

Volleyball



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- 1. Teaching Sequence**
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*** All games can be found at the suggested grade level. Depending on the groups skill level it may be best to look through games at varying grades. ***

Ready Position

1. Feet and Legs

- **Feet Placement:** Stand with your feet shoulder-width apart.
- **Knees Bent:** Bend your knees slightly to lower your center of gravity. You should be in a half-squat position, ready to spring in any direction.
- **Weight Distribution:** Keep your weight on the balls of your feet, not on your heels, to allow for quick movements.

2. Upper Body

- **Body Lean:** Lean slightly forward at the hips, with your back straight. This helps maintain balance and readiness to move.
- **Arms Position:** Hold your arms out in front of you with your elbows slightly bent. Your hands should be about waist-high, ready to react.

3. Hands and Fingers

- **Hands Ready:** Keep your hands relaxed but ready to form a platform for passing or to move into a setting or hitting position.
- **Fingers Loose:** Keep your fingers loose and slightly apart, ready to react quickly.

4. Head and Eyes

- **Head Up:** Keep your head up and eyes focused on the ball and the play developing in front of you.
- **Eyes on the Ball:** Track the ball with your eyes at all times to anticipate the next play.

Visual Summary

- **Feet:** Shoulder-width apart, weight on balls of feet
- **Knees:** Slightly bent, ready to spring
- **Upper Body:** Slight forward lean, back straight
- **Arms:** Out in front, elbows slightly bent
- **Hands:** Relaxed, ready for action
- **Head:** Up, eyes on the ball



Forearm Pass

1. Stance and Positioning

- **Foot Placement:** Stand with your feet shoulder-width apart. Your knees should be bent, and your weight balanced on the balls of your feet.
- **Body Lean:** Lean slightly forward at the hips, keeping your back straight.



2. Arm and Hand Positioning

- **Form a Platform:** Bring your arms together by placing one hand over the other and folding your thumbs together so they are parallel. Keep your elbows straight and close together to create a flat platform with your forearms.
- **Arm Extension:** Extend your arms straight out in front of you, but keep them relaxed.



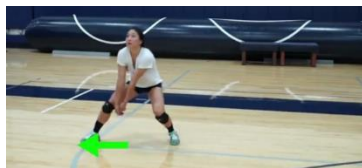
3. Contact

- **Position Under the Ball:** Move your feet to get under the ball, aiming to contact it in the center of your forearms, just above the wrists.
- **Ball Contact Point:** Let the ball contact your forearms, not your hands or wrists. The contact should be soft and controlled.



4. Movement and Follow-Through

- **Minimal Swing:** Use your legs and body to push the ball rather than swinging your arms. Stand up slightly as you make contact to direct the ball upward.
- **Direct the Ball:** Angle your platform to direct the ball where you want it to go, typically to the setter.



Additional Tips

- **Eye on the Ball:** Keep your eyes on the ball from the moment it is served until you make contact.
- **Stay Low:** Maintain a low stance with bent knees to improve balance and control.
- **Consistency:** Practice the motion repeatedly to build muscle memory and improve accuracy.
- **Use your legs:** Push through the ball by using your legs and arm

Video



Practice Progression

1. Bump to self – allow a bounce for those that struggle.
2. Use wall to bump to self then to wall then to self ...etc.
3. Partner throws the ball with a chest pass. The thrower makes the passer move.
4. Bump to self then to partner in a rally

Teaching Reminders

- Do not hyperextend arms
- Try not to swing your arms on the pass
- Strength in your pass comes from legs
- Always be in the ready position and encourage students to not remain flat footed.

Setting

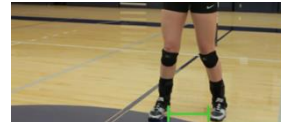
1. Stance and Positioning

- **Feet and Body:** Stand with your feet shoulder-width apart, one foot slightly ahead of the other for balance. Keep your knees slightly bent and your body relaxed.
- **Hand Position:** Raise your hands above your forehead, forming a triangular window with your thumbs and index fingers. Your fingers should be spread wide and slightly curved.



2. Preparation

- **Body Alignment:** Position yourself under the ball. Your body should be square to the target where you want to send the ball.
- **Eyes on the Ball:** Keep your eyes focused on the ball as it approaches.



3. Contact

- **Ball Contact Point:** Allow the ball to come into your hands, contacting it with your fingertips. Your wrists should be cocked back slightly.
- **Soft Touch:** Cushion the ball by slightly bending your wrists and elbows upon contact.



4. Execution

- **Push Up:** Extend your arms and legs simultaneously to push the ball upwards. Your fingers should provide the final push, giving the ball a gentle lift.
- **Follow Through:** Finish the motion with your arms fully extended and fingers pointing toward the target.



Additional Tips

- **Timing:** Time your movement so you contact the ball at its highest point.
- **Smooth Motion:** Ensure a smooth, fluid motion to avoid holding or double-contacting the ball.
- **Body Positioning:** Keep your body balanced and aligned with the target to improve accuracy.

Video



Practice Progression

1. Set to self
2. Use wall to self to self. Encourage students for fast and low repetitions, right at forehead level
3. Partner throws the ball with an underhand pass; the thrower is encouraged to make the passer move slightly to the ball.
4. Set to self then to partner in a rally

Teacher Reminders

1. Ensure your elbows are out
2. Ensure you're directly under the ball
3. Push through with straight arms

Spiking

1. Approach

- **Starting Position:** Stand a few steps away from the net.
- **Three-Step Approach:** For right-handed players, take a small right step, followed by a larger left step, and then a final right step while bringing both feet together. For left-handed players, reverse the steps.



2. Jump

- **Arm Swing:** Swing your arms back during your approach to gain momentum.
- **Knee Bend:** Bend your knees and push off the ground to jump.
- **Arm Up:** Bring your hitting arm back, elbow high, and non-hitting arm up for balance.



3. Contact

- **Reach High:** Extend your hitting arm fully and reach high above your head.
- **Open Hand:** Keep your hand open, fingers spread wide.
- **Hit the Ball:** Contact the ball with the heel of your hand, snapping your wrist to direct it downward into the opponent's court.



4. Follow Through

- **Arm Motion:** Follow through with your arm after hitting the ball, finishing across your body.
- **Land Softly:** Land on both feet with your knees slightly bent to absorb the impact.



Additional Tips

- **Timing:** Time your jump so you meet the ball at the highest point of your reach.
- **Focus:** Keep your eyes on the ball and aim for open spots on the opponent's court.
- **Practice:** Repeated practice will help improve your timing and accuracy.

Video



Practice Progression

1. Work on approach and the generic footwork, can be done in a line all at once or one at a time at the net.
2. After students have gotten a hang at the approach encourage students add the jump by getting low and obtaining as much vertical as possible.
3. Students can first practice by swinging without a ball present, once the student has a knack at it you can start with a beachball or an oversized volleyball and slowly make progression to a regulation volleyball.
4. If you wish you could add cones and plyo spots to the opposing side of the net valuing at different points. Students can aim to hit them and gain points, first to 11 wins.

Underhand Serve

1. Get Ready

- **Stand Right:** Place your non-dominant foot forward.
- **Hold the Ball:** Hold the ball in your non-dominant hand at waist level.



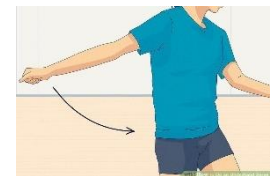
2. Prepare to Hit

- **Make a Fist:** Make a fist with your dominant hand or keep your hand flat.
- **Arm Back:** Swing your hitting arm straight back.



3. Hit the Ball

- **Step Forward:** Step forward with your non-dominant foot.
- **Swing Arm:** Swing your hitting arm forward and hit the bottom of the ball.



4. Follow Through

- **Finish the Swing:** Follow through with your arm to guide the ball over the net.

Video



Practice Progression

1. Students can practice their serves against the wall. Have a marker or something they must hit the ball above to ensure success.
2. Students can serve from the serve line and attempt to get it over the net from either side of the court.
3. Students can attempt to get five serves over in a row on a consistent basis.
4. Setting Hula-Hoops or Hockey nets in position 1,6, and 5 (Back three) of either court. Students are challenged to aim and hit targets.

Teaching Reminder

1. The most important reminder would be to encourage students not to toss the ball up into the air before contact with striking hand.
2. Encourage students to transfer their weight into the serve. This will assist in providing enough power for the students who cannot get the ball over the net.

Overhand Serving

1. Stance and Positioning

- **Foot Placement:** Stand with your feet shoulder-width apart. If you are right-handed, place your left foot slightly forward; if you are left-handed, place your right foot forward.
- **Ball Hold:** Hold the ball in your non-dominant hand at about shoulder height in front of you.



2. Grip and Arm Position

- **Serving Hand:** Open your dominant hand with fingers spread and relaxed.
- **Arm Back:** Bring your serving arm back behind your head, elbow bent at about 90 degrees.

3. Toss

- **Toss the Ball:** Use your non-dominant hand to toss the ball straight up into the air, about 1-2 feet above your head. The toss should be consistent and controlled.



4. Contact

- **Step Forward:** Step forward with your non-dominant foot as you swing your dominant arm forward.
- **Hit the Ball:** Strike the ball with the heel of your hand or the flat part of your palm. Aim to hit the ball just behind the center, contacting it at the highest point of your reach.
- **Wrist Snap:** Snap your wrist as you make contact to create topspin, which helps the ball travel more accurately over the net.

5. Follow Through

- **Arm Motion:** Follow through with your arm after hitting the ball, letting it come across your body.
- **Balance:** Maintain your balance and prepare to move into your defensive position.



Additional Tips

- **Consistency:** Practice your toss to ensure it's consistent each time.
- **Relaxation:** Stay relaxed throughout the serve to maintain control and accuracy.
- **Focus:** Aim for a specific target on the opponent's court to improve your serving strategy.

Videos:

Basic Overhand Serve



Float Serve



Top Spin



Practice Progression

1. Start by throwing the ball to a partner with an overhand throw behind the serve line. This will help simulate the follow through motion
2. Next progress into a throw to self, aiming to get the ball not too high or too far out in front of your body
3. Practice by adding a swing and aiming for the ball to go over the net
4. Place poly spots or hockey nets on the other side of the net and have students aim for the targets

Triple Ball Sequence:

The game follows a sequence of three rallies (served ball, tossed ball 1, and tossed ball 2).

1st Rally – introduced by the server

2nd Rally – introduced by a tossed ball directed to the RECEIVING team

3rd Rally – introduced by a tossed ball directed to the SERVING team

- a) A point will be rewarded after each rally. (Example: Team A wins the rally on the serve, however Team B wins the rally on both toss 1 and 2. The score would be 1-2 for Team B)
- b) The service alternates between teams after EACH three-ball sequence.
- c) A team must rotate and introduce a new server when it is their turn to serve.
- d) Each server only serves once, when it is their turn in the service rotation

Throwers

Each team should typically bring a thrower which would be a parent/guardian, coach, teacher, or older sibling. This individual will solely throw the ball in to your team. The throw must be a high ball to position 6 (back middle), with little to no spin. If the throw goes elsewhere or does not meet the requirements, the referee will determine if it is suitable for a re-throw. Throwers are asked to not interject on the referees' decisions and remain as neutral as possible.



Benefits

Although Triple Ball is not the standard traditional format of volleyball. This unique way of play eliminates the repetition of serve until you miss which is typically plagued within the younger ages of play. Allowing each team the opportunity to pass and attempt to mimic traditional play.

Positions

1. **Outside Hitter (Left Side Hitter):**
 - **Primary Role:** Attack from the front left and back row, receive serve.
 - **Location:** Front left (position 4) and back left (position 5).
2. **Opposite Hitter (Right Side Hitter):**
 - **Primary Role:** Attack from the front right, block the opponent's outside hitter, sometimes set if the setter digs.
 - **Location:** Front right (position 2) and back right (position 1).
3. **Setter:**
 - **Primary Role:** Set up the ball for attackers, control the offensive play.
 - **Location:** Typically rotates through all positions but sets mainly from the front right (position 2) or back right (position 1).
4. **Middle Blocker (Middle Hitter):**
 - **Primary Role:** Block opponent's attacks, quick attacks near the setter.
 - **Location:** Front middle (position 3) and back middle (position 6).
5. **Libero:**
 - **Primary Role:** Defensive specialist, receive serves, digs.
 - **Location:** Cannot attack, usually replaces back row players (often middle blockers).
6. **Defensive Specialist:**
 - **Primary Role:** Similar to the libero but with more flexibility in terms of where they can play and often rotate in for back row duties.
 - **Location:** Back row positions.

Rotation

- **Rotational Order:** Players rotate clockwise after winning a rally when their team did not serve.
 - **Positions:**
 - Position 1: Back right
 - Position 2: Front right
 - Position 3: Front middle
 - Position 4: Front left
 - Position 5: Back left
 - Position 6: Back middle
- **Rules:**
 - Players must maintain their rotational position until the serve is made.
 - After the serve, players can move to their designated roles.
 - The setter usually moves to the front right to set, and the hitters position themselves for attacks.

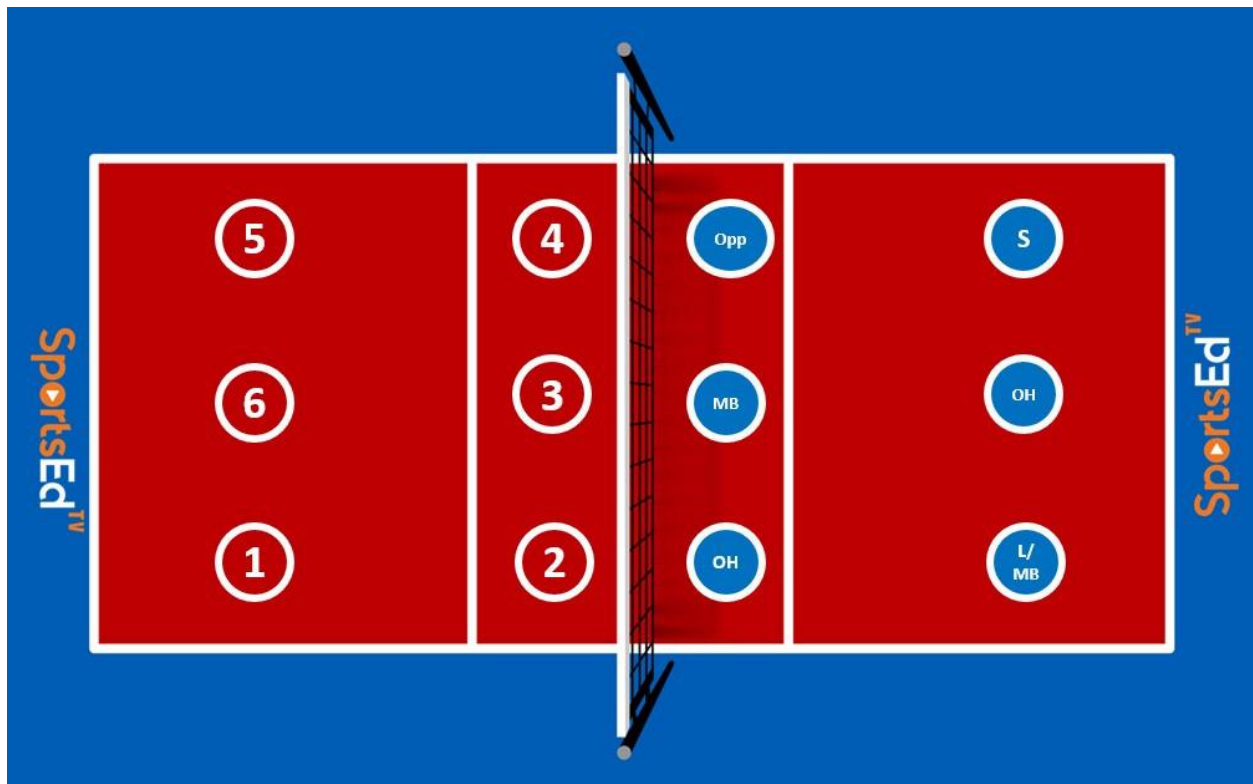
Rotation Example

1. Before Serve:

- Position 1: Setter
- Position 2: Outside Hitter
- Position 3: Middle Blocker
- Position 4: Opposite Hitter
- Position 5: Outside Hitter
- Position 6: Middle Blocker

2. After Serve:

- Players move to their specialized positions.
- The setter moves to the front right or back row (depending on the offensive system).
- Hitters and blockers position themselves based on the play strategy.



Warmups/Drills

Independent Practice

- Have students sit and throw the ball up in the air, while ball is up in the air they must swivel directions. Once consistent, have students set to themselves instead of tossing the ball. (Good for ball control)
- Wall Touches: Have students aim for a spot on the wall typically net height and attempt to do a two foot jump with arms shoulder width apart. (Good for blocking practice)
- Wall Sets: Have students start just above forehead height and set the ball against the wall. Encourage a variation of small quick sets mixed in with higher sets.
- Wall Rally: Rally with the wall and encourage students to switch between setting and bumping.



Minor Core Workout

- Strengthening your core is vital when improving at volleyball as it correlates to numerous fundamental movements.
- Each student can partake in a wide variety of mini bootcamp activities.
- Core exercises are crucial for individual player growth



Partner Pass Practice

- Begin by practicing the 'triangle window' hand position and motion without a ball.
- In pairs, lie down on belly, facing your partner, and push the ball back and forth with the 'triangle window' hand position.
- Level 2 - Sit on knees as one partner throws the ball to the other and either volleys the ball back or catches the ball and pushes it back up into the air.
- Level 3-stand up and repeat the previous step.
- Have partner throw in different directions to get them moving to the ball

Passing 21

- The object is to score 21 points
- Two points are earned for every pass made from the air
- One point per pass if it bounces first
- Have students form circles with four or five people
- Begin with an underhand toss to someone in the group and have them practice keeping the ball up in the air.

Pass It To Me

- Have students split into groups of four with two players with dodgeballs and the other two with volleyballs
- Tell students to pass the dodgeballs underhand and for the students to set the volleyballs.
- Students must pass or set to someone new each time and must try to do it in unison



Pepper

- Student find a pair (Player 1 = P1 and Player 2 = P2)
- P1 tosses the ball to P2
- P2 forearm passes to P1
- P1 then sets the ball to P2
- P2 then proceeds to do a light swing or tip to P1
- P1 then forearm passes the ball to P2
- P2 sets the ball back to P1
- P1 proceeds to do a light swing or tip to P2
- Continue until ball is out of control
- Encourage students to call the ball with each touch and to make the progression harder over time increase the power in the swing



Russian Passing Drill

- In groups of three, one person stands in the middle while the other two are approximately 10 feet on either side.
- One tosser will throw first, the player in the middle will receive and pass back with a forearm pass.
- As soon as contact is made, the next passer will throw the ball, the player in the middle must turn around and quickly pass the ball with a forearm pass.
- This cycle will continue and you count how long the rally lasts.
- Eventually, you will encourage the tossers to challenge the passer by tossing far and short.



Scrap Drill

- This drill will help normalize the rare occurrence of a scrap ball into the net
- Two players will come close to the net and the coach will throw the ball into the net
- The throw counts as the first touch and it is up to the other players to recover and push the ball back over



Set it Through the Net

- Use the basketball hoops in the gym to practice setting accuracy.
- Stand about a foot or two from the basketball hoop with your volleyball
- Set the ball into the hoops as many times as you can. Each basket counts as one point.
- Set a timer and see how many you can do in one minute.

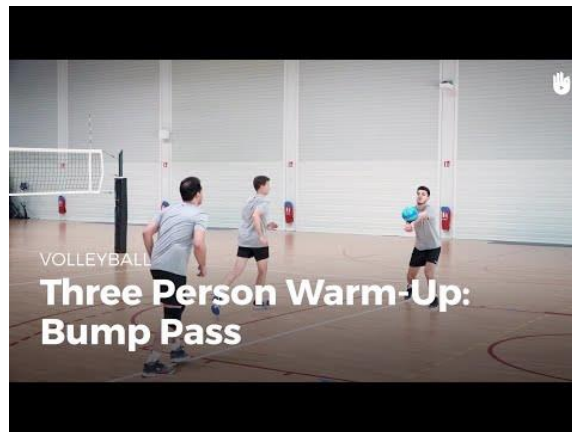
Stretching Warm-Up

- Forward and Backward arm circles, vary with sizes from small concentrated ones to larger
- Side Arm stretches followed by a set of jumping jacks
- Progress into forward lunges followed by side lunges
- Finish with sit ups and jogging around the gym for three minutes



Three Person Warm-Up: Bump Pass

- Have three people stand in a triangle about 5 meters apart from each other.
- Player one will swing and hit a ball at Player 2, Player 2 will pass the ball to Player 3
- Player 3 will pass the ball they currently have to Player 1 and catch the pass of Player 2
- **Next drill:** Two Players stand in one line and another player stand 5 meters apart.
- The side with two players starts with the ball and provides an underhand pass to their teammate across from them, Once the pass is made the layer follows their ball. The next player will call mine and bump it back, following their ball
- Watch video for further clarification.



Volleyball Agility Warm up

- Roll Volleyballs in all directions and have students try and touch them before they exit the court.
- When the student has successfully stopped five, they can switch
- Can create this into a game and have the players with the slowest times do Wall sits.
- *Better for team settings than a class setting*



Volleyball Keep It Up

- Place participants in groups or solo
- Groups have one ball that they must try to keep up in the air using the catch throw or either passing method
- Groups can count how many passes they get in a row before losing control
- Groups can challenge other groups to try and beat each other's record.



Kindergarten - Grade 3

(Although not every game is volleyball related it is vital to strengthen basic movement principles and hand eye coordination to provide success at later years)

Balloon Bump Shuffle Race

Equipment: Balloons

Instructions:

- Partner kids up into teams of two and each team of two has a balloon
- Designated start and finish line that creates a long narrow path for each team
- On “GO” each team must bump their balloon to volley it back and forth to each other as they both shuffle sideways from their starting line to their finish line
- If a team's balloon touches the ground or a team member has come out of their shuffle stance to get the balloon the team goes back to the start

Set this up as a relay race where you have 4 – 6 kids per group, and once the first pair get to the end line, they run back to the start and pass their balloon to the next pair

Skill Focus: Moving their feet underneath the balloon and basic hand eye coordination.

Free Play Throwing and Catching

Equipment: Balls or Bean Bags

Instructions:

- Each participant an object to throw and catch
- Demonstrate and review cues for throwing and catching
- Ask students to find their own space and practice throwing and catching
- Challenge them to: throw really high; throw, turn, and catch; throw and clap five times before catching; make up their own challenge; etc.



Skill Focus: Basic hand eye coordination and training of fundamental movements

Guard the Floor

Equipment: Beach ball and net

Instructions:

- Use beach balls which are slightly larger than volleyballs.
- Have students gather in a circle and using forearm passing techniques, pass the beachball around the circle.
- Have students get into the low stance and have their arms together.
- After each pass, arms release, and touch sides of body.
- Work on communication as students call for the ball.
- Objective is to keep it up on your side. Encourage three hits per side



Skill Focus: Calling the ball, ready stance, and passing

Hit the Deck

Equipment: None

Instructions:

- Have students line up on the serve line
- When the teacher yells go all players will jog around the gym until their first command.
- When the students hear any of the commands below they must stop what they are doing and obey the commands.

A: Captain's coming – All players must stop in their tracks and solute and yell, "Aye-Aye, Captain!" They must remain in this form until the coach yells, "At ease". *Trick players by giving a command before giving the "at ease" command. This will always cause some players to break their solute, thus getting eliminated.

B: Port or Starboard – Define a left and right side of a court and tell the port and which is starboard. When you call this command out, the players must run to that line. Whoever is last to the line is eliminated. *Trick them by pointing in the opposite direction of the command. Some players will pay attention only to hand signals rather than words.

C: 3-men in a boat – 3 players must sit front-to-back in a row in a single file line and pretend to be rowing a boat.

D: 4-men in a boat – same as above, but with four players. Any players seen scrambling without being in a boat are eliminated, as are any boats with more or less than the number called.

E: Starfish – 5 players must sit on the ground with all their feet touching in a circle. The shape this creates with the space inside the legs is a star.

F: Lighthouse – 2 players join and create a roof with their hands, while a third player goes underneath and turns around and around like the bulb inside a lighthouse.

G: Man overboard – 1 player must get on the back of another player as they pretend to scan the seas for the missing crew.

H: Beached whale – each player must get down on the ground, on their belly, all legs and feet up off the ground as they make weird squealing sounds.

I: Jellyfish – 3 players sit on the ground with their backs together, legs and arms out in front of them, wiggling like a jellyfish.

J: Swab the deck – All players must pretend their sweeping or mopping the deck.

K: Bomb's Away – Players crouch down on the ground in a ball, protecting their heads. Coaches then toss balls in the air or bounce a ball against the floor in the direction of a group of players. If a ball touches a player, they're out.

Coaches must be quick to catch late players rushing to find a group or partner or players who are late to get into a motion, form, or direction. Any outliers must be quickly eliminated.

Although the video attached is not an identical version

It still can show the just of the game

Skill Focus: Agility



Hit the Floor – Relay

Equipment: none

Instructions:

- Divide the class into four equal teams and each team lines up behind a large blue gym mat.
- One at a time, students run up to the mat and dive on it, trying to slide it to the opposite end of the gym.
- When the mat stops moving, they jump up and run back to their waiting team to tag the next person for their turn.

Skill Focus: Agility

Hoop target practice

Equipment: Volleyball and Basketball net

Instructions:

- Place students in groups of three or four and assign one student to be the tosser
- Place hoops on the other side of the net
- Students line up facing net with tosser to the side in parallel to the net
- Tossers throw the ball high to first person in line who catches the ball and tries to throw it into a hoop
- They then run to get their ball and run back to the end of the line
- Teams can add up points for each time a ball lands in a hoop and try to beat their record every round
- Change tossers every couple of minutes

Skill Focus: Hand eye coordination and communication

Hungry Hungry Monster

Equipment: Dodgeballs and hula hoops

Instructions:

- Divide into two teams and inform students they cannot cross center.
- Students are required to throw the dodgeballs “pizzas” to the hungry monsters on the other side of the gym.
- You can alter it so the first team to feed ten monsters wins.

Skill Focus: Hand eye coordination



Not In My Yard

Equipment: Dodgeballs and or bean bags

Instructions:

- Divide class into two teams.
- Teams cannot crossover the center line or pass under to the other side of the net.
- Each team is trying to clean their yard by ensuring all balls are on the other team's side
- This is achieved by picking up the balls as they come over and throwing them back as fast and as far as possible
- Participants are throwing into open space and not towards other participants



Skill Focus: Agility, Hand eye coordination, and teamwork

Oscar the Grouch

Equipment: Mats, dodgeballs, and cones

Instructions:

- Connect 3 – 4 gym mats and stand them up so that they form the ‘garbage can’
- Designate a ‘no go’ zone around the garbage can using cones. Students may not cross into this zone when throwing the balls.
- Select 1 – 3 students (depending on size of garbage can) to be the Oscar the Grouch who will be inside the garbage can.
- Inside the garbage can, there are lots of soft foam balls representing garbage.
- When the game begins, Oscar the Grouch in the garbage can, tosses all the balls (garbage) out of the garbage can into open space.
- The students must run to collect the garbage and toss it back inside.
- Change people in the garbage can every minute or so.



Skill Focus: Hand Eye Coordination, Fundamental movements of throwing, and Teamwork

Partner Ball Exploration

Equipment: Balls

Instructions:

- Place students into pairs and have them close together at first and further apart when success is easy
- Students practice throwing the ball to their partner and partner practices catching it
- Partner throws high at first and then gradually gets lower, so students have to get under the ball
- The throwing partner now throws to the side of their partner to make them move to the ball
- Next, they practice throwing and catching while sitting on the floor
- The throwing partner bounces the ball high, and the catcher moves under it to catch it
- Partners create their own throwing and catching sequence
- Ask students what strategies are used to catch ball easily when ball is moving to the sides

Skill Focus: Aiming and tracking, Moving towards the ball, and Collaboration

Rubber Band Pass

Equipment: Ball

Instructions:

- Place participants into pairs and give each pair a ball
- Pairs stand facing each other a couple of meters from the cart in the middle of the playing area
- One partner overhand throws the ball to the other partner
- If the ball is caught, the receiver takes a step back and throws the ball back to partner
- The play continues until someone misses the ball. Then, they must return to the starting distance from each other and try to get a further distance than their previous turn
- That the proper technique of tossing is important to ensure success. (Allow a bounce before catching depending on participants comfort level and ability).

Skill Focus: Hand eye coordination and Communication

Rockets and Satellites



Equipment: Bowling Pins, Cones, Frisbees, Net, and Volleyballs

Instructions:

- Set up pins (rockets) on one side of the court and cone with frisbees on top (satellites) for the other.
- Have students set, bump, or spike balls over the net aiming for the rockets or satellites on the opposing side
- You can choose to have the students either guard the rockets/satellites or have them repair them once knocked over. Dependent on how long you would like the game to last.

Skill Focus: Consistency with accuracy

Straddle Ball

Equipment: Ball

Instructions:

- Students form a circle with their legs wide, and touch their neighbors' feet
- Everyone has created their own goal (which is in between their legs!)
- Bend knees, get low and connect arms in front of the body as if getting ready for a pass.
- Strike the ball with your arms in the passing position – keep wrists stiff
- Keep the ball low and on the ground
- Score a point when the ball goes through someone's legs
- Students track their own points.



Skill Focus: Hand Eye Coordination

Touchdown

Equipment: Bean Bags, Dodgeballs or Volleyballs, Hula Hoops, and Cones

Instructions:

- Students partner up with a ball for each pair. On “GO” students race to a hula hoop, if there partner catches a ball while in the hoop they may retrieve a bean bag located in the hoop for one point. Watch video for further progressions



Skill Focus: Communication and Hand Eye Coordination

The Shephard

Equipment: Class set of Balloons

Instructions:

- In this game three to five students are designated as sheepdogs that will stand in the center of the gym.
- The other players line up on the end line and each have a balloon.
- They are the shepherds, and their balloons are the sheep.
- The objective is to volley their sheep continuously as they walk through the pasture without allowing a sheepdog to tap their sheep away.

Skill Focus: Introduction to setting and Spatial Awareness

Sink the Ship

Equipment: Mats, Bowling Pins, Dodgeballs, and Scooters

Instructions: View video for full instructions

- Split students into teams of four or five. Have students set up their ships somewhere in the gym with a pin on each of the corners of their ship.
- Object of the game is for other students to knock over the pins of the other ships. Once all four pins are knocked the ship has sunk.
- Students must have one foot on ship at all times except for when they are on a raft (scooter), if not they have drowned and go to the hospital.
- Have students not kneel when guard. A ready stance low to the ground is ideal



Skill Focus: Hand Eye Coordination, Aiming, and Perfecting their ready stance.

Volleyball Hoop Target Practice

Equipment: Volleyballs and Hula Hoops

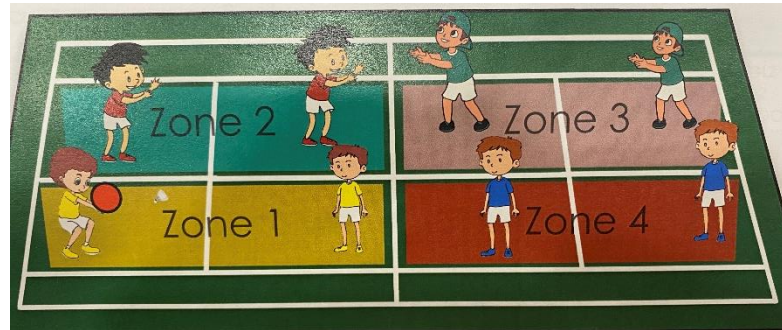
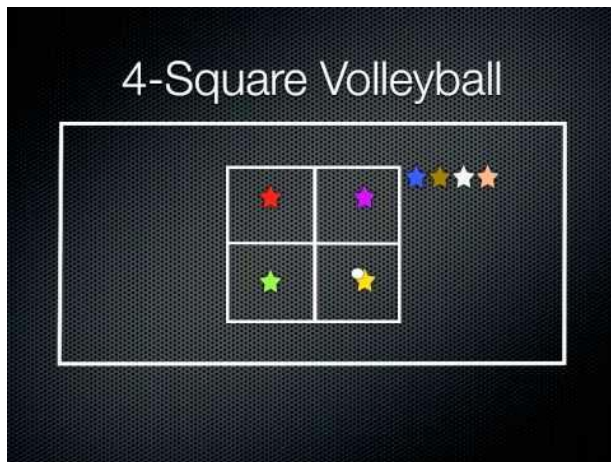
Instructions:

- Place participants in groups of three or four and assign one participant to be the tosser first
- Place 3 hoops in a line on the other side of the net
- Participants line up facing that with the tosser to the side and parallel to the net
- Tossers throw ball high to first person in line who catches the ball and throws it into a hoop. They then run to get the ball and run back to the end of the line.
- Teams can add up points for each time a ball lands in a hoop and try to beat their record every round.
- Change tossers every couple of minutes.
- Progression can occur by changing the catch and toss into either a set or bump into the hoop.

Skill Focus: Aiming

Grade 4-6

4-Square Volleyball



Equipment:

- Volleyball Net
- Set of cones to divide full sized court into four sections
- One volleyball for each court you set up

Rules:

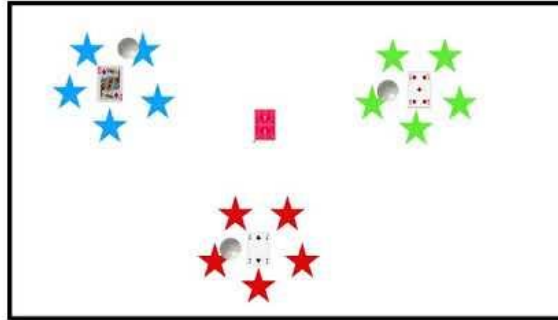
- Students partner up to form a group of two
- Split the court into 4 zones separated by a net and cones or just cones.
- The game starts with the team in Zone 1 serving into another zone.
- Teams are allowed three hits, however no spiking is allowed
- If a ball hits the ground in a teams zone, they move to zone 4 or the end of the line if you have more than four teams.
- Everybody moves up a zone

Skill Focus:

- Court positioning
- Communication
- Reading the court
- Defending space

Beat the card

BEAT THE CARD



Equipment:

- Volleyballs for each group
- One deck of cards

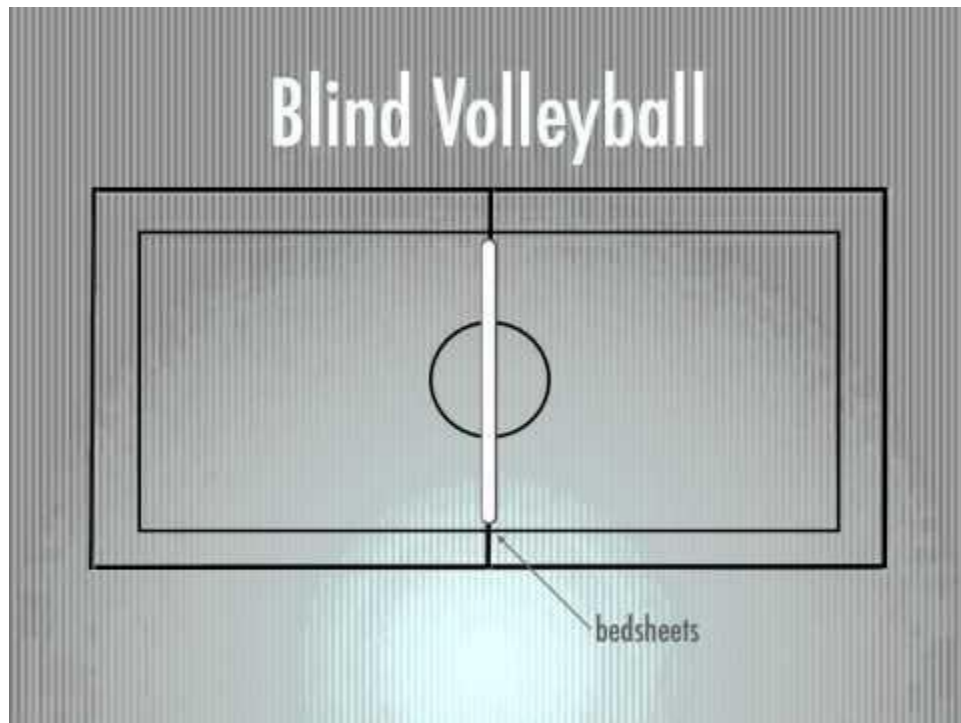
Rules:

- Divide the class into teams of 4-7 and have them spread evenly around the gym.
- When the game begins, students will send one runner to pick up a single card from the teacher
- The student will join their group and attempt to set or bump the ball whatever the card is, they have to beat the card. If it's a face card they have to get 11, 12, or 13 passes in a row before the ball hits the ground (corresponding with Jack, Queen, King). If they pull a 5 they have to get 5 passes in a row.
- If they achieve the desired amount they keep the card, if not they bring the card back to the dealer and draw another one.
- Team with the most cards wins

Skill Focus

- Communication
- Passing

Blind Volleyball



Equipment: Volleyball and a bed sheet

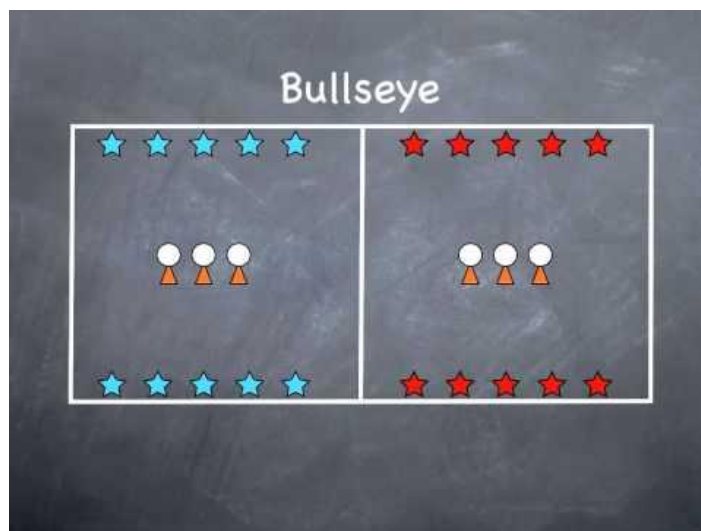
Instructions:

- Drape the bedsheet over the net and create a barrier between the two teams
- Have teams play normal volleyball or Nuke ‘ Em where you catch the ball and throw it back over

Skill Focus

- Creating repetition

Bullseye



Equipment: Cones, Tennis Balls or Dodgeballs, and Volleyballs

Instructions:

- Have cones set up in the middle of the gym with volleyballs set on top.
- Have students split into two teams with each team having tennis balls or dodgeballs, all standing behind the designated throw lines.
- When teacher says “go” students begin throwing tennis balls or dodgeballs aiming for the volleyballs.
- First team to knock over all volleyballs wins.
- Remind students that when they are retrieving the balls to watch out for their surroundings and once a ball is retrieved to wait until you’re behind the designated throw line before they can throw.

Skill Focus: General aiming and building upon hand eye coordination.

Head, Knees, Shoulders, and Ball



Equipment: Volleyball and small soccer cone

Instructions:

- Have two students face each other in a ready position.
- Tell them that when you shout out an order they must follow it. (Example: Head = All students touch head then back to the ready position)
- They can only touch the ball when you yell “Ball”. Students that fail will have to do three push ups or an exercise of your choice.
- Have students rotate through opponents frequently.

Skill Focus: Agility, Focus, and Ready Position

Guard the Court



Equipment

- 6 Beach Balls
- Volleyball net

Rules

- Two teams line up at the back of each court with three beach balls
- When the teacher says “go” the players race into their side and can either hit or throw the ball over the net
- The objective is to clear all the balls from your side for a total of 3 seconds, if this is achieved your team wins.

Skill Focus

- Moving feet towards the ball
- Finding the open spot-on offence.

Nuke' em



Equipment: Volleyball net and Volleyball

Instructions:

- This variation of volleyball can be played anywhere between 2v2 and a 6v6 scenario.
- Object of the game is to simulate an average volleyball game with the variation of catching and tossing the ball opposed to bumping and setting.
- Point system remains the same, games to 25 or 11 for faster cycles. Obtaining points once the ball drops in the court
- Emphasize the importance of reading the court and aiming for the spots with limited players in hopes to pick up easy points.

Skill Focus:

- Reading the court
- Moving their feet towards the ball
- Ability to get underneath the ball

Piggy in the Middle

Equipment: Cones and Volleyball

Rules

- Use cones to create two small box areas about 10 feet apart
- Put one player in each boxed area and one player between the two areas.
- The player in the boxed area volleys the ball back and forth and the middle player tries to block the ball
- The volley team gets one point for five consecutive legal volleys without entering without either player leaving their boxed area
- The blocker gets a point for every block
- The first five points wins
- This game teaches hitting and blocking skills

Skill Focus: Movement and blocking

Prisoner Ball

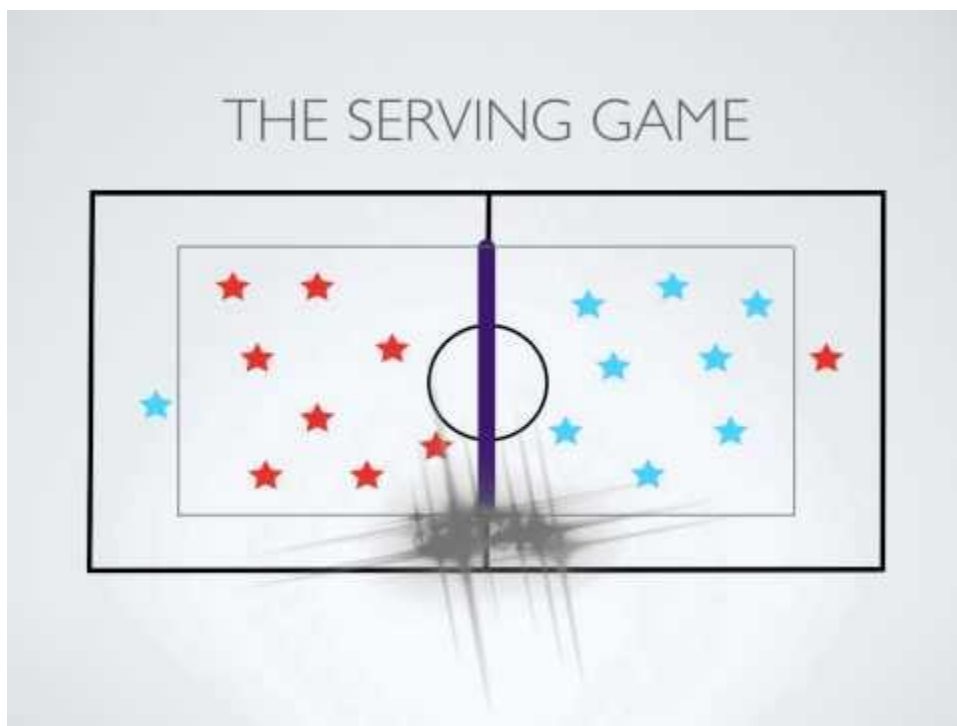


Equipment: Volleyball net and Dodgeballs

Instructions: Divide students into two teams and place dodgeballs directly under the net. When the teacher yells “go” the game begins. If the students get hit they are to move to the other side of the court and stay behind the service line. Although there is no getting back into the game besides a “Jail Break”, those students who are out and behind the service line can still eliminate people. Students must be aware of their surroundings and communicate with others in order to succeed.

Skill Focus: Awareness and Communication

Serving Game



Equipment: Volleyballs and Volleyball net

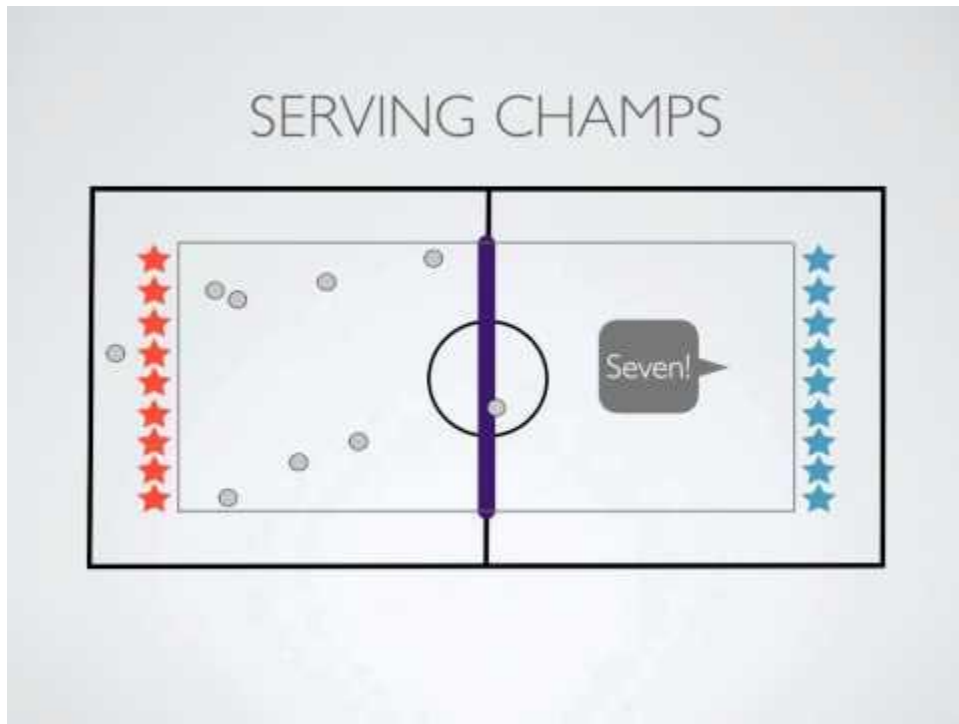
Rules

- Players from each team *sit down* on their side of the court, opposite from a teammate who is the starting server.
- The signal, the server from each team keeps trying to serve to their teammates.
- If a ball is caught, the player who caught it becomes a server as well and joins the first server.
- The first team to get all players up and serving wins the round!

Skill Focus

- Aiming on your serve
- Establish a serving routine

Serving Champs



Equipment: Volleyballs and Volleyball net

Rules

- The players on one of the teams are each given a ball, as one team starts with the serves.
- Keep track of how many serves land in.
- Then it's the other team's turn to serve – keep track of how many of their serves landed in

Skill Focus

- Establishing serving routine
- Ball placement on serve

Spike or Pass Tag

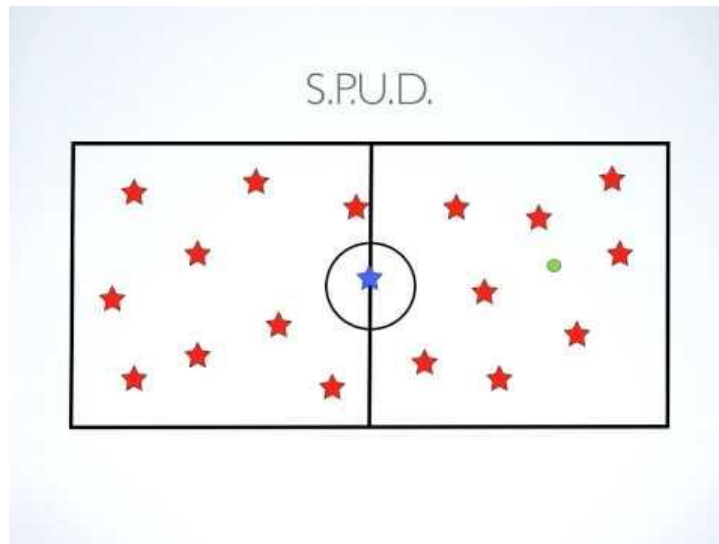
Rules:

- To start, kids should run around the gym like they would in a normal game of tag while the teacher holds the volleyball
- The teacher will call out 'spike' or 'pass'.
- All kids should stop when they hear one of those words
- On a 'spike' call: the teacher sets a spike for one player who must spike the ball to the ground
- On a 'pass' call: the teacher also calls out a number he will pass the ball to one student and then a student must pass the ball enough times to equal the called number before rolling the ball back to the teacher
- If a player does the wrong move, they run a lap around the perimeter and then join back in the game.
- On a pass call the player who rolls the ball to the teacher before the allotted number of passes runs a lap around the perimeter and then joins back
- The ball is rolled back to the teacher and the game continues until everyone has had at least one chance to touch the ball

Skill Focus:

- Communication
- Passing control

S.P.U.D



Equipment: Volleyball

Rules:

- At the beginning of the game, number students off at random
- Have students run around the gym until you call a number
- Teacher calls a random number and throws the volleyball up in the air, the student who matches that number runs towards the ball while everyone runs away
- As soon as the student with that number touches the ball everyone freezes.
- That student then takes four steps in any direction
- Once those four steps are complete they can either spike or set a ball to someone
- One variation can be if that player hits someone then they are eliminated and start the sequence again by students running and teacher yelling a number.
- Another variation can be the player that was just hit yells a number and the play continues at random.

Skill Focus:

- Accuracy

Volley Bocce

Equipment

- Polyspot for each game being played
- Different coloured bean bags for each team
- Volleyball for each team

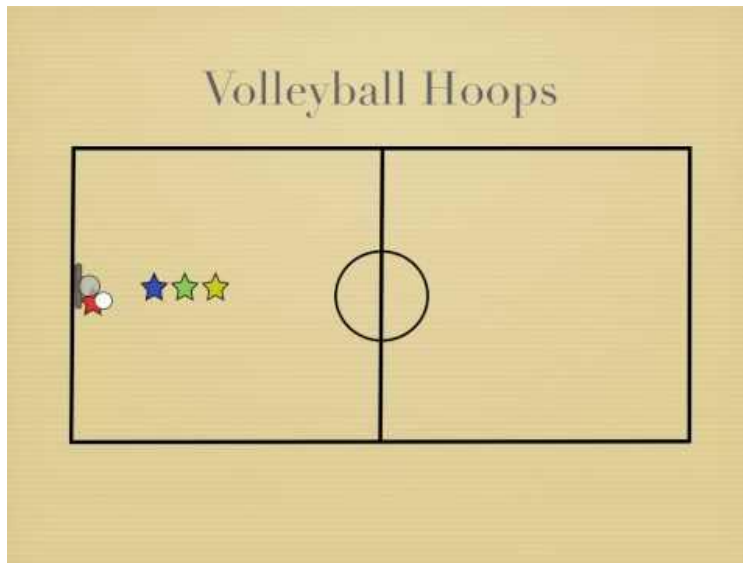
Rules

- Students form groups of four groups of two
- One student tosses a polyspot or hoop out into the playing area
- Each student gets a chance to attempt to hit the polyspot by passing/bumping their ball and have it land on the polyspot.
- You can have one player on the same team as the setter mark where the ball lands with a coloured bean bag to easily keep track of points
- Student scores five points if they hit the spot or land inside the hoop and three points if they are the closest to the spot/ hoop using a forearm pass
- Students can choose to self-toss the ball or have a teammate toss it to them to complete the pass
- While one teammate is passing the ball the other teammate is responsible for placing a beanbag marker where the ball lands, this will help determine who was closest to the polyspot
- After all the team members have had a turn trying to hit the polyspot, play begins again with another team member tossing to the spot the spot to a new location
- Players keep track of their individual scores

Skill Focus

- Accuracy and consistency

Volley Hoops



Equipment: Volleyball and a Basketball hoop

Rules:

- Get students into groups of 4-6 for this activity
- Students will line up at the free throw line with one student underneath the net
- When the teacher says “go” the student at the net will toss a nice high ball to the free throw line, at this point the player first in line will attempt to set or bump it into the net.
- If the passer gets it into the net the team gets one point
- The tosser then joins the passing line and the passer becomes the tosser

Skill Focus

- Moving to the ball
- Creating a high controlled pass
- Aiming to a target

Volleyball Softball

Equipment: Volleyballs, Polyspots, and Hula Hoops

Rules:

- Divide the students into two teams.
- One team is the batting team and the other are the fielders
- Place four polyspots on one end line. These are all considered home base.
- Place four more polyspots in line with each home base, about 3/4 of the way to the other side of the gym. These are the second bases.
- Place for hula hoops about five feet in front of each of the home bases.
- The object of the game is for the batting team to score as many runs as possible.
 - Rule 1 - The ball is put into play by serving the ball to the fielders. 4 balls are served at one time.
 - Rule 2 - Once the ball is served, the batters must run from home to 2nd and back to home to score 1 point, before the fielding team can complete their task.
 - Rule 3 - The fielding team must catch the ball and using a forearm pass get it back to the person standing by the hoop. The person by the hoop catches it and puts it in the hoop. It might take more than one pass by more than one player to get it back to the hoop.
 - Rule 4 - As soon as all four balls are in the hoop four new servers serve the ball.
 - Rule 5 - The server is out if the ball gets to the hoop before the server makes it back to home base.
 - Rule 6 - All serving team members get a turn to serve and then switch sides

Skill Focus:

- Controlled Passing

Grade 7 - 9

Battleship



Equipment

- Volleyballs and net

Instructions

- Split the group into two equal teams
- Line each team in an equal number of rows, both horizontal and vertical on their side of the court
- Play according to normal volleyball game rules.
- Players who touch the ball without returning it, sit out of the game
- When it's time to rotate, teams rotate all players clockwise, leaving gaps where any player was already knocked out.
- Any two open spaces directly next to each other in one row is one battleship sunk. Any three open spaces directly next to each other in one row is one battleship sunk
- First team to sink their opponent's two-person battleship and three-person battleship is the winner

Skill Focus

- Position awareness
- Teamwork
- Seeking out

Help kids understand how rotations work in a real game of indoor volleyball with a game of Battleship Volleyball. You'll need a volleyball court with a net and a volleyball to play. The object of the game is to knock out as many opposing team battleships as possible.

Blanket Ball



Equipment:

- Volleyball nets
- Beach Towel for every two players or Bed Sheets for every six players
- Volleyballs

Rules:

- Players hold onto either end of the towel and the object is to work together as a team and don't let the ball drop. If you have multiple towels on your side of the court you can attempt to pass to your team and simulate the three touches of volleyball

Skill Focus:

- Communication
- Teamwork

This game is simple and perfect for large groups. If you need to incorporate more people, add two blankets. Crowd as many people around the two blankets and separate the court in half. With two blankets, there are two teams on both sides of the court, requiring more people to work together and communicate. Using two smaller blankets makes the game more competitive.

Bound Ball



Equipment

- 8 Pylo spots per court
- Volleyball

Instructions

- Place the Pylo spots in a straight line representing the net and keep traditional volleyball lines for gameplay
- You may have three touches before putting the volleyball over the net. One differing rule is it must bounce before you can play it.
- If the ball lands out of bounds then it is the other teams point.

Skill Focus

- Movement to the ball

Catch and Pass (Tennis)



Equipment: Net and Volleyballs

Instructions:

- In this introduction to the mini game Tennis, players will start with two lines on either side of the net
- Play begins with an underhand throw to the side with the least amount of players, once that throw is made the player proceeds under the net on the outside of the court.
- Next player will then catch the ball and throw it to the other side of the court, running underneath the net and joining the line on the other side
- This will continue till a player is eliminated by either throwing the ball out of bounds or letting it drop on their side of the court.
- This will go till there is only two players left. At this point the two players will no longer be going to the other side of the net once the pass is complete. It is simply sudden death till the ball drops. First ball can be determined with rock, paper, scissors.

Ultimately you want to encourage students to eventually do a round of bumping or setting only instead of the traditional catch and pass, once their skill levels have reached proficiency.

Skill Focus:

- Getting to the ball
- Encourage players to look for the empty spots on the other side of the net in hopes for quick eliminations.

Hungry Hippos



Please watch from 2:54 to 3:11

Equipment: Volleyballs

Instructions:

- In pairs you circle around a set of volleyballs
- Everyone chants “Hungry Hungry Hippos” Once you say Hippos you run clockwise around the circle till you get back to your partner. Once you get back go under their legs and retrieve a ball.
- As you have one less volleyball to teams, one team will be eliminated each round.
- Eliminated team can either sit and watch or do a mini boot camp till one team remains.

Skill Focus: Agility and Teamwork

Knockout Setting



Equipment

- Set of Volleyballs
- Access to a Basketball hoop

Instructions

- In this variation of the classic basketball game of Bump, students will line up at the free throw line and attempt to set the ball into the hoop.
- If they make their shot the ball goes to the next player, if they miss, they may attempt a set from wherever they would like
- If the player behind them makes it before they, do they become eliminated and wait till the next round

Skill Focus

- Accuracy
- Agility

Nitro Ball



Equipment: Volleyball and either a regular net or a pickleball or badminton net for longer rallies

Instruction:

- This can be played anywhere from a 2v2 setting to a 6v6 setting it will be dependent on class and gym size
- Ball must bounce before you can make contact, typical out rules apply. Size of court will vary
- Games are recommended to be played to 21

Skill Focus:

- Allows for multiple touches and simulating long rallies
- General movement and flow for the game

Seated Volleyball



Background: Inform students that this is a form of Volleyball in the Paralympics. Standards rule apply, however it is vital that players remain seated. I find it fun to show the students the video attached to allow them the opportunity to see this format can be competitive and intense.

Equipment: Volleyball and pickleball net

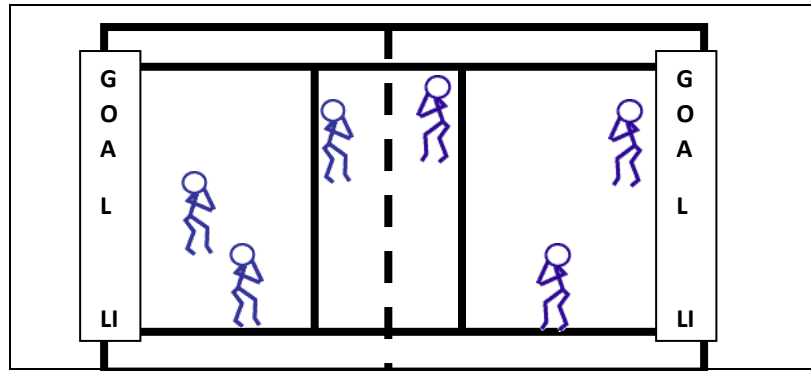
Instructions:

- Create teams of 6 or more with a sub
- Play this game on a pickleball or badminton sized court and emphasize the rule regarding no standing

Skill Focus:

- Communication
- Adversity while playing in an adapted setting

Under the Net Volleyball



Equipment: Volleyball

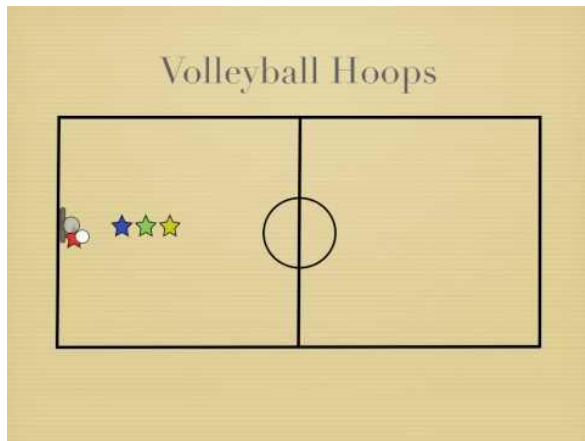
Instructions:

- Great game for 3v3 Kings Court, if you win you stay on and earn a point losing team gets cycled out
- Ball has to stay below knee level
- Points for getting ball past opposition through goal line, or if the other team makes a mistake
- Sidelines are out and opposing team will gain possession

Skill Focus:

- Tactical Awareness in creating space and tempo in the game
- Ability to stay low and behind the ball

Volleyball Sorry: Passing Variation



Equipment:

- 15 Hula Hoops
- Cones for each team
- Different coloured pinnies or markers to differentiate the teams.

Instructions:

- Like Volley Hoops directly above, get students into groups of 4-6 for this activity
- Students will line up at the free throw line with one student underneath the net
- When the teacher says “go” the student at the net will toss a nice high ball to the free throw line, at this point the player first in line will attempt to set or bump it into the net.
- If the passer gets it into the net the team can move their game piece one space
- The tosser then joins the passing line and the passer becomes the tosser
- If a team gets three in a row in they can move any piece of their choosing back to the start

Skill Focus:

- Moving to the ball
- Creating a high controlled pass
- Aiming to a target

Volleyball Sorry: Serving Variation



Equipment:

- 15 Hula Hoops (Sorry Board)
- 6 Hula Hoops per court (Bonus Points)
- Cones for each team
- Different coloured pinnies or markers to differentiate the teams

Instructions:

- Like the activity directly above, students will be divided into teams of 2 to 4
- When setting up create the Sorry board in an open space. Then with three extra hula hoops place them at random on either side of the court (Preferably two of the same colour and one random colour)
- **Tell students that if they serve their ball into/onto either of the two same coloured ones it will count as a double move. Inform students that if they get it into/onto the other hoop they can send any team of their choosing back to the start.**
- Game begins when all players are behind the serve line on either side of the court.
- When the whistle blows the players will serve the ball over the net and their team mate on the other side of the net will retrieve it and serve it back to them.
- Each time a ball goes over the net with a successful serve they may move their piece one space.

Skill Focus:

- Aiming a serve
- Creating a serving routine

Teacher Reminders:

- Serve from behind the line
- Attempt to keep the students accountable and honest with how they play

Additional Resources

- [Select Your Activities - Kansas State Department of Education \(pe-kansas.com\)](https://pe-kansas.com)
- [!\[\]\(3da2b303d29c1ea489bbe26a3f5ac664_img.jpg\) Fun Volleyball challenges for PE \(elementary grade 3-6\) | Teach volleyball skills !\[\]\(9421cea5a5b5319f79b58962509475ab_img.jpg\) - YouTube](#)
- [Oh the Games We Can Play - USA Volleyball](#)
- [SUPER EXCITING VOLLEYBALL DRILLS FOR BEGINNERS 2021 - YouTube](#)
- [Coaching Resources – Sask Volleyball](#)
- [Volleyball Teambuilding Exercises - SportsRec](#)
- [Volleyball Games for Kids: Integrating 6 Volleyball PE Games into Physical Education Lessons \(capnpetespowerspe.com\)](#)
- [Volleyball Drills and Games for Students from K-12 \(schoolspecialty.com\)](#)
- [Elementary Volleyball Games for Kids \[Video\] - PE Blog \(gophersport.com\)](#)
- [14 Volleyball Games for Kids to Bump to the Top of Your List | LoveToKnow](#)
- [Best Volley Games For Kids | Castle Sports](#)
- [Volleyball Activities for Physical Education - S&S Blog \(ssww.com\)](#)
- [1 volleyball, 6 fun games – Active For Life](#)
- [8 Simple, Easy Volleyball Drills for Beginners | AthleticLift](#)