

ATOMIC Volleyball

Skill: **Attacking / Hitting**

Arm swing & Approach

Sample Training Sequence

Overview

TEACHING POINTS: (Reference – **Atomic Volleyball: Instructor’s Manual** – p. 57)

- **ARM SWING:**
- ‘**BATMAN**’ - both arms swing **back** (BATMAN’S cape)
 - ‘**SUPERMAN**’ - both arms swing **up** (SUPERMAN flying)
 - ‘**ROBIN HOOD**’ - hitting arm ‘brought back’ - elbow (of hitting arm)
above & behind shoulder
 - ‘**CAT WOMAN**’ - reach for the roof; snap wrist – **LITTLE ‘C’**;
- ‘pull through’ to the thigh – **BIG ‘C’**; tummy tuck
- contact ball when arm is @ 12 o’clock position
- swing at the ball, leading with the elbow

- Common errors:
- SUPERMAN - only lifting the hitting arm
 - ROBIN HOOD - dropping the elbow below the shoulder;
- bringing the elbow even with the shoulder and NOT behind the shoulder
 - CAT WOMAN - NOT snapping the wrist;
- NOT ‘pulling through’ to the thigh

Activities / Drills:

- | | | |
|------------------------------------|--|---------------------|
| 1) ARM SWING | - introduction and practice | GROUP |
| 2) ARM SWING WITH TOWEL | - @ basketball rim | GROUP |
| 3) ‘ SOFT ’ BALL THROW | - @ wall
- @ net | INDIVIDUAL
PAIRS |
| 4) TOSS & ‘FINGER ROLL’ | - spin the ball (volleyball) | INDIVIDUAL |
| 5) TOSS & ‘WRIST ROLL’ | - spin the ball
- hand wraps OVER the ball (volleyball) | INDIVIDUAL |

- | | | |
|--|--|-------|
| 6) 'HIT' THE BALL | <ul style="list-style-type: none"> - self-toss - hit to the wall - partner provides feedback: <ul style="list-style-type: none"> - is the elbow of the hitting arm behind the shoulder? - is the elbow of the hitting arm above the shoulder? | PAIRS |
| 7) 'SOFT' BALL, JUMP & THROW | - @ net | PAIRS |
| 8) JUMP & CATCH - Coach toss | | GROUP |
| 9) JUMP & ATTACK - Coach toss | | GROUP |
-

- **APPROACH:** (Foot work) **Left - Right - Left** - (Rt. Handed hitter)
Right - Left - Right - (Lt. Handed hitter)
- e. g., *Rt. handed attack* - on first step [**Left**] – arms back in BATMAN position
- on second/third 'step' [**Right – Left**] - ('close step') – arms move up to SUPERMAN position
- on the jump – use the ROBIN HOOD to rotate back the hitting arm

Activities / Drills: (Examples for a Rt. Handed hitter)

'CLOSE STEP' TRAINING: (2-STEP APPROACH)

- | | | |
|---|---|--------|
| 1) FOOT WORK PRACTICE | - 'close step' - [Right - Left] | GROUPS |
| 2) APPROACH & ARM SWING | - 'close step' - [Right - Left] | GROUPS |
| 3) APPROACH, ARM SWING & JUMP | - 'close step' - [Right - Left] | GROUPS |
| 4) APPROACH & JUMP & 'SOFT' BALL THROW | - 'close step' - [Right - Left] | GROUPS |
| 5) APPROACH & ATTACK - Coach holding ball | - 'close step' - [Right - Left] | GROUPS |
| 6) APPROACH & CATCH - Coach toss | - 'close step' - [Right - Left] | GROUPS |
| 7) APPROACH & ATTACK - Coach toss | - 'close step' - [Right - Left] | GROUPS |
| 8) APPROACH & CATCH – Setter – STV | - 'close step' - [Right - Left] | GROUPS |
| 9) APPROACH & ATTACK - Setter – STV | - 'close step' - [Right - Left] | GROUPS |

STEP – ‘CLOSE STEP’ TRAINING: (3-STEP APPROACH)

- | | | | |
|--|---|----------------------------------|--------|
| 10) FOOT WORK PRACTICE | - step - ‘close step’ | - [<i>Left - Right - Left</i>] | GROUPS |
| 11) APPROACH & ARM SWING | - step - ‘close step’ | - [<i>Left - Right - Left</i>] | GROUPS |
| 12) APPROACH, ARM SWING & JUMP | - step - ‘close step’ | - [<i>Left - Right - Left</i>] | GROUPS |
| 13) APPROACH & JUMP & ‘SOFT’ BALL THROW | - step - ‘close step’ | - [<i>Left - Right - Left</i>] | GROUPS |
| 14) APPROACH & ATTACK - Coach holding ball | - step - ‘close step’ | - [<i>Left - Right - Left</i>] | GROUPS |
| 15) APPROACH & CATCH - Coach toss | - step - ‘close step’ | - [<i>Left - Right - Left</i>] | GROUPS |
| 16) APPROACH & ATTACK - Coach toss | - step - ‘close step’ | - [<i>Left - Right - Left</i>] | GROUPS |
| 17) APPROACH & CATCH – Setter – STV | - step - ‘close step’ | - [<i>Left - Right - Left</i>] | GROUPS |
| 18) APPROACH & ATTACK - Setter – STV | - step - ‘close step’ | - [<i>Left - Right - Left</i>] | GROUPS |
| 19) SUGGESTED PROGRESSIONS: | - increase the height of the net (badminton / volleyball)
- increase distance between the setter and the hitter
- hit X-court
- hit ‘Line’ | | |

20) ADDITIONAL ACTIVITIES / DRILLS:

NOVICE, INTERMEDIATE and ADVANCED LEVELS -

(Reference – **Atomic Volleyball: Instructor’s Manual** – pp. 59 - 61)

Game play – Smashbal – 1 (one) ball - 2 v 2
– 1 (one) ball - 3 v 3

Relay: Teams of 4 - 6

Conclusion: *Review:* Arm swing technique
Approach foot work

TEAM CHEER!

ATOMIC Volleyball

Skill: **Attacking / Hitting**

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 with an overhand motion over the net.
To hit the ball with force over the net.

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

❖ **TEACHING POINTS:** (Reference – **Atomic Volleyball: Instructor’s Manual** – p. 57)

- **ARM SWING:**
- ‘*BATMAN*’ - both arms swing **back** (BATMAN’S cape)
 - ‘*SUPERMAN*’ - both arms swing **up** (SUPERMAN flying)
 - ‘*ROBIN HOOD*’ - hitting arm ‘brought back’ - elbow (of hitting arm) **above & behind** shoulder
 - ‘*CAT WOMAN*’ - reach for the roof; snap wrist – *LITTLE ‘C’*;
 - ‘pull through’ to the thigh – *BIG ‘C’*; tummy tuck
 - contact ball when arm is @ 12 o’clock position
 - swing at the ball, leading with the elbow

- Common errors:
- SUPERMAN - only lifting the hitting arm
 - ROBIN HOOD - dropping the elbow below the shoulder;
 - bringing the elbow even with the shoulder and NOT behind the shoulder
 - CAT WOMAN - NOT snapping the wrist;
 - NOT ‘pulling through’ to the thigh

Activities / Drills: (Examples for a Rt. Handed hitter)

1) ARM SWING - introduction and practice GROUP

Drill progression:

- REVIEW – Arm Swing
 BATMAN – SUPERMAN – ROBIN HOOD – CAT WOMAN
 {**N. B.** Wrist snap & pull through to hip}

Drill completion:

- Coach provides feedback – in front and to the side of athletes trying to ‘hit the rim’.
FOCUS / FEEDBACK: “Is the elbow of the hitting arm **ABOVE** the shoulder?”
 “Is the elbow of the hitting arm **BEHIND** the shoulder?”

2) **ARM SWING WITH TOWEL** {Standing} - @ basketball rim GROUP

Drill progression:

- REVIEW – Arm Swing

BATMAN – SUPERMAN – ROBIN HOOD – CAT WOMAN

{**N. B.** Wrist snap & pull through to hip}

- 1 small towel (hand towel) / athlete
- athletes line up – single file - facing a basketball rim
- 1st athlete, stands under the rim
- using proper arm swing technique, the athlete attempts to hit the rim as they swing the towel to ‘ROBIN HOOD’ position and then again when they progress through the CAT WOMAN action
- after their arm swing the 1st athlete cycles to the back of the line and the 2nd athlete replaces her/him under the rim and goes through the arm swing actions.
- Coach provides feedback – in front and to the side of athletes as they try to ‘hit the rim’.

FOCUS / FEEDBACK:

*“Is the elbow of the hitting arm **ABOVE** the shoulder?”*

*“Is the elbow of the hitting arm **BEHIND** the shoulder?”*

“Is the athlete ‘reaching’ to contact the rim?”

3) **‘SOFT’ BALL THROW** {Standing} PAIRS

Drill progression:

- REVIEW – Arm Swing

BATMAN – SUPERMAN – ROBIN HOOD – CAT WOMAN

{**N. B.** Wrist snap & pull through to hip}

- 1 ‘soft’ ball/pair (sponge ball or tennis ball)
- one partner ‘throws’ the ball; one partner provides feedback
- partners 5 – 6 steps back from the **WALL** (A)
- ‘throw’ the ball off the floor towards the **WALL** – contact: FLOOR → WALL;
- partners 1 step back from the **NET** (B)
- Partner providing feedback – behind and to the side of partner throwing the ball
- feedback given after each ‘throw’

FOCUS / FEEDBACK:

*“Is the elbow of the hitting arm **ABOVE** the shoulder?”*

*“Is the elbow of the hitting arm **BEHIND** the shoulder?”*

Drill completion:

A) - facing the **WALL**

- 'throw' the ball off of the floor towards the **WALL** (3X – switch; 2 reps)

B) - @ the **NET** - (badminton net OR lowered volleyball net) – **STANDING**

- 'throw' the ball over the net, to the floor (3X – switch; 2 reps)
- feedback given after each 'throw'

FOCUS / FEEDBACK:

*"Is the elbow of the hitting arm **ABOVE** the shoulder?"*

*"Is the elbow of the hitting arm **BEHIND** the shoulder?"*

4) TOSS & 'FINGER ROLL' {spin the ball (*volleyball*)}

INDIVIDUAL

Drill progression:

- 1 ball / athlete
- two-hand, underhand toss to a height of ~ 1 m above the athlete's reach
- spin the ball forward using the hitting hand
 - main contact area - *middle 3 fingers and palm*
- hitting hand 'brushes' up, past the ball

Drill completion:

- toss - spin (top spin on the ball) (5X)

5) TOSS & 'WRIST ROLL' {spin the ball (*volleyball*)}

INDIVIDUAL

❖ **TEACHING POINT:**

- Highlight the **different contact point** of the hand on the ball – Attacking v.s. Serving
 - ✓ **Serving** – contact middle of the ball
 - ✓ **Attacking** – contact the top portion of the ball and spin it to the floor

Drill progression:

- 1 ball / athlete
- two-hand, underhand toss to a height of ~ 1 m above the athlete's reach
- spin the ball forward using the hitting hand
 - main contact area - *middle 3 fingers and palm*
- hitting hand wraps **OVER** the top of the ball (*volleyball*) – 'CAT WOMAN'

Drill completion:

- toss – spin (*top spin*) (5X)

6) 'HIT' THE BALL

PAIRS

Drill progression:

- 1 ball/pair
- partners 5 – 6 steps back from the **wall**
- one partner 'hits' the ball; one partner provides feedback
- two-hand, underhand toss to a height of ~ 1 m
- 'hit' the ball - hitting hand wraps **OVER** the ball
 - 'CAT WOMAN' - snap wrist – LITTLE 'C';
 - 'pull through' to the thigh – BIG 'C';
- Partner providing feedback – behind and to the side of partner hitting the ball
- 'hit' the ball off the floor towards the **WALL** – contact: FLOOR → WALL

FOCUS / FEEDBACK:

*"Is the elbow of the hitting arm **ABOVE** the shoulder?"*

*"Is the elbow of the hitting arm **BEHIND** the shoulder?"*

"Did the ball spin forward?"

"Did the hitter 'pull through' to the thigh?"

Drill completion:

- 'hit' – retrieve – feedback (3X – switch; 3 reps)

7) 'SOFT' BALL JUMP & THROW

PAIRS

Drill progression:

- *Same as 1. B)*

Drill completion:

- @ the **NET** - (badminton net OR lowered volleyball net) – **JUMP (no approach)**
- JUMP and 'throw' the ball to the floor (over the net) (3X – switch; 2 reps)

8) JUMP AND CATCH

TEAM

Drill progression:

- Coach tosses for the team
- 2 lines: 'catching' line (*1 step away from the net*); 'feeding' line (*behind the coach*)
- Coach tosses ~ 2 m above net height
- Player jumps (no approach) to catch the ball – *above the height of the net*
- Player movement: catch → feed → catch → feed . . .

Drill completion:

- toss - jump - catch (3 – 4 X through team)

9) JUMP AND ATTACK (HIT)

TEAM

Drill progression:

- Coach tosses for the team
- 4 lines: - 'attacking' (hitting) line (@ 3m line);
- 'safety' line; (opposite side of the net from the attackers, facing away from the attackers);
- 'shagging' (retrieving) line (opposite side of the net from the attackers' line);
- 'feeding' line (behind the coach)
- Coach tosses ~ 2 m above net height
- Player jumps (no approach) to 'attack' (hit) the ball
- Player movement: attack -> safety -> shag -> feed -> attack . . .

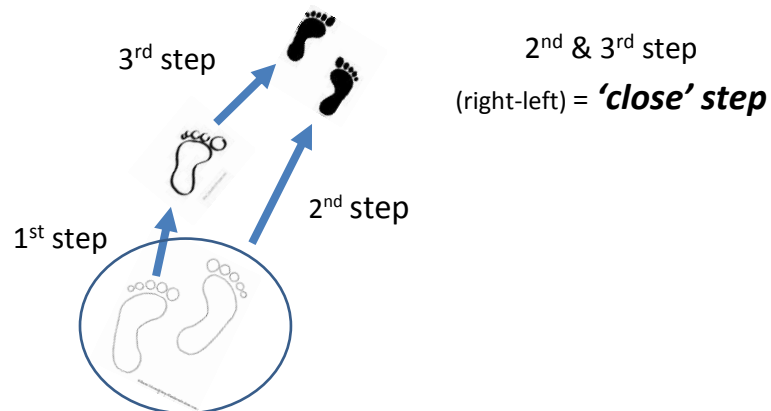
Drill completion:

- toss - jump - attack (hit the ball) (3 – 4 X through team)

➤ APPROACH: (Foot work)

Left - Right - Left - (Rt. Handed hitter)

Right - Left - Right - (Lt. Handed hitter)



- Starting position of hitter's feet for 3-step approach
- e. g., Rt. Handed hitter

Activities / Drills: (Examples for a Rt. Handed hitter)

'CLOSE STEP' TRAINING: (2-STEP APPROACH)

1) **FOOT WORK PRACTICE**

GROUPS (4 – 6)

Drill progression:

- groups line up across the end line of the court
- groups (one at a time) move towards the net practicing the 'close step'
- Left foot *ahead* . . . pause . . . 'close step' - [**Right – Left**]; Left foot *ahead* . . . pause . . . 'close step' - [**Right – Left**] . . .

Drill completion:

- move from the end line to the net repeating the 'close-step' approach (2X)

❖ **Teaching note:**

Approach and Arm swing: e. g., *Rt. handed hitter*

- on first step [**Left**] – arms back in BATMAN position
- on second/third 'step' [**Right – Left**] - ('close step') – arms move up to SUPERMAN position
- on the jump
 - use the ROBIN HOOD position to rotate back the hitting arm;
 - complete the arm swing – use the CAT WOMAN motion
 - wrist snap & 'pull through'

2) **APPROACH & ARM SWING**

– 'Close-step'

GROUPS (4 – 6)

Drill progression:

- groups line up across the end line of the court
- groups (*one at a time*) move towards the net practicing the 'close step' AND **Arm Swing (BATMAN / SUPERMAN)**
- Left foot *ahead* . . . pause . . . 'close step' - [**Right – Left**]; Left foot *ahead* . . . pause . . . 'close step' - [**Right – Left**] . . .

Drill completion:

- move from the end line to the net repeating the approach and arm swing (2X)

3) APPROACH, ARM SWING & JUMP – ‘Close-step’

GROUPS (4 – 6)

Drill progression:

- groups line up across the end line of the court
- groups (*one at a time*) move towards the net using the ‘close step’, arm swing (*BATMAN / SUPERMAN*) AND **Jump**
- Left foot *ahead* . . . pause . . . ‘close step’ - [**Right – Left**]; Left foot *ahead* . . . pause . . . ‘close step’ - [**Right – Left**] . . .

Drill completion:

- move from the end line to the net repeating the approach, arm swing & jump (2X)

4) APPROACH & JUMP & ‘SOFT’ BALL THROW – ‘Close-step’

GROUPS (4 – 6)

Drill progression:

- groups line up behind the 3m line, facing the net
- 1 ball / player
- on the coach’s cue (“Go”, “Approach” . . .) the 1st group approaches the net (*from a distance of ~2m*) using the ‘close step’, they **Jump AND THROW** the ball over the net.
- Left foot ahead . . . pause . . . ‘close step’ - [**Right – Left**] . . . **Jump AND THROW**
- 1st group retrieves their balls; 2nd group moves into place and are ‘cued’ to approach, jump and throw . . . 3rd group moves into place and are ‘cued’ to approach, jump and throw . . .

Drill completion:

- Approach, Jump and ‘THROW’ (4-5X/GROUP)

5) APPROACH & ATTACK - Coach holding ball - ‘Close-step’

GROUPS

Drill progression:

- Coach holds the ball for the group
- 3 activities: ‘hitting’; shagging; ‘feeding’
- Coach holds the ball ~0.5m above net height
- Player approaches, jumps and hits/attacks the ball
- Player movement: hit -> shag -> feed -> hit . . .

Drill completion:

- approach - jump – hit/attack (4X through team)

6) APPROACH & CATCH

- 'Close-step'
- Coach toss

GROUPS

Drill progression:

- Coach tosses for the team
- 2 activities: catch - feed
- Coach tosses ~ 2 m above net height
- Player approaches, jumps and catches the ball – *above the height of the net*
- Player movement: catch -> feed -> catch -> feed . . .

Drill completion:

- toss – approach - jump - catch (4X through team)

7) APPROACH AND ATTACK (HIT)

- 'Close-step'
- Coach toss

TEAM

Drill progression:

- Coach tosses for the team
- 4 lines: 'attacking' (*hitting*) line; 'safety' line; 'shagging' (*retrieving*) line; 'feeding' line
- Coach tosses ~ 2 m above net height
- Player approaches and jumps to 'attack' (hit) the ball – *above the height of the net*
- Player movement: attack -> safety -> shag -> feed -> attack . . .

Drill completion:

- toss – approach - jump - attack (4 or more X through team)

8) APPROACH AND CATCH

- 'Close-step'
- Setter – STV (Self-Toss & Volley)

TEAM

Drill progression:

- Player 'sets' (STV) for the team
- 2 lines: 'catching line; 'feeding' line
- Setter volleys (*overhead pass*) the ball ~ 2 m above net height
- Player approaches and 'catches' the ball – *above the height of the net*
- Player movement: catch -> feed -> catch -> feed -> . . .

Drill completion:

- STV - approach - catch (4 X through team)
(alternate setter each rotation through the team)

9) **APPROACH AND ATTACK (HIT)** - **'Close-step'** TEAM
- **Setter – STV** (Self-Toss & Volley)

Drill progression:

- Player 'sets' (STV) for the team
- 4 lines: 'attacking' line; 'safety' line; 'shagging line; 'feeding' line
- Setter volleys the ball ~ 2 m above net height
- Player approaches and 'attacks' the ball
- Player movement: attack -> safety -> shag -> feed -> attack . . .

Drill completion:

- STV - approach - attack (4 X through team)
(alternate setter each rotation through the team)

STEP – 'CLOSE STEP' TRAINING: (3-STEP APPROACH)

10) **FOOT WORK PRACTICE** - ***3-step approach*** GROUPS (4 – 6)

Drill progression:

- groups line up across the end line of the court
- group moves towards the net practicing the 3-step approach
- Left foot *back* . . . step - 'close step' - [**Left - Right – Left**]; Pause . . . Left foot *back* . . . step - 'close step' - [**Left - Right – Left**]; . . .

Drill completion:

- move from the end line to the net repeating the '3-step' approach (2X)

❖ **Teaching note:**

Approach and Arm swing: e. g., *Rt. handed hitter*

- on first step [**Left**] – arms are slightly in front or to the side of the body
- on second/third 'step' [**Right – Left**] - ('close step') – arms back in BATMAN position then forward and up to SUPERMAN position
- on the jump
 - use the ROBIN HOOD position to draw back the hitting arm;
 - complete the arm swing – use the CAT WOMAN motion
 - wrist snap & 'pull through'

11) APPROACH & ARM SWING

- 3-step approach

GROUPS (4 – 6)

Drill progression:

- groups line up across the end line of the court
- group moves towards the net practicing the 3-step approach
Left foot *back* . . . step - 'close step' - [**Left - Right – Left**]; Pause . . . Left foot *back* . . . step - 'close step' - [**Left - Right – Left**]; . . .

Drill completion:

- move from the end line to the net repeating the approach and arm swing (2X)

12) APPROACH, ARM SWING & JUMP - 3-step approach

GROUPS (4 – 6)

Drill progression:

- groups line up across the end line of the court
- groups (*one at a time*) move towards the net using the 'close step', arm swing (*BATMAN / SUPERMAN*) AND **Jump**
- Left foot **BACK** . . . step - 'close step' - [**Left - Right – Left**]; Pause . . . Left foot **BACK** . . . step - 'close step' - [**Left - Right – Left**]; . . .

Drill completion:

- move from the end line to the net repeating the approach, arm swing & jump (2X)

13) APPROACH & JUMP & 'SOFT' BALL THROW - 3-step approach

GROUPS (4 – 6)

Drill progression:

- groups line up behind the 3m line, facing the net
- 1 ball / player
- on the coach's cue ("Go" . . . "Approach" . . .) the 1st group approaches the net (*from a distance of ~3m **) using the 3-steps, Left foot **BACK** . . . step - 'close step' - [**Left - Right – Left**] **Jump AND THROW**.
- 1st group retrieves their balls; 2nd group moves into place and are 'cued' to approach, jump and throw . . . 3rd group moves into place and are 'cued' to approach, jump and throw . . .

Drill completion:

- Approach, Jump and 'THROW' (4-5X/GROUP)

14) APPROACH & ATTACK

- 3-step approach
- Coach holding ball

GROUPS

Drill progression:

- Coach holds the ball for the group
- 3 activities: 'hitting'; shagging; 'feeding'
- Coach holds the ball ~0.5m above net height
- Player approaches, jumps and hits/attacks the ball
- Player movement: hit -> shag -> feed -> hit . . .

Drill completion:

- approach - jump – hit/attack (4X through team)

15) APPROACH & CATCH

- 3-step approach
- Coach toss

GROUPS

Drill progression:

- Coach tosses for the team
- 2 activities: catch - feed
- Coach tosses ~ 2 m above net height
- Player approaches, jumps and catches the ball – *above the height of the net*
- Player movement: catch -> feed -> catch -> feed . . .

Drill completion: toss - jump – catch

16) APPROACH AND ATTACK (HIT)

- 3-step approach
- Coach toss

TEAM

Drill progression:

- Coach tosses for the team
- 4 lines: 'attacking' line; 'safety' line; 'shagging line; 'feeding' line
- Coach tosses ~ 2 m above net height
- Player approaches and jumps to 'attack' (hit) the ball
- Player movement: attack -> safety -> shag -> feed -> attack . . .

Drill completion:

- toss – approach - jump - attack (4 or more X through team)

17) APPROACH AND CATCH

- 3-step approach

TEAM

- Setter – STV (Self-Toss & Volley)

Drill progression:

- Player 'sets' (STV) for the team
- 2 lines: 'catching line; 'feeding' line
- Setter volleys the ball ~ 2 m above net height
- Player approaches and 'catches' the ball – *above the height of the net*
- Player movement: catch -> feed -> catch -> feed -> . . .

Drill completion:

- STV - approach - catch (4 X through team)
(alternate setter each rotation through the team)

18) APPROACH AND ATTACK (HIT)

- 'Close-step'

TEAM

- Setter – STV (Self-Toss & Volley)

Drill progression:

- Player 'sets' (STV) for the team
- 4 lines: 'attacking' line; 'safety' line; 'shagging line; 'feeding' line
- Setter volleys the ball ~ 2 m above net height
- Player approaches and 'attacks' (hit) the ball
- Player movement: attack -> safety -> shag -> feed -> attack . . .

Drill completion:

- STV - approach - attack (4 X through team) (alternate setter each rotation through the team)

19) SUGGESTED PROGRESSIONS:

- increase the height of the net (badminton / volleyball)
- increase distance between the setter and the hitter
- hit X-court
- hit 'Line'

20) ADDITIONAL ACTIVITIES / DRILLS:

NOVICE, INTERMEDIATE and ADVANCED LEVELS

(Reference – **Atomic Volleyball: Instructor's Manual** – pp. 59 - 61)

Game play – Smashball – 1 (one) ball - 2 v 2; 1 (one) ball - 3 v 3

Relay: Teams of 4 - 6

Conclusion: Review: Arm swing technique

Approach steps

TEAM CHEER!