite foot from the hitting arm in front. Check that they hit the ball close to their partners' foot and that it is tossed from shoulder height of the dominant hand.

3. Standing spike near the net



Adjust the net to the height of the children's elbows and get them to stand 1 meter away from it. Have them toss the ball up, swing their forearm and hit the ball over the net at a sharp angle to the floor. If the children's elbow is not extended, they might touch the net or the ball might not go over it. Ensure that they hit the ball as high up as possible, with their elbow fully extended. Pair up the children and make them hit while their partners shag. Get them to switch roles after ten hits. Stop them from tossing the ball too high.

4. Three players hitting a ball to the foot



In this exercise, get the children to set the ball in front of the hitters' face. Encourage the setters to use an overhand pass and check that the hitters strike the ball at the highest possible point. Try to minimise the distance between the setters and the hitters. If possible, make the children jump before they hit the ball. Switch roles after ten tries.

Drill 4: Learning the approach and take-off for spiking

Once you have taught the children how to swing their arm and make contact with the ball, the next step is for them to learn the sequence from approach to take-off, and from jump to spike.

Key pointers on how to approach, take-off, and jump

1. Explain to the children that the spikers should pull back about 3 meters from the net so that the setters can set the ball between themselves and the net. The spikers should pull back to a 45-degree angle to the left if the ball is set from their right side. Conversely, they should pull back to a 45-degree angle to the right if the ball is set from their left side.
2. Get the children to start their approach by adjusting the height of the set. For beginners, it is preferable to start with a three-step approach, taking off with the foot opposite their dominant hand. Right-handed children should use the left-right-left stepping scheme, while left-handed children should use the right-left-right stepping scheme. If the children make a habit of taking off with the other foot, that is fine, too. Also, the number of steps and starting position may differ from child to

child. As a general rule, children should use the foot opposite their dominant hand to take off.

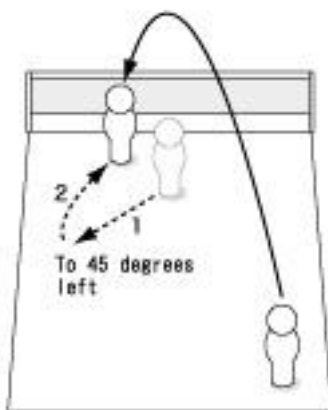
3. Make the children stay low as they begin their approach. At the lowest point, right before take-off, their hips and knees should be, respectively, at a 0-degree and 90-degree angle. Try to get them to reach those angles gradually.

4. The approach can be slow when the children are still learning but the speed should be progressively increased insofar as possible. The last two or three steps are important to generate the momentum to push off the floor and produce a strong jump.

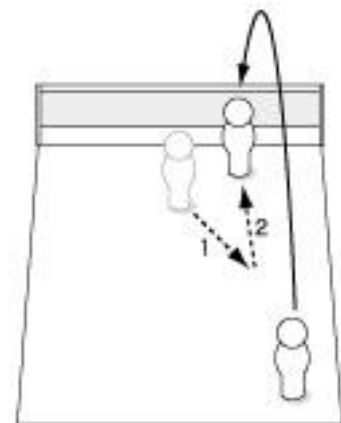
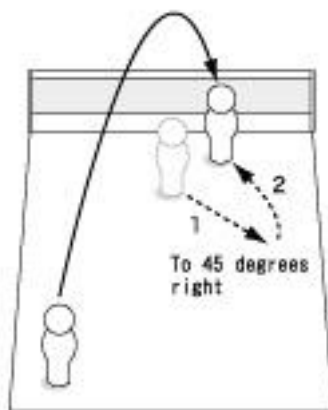
5. The children should swing their elbow forwards and upwards, propel themselves using their hips and knees, and finally, push their ankles powerfully off the floor for a strong jump.

6. They should absorb the shock of landing by bending their ankles, knees and hips, and touch down in a balanced position.

Correct and incorrect spiking motions

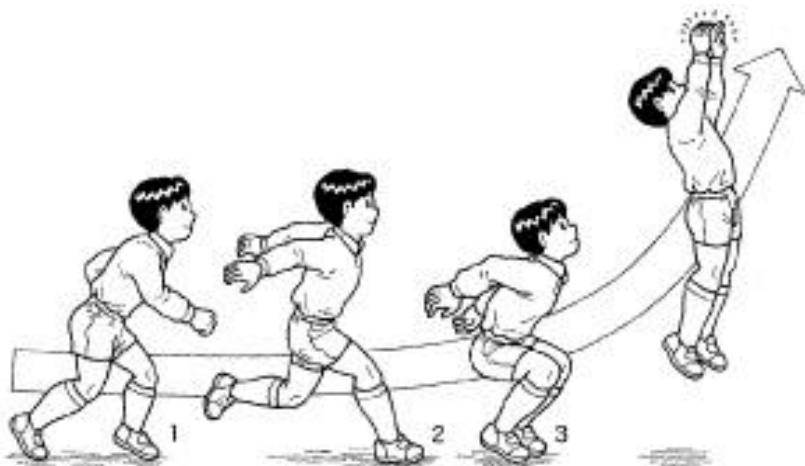


<Correct>



<Incorrect>

1. Three-step jumping



The aim of this exercise is to make the children learn the timing of arm and foot coordination. To do so, get them to start down low, bending forwards. If they are right-handed, they should take a small step with the left foot on 1, step and hop with the right foot on 2, and bring their left foot in and jump with both feet on 3. If they are

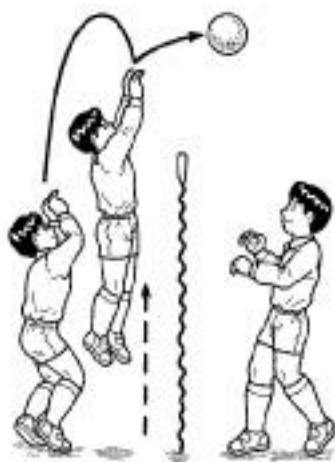
right-handed, they should touch down on their right ankle on 2, relax their arms and pull them back. The children should take advantage of the reflex to swing arms forwards and up above the head. Make them swing their dominant hand up quickly, then land. A good idea is to get them to hit the left hand softly with the right hand at the highest point.

2. Jumping and catching with two players



In exercise 2, get the children to stand near the net and toss the ball 2-3 meters above it. Make their partners approach from the attack line, and jump to catch the ball at the highest point. Ensure that the children who jump do so with full force and straight up. They should catch the ball in front of the shoulder of their dominant hand, with their arms fully extended. Stop them from tossing the ball too high.

3. Getting the ball over the net using an overhand pass or single-hand pass with two players facing each other



In exercise 3, get the children to toss the ball in front of their partners' face. Make sure they move quickly towards the ball and send it over the net from in front of their body, having timed their jump correctly. Have a contest to see who makes the most passes out of ten tries.

4. Getting a tossed ball over the net with an overhand or single-hand pass



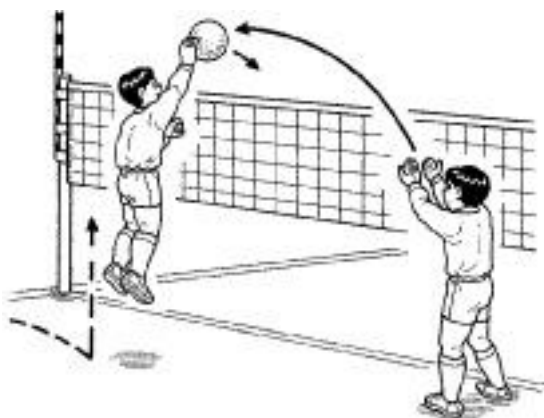
In exercise 4, toss a ball between the hitters and the net. Ensure that the children don't set the ball too close to the net. Make them shag the ball after one bounce. Stop the ball from coming back under the net and hand it over to the setters as soon as it is shagged. Get the children to switch roles after ten tries.

Drill 5: Spiking over the Net

Once the children have mastered proper timing, it is easier for them to jump high and hit the ball over the net. When they practice hitting the ball, you should point out to them that they are merging two different movements into one fluid action.

Up to this point, the recommended exercises were to jump and catch the ball, or pass it. Now the children should try hitting the ball lightly (as though slapping it) using a wrist-snap motion. First, get them to relax their shoulders and arms, and straighten their elbow to hit the top of the ball. Then, make them use an arm swing and wrist-snap motion to gradually hit the ball harder and harder. If they use too much force and start the swing from the elbow, the point of contact will be too low and the ball will tend to go out of bounds.

1. Pushing a ball tossed by another player



The idea here is to get the children to start from the attack line, use the three-step approach and jump straight from a low stance. Have them extend their right elbow to push the tossed ball with their fingers. Ensure that they keep their left elbow tight when pushing the ball. Practice as many times as needed to learn proper timing.

2. Lightly hitting a ball tossed by another player



The aim of exercise 2 is to get the children to hit the tossed ball lightly with the palm of their hand. Make them straighten the elbow of their hitting arm and use a wrist-snap motion. Ensure that they make contact at the top of the ball and that they keep their left arm in close to the body, on their chest or stomach.

3. Spiking a tossed ball



In this exercise, get the children to approach and jump with full force. Have them make a large, swift arm swing. As the children improve, move from tossed ball spiking to direct spiking, and finally spiking with a different approach. Ensure that they use a wrist-snap motion to hit the ball at a high point. Check that they hit the ball in the same direction as their approach and that they start with a single hit, after which they can try hitting two or three times in a row.

Drill 6: Learning to Hit in Various Directions

Have the children mastered spiking, whatever the type of set, i.e., high, low, far from the net or close to it? If this is the case, the time has come to explain to them that if they hit only in one direction, their opponents will have an easy time defending, as they will be blocking or digging every time from the same position. It is therefore important for the children to start practicing hits in different directions, once they are able to spike consistently.

However, before beginning this drill, you should point out to the children that the way to swing depends on whether the set is far from the net or close to it.

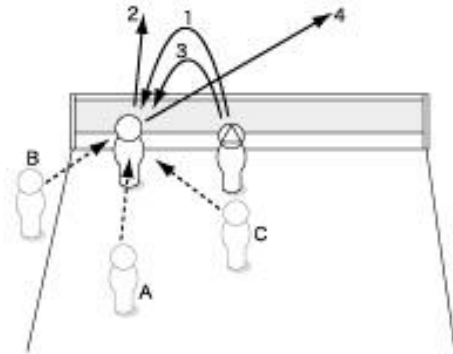
Key pointers on how to swing the arm depending on the set, and how to make use of the full width of the net

1. If the set is close to the net, the children should make contact at the top of the ball with a sharp small swing.
2. If the set is far from the net, they should arch their upper body back and swing their arm in a large motion. Get them to hit the ball as though they were attempting to use topspin. Stop them from hitting with the wrist only as the ball may end up in the net.

The following are four techniques for hitting in various directions:

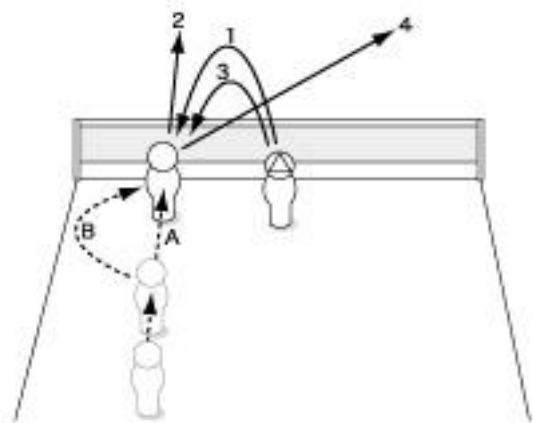
- a. Change the starting position of the approach and hit in a different direction.
- b. Use the same starting position but change the course of approach to hit in a different direction.
- c. Change the last two steps of the approach to hit in a different direction.
- d. Hit different parts of the ball, such as the right or left side, to send it in different directions. This technique can be used when attempting a block-out.

1. Changing the starting position of the spike approach to hit in a different direction



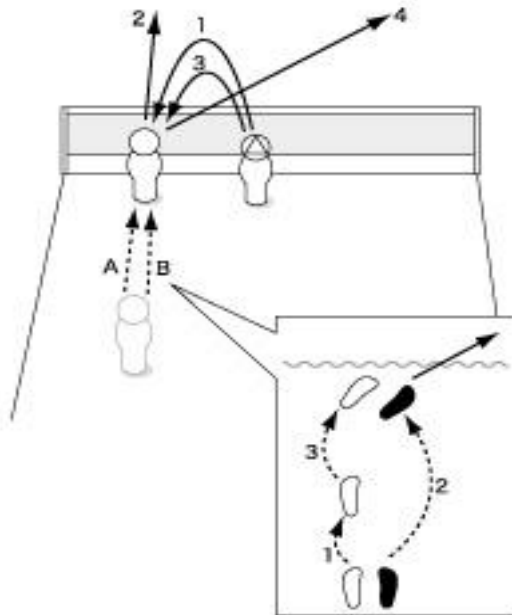
In the first exercise of this drill, get the children to start from position A and spike straight. Make them start from position B to spike cross court. Have them start from C to spike to the left. Finally, suggest that they hit the ball alternatively from points A, B, and C. Try two hits in a row from each position, and rotate children after ten tries.

2. Changing the course of approach to hit in a different direction



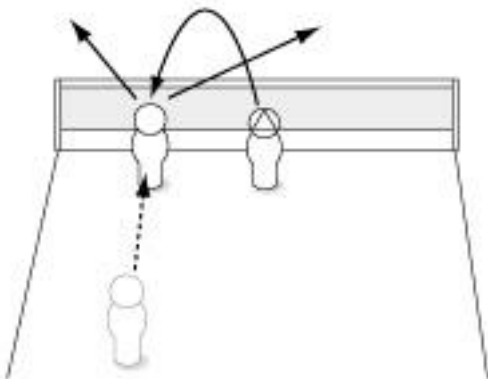
Get the children to start from the same position as before. Make them use a swing approach as though they were drawing an arched line to hit the ball cross court, remembering that a swing approach has to be started earlier than a regular approach. Ensure that the children set the ball a little higher to give the spikers extra time to use the swing approach.

3. Changing the last two steps of the approach to hit in a different direction



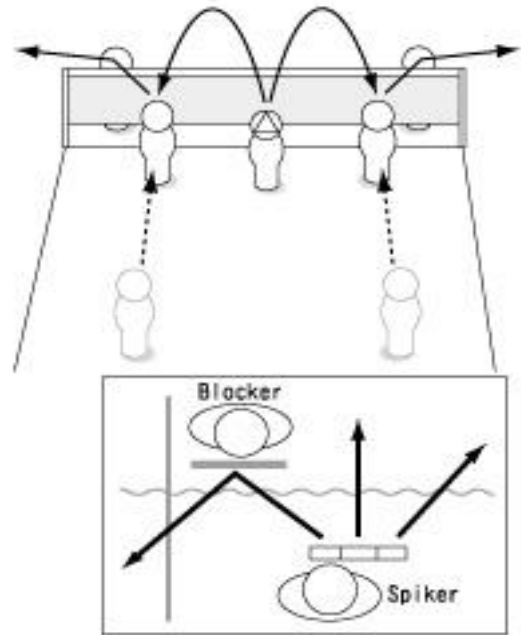
If the children are right-handed, their right foot should point outwards as they land their second step. Their left foot should be drawn up to the right foot for the third step and jump.

4. Hitting in a different direction by striking the side or centre of the ball



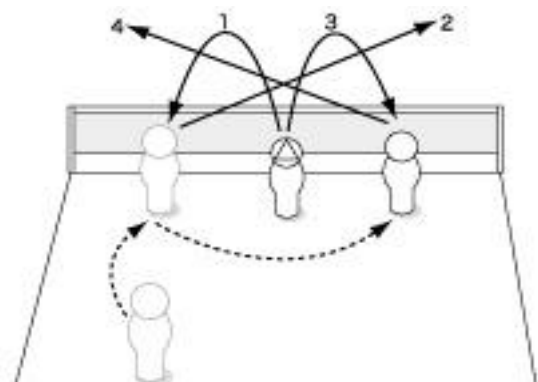
This technique is useful when attempting a block-out. Although the usual spiking technique consists in hitting the centre of the ball, striking it on one of its sides can produce good results. However, when doing so, the children's hitting shoulder should be aligned slightly inside or outside the ball.

5. Hitting for a block-out



The idea here is to get the children to hit the ball using the technique described in exercise 4. Have them aim at the hand of the blockers to make the ball land out of bounds. Ensure that they hit the ball in front of their hitting shoulder. Then, try to get them to make contact with different parts of the ball. Make them hit on both the right- and left-hand sides of the net.

6. Continuous hitting choosing different angles



Finally, get the children to hit two reverse angles using the techniques learned in the previous five exercises. Make sure the children spiking the ball have drawn back from the first hit before the setters toss a second ball to them.