

Volleyball Cues for Teaching Basic Skills K-4 (using balloons)



Bumping (forearm pass)

1. Left hand out palm facing the ceiling
2. Right hand on top palm facing the ceiling
3. Thumbs meet in the middle
4. Push palms down fingers pointing to the floor
5. Knees bent and push up with legs – do not swing with the arms at the balloon
6. You have created a flat surface on your wrist/forearm where you contact the ball

Setting (volleying)



1. Hands on your hips like you are mad
2. In the position that your hands are move them from your hips
3. Pretend you are holding a giant coke bottle in front of your waist – fingers spread
4. Bring the coke bottle up so that you are going to drink from the bottle at forehead height
5. When setting push from your legs and contact the balloon above your forehead making sure the fingers are spread apart.

Spiking



1. Hand is in an open cupped position – no fists in volleyball
2. Bend elbow back like a bow and arrow, reach high and hit balloon and swing arm through
3. Step forward with the opposite foot to your hitting hand

Balloon games to practice skills:

Volleyball Balloon Pepper is a terrific way to put these skills together:

1. Player one - bumps into their partner.
2. Player two sets back to player one
3. Player one then spikes the balloon to player two
4. Repeat
5. Try to keep it continuous... Bump, set, spike, bump, set, spike....

Use Hula Hoops as the net:

- Students hold the hoop with one hand each and try to play the balloon back and forth through the hoop using their free hand
- 2 students hold the hoop up and 2 students play back and forth through the hoop

Watch here for an example:

[Hula Hoop Volleyball](#)