

Volleyball Teamwork & Technique (ages 7-12)

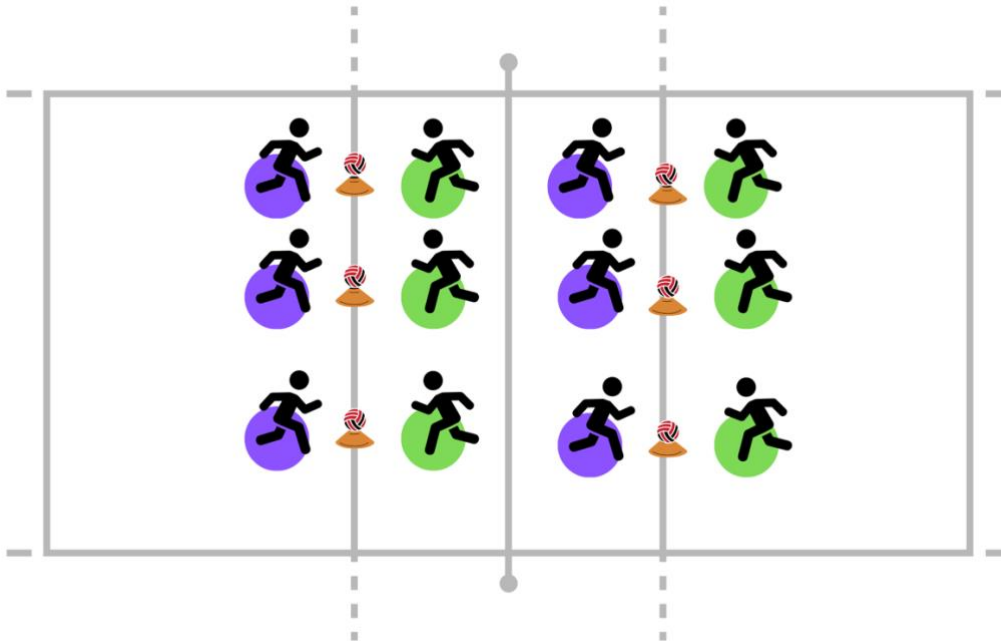
Activity Reference Guide

Ready, Set, Grab (ready position)

Purpose: Ready Position

Equipment: Volleyballs, Standing Spots, Disc

Set Up: colored Standing spots, or use court markers, to show partners where to stand. They should be approx. 3' from one another to start. Ball set on top of disk in the middle of standing spots.



Execution:

- Have players partner. Pick standing spots facing each other with ball in the middle.
- Coach demonstrates how to get into Ready Position.
 - Feet shoulder width apart. (feet on either side of standing spot)
 - Knees bent.
 - Back straight (seated in a chair)
 - Arms straight out. Hands are NOT together.
 - Eyes forward (on player across from them).
- Coach gives players cues. “Ready Position” “Ready” “Set” “Grab”.
- On “Grab” Players try to grab volleyball ball.
- Coach Watches for ball to return to the disk. Next round begins once all balls return to the middle.
- Play until a player grabs ball 6-10 times. Or until time permits.