

Volleyball

Skills, Challenges & Games



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List Volleyball Concepts and Activities:

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Introduction

Welcome to volleyball (VB), one of the coolest units of the year. I'm excited to share some super fun activities. From a programming perspective, I annually switch volleyball with lacrosse each year, and offer it as the last main sports unit of the year. OH Throwing and Catching (ball handling) Unit, is once again, a formative unit.

Full disclosure, the kids love and look forward to it, even more than lacrosse. As a former tennis player and instructor and someone that played table tennis, pickle ball, badminton, golf and a tad bit of volleyball, there is something magical about striking objects-what a feeling! Nothing like it in the world. Volleyball offers one extra aspect, it could be the most cooperative sport. Watch any match and players must completely cooperate to win a point and after each point, won or lost, the teammates do a huddle with positive language. Very supportive.

Goal

Like all units on the website, my hope with volleyball that you are able to find an activity to support your PE program. We start out with a review of appropriate equipment, then simple skills and drills and a close out with a few large games.

StrikerPin Volleyball completes the games section, and is not to be missed. Also, one bonus section for those few teachers needing skills challenges for additional data collection and assessment.

For each volleyball section, my additional goal is to keep the information brief, using as much clip art, photos and a few diagrams. Please note: understand my photos and clip art do not match the intended ball recommendation, it is not possible with my graphic service.

Lastly, like with other units, please keep in mind, not all PE teachers reading this information is familiar with volleyball, or teaching it. This was my case starting out in my PE career, I knew nothing about it and never played a game. But, I ended up teaching it at the college, high school, middle school and three decades at the elementary level at several schools. Without a doubt, it may have been my favorite sports units. But it took me years to figure it out-lots of mistakes were made along the way... Hopefully, if you are new to VB, some of the information saves you a few headaches.

Equipment and Facilities

The first section is an investigation of VB and then equipment. As we have discussed on this website, the proper ball is critical to the student success. Fortunately there are more companies and providers to assist on the mission. I reviewed and tested many samples below and give a few recommendations. Best of luck in the equipment choices.

What volleyballs do I use to teach the unit?

For the next few pages, I introduce and review the main beach balls and trainer VB. My hope is to assist the instructor/program leader in ball choices. As we know, subtle differences make a huge difference in player performance. We need to be extremely specific with equipment.

Sportime Sarratt VB BB Trainer

I invented this ball decades ago to assist my players. There were trainer VB and beach balls, but I invented the first hybrid. Sportime sold it for decades. It's the ball that started it all-now countless similar types have come and gone. It's a heavy duty beach ball with the durability and playability of a volleyball and extremely safe. We call it a **Beach Ball Volleyball Trainer (BB VBT)** Perfect balance and straight flight. It fundamentally changed the way elementary PE VB is played. Not expensive. Super safe. Excellent performance. No longer sold. Thank you Barry Traub and Peter Savitz. ***It had a good run!***

- Two sizes 12" and 14".



Sarratt BB VB Trainer 12"

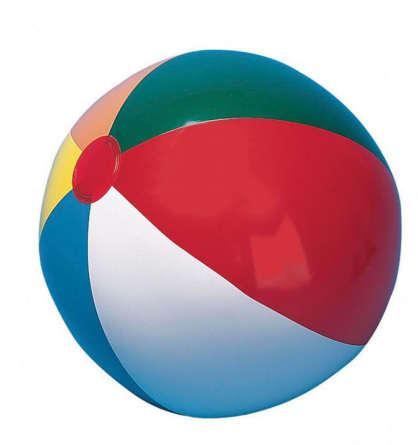


Sarratt BB VB Trainer 14"

Sportime/Champion Sport:

Classic Beach Balls 20". Actual diameter of a 20" BB is about 12". Maybe the perfect size for a BB. Note, not heavy duty but fairly durable-great for elementary PE. Not expensive. I have bought hundreds of these BB over the years, they last quite well. It's no biggie if one pops, they only cost a couple dollars.

- **HD Beach Balls 20"** # 1400863 12" dia. \$4.00 ea.



Sportime HD Beach Balls Set of 6 Colors 3mm thick/quality/kids love them!
Used these for years. (Price is wonderful for the product.) Set of 6-rainbow colors.
Great for class organization/colors/skills lines.

Sportime HD Beach Balls #1478908 16" dia. Set of 6 \$50.00

- Sold in multiple sizes-medium size is a true 16" (show below)



GOPHER Sport

ClassicPlay BB: various sizes, very good quality BB

- GL72-250 true 15" Set of 6 \$30.00



Kowabunga BB: extra thick, high quality, 18" or 24" true size. These are amazing, used them for years! Great for class organization.

- GL-591 18" Set of 6 \$70.00 (recommended size)
- GL71-592 24" Set of 6 \$100.00



Biggie Oversized VB Trainer: excellent ball, EXTREMELY expensive

- GL60-527 13" set-6 \$340.00 (recommended size)
- GL60-803 16" set-6 \$370.00



Rainbow Biggie: Oversized, soft cover. Wonderful VBT balls. Expensive.

- GL60-527 13" true size Set of 6 \$340.00 (recommended size)
- GL60-803 16" true size Set of 6 \$370.00



PowerTac Biggie: Oversized VB Trainer: excellent ball, EXTREMELY expensive. A little on the large size, better for 4th and 5th graders.

- GL60-584 16" Rainbow Set-6 \$460.00
- GL60-583 16" R/W/B Ea. \$ 80.00



Flaghouse Sports

Jumbo VBT #15648 16" dia. Multi colors Price N/A



Great Lakes Sport (other PE providers)

Striped BB VBT. Now the finest BB VB trainer available and unquestionably a great ball for elementary PE VB. Very durable and safe. NOT expensive. A popped ball is not deal breaker. Excellent size for learning and playing. 12" true dia. I've used Striped BB in conjunction with the Sarratt BB VBT for many years. Sarratt BB VBT one court and the Striped BB VBT on the other court.

- **BB VBT Striped BB #901520** 12" dia. \$8.00 ea.

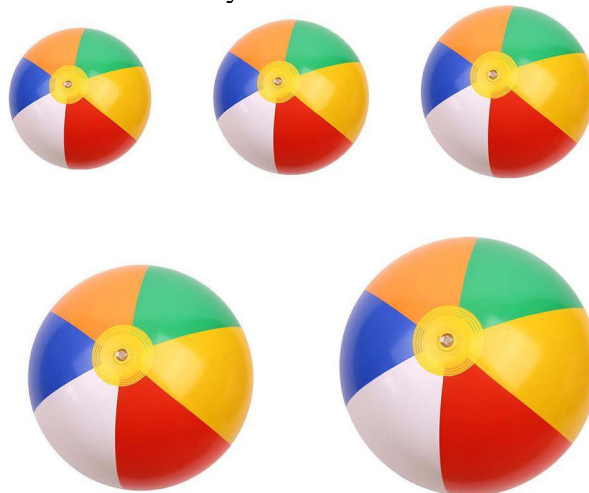


Maybe the best overall ball!

Walmart Beach Balls

Available in multiple sizes, the 24" a good size. It has a true diameter of 15".

Walmart BB 15" dia. Only \$1.00 or so each. Sold in the stores.



Sold in multiple sizes, 24" inch is a real keeper!

OMNIKIN or Cage Balls

With all product options available, play testing experience does not recommend these type of balls for VB. Very expensive, heavier and much more work inflating and deflating for the unit-quite time consuming. Expensive.

- Gopher Sport: OMNIKIN VB #56-387 16" dia. \$90.00 ea.
- Gopher Sport: Junior Cage Ball #GL72-120 14" dia. \$50.00 ea.



Trainer VB

The trainer VB was invented by *Barry Traub* of *Sportime*, decades ago. Thankfully to Barry and Sportime, we no longer are using the original old small, intimidating hard volleyball that scares and stings player's arms. The new trainers are lighter, 25-40%, and slighter bigger, about 25% with a true diameter of 10", giving the learning player a softer feel-much better playability. There are now many brands / providers that sell them. A few trainers are an asset to a PE program for skills, drills and challenges. See below for several offerings. Good luck in your search for VB trainers!

Pro Tip: Take a tiny bit of air out of the trainers VB, don't fully inflate.

Sportime: VB Elite -Trainers. These are among the best for the price. Last for years!

- Sportime: VB Elite-Trainer # 023781 10" dia. Ea. \$30.00



Great Lakes Sports: Voit Enduro VBT. Great value, available 6 colors/great for CR organization (Skill Lines see below) 25 % larger, 10", 40 % lighter.

- Voit Enduro VBT #EVT6 10" dia. Set of 6 \$120.00



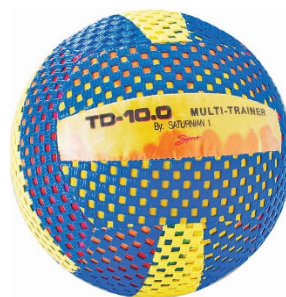
Extra light VB trainer

- **Fun Gripper: TD-10 #00800 10" Soccer Ball \$25.00 ea.**
- **Fun Gripper: TD-10 #70700 10" Multi Trainer \$23.00 ea.**

Note: Both are wonderful as a trainer VB. Softer cover!



Soccer/Volleyball



Multi/Volleyball

- Sportime Blue 2 Trainer: #031894 8" Trainer VB \$30.00 ea.**
 Super soft foam exterior, true 8" size, but 25 lighter and lasts for decades.



Walmart balloons: Lastly, the forgotten object in volleyball instruction. Balloons, unlike any ball, slows down the learning process, allowing greater reaction time and skill development. Walmart balloons are sold in stores/online: great in a pinch, inexpensive, about \$1.00/per 3 or so. Get the ones sold 3/bag. Lots of color choices even in the store. This balloon is HD and lasts; a balloon can last an entire week, others do not handle the abuse of PE. Load-up on them! Great for younger students and striking skill acquisition.

- 17" 3 to package multiple colors \$2.00 bag



Walmart 17" balloons-3 per pack
(Don't leave Walmart without them...)



Three common & recommended balls used in the volleyball unit-size comparison

Facilities

For clarity, the below information is presented as though the PE/recreation leader is teaching inside with a gym large enough for two nets/standards side by side. If teaching outside, or only one net in a smaller play space, please use your best judgement and adapt.

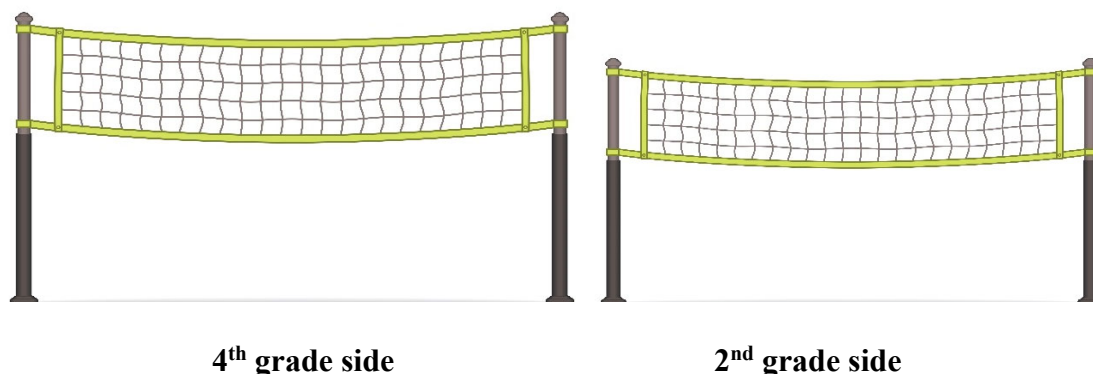
No VB standards or nets, have no fear, I got you. Even though the focus is with a gym and double nets, we still can perform a few cool VB activities. I have taught VB PT at schools without VB nets. It worked better than imagined. For those of you without net(s), a few quality VB activities are included

Standards and nets

It is beyond the scope of this website to discuss VB standards and nets in detail. Each school is different. However, nets are recommended to quickly rise and lower depending on the grade level of students. *Not too high or low is the way to go.* A good guide: average height of a standing student, with a raised hand(s) to the top of the net. (See below)



Two nets are better than one. Activities and discussion focuses on two nets, side by side.



Slanty rope/net theory: (M. Mosston/Inclusion Style)

In practice, it is problematic. Kids (people) have a tendency to gravitate to the path of least resistance; I do for sure! When playing, most children slide over towards the lowest side of the net, even when it is not needed and not challenging their skills. If multiple heights are required, like two different grades in a class, keep the nets parallel, but use two height nets that accommodate the learners. One net a little higher than the other. (See diagram above)

Word Walls and Flash Cards-Volleyball Terms

Volley Rally Bump/forehand pass Set

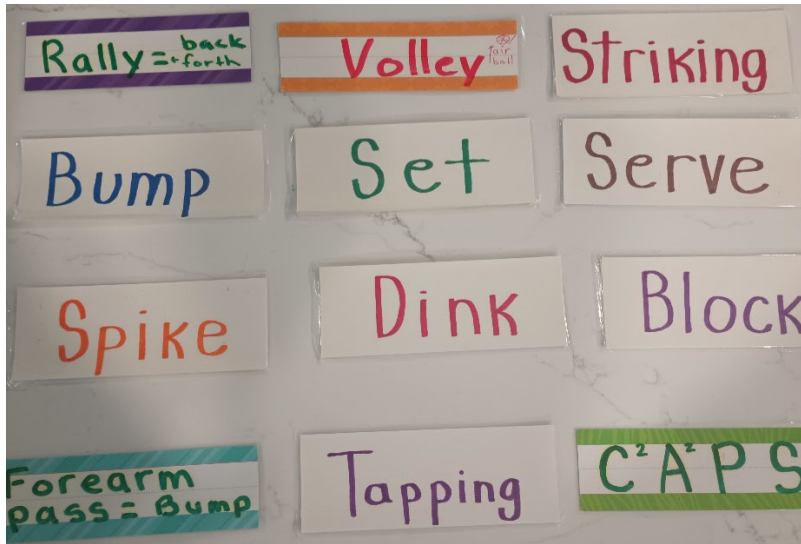
Serve Spike Block Dink Dig

Opposition Dominate hand Striking Cooperation

Carry Ace Tap In bounds Out of bounds

Sideout Jump serve Winner Point

CAPS=good serve StrikerPin Volleyball



Word Wall are wonderful.
Flash Cards are fantastic!

Two confusing terms. Clarity time.

When introducing the volleyball unit, it is worth a few seconds to ask the students, “What is a *volley*?” and, “What is a *rally*?” They will not know, even the older students are confused by these two terms.

Activities and Games

Program progression

What skills, in what order? Equipment? What activities are ideal to learn and practice? All information covered below. Included are several drills, challenges and one fantastic game.

- The big 3 VB skills: **bump** (forearm pass), **set** and **serve**.
- The 3 secondary skills are, **spike**, **block** and **dink**.

Not the same: Below is my order of the basic/secondary skills introduced by grade. Note that the age/grade skill acquisition does make a difference.

1st Grade

1. Set
2. Serve
3. Bump

2nd Grade

1. Serve
2. Bump
3. Set

3rd – 5th Grades

1. Bump
2. Serve
3. Set
4. Spike
5. Block
6. Dink

Skill acquisition:

Learning and practicing the volleyball skills

Balloon tapping: (Grades K-2)

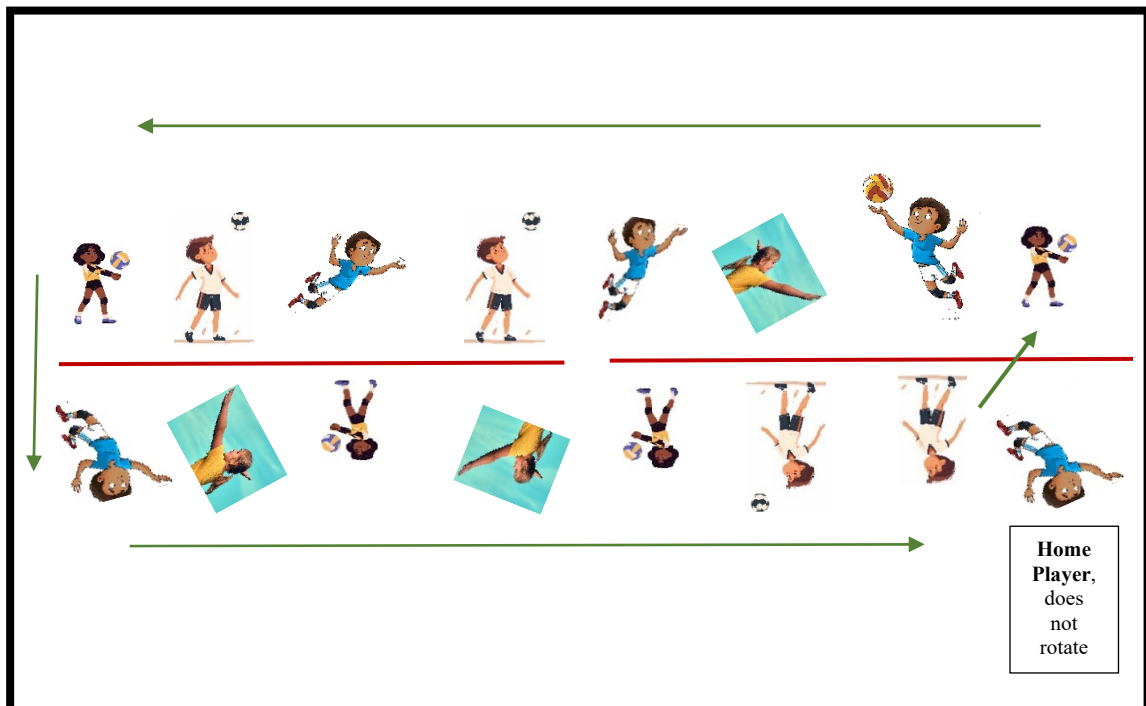
Each player with a balloon in their personal space. Learning striking, tracking and control. Experiment with various way to tap the balloon with control. Students eventually discover that with hard hitting, the balloon is uncontrollable, bouncing off air molecules. Softer taps and strikes work better.

- Experiment with various tricks and ways to tap the balloon. How many in a row?
- Partner tricks-no net.
- Partner Keep the balloon up-two hits in row, okay.

Balloon tap-VB nets: (Grades K-3)

Over net with partner; players attempt to tap balloon back and forth over the net. Very fun times!

- Rotate often, every minute or two.
- **Home Player System:** does not rotate, stays in position, all players rotate one spot around each time. With this system, all players get to play against each other. Without the Home Player System, playing partners get skipped.



Basic Skills:

Using balloons/beach balls to introduce basic skills: **bump**, **set** and **serve**.

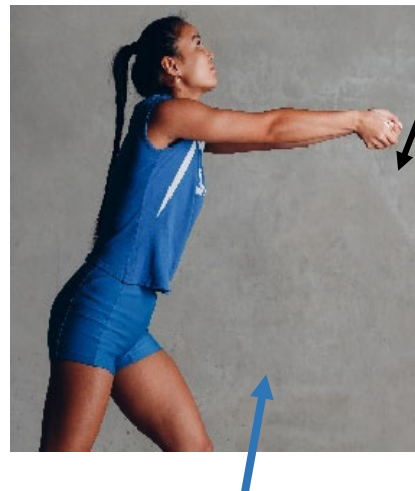
- **Balloon first:** For younger players, like K-2nd grade, learning and practicing basic VB skills are needed. The balloon, drastically slow the learning process gives the performer additional reaction time. Then they graduate to a beach ball.
- **Beach ball:** Older students like 4th and 5th graders, start with a beach ball, then progress to trainer type VB.

Bump skill: grip, stance and technique. Several simple tips.

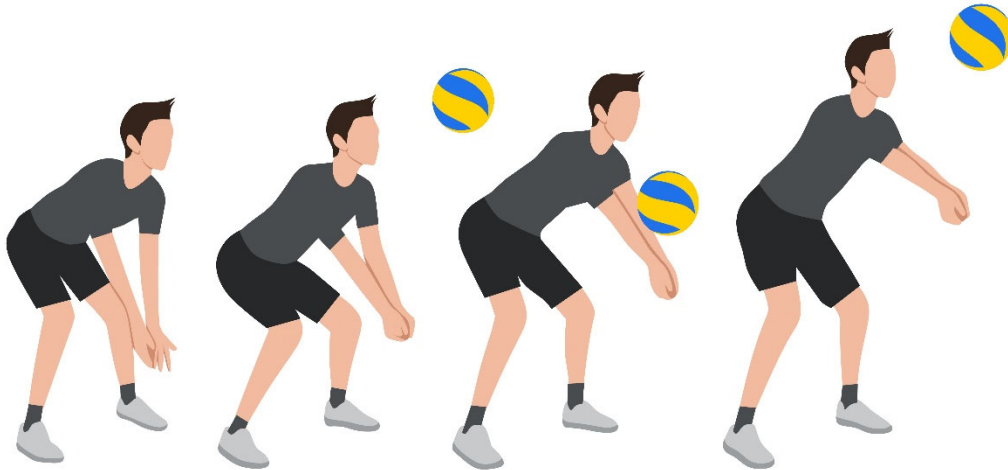
- *"When do we use the bump?"* Balls in front of our body.
- Bump is the single most important skill in VB, like dribbling a ball in basketball.
- Have students line up shoulder to shoulder on a line, facing the teacher.
- Demo and have students show excellent grip, forearm position and stance.
- Go down the line and check and readjust bump technique of every student.
- Cup hands together, one hand around the other, don't interlock fingers, thumbs on top, push thumbs to floor; this causes elbow to come together. All these moves create a single bumping system and lever.
- One foot forward, the other slightly behind.
- Lift with legs, and not a big arm swing. Kids at first think they must make a huge swing and follow through way above head. Ball went backwards!
- Best to try to keep arms relaxed and level with the floor.
- Lastly, bump technique, now, while kids practicing the leg action and not swinging arms. Up and down using legs. (Girl in blue, below)
- It is unnatural and uncomfortable at first, kid get it, become fantastic! Even younger children.



Nope, thumbs are way too high
Ball hits high on thumbs
Ball goes backwards...



Thumbs pushed down, way down
Elbows together
Lift with legs



Bump it low, it will go!

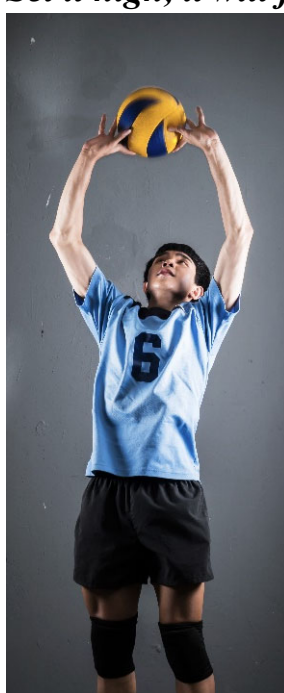
Set skill: Grip, stance and technique. Several simple tips.

- “*When do we use the set?*” Balls above body/head. When you want to “set someone up.”
- Set is a critical (and difficult) skills in VB, like passing a ball in basketball.
- Have students line up shoulder to shoulder on a line, facing the teacher.
- Demo and have students show excellent grip, wide elbow position and stance.
- Make a triangle with index fingers and thumbs. The rest of the fingers are like claws, curl-up and ready to push the ball up as a unit.
- Performer looks up through the triangle while arching back.
- All at one time, player pushes up, using legs, striking ball up in the air, not slapping at it forward.
- Extend arms up, above head, “*flying like Super Man or Wonder Women.*”
- Feet side by side.
- Lift with legs, and extend hands up, not slap at the ball forwards. Kids at first think they must slap at the ball.
- All these moves creates a single setting system.
- Go down the line and check and readjust setting technique, while kids practicing the leg action and not slapping at the ball.
- It is unnatural and uncomfortable at first, kids get it, even younger children.

Set Shot



Set it high, it will fly!



Elbows wide, finger like claws, fly like Superman/Wonder Women!

Bump activities:

- **Partner Toss:** UH toss to partner returns with bump. Switch roles.
- **Self-bump:** Rest ball on arms. (see diagram below)
 - Gently push-up on the ball and bump and catch, repeat. Self-bump, catch, self-bump, and catch, etc.
 - How many self-bumps and caught balls in a row? 1, 3, 5, 10?



Self-bump: ball on arms, push-up, and then bump!

Set activities:

- **Review set skill:** Make a triangle with index fingers, thumbs together, fingers like claws. Look through the triangle at the ball, push off legs, fly like Superman/Wonder Woman.
- **Partner Toss:** UH toss to partner returns with set. Switch roles.
- **Self-set & Catch:** A *self-set* is simply underhand little toss above face, and setting the ball straight up high and then catching the ball.
 - UH toss, self-set and catch.
- **Self-set and catch in a row:** Each player with a ball, self-set and catch attempts in a row. How many?
 - Self-set and catch, self-set and catch.
 - On a mistake, stop, reset and repeat.
 - How many in a row?

Individual Combination Skill: bump and set (upper grades)

- Self-bump and set challenge.
- Self-bump and set, bump, set, bump, set.
- On a mistake, stop, reset and repeat.
- How many in a row?

Partner Combination Skill: bump and set (upper grades)

- Self-bump or self-set to partner.
- Partner bumps or sets ball back to partner.
- Partners use both bump and set, bump, set, bump, set.
- On a mistake, stop, reset and repeat.
- How many in a row?



Serving: Underhanded and Overhanded?

I'm going to draw a line in the sand, or the volleyball court, and state an honest teaching approach. Over the years my students, even youngsters, are much better at the OH serve and enjoy it. I teach both serving skills, but my students prefer the OH serve.

Two exact reasons. First, all players are able to perform a good OH throw by the time we get to the final sports unit of the year, volleyball or lacrosse. Going from OH throw to OH serve is natural skill transition. Second, the UH serve is just a much more difficult skill. I remember this as a middle schooler, that hardly anyone of us kids could perform a UH serve very well. We either served the ball under the net or into the ceiling! Therefore, let's do what is simple and works.

Underhand (UH) serve:

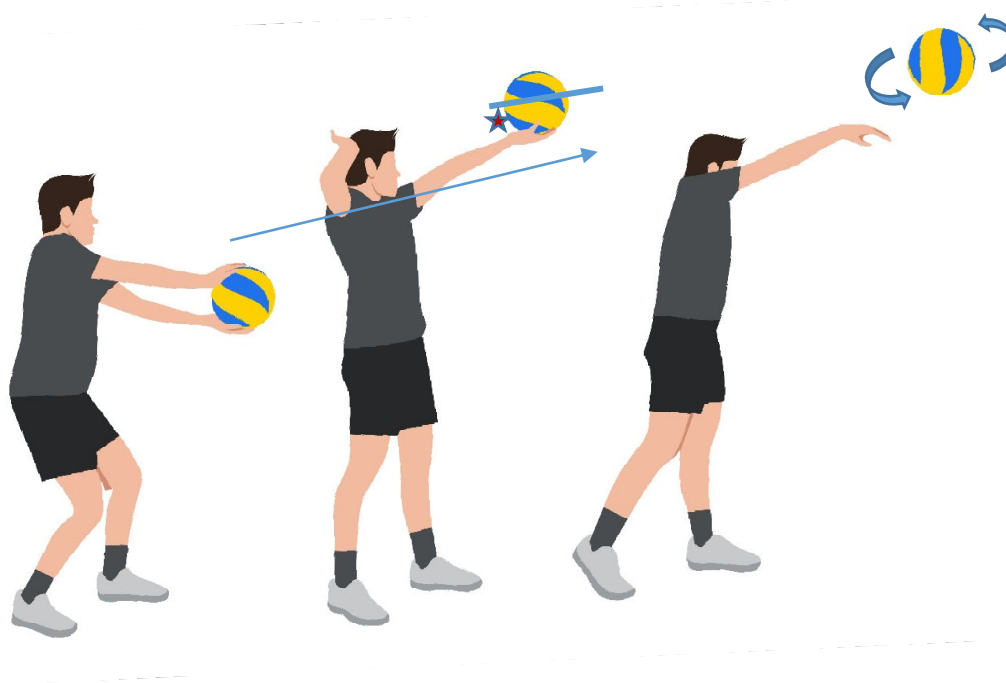


Tick toc, tick tock, tick tock, arm like a clock...

Underhand Serve Skills (See diagram above)

- Sideways to target
- Opposite foot forward
- Open hand, hit with flat hand
- Hold under the ball-ND hand
- Swing arm back and forth, *tick tock, tick tock* (like with bowling unit)
- Strike ball off hand, do not throw the ball up in the air.
- Short controlled follow-through (keep head & upper body fairly still, don't pop-up)

Overhand Serve (See diagrams below)





Serve it high, and it flies!

Overhead serve skills

- Turn sideways to target
- Opposite foot forwards
- Legs spread a tad/not too much
- Hold ball up high with straight arm (Statue of Liberty pose)
- Rest ball in palm and fingers
- Dominate hand at 90 degree, elbow high, throwing/striking position (hand above ear)
- Open flat hand
- Tilt upper body backwards (like shooting an arrow over the net) serving ball high
- A tiny toss up with ball, just a few inches
- Rotate shoulders while “high fiving” the ball
- Strike ball the middle of the ball, slightly lower than the equator.
- Natural follow through, allow hand, arm and shoulders to turn
- Weight on front foot, upon finish

Overhead Serve Drills

- **Mr. / Ms. Wall:** Students spread out in space, with partner or small groups taking turns with the OH serve. Serve catch, serve catch. Each player can serve 3-5 times and switch/rotate.
- **Partner:** No net, serve and catch
- **Partner: Serve and catch over net**
 - Experiment with various type of VB
 - Players back-up when they are able to complete 5 consecutive serves and caught balls
 - This is a very fun and important drill. Home player does not rotate. (See diagram above with balloons)
 - Can partners serve to catching partner, he/she does not need to move to catch the ball?

Game Changer: adding the magical formula for success! (See serving diagrams above)

OH Serve and CAPS= consistency, accuracy, power and spin.

- At an appropriate time, integrate the OH **CAPS** serving system into drills, challenges and games.
- Now with a four new mindsets and techniques.
 - **Consistency:** Each OH serve and skills/cues are consistent, with repeatability. Step by step. Note: some student are very inconsistent, due to the fact they rush the serve and not repeating skills/cues. Practicing the steps / cues over and over.
 - **Accuracy:** Most students do not perform the back tilt enough. Also, where is the performer aiming? How high is the ball going to cross the net? The idea of shooting a bow and arrow is a game changer and to get good net clearance; the ball is now hit higher over the net. ***Hit it high, and it will fly!***
 - **Power:** Proper power to be exact, players learn, like with OH throwing, there is a proper amount of power needed. Too much power and no control. Not enough power, and in the net.
 - **Spin:** Backspin is the final game changer. Causes the ball to cut straight through air molecules by rising and then a wonderful drop into the back of the court. Players learn to strike with the hand at the equator of the ball while putting a very slight downward action / backspin strike on the ball. Kids get it! Even younger students are able to perform with backspin while OH serving a beach ball. They love it!
 - **CAPS:** transforms the OH serving skill.
- With the new **CAPS** concepts and skills repeat the above drills. Refinement phase.

Secondary Skills: Spike, block and dink

Spike



Spike skills:

- The spike is the most fun shot in VB!
 - Very similar swing/skill as the OH serve
 - Used to hit a winner shot
 - Closer to the net
 - Jumping high, while trying to hit down on the ball
 - Hitting with a little more power
 - Aim for a target in the court, where opponents are not standing (Pin)
 - Maintain balance and control during the skill
 - Stay out of the net during entire skill
- Practice the spike in **Skill Lines** (see below)

Block shot



- The block shot is used to stop shots from landing on the court, rejecting the ball (see diagram above) **Out of here!**
 - Jump up, extend arms hands forward
 - A little forward lean is helpful
 - **Single:** Is when an individual player performs it solo (Above diagram)

- **Tandem:** Is when two players work in unison as a pair

Tandem blocking



Dink shot



- Touch shot used to softly direct the ball to an open spot in the court
 - Tap ball with finger tips
 - Trying to trick the other team is helpful

Volleyball drills and lead-up games

With the equipment and basic and secondary skills briefly covered, let's move on to a few activities that challenge and test them! Time for some VB fun!

Keep It Up VB Game (Grades 3-5 / with balloons Grades 1 & 2)

Introduction:

Keep It Up VB game is as classic as it gets. Everyone's program does it. But is it a quality activity? Should we spend a lot of time on it? I think it is debatable. I have had only moderate success with it over the years and find some students inactive, frustrated and bored. Included due to its popularity. A couple tips to improve it.

Why are we playing VB Keep It Up?

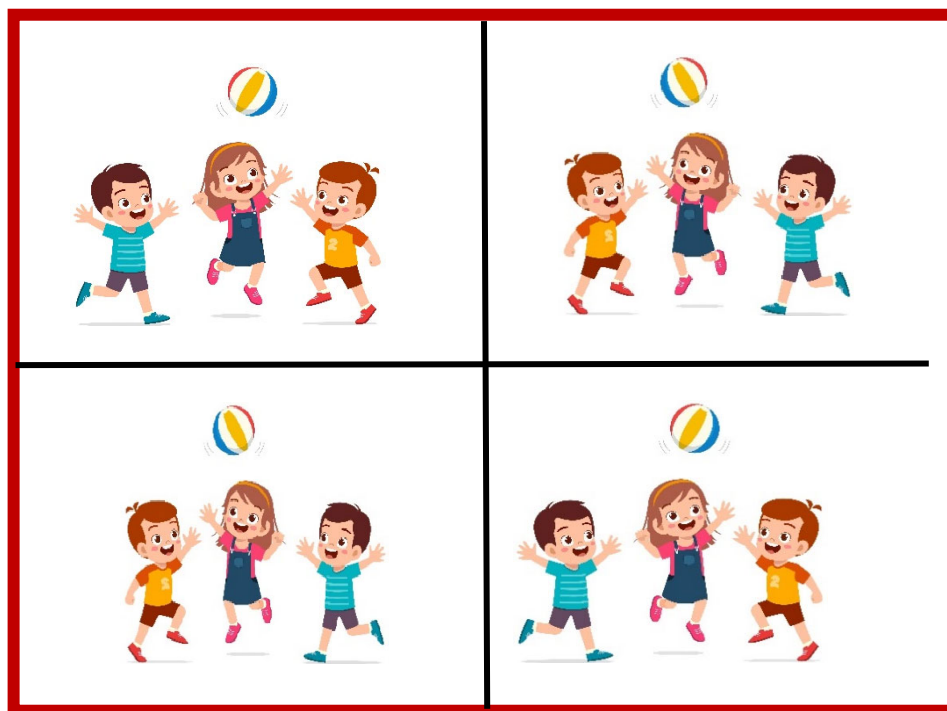
- ✓ to practice bumps, set and serves in small groups
- ✓ to learn how to share the BB or VB, taking turns
- ✓ players making good choices, on skill selection: bump, set, serve or dink
- ✓ to develop good group spirit through success

Equipment: Proper use of the appropriate ball is vital.

- **Balloons**-K & 1st grade
- **Beach balls**-younger students
- **HD beach ball**-older students
- **Trainer VB**- 4th and 5th grades

Organization: (see diagram below)

- Small groups of 3-5 players
- Older students can play with slightly larger groups
- Each group in a quadrate of the gym is ideal-plenty of room for each group



Younger students using the beach ball

Older students using the trainer VB



Who put in all that sand and grass in my gym!

How do we play VB Keep It Up?

Each group with one ball (see choice from equipment list)

Each group forms a circle pattern

Rule and Procedure:

- Use good skills to keep ball up: bumps, sets, UH and OH serves
- Play in group area only
- Play on feet, not diving on floor
- Player is permitted to hit ball twice in row if needed
- When ball is hit uncontrollably or hits the floor-stop and restart
- Call out, "Got it!" or "Yours"

Goals of the Game:

- How many strikes in row can your group get?
- Can each player strike ball on each group possession?

Variations/progressions:

- Group attempts new ball challenge- BB to TVB to trainer ball. Which one is working best?
- Groups form a group member pattern/order (4th & 5th grade)
- Switch players/team members if needed

Skill Lines (Grades 3-5)

Introduction:

Welcome to a great VB drill and challenge. VB skill lines are derived from the sport of tennis, my key sport growing up, and as an instructor. Adapted, of course, for the skills and organization of the VB sport. We can perform some fun and skillful activities with VB that we could never dream of with tennis, due to safety concerns. Tennis balls flying around are dangerous, beach balls are safe. No one gets hurt with a beach ball.

Why are we playing VB Skill Lines?

- ✓ to demonstrate small groups are cooperating while performing skills/challenges
- ✓ to practice and improve on basic skills: serve, bump, set and spike as well as catching and rolling

Equipment: sample balls (See equipment/balls in first section)

- Beach Balls



- Striped BB VBT



- Sportime HD BB



GOPHER Kawabunga HD BB 18"



Organization:

- Set up is key, the structure and system creates excellent learning opportunities.
- Divide your class into four-six groups; 2-3 groups per net. Note, six groups can work for large classes but it gets a bit crowded.
- Each type of the balls are organized into separate hula hoops. (See photos below)

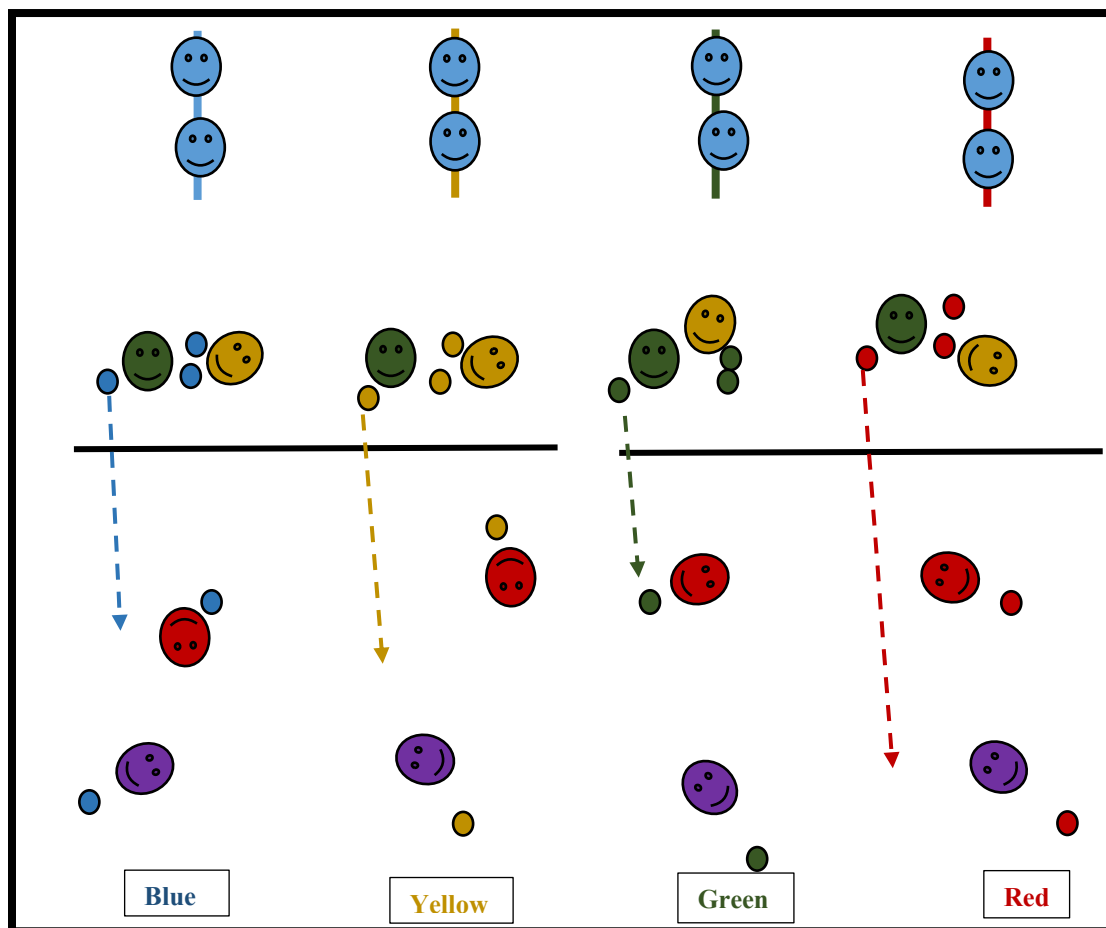


Class organization: three different type of balls on a court, for each team!

- Each player performs all roles/jobs on their team, then rotates after a few strikes.
- Positions and rotating order-five jobs to help team.
 - **Striker>>Retriever 1>>Retriever 2>>Liner>>Helper>>Striker>>**
- **Positions are:**
 - **Striker:** performs the skill (choice by teacher/students)
 - **Retriever 1:** retrieves ball, and underhand rolls the ball, under the net to the helper. Plays closer to the net. Works cooperatively with Retriever 2 and Helper.
 - **Retriever 2:** retrieves ball, and underhand rolls the ball, to Retriever 1, or directly under the net to the helper. Plays toward back of the court, deeper shots. Works cooperatively with Retriever 1.
 - **Liner:** wait line. Any student in the wait line should stay out of the way of students performing jobs. They rest and encourage teammates. Should be only one or two students in the wait line.
 - **Helper:** stands next to the performer and is his/her helper; picking up the rolled ball and placing next to performer, or handing him/her the ball. The helper is like a ball boy/girl in tennis. The helper is key to good speed, organization and success of the entire team.
 - **Helper to Striker:** helper becomes the striker again! Yeah!
 - Encourage each team member to cooperate and work together. What team is it going to be?



Volleyball Skill Lines



Player key:

-  **Liner**
-  **Helper**
-  **Striker**
-  **Retriever 1**
-  **Retriever 2**

Four team/organization/color of balls: blue, yellow, green and red

How do we play Skill Lines?

- **Over and under rule:** Keep it simple. All shots by Striker, hit to the other side of the court are over the net. All balls coming back are rolled under the net. Hit ball over the net, returning balls under the net.
- Set-up teams and equipment in diagramed order.
- Striker performs shots over the net and to team court area.
- Retriever 1 & 2 catch and/or retrieve the ball, and work cooperatively and roll the ball to the Helper.
- The Helper sets the ball at the Striker's feet or hands to Striker.
- This is not a race, but performed at a steady pace.
- After a period of time or # of hits, the group rotates as shown above.
- Each group/team is motivated to cooperate and perform skills as best as possible.
- **LPE:** listen, praise, and encourage others (Glover/Midura)

Variation/progressions:

- **Perform various shots/skills:**
 - **Bump**
 - **Set**
 - **Serve**
 - **Spike**

Teaching tips:

- As noted in the VB introduction, VB Skill Lines can be performed without a net; set up cones with JR for the net.
- **DI:** by changing/modifying the equipment, we can offer the students choices. Using the *Learning Leagues* approach.

Group 1



Group 2



Group 3



Group 4



Four Court Volleyball (Grades 2-5)



GOPHER 4 Way Net (#86-029)

Introduction:

Four Court or Four way VB is a fun, relaxed unique game. What is unique about the game is balloons/VB come from various angles. Also the player can alter the angle of the return, hit to another court. The most challenging part of the game is the set-up. GOPHER Sport and Sportime produce equipment designed for the game. But we can modify normal equipment for a fraction of the cost. (See below)

Why are we playing Four Square VB?

- ✓ to practice VB skills: serve, bump, set, blocks, dinks and spikes
- ✓ to play VB in a creative manner
- ✓ to practice sharing the balls with teammates

Equipment:

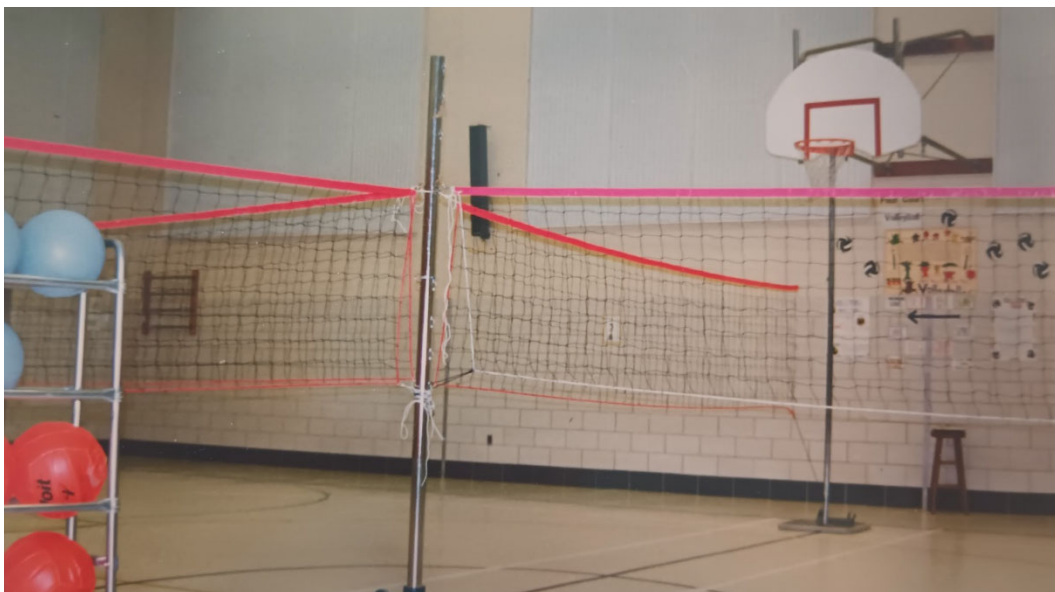


GOPHER # 86-029



Sportime #005812

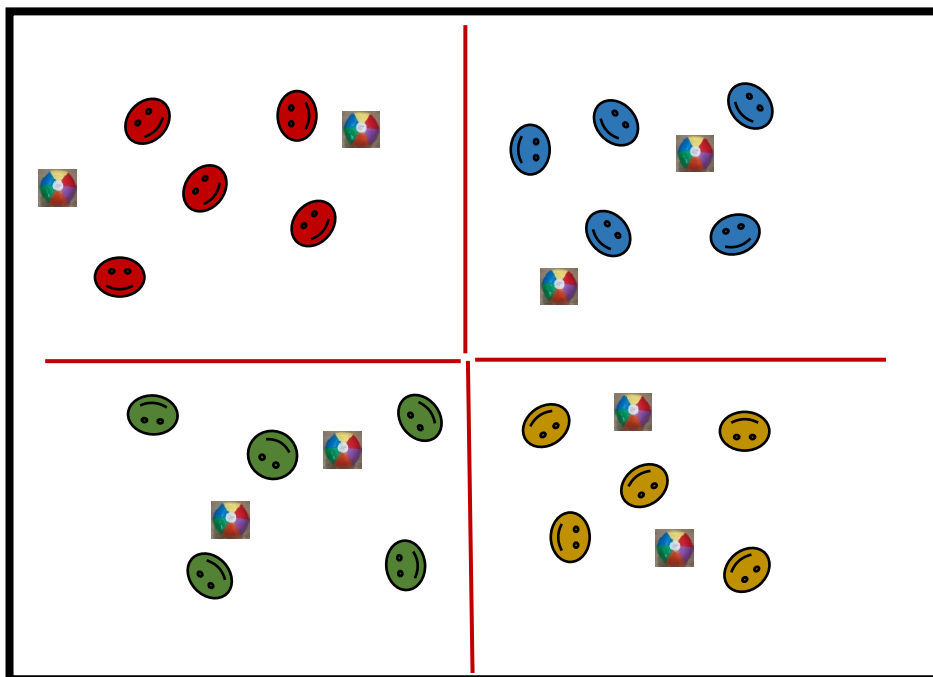
The obvious equipment is creating the four courts with nets. Both Sportime and GOPHER have pre-made systems. I made my Four Court by using my three base standards and added two additional ones. I order an additional net, cut the net in half, being very careful to not cut the support rope. Simple and it worked perfect for years.



Four Court VB!

- 5 Standards: creates four courts (above)
- Sportime Big Red Base system:
- GOPHER: Intentus VB system
- Variety of balloons and balls (see above)
- Safety cones



Organization:**How do we play Four Square VB?****Rally Ball Game:**

- Students rally the ball to the other courts. Each team serves, bumps and sets the balls to the other three teams.
- The amount of balls in play depends on many factors. But a few in play increases participation and excitement. 1/4 to 1/3 balls to player ratio is a good baseline.
- Rules and Procedure
 - Teacher starts the game, and play is continuous.
 - Use VB skills such as bumps, sets, serves and catching VB skills.
 - Guard your floor.
 - Do not walk with the ball, where you catch you play it.
 - Hands and body off the net.
 - Stay and play in your court.
 - Find a play space in your court, play that area.
 - Share the balls with teammates.
 - Do not throw or kick the ball under the net.
 - Let the ball land out of bounds, don't play a wild shot.

Scoring Game:

- Points:
 - On the stop signal, each ball in the court. Teacher records it on scoreboard.
 - Penalty points added to team score.
 - Reverse scoring theory.
 - Keep track of the teams wins and loses-like a tournament!

➤ Wins _____ Losses _____ Ties _____

Variations/Teaching tips:

- Play multiple games, brief of a few minutes.
- Rotate teams as discussed, one team is the home court, does not rotate.
- Change out the balls, to a new type of ball/more challenging.
 - Progress from BB to Striped BB VBT to Trainer VB, etc.



Striker Pin Volleyball: (SP VB)

(Sarratt)

(Grades 3-5)

Introduction:

SP VB is not only the student's favorite games of the VB unit, it is one of the most enjoyable games of the year. It is fairly simple low organization game, but very high on the action scale. Kids loved it so much, it became the main game in the gym each year for our Field Day. The kids, teachers and volunteers love the station. Not to be missed. My teaching buddy, Dan Lehr, ran the FD station perfectly for decades. Thanks again, Dan!

Students score by knocking down opponent's pins. It is a game changer, adding targets/pins, play is more controlled. A target is terrific.

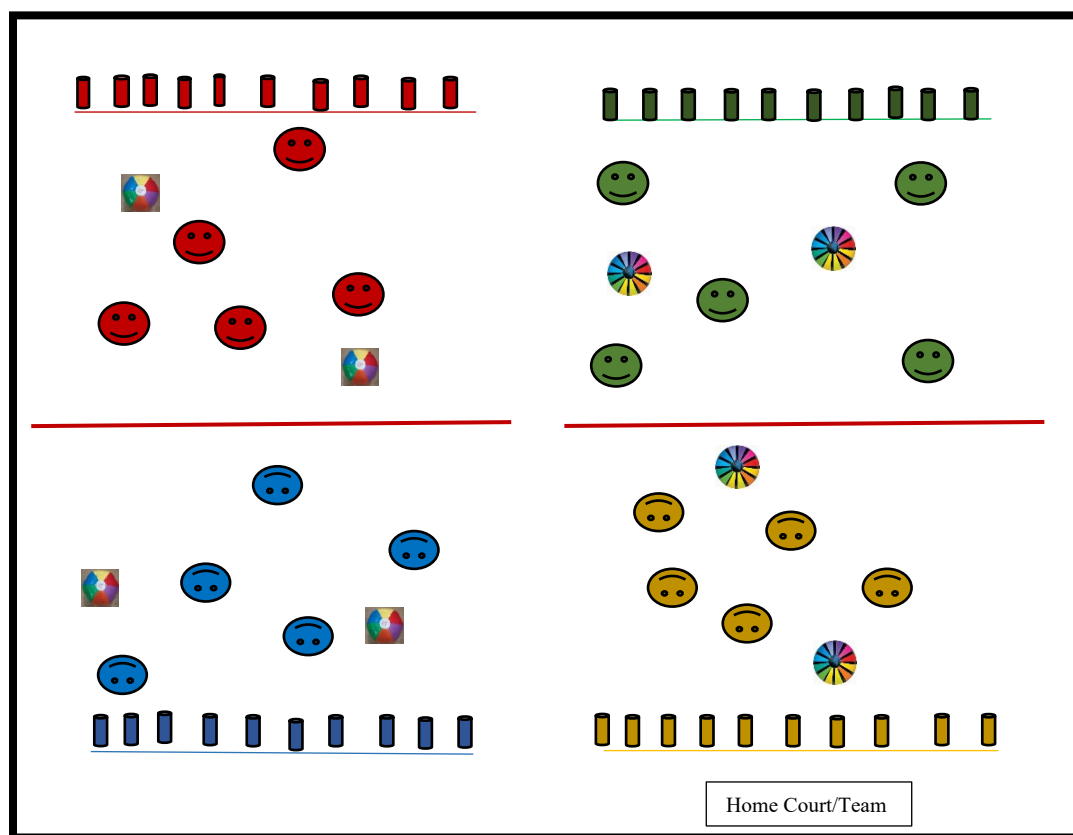
Why are we playing Striker Pin Volleyball?

- ✓ to hit a targets to score point!
- ✓ to practice volleyball skills: bumps, set block shots and serves
- ✓ to practice offense and defense skills
- ✓ to practice playing safely and honestly
- ✓ to get a great workout while playing a game

Equipment:

- Two VB courts side by side.
- For sets of class pins, per side. Red, blue, green and yellow.
- Two sets of balls, one set for one game, the other set for the other game. For example, beach balls on one side and Striped BB VBT on the other side. (See below)
- The amount of balls per mini game depends on many factors. About ½ balls to player ratio is a good baseline.
- Traffic cone
- Mini posters and diagrams. Rules and procedure. (See below)

Organization: (See diagram below)

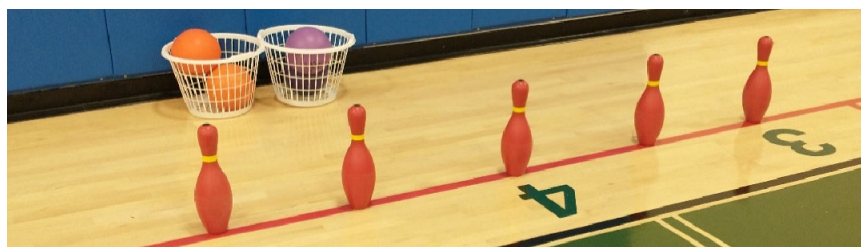


Beach balls side



Striped BB VBT side

- Set up pins about 15'- 18' away from the net. Not too close, and for sure not too far away. Each pin is 2'- 3' apart from the next pin. (See photo below)



- Helpful to tape an X mark where to place the pins.
- For younger students / grades a closer target line, X marks, is recommended. For older students like 5th grade further back. A lot of taping X marks in this game...
- One court/team (yellow above) is the Home Team, does not rotate.

How do we play SP VB?

Game Goal:

Attack the opponents pin while defending team pins using volleyball skills and playing honestly.

- Place students into one of four teams.
- Red vs. Blue and Green vs. Yellow.
- Two games played simultaneously.
- For good CR management/organization, one game uses different type of balls than the other team. Ex. Beach ball and Striped BB VBT
- After a few minutes rotate teams: red to blue, blue to green, green to red. Yellow does not rotate. Should be able to play a minimum of three games and teams in one class.
- **Game Rules and procedure:**
 - Do not touch the net or standards.
 - If a team pin gets knocked down, it stays down in this game. Do not reset it.
 - Use good VB skills: bump, set, serve and catching the ball.
 - Do not throw, kick or roll the balls at the other team's pins.
 - Stay and play on feet; no diving and sliding for the balls.
 - Find a play space and play in it while sharing the balls. Do not run around out of controlled, swing at a ball.
 - May catch a ball and if needed walk toward net to play it.
 - May walk to retrieve your ball. (In next door game)
 - Gently roll a lost ball to the middle of the other team's court, the net area.
- **Scoring:**
 - 1 point per Striker Pin down.
 - Penalty points: 1 point added to score.
 - Keep track of the teams wins and loses-like a tournament!

➤ Wins_____ Losses_____ Ties_____

Variation/progressions:

- Eliminate the walking with the ball rule.
- Add a ball sharing and caring rule if needed.

Teaching tips:

- If a loose ball from the other game knocks down a team pin, the teacher is allowed to reset it; does not count as a pin down/score.
- Modify the type of balls used/grade level.

Closure:

There we go, like with all the units, I hope you were able to find an activity for your program. Bonus activity below is for skill challenges, documentation and assessment needs.

Good luck, Dale

Bonus activity>>>

Volleyball basic skill challenges, documentation and assessment:



Introduction:

For a few teachers, collecting raw data may be necessary; for example, annual SLO's. We need a baseline score, pre-test, and then show growth within a learning period of time, post-test. That's where skill challenges activities are excellent. Highly motivating due to difficulty.

Why are we playing VB Skill Challenges?

- ✓ to provide challenging activities that improve basic skills
- ✓ to collect raw data to show growth with skill(s)

Equipment:

Ball 1. Beach ball 12"



Ball 2. Striped BB VBT 12"



Ball 3. Fun Gripper 10" Soccer or 10" Multi Trainer



Ball 4. Sportime 10" Volleyball Trainer (yellow)



Ball 5. Sportime 8" Big Blue VBT



- Various wall posters/diagrams
- Assessment self-check lists

Organization: (See diagram below)

- Set up gym in 4 quadrants as recommended throughout the website. The main floor area, basketball court needs to be clear of any equipment. Nets/standards removed.
- Create a learning center in court 1 and specific places around the gym.
 - Skill challenges; what skill they perform
 - Rule and procedure for each skill, how they perform it properly
 - Equipment list
 - Place equipment/balls in bins and in proper progressive order
 - Number poster in each quadrant. 10, 20, 30 and 40

4 Quadrant Challenge System



How do we play VB skill challenges?

- **Skill challenges:** each are performed with excellent form and consecutively. All players begin with a BB and 10 bumps in **Quadrant 1** and upon success, progress to next challenge (number, ball and/or skill)
- **Three main skill challenges:**
 1. **Bump:** consecutive bumps
 2. **Bump and Set:** alternate shot: bump, set, bump, set, etc.
 3. **OH Serve Mr. / Ms. Wall:** OH serve toward a higher wall target and catch. Tape mini posters up high in each quadrant. Serve, catch, serve, catch, etc. Count only the completed serves and catches.



Variation/progressions:

- **Extra challenge:**
 4. **OH serve to partner and catch;** serve catch, serve catch, etc.
 - **Setup distance way from partner, players stand on poly spots.**
 - **Receiver:** is allow one step to catch the serve.

Teaching tips:

- Each performer possesses a data paper and pencil. Kept along the wall. Can mark completion as he/she completes the task and move to next quadrant.
- As a student completes the 40 strikes challenge, the teacher can give him/her a quick skill test check. Assess just a few skills. This is a way to insure quality skills before attempting next/ball or skill challenge.

Data sheets below>>>

Volleyball Skill Challenges

Data collection

Student name _____

CR teacher _____

grade _____

Bump Challenge

Beach ball 	Striped 	Gripper 10" 	Trainer VB 10" (yellow) 	Big Blue 8" VBT 
10	10	10	10	10
20	20	20	20	20
30	30	30	30	30
40	40	40	40	40



Volleyball Skill Challenges

Data collection

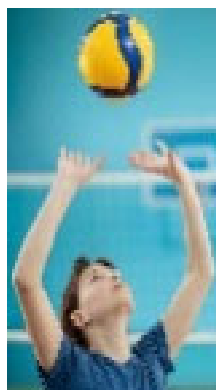
Student name _____

CR teacher _____

grade _____

Bump & Set Challenge

Beach ball 	Striped 	Gripper 10" 	Trainer VB 10" (yellow) 	Big Blue 8" VBT 
10	10	10	10	10
20	20	20	20	20
30	30	30	30	30
40	40	40	40	40



Volleyball Skill Challenges

Data collection

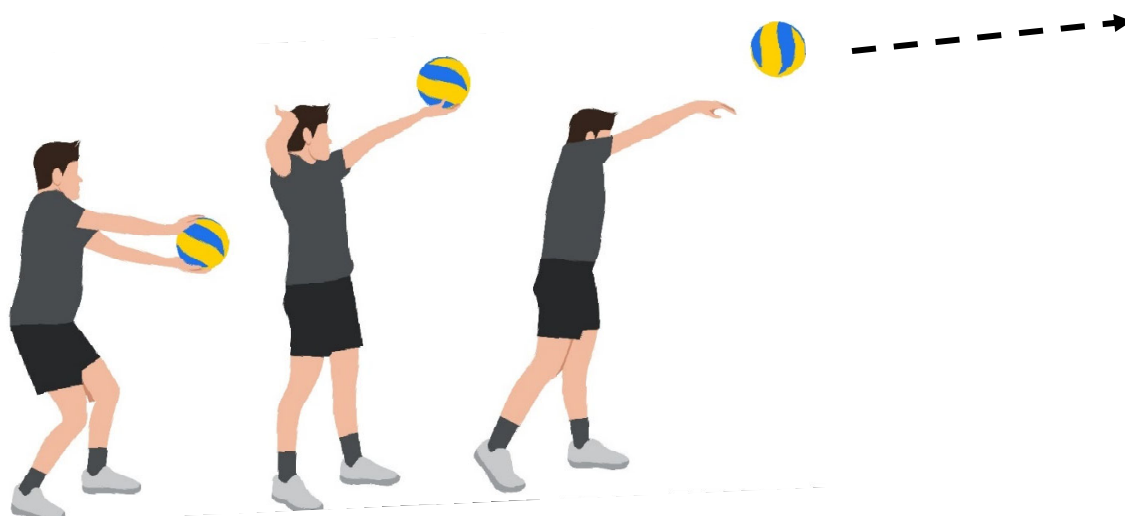
Student name _____

CR teacher _____

grade _____

Overhead Wall Serve & Catch Challenge

Beach ball 	Striped 	Gripper 10" 	Trainer VB 10" (yellow) 	Big Blue 8" VBT 
10	10	10	10	10
20	20	20	20	20
30	30	30	30	30
40	40	40	40	40



Extra challenge:

Volleyball Skill Challenges

Data collection

Student name _____

CR teacher _____

grade _____

Partner Serve & Catch Challenge

Beach ball 	Striped 	Gripper 10" 	Trainer VB 10" (yellow) 	Big Blue 8" VBT 
10	10	10	10	10
20	20	20	20	20
30	30	30	30	30
40	40	40	40	40

