



## ATOMIC Volleyball

# Skill: Fore arm passing

### Sample Training Sequence

#### *Overview*

**TEACHING POINTS:** (Reference – **Atomic Volleyball: Instructor’s Manual** – p. 41)

- **BODY POSITION:** Weight forward; Feet are ‘shoulder-width’ apart (Split step)  
Legs are bent with knees ahead of toes;  
Shoulders over the knees;  
‘Roll’ shoulders forward (Shoulder ‘shrug’).
- **HAND POSITION:** Overlap hands or fist-in-fist;  
Thumbs are parallel  
Thumbs point to the floor
- **ARM POSITION:** *Hands are NOT brought together until:*  
Arms are straight  
Platform (fore arms) are behind the ball  
Arms (hands) are away from the body

**COMMON ERRORS:** (Reference – **Atomic Volleyball: Instructor’s Manual** – p. 41)

- **BODY POSITION:** ‘Standing up’ to pass
- **HAND POSITION:** Interlocking fingers when putting hands together;  
Thumbs are not parallel
- **ARM POSITION:** *Bent* arms;  
Arms (Hands) are not away from the body  
Swinging arms at the ball

**Warm-up:** TEAM CHEER – “YES I CAN”

Game of Tag

Game: “Simon says” - ‘Ready to run – Ready to pass’ - moving forward / backward

## Drills / Activities:

- 1) **REVIEW** forearm passing position – BODY / HANDS / ARMS
- 2) **TOSS & CATCH:**
  - a) Arms straight + Ball at or below belly button height INDIVIDUAL
  - b) Arms straight + Hands away from body INDIVIDUAL
- 3) **PARTNER-UP** (focus - proper **BODY POSITIONING:** feet / legs / shoulders) PAIRS
- 4) **BUTTERFLY DRILL** - Catch & Toss to target TEAM (entire group)
- 5) **REVIEW forearm passing position** – HANDS & ARMS TEAM (entire group)
- 6) **PARTNER-UP** – Toss & Pass - *Stationary* PAIRS
- 7) **PARTNER-UP** – Toss & Pass – *Movement: 'Touch-up'* PAIRS
- 8) **PARTNER-UP** – Toss & Pass – *Movement: Lateral* (side to side- **LINEAR** pass) Groups of 3
- 9) **PARTNER-UP** – Toss & Pass – *Movement: Lateral* (side to side- **DIAGONAL** pass) Groups of 3
- 10) **BUTTERFLY DRILL** - **PASS** to target TEAM (entire group)
- 11) **PARTNER-UP** – STV & Pass (Overhead pass + Fore arm pass combination) PAIRS
- 12) **PARTNER-UP** - Pass to ME, Pass it OVER PAIRS
- 13) **SUGGESTED PROGRESSIONS:**
  - a) Stationary passing: Change distances
  - b) Movement:
    - Forward / Backward
    - Lateral: side to side
    - Diagonal passing – 'dip the shoulder'
    - Passing from back row positions to position 2 (setter's position/front rt. side)
  - c) Pass a 'served' ball:
    - Toss by coach
    - Underhand serve
    - Overhand serve

14) Additional activities / drills:

NOVICE LEVEL -	(Reference – <b>Atomic Volleyball: Instructor’s Manual</b> – pp. 42)
INTERMEDIATE LEVEL -	(Reference – <b>Atomic Volleyball: Instructor’s Manual</b> – p. 43)
ADVANCED LEVEL -	(Reference – <b>Atomic Volleyball: Instructor’s Manual</b> – pp. 44)

Game Patterning & Circulation Volleyball: Activity / Game: **TO, ALONG** and **OVER**

- a) 2 on 2
- b) 3 on 3

GAME PLAY: Suggested Progression:

- 1) Catch & toss; Catch & toss; Volley
- 2) Catch & toss; Catch-STV\*; Volley
- 3) Pass (*fore arm*); Catch-STV; Volley

\*STV – Self-Toss & Volley

# ATOMIC Volleyball

## Skill: Fore arm passing

Sample Training Sequence

*Detailed plans*

### Intro / info & expectations:

Volleyball: a game that can be played many years past high school  
the ultimate team sport  
learning proper technique helps make the game more fun

Goal for the training sessions:

- have fun
- learn proper technique for major skill areas
  - overhead passing; fore arm passing; serving; hitting; blocking
- use the skill in game situations
- learn pattern of ball movement & roles of players

To get the 'most' out of the training requires:

- YOUR best effort;
- YOU try everything,
- YOU Listen carefully;
- YOU ask questions when you're not sure

***“Ability is what you're capable of doing.  
Motivation determines what you do.  
Attitude determines how well you do it.”***

- Lou Holtz

**Objectives:** To keep the ball from landing in your team's "space" or court.  
To play the ball that is traveling directly towards the waist.  
To rebound the ball from the forearms to an intended target.

**Warm-up:** *TEAM CHEER – “YES I CAN”*

Game of Tag

Game: “RED LIGHT – GREEN LIGHT” - ‘Ready to run – Ready to pass’ - moving forward / backward

## Drills / Activities:

### 1) **REVIEW forearm passing position** – BODY / ARMS TEAM (entire group)

- **BODY POSITION:** Weight forward; Feet are 'shoulder-width' apart (Split step)  
Legs are bent with knees ahead of toes;  
Shoulders over the knees;  
'Roll' shoulders forward (Shoulder 'shrug');  
Hips & shoulders 'directed' to the oncoming ball
  
- **ARM POSITION:** *Hands are NOT brought together until:*  
Arms are straight  
Platform (fore arms) are behind the ball  
Arms (hands) are away from the body

### 2) **TOSS & CATCH** INDIVIDUAL

Drill progression: **Self-toss** – underhand (2 hands)

- vary the height of each toss
- catch the ball at **BELLY BUTTON HEIGHT OR LOWER** (above the knees)

Drill completion:

- a) toss & catch (5X)
- b) same as above + **STRAIGHT ARMS & HANDS AWAY FROM BODY** (5X)
- c) same as above + **PROPER BODY POSITION** (5X)

### 3) **PARTNER-UP** – *Toss & Catch* PAIRS

Drill progression: **Partners toss** – underhand (2 hands)

- 4 – 5 steps distance between partners (*same side of the net*)
- vary the height of each toss
- 'receiving' partner catch the ball at **BELLY BUTTON HEIGHT OR LOWER**

Drill completion: Toss & Catch

FOCUS ON:

- a) straight arms & hands away from body (5X)
- b) proper body position (ball @ or below belly button) (5X)

4) **BUTTERFLY DRILL** (*'Follow the ball'*) TEAM (entire group)

Drill progression: **Coaches** toss – coach & 'catcher' - opposite sides of the net  
- 2 coaches / 2 catching lines / 2 targets

(Reference – **Atomic Volleyball: Instructor's Manual** – p. 43)

- catch the ball – hands, arms and body, in fore arm passing position
- toss the ball to the target (player in setter position) – ***move to become the target***
- 'feed' ball to coach (same side of the net)
- run to opposite side of net to the 'catching' line
- repeat the catch/toss/feed/run progression
- players 4 – 5 m from the net

Drill completion: Toss to the 'line' (3X through the line)

5) **REVIEW forearm passing position** – HANDS & ARMS TEAM (entire group)

- **HAND POSITION:** Overlap hands or fist-in-fist;  
Thumbs are parallel  
Thumbs point to the floor
- **ARM POSITION:** *Hands are NOT brought together until:*  
Arms are straight  
Platform (fore arms) are behind the ball  
Arms (hands) are away from the body
- **CONTACT POINT:** 5 – 10 cm above the wrist

6) **PARTNER-UP** – Toss & Pass - *Stationary* PAIRS

Drill progression: **Partner** tosses – partners - same side of the net

**TEACHING NOTE:** ALL movement is at the ***shoulders***

- a) Passing from **knees**
- 2 – 4 steps distance between partners
  - Toss 'in front' of passer (*partner should 'reach out' to pass*)
  - pass the ball at **BELLY BUTTON HEIGHT OR LOWER**

b) Passing from **standing position**

- 3 – 4 steps distance between partners
- Toss 'in front' of passer (*partner should 'reach out' to pass*)
- pass the ball at **BELLY BUTTON HEIGHT OR LOWER**

Drill completion:

- a) Passing from knees (5X)  
b) Passing from standing position (5X)

7) **PARTNER-UP** – Toss & Pass – *Movement: 'Touch-up'*

PAIRS

Drill progression: **Partner** tosses – partners - same side of the net

**TEACHING NOTE:** Passer must be STOPPED to pass  
Passer must use proper passing technique – body/arms/hands

- Player **A** (with back to net) – holds ball
- Player **B** runs to Player **A**:
  - touches the ball (**'touch-up'**);
  - runs backwards away from the net;
  - stops to receive the toss when Player A slaps the ball
- Player **A** tosses the ball to Player **B**
- Repeat: touch-up/run back/toss/pass/catch/touch-up . . .
- Tosses should vary the distance the passer travel backwards to pass

Drill completion:

'Touch-up' - Toss – Pass - Catch (5X – switch roles)

8) **PARTNER-UP** – Toss & Pass – *Movement: Lateral (side to side- LINEAR pass)*

Groups of 3

Drill progression: **Partners** toss – ALL partners - SAME side of the net

**TEACHING NOTE:** Passer must be STOPPED to pass  
Passer must use proper passing technique – body/arms/hands

- Player **A** & Player **B** (backs to net; 1 – 2 steps apart) – each hold a ball
- Player **C**
  - 3 – 4 m distance back from the net;
  - stands directly across from Player **A**;
  - receives a toss from Player **A** and passes back to Player **A**;
  - shuffle step sideways to be directly across from Player **B**
  - receives a toss from Player **B** and passes back to Player **B**;
  - shuffle step sideways to be directly across from Player **A**
  - Repeat the toss-pass & shuffle/toss-pass & shuffle

Drill completion:

Pass to **A** + pass to **B** = **1 repetition**

(5 reps – switch roles)

9) **PARTNER-UP – Toss & Pass – Movement:** Lateral (side to side- **DIAGONAL** pass)

Groups of 3

Drill progression: **Partners** toss – ALL partners - SAME side of the net

**TEACHING NOTE:** Passer must be STOPPED to pass  
Passer must use proper passing technique – body/arms/hands  
Passer ‘dips’ the shoulder in the *direction of the pass*

- Player **A** & Player **B** (backs to net; 1 – 2 steps apart) – 1 ball
- Player **C**
  - 3 – 4 m distance back from the net;
  - stands directly across from Player **A**;
  - receives a toss from Player **A** and passes to Player **B**;
  - shuffle step sideways to be directly across from Player **B**
  - receives a toss from Player **B** and passes to Player **A**;
  - shuffle step sideways to be directly across from Player **A**
  - Repeat the toss-pass & shuffle/toss-pass & shuffle

Drill completion:

Pass to **B** + pass to **A** = **1 repetition**

(5 reps – switch roles)

10) **BUTTERFLY DRILL** (*‘Follow the ball’*)

**PASS** to target

TEAM (entire group)

Drill progression: **Coaches** toss – coach & PASSER - opposite sides of the net  
- 2 coaches / 2 passing lines / 2 targets

(Reference – **Atomic Volleyball: Instructor’s Manual** – p. 43)

- PASS the ball to the target (player in setter position) – **move to become the target**
- ‘target’ catches the ball and then ‘feeds’ ball to coach (same side of the net)
- run to opposite side of net to the ‘passing line
- repeat the pass -> target-> feed -> run to the ‘opposite side’ progression
- players 4 – 5 m from the net

Drill completion: Toss to the ‘line’

(3 – 5 X through the line)



11) **PARTNER-UP – STV & Pass** (Overhead pass + Fore arm pass combination) PAIRS

Drill progression: Partners - opposite sides of the net; facing each other

- Partners are 2 – 3 steps back from the net
- Partner **A** – STV the ball over the net to Partner **B**
- Partner **B** – fore arm pass to self; catch the ‘pass’
- Partner **B** – STV the ball over the net to Partner **A**
- Partner **A** – fore arm pass to self; catch the ‘pass’
- This is 1 repetition

Drill completion: 5 repetitions

12) **PARTNER-UP - Pass to ME, Pass it OVER** (Overhead pass + Fore arm pass combination) PAIRS

Drill progression: Partners - opposite sides of the net; facing each other

- Partners are 2 – 3 steps back from the net
- To initiate . . . Partner **A** – STV the ball over the net to Partner **B**
- Partner **B** – fore arm pass to self and overhead PASS the ball back to Partner **A**
- Partner **A** – fore arm pass to self and overhead PASS the ball back to Partner **B**
- This is 1 repetition

Drill completion: 7 - 10 repetitions

## Game Patterning & Circulation Volleyball:

**Activity / Game:** TO, ALONG and OVER

Explain ball movement pattern – **TO** the net; **ALONG** the net; **OVER** the net;

Explain player movement pattern

**2 on 2:** Player positioning: Player 1 (**P1**) 'backrow';  
Player 2 (**P2**) 'setter' (front rt.)

### Activity progression:

1. P1 tosses to P2, {**TO** the net}; (P1 moves to *front left side* and prepares to play the ball)
2. P2 tosses the ball **ALONG** the net to P1;
3. P1 volley the ball **OVER** the net
4. P1 – P2 **switch** positions - **P2** moves to 'backrow'; **P1** moves to 'setter' (front rt.)
5. The pair on the opposite side of the net follow the same progression . . . TO, ALONG & OVER.

**3 on 3:** Player positioning: Player 1 (**P1**) 'back row';  
Player 2 (**P2**) 'power' (front lt.)  
Player 3 (**P3**) 'setter' (front rt.)

### Activity progression:

1. **P1** tosses to **P2**, {**TO** the net};
2. **P2** tosses the ball **ALONG** the net to **P3**;
3. **P3** volley the ball **OVER** the net.
4. *Players 'rotate' - P1 moves to front lt.; P2 moves to back row; P3 moves to front rt. (Clock-wise rotation)*
5. The team of on the opposite side of the net follows the same progression . . . TO, ALONG & OVER, then rotate.

Possible modifications / adaptations: P1 – P2 – P3

- Toss – STV – **VOLLEY** – **ROTATE POSITIONS**;
- STV – STV – **VOLLEY** – **ROTATE POSITIONS**;
- **PASS** (*Overhead or Fore arm*) - STV – **VOLLEY** – **ROTATE POSITIONS**

**Game Play:** 3 on 3

Review ball 'movement': TO the net; ALONG the net; OVER the net

**N. B. DON'T LET THE BALL HIT THE FLOOR!**

*Coach tosses over net: 1 toss to each team – then rotate*

- a) **P1:** Catch & Toss – **P2:** Catch & Toss – **P3:** VOLLEY – **RALLY FOR THE POINT**
- b) **P1:** Catch & Toss – **P2:** Catch & STV – **P3:** VOLLEY – **RALLY FOR THE POINT**
- c) **P1:** Catch & STV – **P2:** Catch & STV – **P3:** VOLLEY – **RALLY FOR THE POINT**
- d) **P1:** PASS (Overhead or Fore arm) – **P2:** Catch & STV – **P3:** VOLLEY – **RALLY FOR THE POINT**

**RELAY: Teams of 4 - 6** Line up in single file on end line.

- First player runs to net with a ball - @ net STV (1X) & Fore arm pass to self (1X) + catch – run back to end line – hand ball to last person in line – transfer ball from player to player from back to front.
- Once the player @ the front of the line has the ball they repeat the 'event' . . . run to the net . . . STV (1X) & Fore arm pass to self (1X) + return to the line . . .

**Conclusion:** *Review:* Passing position / technique - FORE-ARM pass  
**HYDRATION** – take in water during each break; before bed & 1<sup>st</sup> thing in the morning; 1 hr prior to coming to training session.

**TEAM CHEER!**