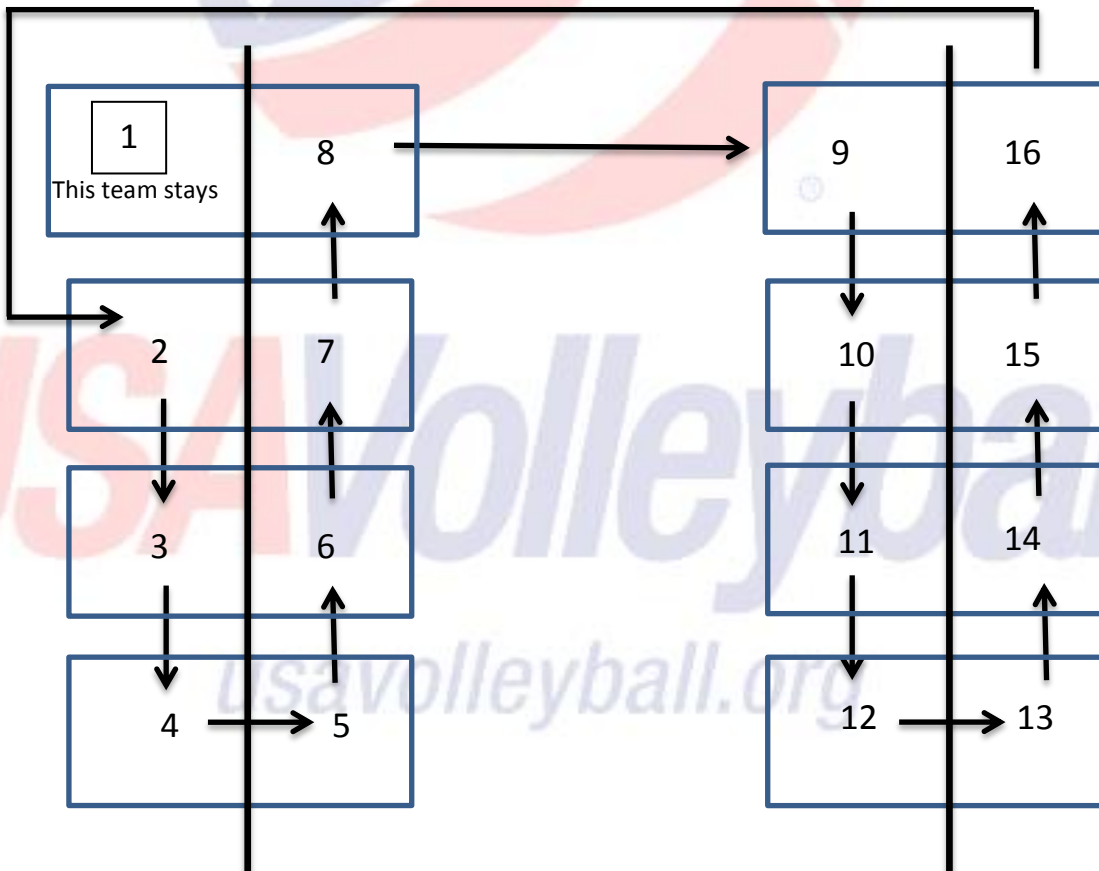


- 🏐 Start with low number teams to increase ball contacts; as skills become consistent, increase team size
- 🏐 Set up at least 8 courts for doubles and triples (see diagram below)
- 🏐 Assign new partners/triangle groups each day
- 🏐 Rotate courts often during play
- 🏐 Start volleys during play with an overhand throw, then “graduate” to serves as they become more consistent
- 🏐 Do NOT call lifts, net violations, double contacts, etc. LET THEM PLAY
- 🏐 Teach & reward cooperation, character, and effort.
- 🏐 Show them rather than tell them
- 🏐 Create a positive & fun environment
- 🏐 Grow the game through picture and video sharing





## Glossary & Cue Words

### Glossary:

**Attack:** An offensive action of hitting the ball. It is a similar motion to throwing, except the “release” point is at the peak of the reach when the ball is contacted. The arm creates a whip-like motion to drive the ball down onto their opponent’s side. NOTE: Introduce attacking 3 meters off the net so the students don’t have to worry about the net and can focus on their form.

**Block:** A form a defense used to stop the ball from coming over the net from the opponent’s attack. Stand at the net and jump vertically in the path of the attacker. The arms are extended above the head and pressed over the top of the net as the attacker hits the ball. The fingers are spread wide apart to take up as much space as possible.

**Dig:** The most common way of keeping the ball off the ground after an opponent’s attack. The arms are extended in front of the body in a locked position to create a solid platform for playing the ball. The platform is used to play the bottom of the ball so that the ball goes *up* and not *over* the net.

**Forearm Pass/Serve Receive:** Standing in an athletic posture, the forearms are used to guide the ball to the setter’s hands. It is one of the more common ways to receive a serve. Arms are joined together at the elbows, wrists, and hands with thumbs side by side to create a solid platform. The platform is in a locked position; elbows are straight. The ball is contacted between the wrists and elbows on the platform using an underhand motion.

**Overhand Pass (OH)/Set:** An overhead pass is executed with both hands open. The ball is played just above the forehead with the pads of the thumbs and fingertips to the setter. Setters use the exact same motion as an OH pass, the only difference being that the setter delivers the ball to the attacker to hit over the net.

**Overhand Serve (OH):** One way to send the ball over the net to start a volley. The ball is held out in front of the body, at shoulder height, on the side of the dominant hand. The dominant arm is pulled back, behind the head at a 90 degree angle. The ball is tossed about 6-12 in. and struck with the palm of the dominant hand.

**Pancake:** A form of defense used in an emergency situation to keep the ball off the ground. The arm is extended along the ground, facing downward.

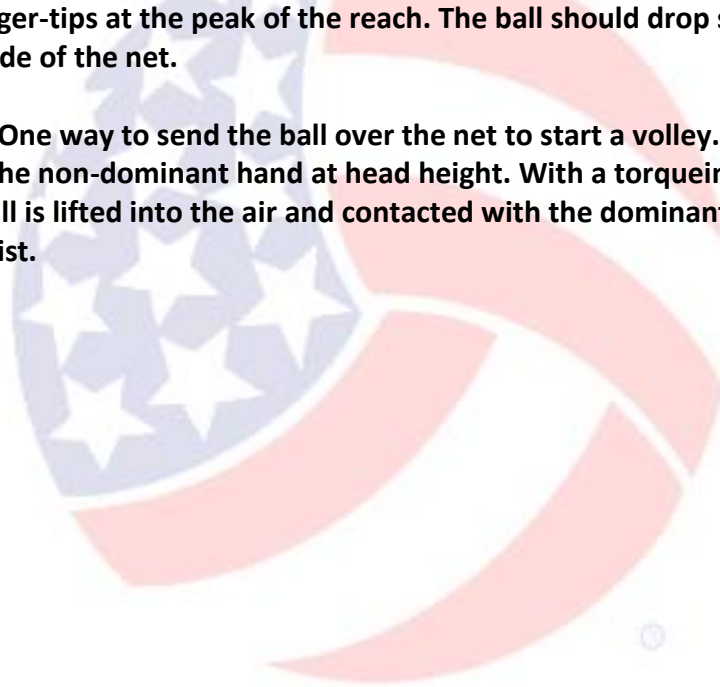


The ball is saved by bouncing up off of the hand/forearm into the air so another teammate can play it.

**Roll-shot:** A form of an attack. The purpose of the roll shot is to keep the opponent's defense off balance. The beginning motion is the same as an attack. Instead of swinging all the way through, the arm stops at the peak of the reach. The palm should contact the ball at the peak of the reach and the ball should "roll" over the net to the opponent's side.

**Tip:** A form of an attack. The purpose of the tip is to keep the opponent's defense off balance. The beginning motion is the same as an attack. Instead of swinging all the way through, the ball is pushed over the net with the pads of the finger-tips at the peak of the reach. The ball should drop short on the other side of the net.

**Torque Serve:** One way to send the ball over the net to start a volley. The ball is held in the non-dominant hand at head height. With a torquing motion, the ball is lifted into the air and contacted with the dominant hand with a closed fist.



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## Cue Words:

### Attacking:

- ✓ Feet to the ball
- ✓ Hips open
- ✓ Pull elbow back
- ✓ Swing fast
- ✓ Close hips to ball

### Blocking:

- ✓ Watch the attacker
- ✓ Press hands over
- ✓ Spread fingers

### Digging:

- ✓ Stay low
- ✓ Get underneath the ball
- ✓ Flat, steady platform

### Forearm Pass:

- ✓ Bend knees
- ✓ Shoulders forward
- ✓ Belly button to target
- ✓ Flat, steady platform

### OH Pass/Set:

- ✓ Feet to the ball
- ✓ Get underneath the ball
- ✓ Volleyball-shaped hands
- ✓ Hands high, thumbs back
- ✓ Use pads of fingertips
- ✓ Fly like superman!

### OH Serve:

- ✓ Lift, step, hit
- ✓ Hips open to close
- ✓ Elbow high
- ✓ Wide, open hand
- ✓ Hit it hard

### Pancake:

- ✓ Extend arm
- ✓ Watch the ball

### Torque Serve:

- ✓ Twist fast
- ✓ Hit it hard

NASPE Standard: