



## ATOMIC Volleyball

### Skill: **Overhead passing**

Sample Training Sequence

#### *Overview*

**Teaching points:** (Reference – **Atomic Volleyball: Instructor’s Manual** – p. 29)

- TRIANGLE – Thumbs & Pointer fingers
- CUP THE HANDS – Wrist wrinkles (Creases);
- THUMBS POINT TOWARD EYES – See the tips of the thumbs;
- PALMS TO CEILING ON FINISH – ‘**W**’
- WEIGHT ON LEFT FOOT (Rt. foot forward)

**COMMON ERRORS:** Finishing position of Hands – ‘Swimming’ motion / Wrist ‘flick’

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

Name game

Game of Tag

#### **Drills / Activities:**

- |                       |   |                          |
|-----------------------|---|--------------------------|
| 1) Hand positioning   | - kneeling<br>- standing                                    | INDIVIDUAL<br>INDIVIDUAL |
| 2) Catch & Feed       |   | TEAM (entire group)      |
| 3) Toss & Catch       |   | PAIRS                    |
| 4) Drop, Catch & Push | (focus on <b>HANDS FINISH</b> )<br>- kneeling<br>- standing | GROUP OF 3               |
| 5) Drop, Catch & Push | (focus on <b>LEGS</b> – weight on left foot)                | PAIRS                    |
| 6) Drop, PASS         |   | PAIRS                    |
| 7) Drop & PASS        | - kneeling  | TEAM (entire group)      |

- |                                     |  |                     |
|-------------------------------------|--|---------------------|
| 8) STV & Catch                      | - standing<br>- (focus on <b>HAND FINISH</b> )   | PAIRS               |
| 9) Over it Comes                    | (focus – ‘GET THEIR FEET TO THE BALL’)   | TEAM (entire group) |
| 10) Pass to Me, Pass it Over        |  | PAIRS               |
| 11) Pass to the Setter – Right-Side |  | TEAM (entire group) |
| 12) Pass Along the Net              |  | TEAM (entire group) |
| 13) Suggested progressions:         | Change distances<br>Movement: forward / backward<br>Lateral: side to side<br>Diagonal passing<br>Passing from position 2 (setter’s position) |                     |
| 14) Additional activities / drills: |  |                     |
| NOVICE LEVEL -                      | (Reference – <b>Atomic Volleyball: Instructor’s Manual</b> – pp. 32 - 3)   |                     |
| INTERMEDIATE LEVEL -                | (Reference – <b>Atomic Volleyball: Instructor’s Manual</b> – p. 34)  |                     |
| ADVANCED LEVEL -                    | (Reference – <b>Atomic Volleyball: Instructor’s Manual</b> – pp. 35 - 6)   |                     |

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) Catch-STV; Catch-STV; Volley
  - 4) Pass; Catch-STV; Volley

\*STV – Self-Toss & Volley

# ATOMIC Volleyball

## Skill: **Overhead 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 play the ball using the hands and fingers, with precision to an intended target.  
To play the ball that is traveling directly towards the head.

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

Name game – pass volleyball (chest pass / bounce pass / low toss) from player to player within a circle.

- call out the name of the person receiving the ball as the ball is passed.
- no player can receive a second pass until everyone has received a pass.
- when the ball returns to the ‘first passer’ the passing ‘rotation’ is repeated.
- try to increase the pace of the passing with each ‘round’ of passing.
- MODIFICATIONS : add a second ball (2 balls being passed around the circle)  
: add a third . . . fourth . . . fifth ball

Game of TAG

Drills / Activities:

**1) HAND POSITIONING**

Drill progression:

**Kneeling**

INDIVIDUALS

- hands on the ball – ‘Triangle’ (thumbs & fore fingers)
- holding onto the ball, raise hands over the head
  - thumbs ‘point to eyes’
  - hands bent back until ‘wrist wrinkles’ are observable
- remove ball - observe hand position: thumbs / wrist wrinkles

**Standing**

PAIRS

- repeat the steps for kneeling

**2) CATCH & FEED**

TEAM (entire group)

Drill progression:

**Coach** tosses – players & coach - same side of the net

- catch the ball – hands in overhead passing position (check thumbs & wrist position)
- ‘feed’ ball to coach
- return to line

Drill completion:

Toss to the ‘line’ - distance 2m (3X)

Toss to the ‘line’ - distance 4m (3X)

**3) TOSS & CATCH**

PAIRS

Drill progression:

partners stand on opposite sides of the net

- catch the ball – hands in overhead passing position (check thumbs & wrist position)
- each partner - distance 3 – 4 m from the net

Drill completion:

Toss & Catch – back and forth (5X)

**TEACHING NOTE:** Push the Ball to Target – *FINISH* – ‘palms facing the ceiling’

**4) DROP, CATCH & PUSH**

GROUP OF 3

**Focus** - HAND POSITIONING

**Player Positioning:** **Passer** kneels on attack line facing the **Target** player  
**Target** player has their back to the net facing **Passer**  
**‘Tosser’** stands beside **Passer**

**Drill progression:** **‘Tosser’** - drop the ball into the hands of the **Passer**  
**Passer** - catch the ball; check hand positioning (thumbs & wrists)  
- PUSH the ball to **‘Target’**  
**‘Target’** - catch the ball and return it to the **‘Tosser’**

**Drill completion:** **Kneeling** 4X - rotate  
**Standing** (1 – 2 steps behind attack line) 4X - rotate

**TEACHING NOTE:** Weight transfer during ‘Push’

START WITH WEIGHT ON LT FOOT - STEP AHEAD AND TRANSFER WEIGHT TO RT FOOT

**5) DROP, CATCH & PUSH**

GROUP OF 3

**Focus** - Weight transfer

**Drill progression:** same as Drill #3

**Drill completion:** **Standing** – ‘CATCH’ & PUSH the ball TO TARGET 4X - rotate

**6) DROP & PASS**

GROUP OF 3

**Drill progression:** same as Drill #4 – NOTE CHANGE FOR PASSER\*  
\* **Passer** - **PASS** (Volley) the ball to **‘Target’**

**Drill completion:** **Kneeling** 4X - rotate  
**Standing** (1 – 2 steps behind attack line) 4X - rotate

## 7) TOSS & PASS

Drill progression:      **Coach** tosses – players & coach - same side of the net

- PASS the ball to the coach
- return to the line

Drill completion:      Toss to the 'line'      - distance 2m      (3X)

Toss to the 'line'      - distance 4m      (3X)

## 8) STV & CATCH (S=self; T=toss; V=volley)

PAIRS

Drill progression:      partners on opposite sides of the net

- Partner 1 STV to Partner 2
- Partner 2 catch the ball – hands in overhead passing position
- Partner 2 STV to Partner 1
- Partner 1 catch the ball – hands in overhead passing position
- each partner - 3 – 4 m from the net

Drill completion:      **STV & Catch** – back and forth      (5X)

## 9) OVER IT COMES

TEAM (entire group)

**Focus** – Player movement – 'GET THEIR FEET TO THE BALL'

Drill progression:      **Coach** tosses – players & coach - *opposite* sides of the net

- Player movement pattern: 'Follow the ball': passer – target – feeder – passer . . . }
- Passer: 1 – 2 steps behind attack line
- Target: at the net

Drill completion:      Toss – **PASS** - to target      (5X)

Alternative progression:      1) Toss – **STV** – to Target;  
2) Toss – **PASS** - to target

## 10) PASS TO ME, PASS IT OVER

PAIRS

Drill progression: partners on *opposite* sides of the net

- Partner A - initiates with STV to themselves
- Partner A then passes over the net to Partner B
- Partner B STV to themselves, and sends a return pass over to Partner A
- each partner - distance 3 – 4 m from the net

Drill completion: STV & Pass to partner – over and back (5X)

## 11) PASS TO THE SETTER – RIGHT-SIDE

TEAM (entire group)

Drill progression: **Coach** tosses – players & coach - *same* side of the net

N.B. **PASSER – POSITION FEET, HIPS & SHOULDERS TO FACE THE TARGET (Front right side)**

- Player movement pattern: *'Follow the ball'*: passer – target – feeder – passer . . . }
- Passer - 1 – 2 steps behind attack line
- Target – at the net (right-side)

Drill completion: Toss - **CATCH & PUSH** to target (3X)

Toss - **CATCH & STV** to target (3X)

Toss - **VOLLEY** to target (3X)

Extending the drill: Coach tosses from the opposite side of the net

## 12) PASS ALONG THE NET

TEAM (entire group)

Drill progression: **Coach** tosses from the back of the court  
Players & coach - *same* side of the net

- 'Setter' (front 'right') passes the ball 'along' the net to Left-side (Target)
- Player movement pattern: *'Follow the ball'*: setter – target – feeder – setter . . . }

Drill completion: Toss - **CATCH & PUSH** to target (3X)

Toss - **CATCH & STV** to target (3X)

Toss - **VOLLEY** to target (3X)

## 13) SUGGESTED PROGRESSIONS: Change distances

Movement: forward / backward

Lateral: side to side

Diagonal passing

Passing from position 2 (setter's position)

#### 14) ADDITIONAL ACTIVITIES / DRILLS:

NOVICE LEVEL - (Reference – **Atomic Volleyball: Instructor’s Manual** – pp. 32 - 3)

INTERMEDIATE LEVEL - (Reference – **Atomic Volleyball: Instructor’s Manual** – p. 34)

ADVANCED LEVEL - (Reference – **Atomic Volleyball: Instructor’s Manual** – pp. 35 - 6)

#### Game Patterning & Circulation Volleyball:

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

Explain ball movement pattern / 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 front rt.; **P3** moves to back row. (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/progressions:

- Toss – STV – VOLLEY – **ROTATE POSITIONS**
- STV – STV – VOLLEY – **ROTATE POSITIONS**
- PASS - 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.*

**Suggested progressions:**

1. Catch & Toss – Catch & Toss – VOLLEY – **RALLY FOR THE POINT**
2. Catch & Toss – Catch & **STV** – VOLLEY – **RALLY . . .**
3. Catch & **STV** – Catch & STV – VOLLEY – **RALLY . . .**
4. **PASS** - Catch & STV – VOLLEY – **RALLY . . .**

**RELAY:** 2 teams

Line up in single file on end line.

- First player runs to net with a ball - @ net STV (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 . . .

**Conclusion:** *Review:*

Passing position / technique - OVERHEAD 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!***