



**Session #3:** Skill introduction - Fore arm pass  
- OH pass

**Game play – Level 3 - 2 v 2**

**Game play Format - 1 (one) ball**

**Contact progression**

- 1<sup>st</sup> contact - Catch w Split-step & toss
- 2<sup>nd</sup> contact - Catch & toss
- 3<sup>rd</sup> contact - Stand & Attack (Spike) OR Jump & Attack (Spike)

**Game play description:**

- To, Along & Over the Net
- teams of 3 or more
- Circulation (rotate in & rotate out)

**Session #4:** Skill introduction - Attack (Spike) – Approach  
- Fore arm pass

**Game play – Level 4 - 3 v 3**

**Game play Format - 1 (one) ball**

**Contact progression**

- 1<sup>st</sup> contact - Catch w Split-step & toss
- 2<sup>nd</sup> contact - Catch & toss
- 3<sup>rd</sup> contact - Stand & Attack (Spike) OR Jump & Attack (Spike)

**Game play description:**

- teams of 3 or more
- Circulation (rotate in & rotate out)

**Session #5:** Skill introduction - Underhand serve  
- Attack (Spike): Approach & Arm swing

**Game play – Level 5 - 3 v 3**

**Game play Format - 1 (one) ball**

**Contact progression**

- 1<sup>st</sup> contact - Catch w Split-step & toss
- 2<sup>nd</sup> contact - Catch & Self-Toss & Volley (STV)
- 3<sup>rd</sup> contact - Stand & Attack (Spike) OR Jump & Attack (Spike)

**Game play description:**

- teams of 3 or more
- Circulation (rotate in & rotate out);

**Session #6:** Skill introduction - Overhand serve  
- Underhand serve

**Game play – Level 6 - 3 v 3**

**Game play Format - 2 (two) ball**

**Contact progression**

**Ball 1** - 1<sup>st</sup> contact - Catch w Split-step & toss  
2<sup>nd</sup> contact - Catch & Self-Toss & Volley (STV)  
3<sup>rd</sup> contact - Jump & Attack (Spike)

**Ball 2** - 1<sup>st</sup> contact - Fore arm pass  
2<sup>nd</sup> contact - Catch & STV  
3<sup>rd</sup> contact - Jump & Attack (Spike)

**Game play description:**

- Initiate - **Ball 1** - player SERVE;  
- **Ball 2** - coach TOSS
- Regular rotation – teams rotate when the 2-ball sequence is initiated from their side
- teams of 3 or more

**Background: Two ball**

- game is divided into a series of **two ball** sequences:

**BALL 1** - initiated by player; teams rally for a point

**BALL 2** - initiated by coach toss (*simulated* serve); teams rally for a point.

- the two ball sequence (serve/toss) alternates between teams after EACH sequence of two balls, regardless of which team scores.

- BALL 1 / BALL 2 are directed to the **same team**;

- e.g., **Sequence #1:**

- **BALL 1** – Served to team **A**; teams rally for a pt. (Team B *player* serves to Team A)
- **BALL 2** - Tossed to team **A**; teams rally for a pt. (Team A *coach* tosses to Team A)

**Sequence #2:** (*Players on Team A rotate one position*)

- **BALL 1** – Served to team **B**; teams rally for a pt. (Team A *player* serves to Team B)
- **BALL 2** - Tossed to team **B**; teams rally for a pt. (Team B *coach* tosses to Team B)

**Sequence #3:** (*Players on Team B rotate one position*)

- repeat Sequence #1.

**Sequence #4:** (*Players on Team A rotate one position*)

- repeat Sequence #2.

- Sequences alternate until the game is concluded.

- Session #7: Skill introduction**
- Overhand serve
  - Attack (Spike): Approach & Arm swing

**Game play – Level 7 - 3 v 3**

**Game play Format - Triple ball**

**Contact progression**

- Ball 1** - 1<sup>st</sup> contact - Catch w Split-step & toss OR Fore arm pass  
2<sup>nd</sup> contact - Catch in OH passing position – ‘Push’ ball to hitter  
3<sup>rd</sup> contact - Jump & Attack OR Approach, Jump & Attack

- Ball 2** - 1<sup>st</sup> contact - Fore arm pass  
2<sup>nd</sup> contact - Catch & STV  
3<sup>rd</sup> contact - Jump & Attack OR Approach, Jump & Attack

- Ball 3** - 1<sup>st</sup> contact - Fore arm pass  
2<sup>nd</sup> contact - Catch & STV  
3<sup>rd</sup> contact - Jump & Attack OR Approach, Jump & Attack

**Game play description:**

- Initiate
  - **Ball 1** - player **SERVE**;
  - **Ball 2** - coach **TOSS**;
  - **Ball 3** - coach **TOSS**;
- Regular rotation – teams rotate when the triple ball sequence is initiated from their side

**Background: Triple ball:**

- game is divided into a series of **triple ball** (3 ball) sequences:

- **BALL 1** - initiated by player; teams rally for a point
- **BALL 2** - initiated by coach toss (*simulated serve*); teams rally for a point.
- **BALL 3** - initiated by coach toss (*simulated serve*); teams rally for a point.

- the triple ball sequence (serve/toss/toss) alternates between teams after **EACH** sequence of 3 balls, regardless of which team scores.

- e.g., **Sequence #1:**

- **BALL 1** - Served to team A; teams rally for a pt. (*Team B player serves to Team A*)
- **BALL 2** - Tossed to team A; teams rally for a pt. (*Team A coach tosses to Team A*)
- **BALL 3** - Tossed to team B; teams rally for a pt. (*Team B coach tosses to Team B*)

**Sequence #2:** (*Players on Team A rotate one position*)

- **BALL 1** - Served to team B; teams rally for a pt. (*Team A player serves to Team B*)
- **BALL 2** - Tossed to team B; teams rally for a pt. (*Team B coach tosses to Team B*)
- **BALL 3** - Tossed to team A; teams rally for a pt. (*Team A coach tosses to Team A*)

**Sequence #3:** (Players on Team B rotate one position)

Sequence #1 is repeated.

**Sequence #4:** (Players on Team A rotate one position)

Sequence #2 is repeated.

- Sequences alternate until the game is concluded.

**Session #8:** Skill introduction - Blocking  
- Set a tossed ball

**Game play – Level 8 - 3 v 3**

**Game play Format - Triple ball**

**Contact progression:**

*(Refer to the Atomic Smashball Summary Sheet for suggestions re: Contacts on serve receive vs Contacts when defending)*

**Ball 1** - 1<sup>st</sup> contact - Catch w Split-step & toss OR Fore arm pass  
2<sup>nd</sup> contact - OH pass – using proper technique  
3<sup>rd</sup> contact - Jump & Attack OR Approach, Jump & Attack

**Ball 2** - 1<sup>st</sup> contact - Fore arm pass  
2<sup>nd</sup> contact - Catch & STV  
3<sup>rd</sup> contact - Jump & Attack OR Approach, Jump & Attack

**Ball 3** - 1<sup>st</sup> contact - Fore arm pass  
2<sup>nd</sup> contact - Catch & STV  
3<sup>rd</sup> contact - Jump & Attack OR Approach, Jump & Attack

**Game play description:**

- Initiate - **Ball 1** - player **SERVE**;
- **Ball 2** - coach **TOSS**;
- **Ball 3** - coach **TOSS**;

Regular rotation – teams rotate when the triple ball sequence is initiated from their side

### **Resources:**

Sask Volleyball web site: <http://www.saskvolleyball.ca/>

**Coach -> Coaching Resources -> ATOMIC Instructor**

Skill Development: Attacking/Hitting - pdf;  
Forearm Passing - pdf; Video;  
Overhead Passing - pdf; Video  
Overhand Serving - pdf; Video  
Underhand Serving – pdf; Video

Atomic Smashball: Game Play - Summary Sheet

Introduction to Smashball video (OVA overview) - <https://www.youtube.com/watch?v=-DRbQhxno5Q&t=4s>

Triple Ball (6 v 6) - Summary of Rules - [Video](#)