

ATOMIC Volleyball

Skill: Overhand Serving

Sample Training Sequence

Overview

TEACHING POINTS: (Reference – **Atomic Volleyball: Instructor’s Manual** – p. 50)

- **BODY POSITION:**
 - NON-DOMINANT FOOT – **forward** (facing target)
 - BALL rests (*cradled*) in NON-DOMINANT HAND in front of DOMINANT arm

- **HITTING HAND POSITION:**
 - HITTING HAND: thumb away from the hand ('L') – 'lock' the wrist
 - Contact area – PALM

- **HITTING ARM POSITION:**
 - FINGERS point to ceiling
 - ELBOW above shoulder
 - ELBOW behind shoulder

- **BODY MOTION:**
 - ROCK BACK when the arm is back - weight on the DOMINANT FOOT (back foot) and;
 - ROCK FORWARD weight is **transferred** (front foot) with the toss and arm swing

- **BALL TOSS:**
 - to a HEIGHT ~ equal to the diameter of the vball above the reach of the server
 - **LANDING LOCATION**
 - in front of DOMINANT foot
(*e. g., Rt. Foot for Rt. Handed server*)
 - slightly ahead and beside NON-DOMINANT foot

- **ARM SWING and CONTACT:**
 - OPEN HAND (*preferable*) and 'high-five' the ball
 - : contact area – PALM
 - : 'strike' the ball slightly below centre
 - hit it slightly upwards
 - give the ball a 'high five'

- **FOLLOW THROUGH:**
 - hitting hand faces the target (finish **no lower** than the **shoulder**)

Common errors: DOMINANT FOOT – **forward**; TOSSING THE BALL **too far in front** of the body (*REACHING too far in front of the body to hit the ball*); FOLLOW THROUGH – **across** the body OR **hand below** the **shoulders**; NOT **transferring weight**.

Activities / Drills:

- | | | |
|--|--|--------------|
| 1) WARM-UP FOR SHOULDERS | | PARTNERS |
| a) Baseball throw | | |
| b) Two handed overhead throw | | |
| c) Baseball throw - bounce the ball off the floor | | |
| d) Two handed overhead throw - bounce the ball off the floor | | |
| 2) REVIEW SERVING POSITION | – Body / Hand / Arm / Toss / Body motion / Contact | TEAM |
| 3) TOSSING PRACTICE | - Toss and let the ball 'land on the line'
- 'Toss & Trap' ball against the wall @ its highest point | INDIVIDUAL |
| 4) OVERHAND TOSS | - over the net | PAIRS |
| 5) SERVE TO THE WALL | - partner provides feedback | PAIRS |
| 6) SERVE IT OVER | - serve & catch | PAIRS / TEAM |
| 7) SERVE IT OVER | - serve & PASS & catch | PAIRS / TEAM |
| 8) SUGGESTED PROGRESSIONS: | - increase distance from the net
- increase the height of the net (badminton / volleyball)
- serve to left side / right side of the court
- serve to front half / back half of the court
- Team Relay A-T-O-M-I-C | |

9) ADDITIONAL ACTIVITIES / DRILLS:

NOVICE, INTERMEDIATE and ADVANCED LEVELS -

(Reference – **Atomic Volleyball: Instructor's Manual** – pp. 51)

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

Game Play: TWO Ball - 3 on 3 OR 4 on 4

Relay: Teams of 4 - 6

Conclusion: *Review:* Overhand serving technique
HYDRATION

TEAM CHEER!

ATOMIC Volleyball

Skill: Overhand Serving

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 hit the ball over the net with an overhand motion to start the game.

Warm-up: TEAM CHEER – “YES I CAN”

Consequence Tag

Drills / Activities:

1) WARM-UP FOR SHOULDERS

PARTNERS

Drill progression:

- i. Baseball throw
- ii. Two handed overhead throw
- iii. Baseball throw - bounce the ball off the floor
- iv. Two handed overhead throw - bounce the ball off the floor

Drill completion:

- Partners throw the ball back and forth (5 - 6X)

2) REVIEW SERVING POSITION

TEAM (entire group)

Drill progression:

- Consider: Body / Hand / Arm / Toss / Arm swing / Contact

Drill completion:

- Review the technique / position of each component of the serve

3) TOSSING PRACTICE

INDIVIDUAL

Drill progression:

- 1 ball/player
- Toss and let the ball 'land on the line'
 - use a location on the floor where 2 lines X one another
- 'Toss & Trap' ball against the wall @ its highest point
 - player is ~ 1 step away from the wall (N.B. – Not hitting the ball . . . 'trapping')

Drill completion:

- Toss and let the ball 'land on the line' (5X - 6X)
- 'Toss & Trap' (5X - 6X)

7) SERVE IT OVER

Serve & PASS & Catch

PAIRS or GROUPS OF 4

Drill progression:

- Same as above + receiving partner fore arm passes ball to themselves
- Partner **A** serves to Partner **B**
- Partner **B** fore arm passes the ball to themselves & catches the ball
- Partner **B** serves to Partner **A** (w/pairs) or Partner **C** (if groups of 4)
- Partner **A** (Partner **C**) passes the ball to themselves & catches the ball
- Return serve to the Partner on the opposite side of the net
- *Partners 5 – 6 steps back from the net*

Drill completion:

serve the ball back and forth

5 X / player

8) SUGGESTED PROGRESSIONS:

- increase distance from the net
- increase the height of the net (badminton / volleyball)
- serve to left side / right side of the court
- serve to front half / back half of the court
- Team Relay **A-T-O-M-I-C**

Team members earn a 'letter' (towards spelling – ATOMIC) for each successful completion of:

- a) SERVE & retrieve;
- b) Serve & CATCH;
- c) Serve & PASS & Catch

9) ADDITIONAL ACTIVITIES / DRILLS:

NOVICE, INTERMEDIATE and ADVANCED LEVELS -

(Reference – **Atomic Volleyball: Instructor's Manual** – pp. 51)

Game Patterning & Circulation Volleyball:

Activity / Game: TO, ALONG and OVER
Review ball movement pattern / Review player movement pattern (Clock-wise)

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

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

Modifications / Adaptations: 1st / 2nd / 3rd contacts

- (1st) Toss – (2nd) STV – (3rd) VOLLEY – ROTATE POSITIONS;
- (1st) STV – (2nd) STV – (3rd) VOLLEY – ROTATE POSITIONS;
- (1st) PASS (*Fore arm*) – (2nd) STV – (3rd) VOLLEY or ATTACK – ROTATE POSITIONS

Game Play: TWO Ball - 3 on 3 OR 4 on 4

- 1st ball initiated with a serve (player); 2nd ball - initiated with a toss (Coach) to a backrow player:
- 1 serve & 1 toss to each team – serve alternates between teams after every TWO ball sequence

e. g., TWO ball sequence:

- Ball 1 - Team A serves to Team B – RALLY FOR THE POINT
- Ball 2 – Coach tosses a ball to Team B – RALLY FOR THE POINT;

Serve alternates to Team B (rotate in a new server and . . .)

- Ball 1 - Team B serves to Team A – RALLY FOR THE POINT
- Ball 2 – Coach tosses a ball to Team A – RALLY FOR THE POINT;

Serve alternates to Team A (rotate in a new server and . . .)

'Ball movement' options:

- | | | |
|--|----------------|------------------------------------|
| a) P1: <u>Catch & Toss</u> | P2: <u>STV</u> | P3: <u>VOLLEY</u> |
| b) P1: <u>STV</u> | P2: <u>STV</u> | P3: <u>VOLLEY</u> |
| c) P1: PASS (<i>Fore arm</i>) | P2: <u>STV</u> | P3: <u>VOLLEY</u> or <u>ATTACK</u> |

