



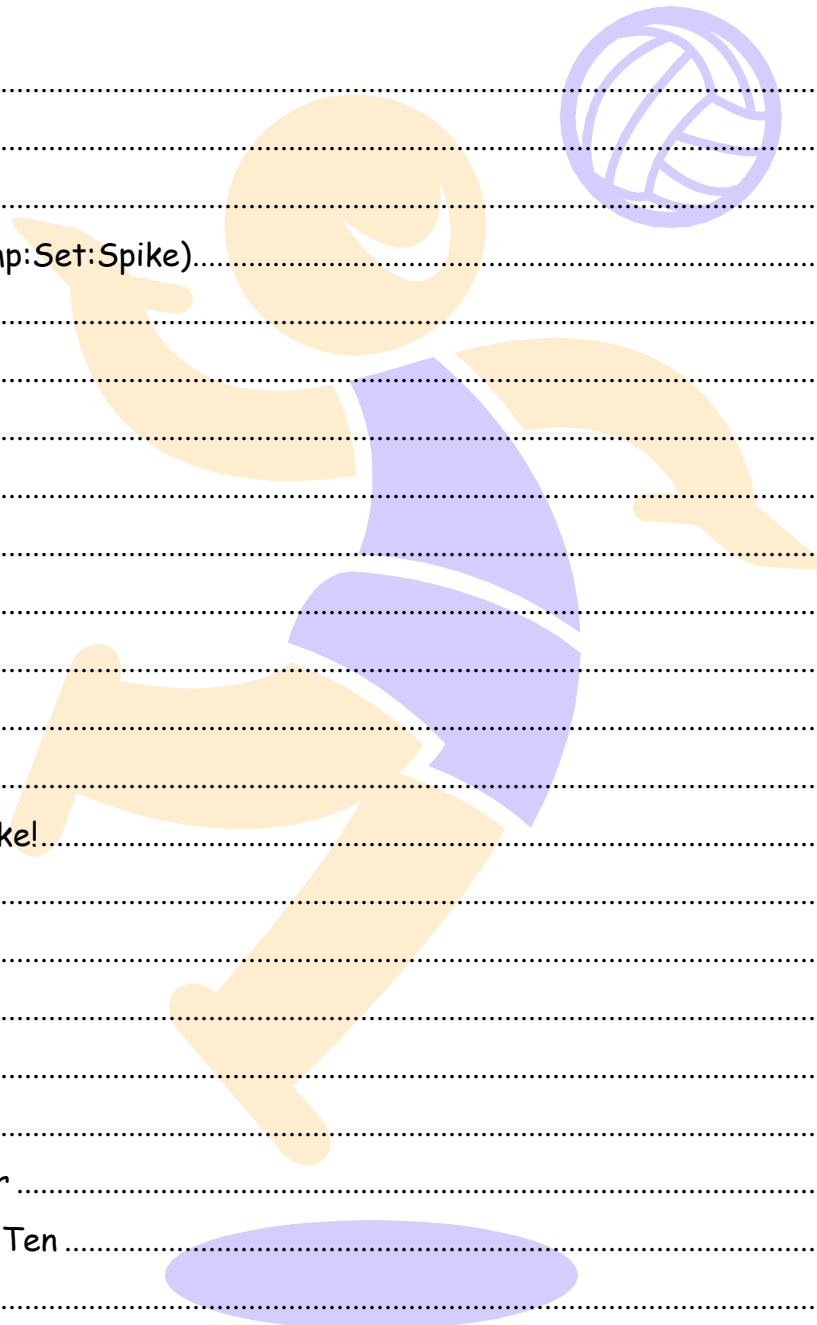
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VolleyKats

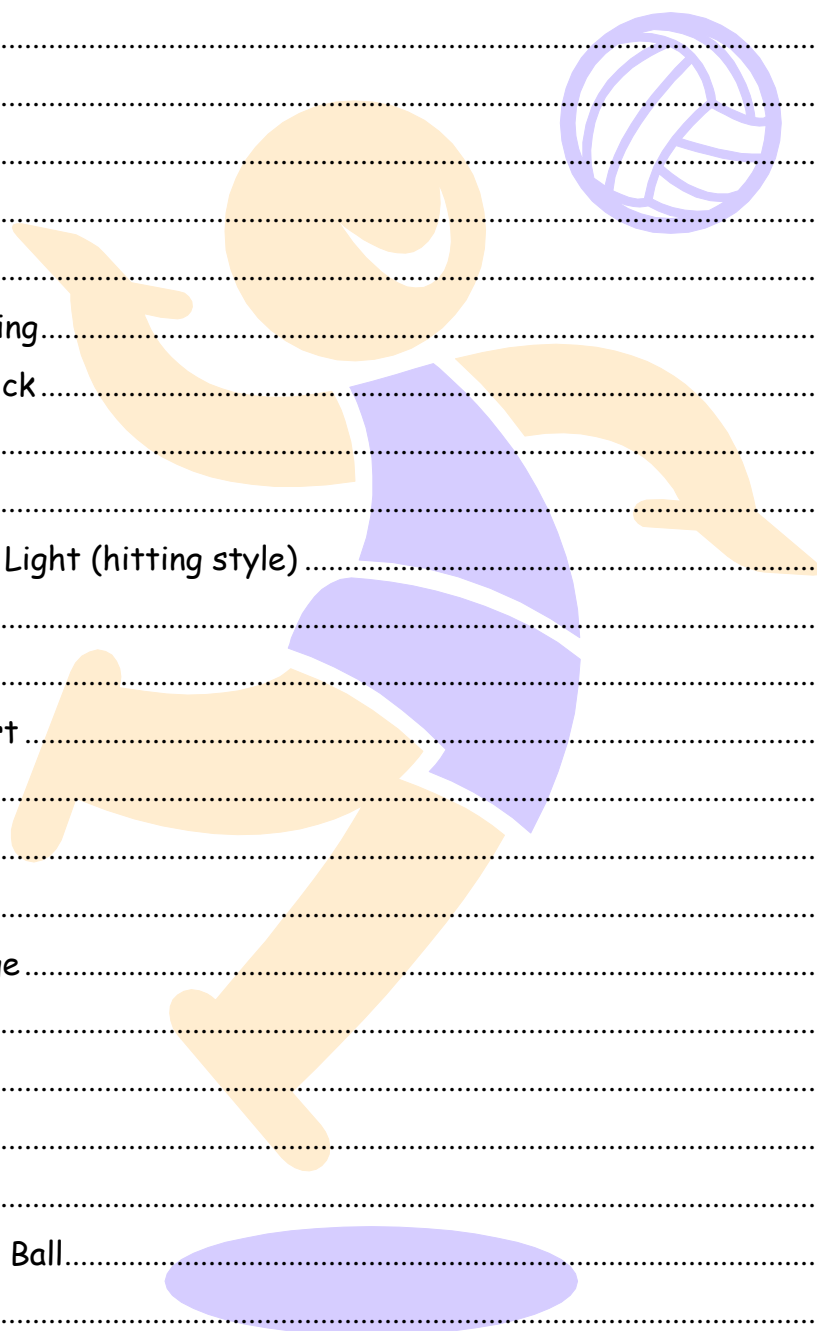
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# VolleyKats

## 50/50 Spike

**Purpose:** Teach player how to control the net, confidence

**Equipment:** Bucket of balls

**Set Up:** Split class in half and have them get into a line on either side of the net; on the side of the net.

### Execution:

1. The first player in each line comes onto the court and stands in the front row in the ready position; hands up in front of face, ready to hit or block.
2. Coach tosses up a 50/50 ball above the net.
3. Both players go for it!
4. If one player gets to it quicker, he/she must spike it while the other player must try to block it.
5. Shag their own ball and get back in line.
6. Go through the line quickly to minimize standing in line too long.
7. Repeat through the entire line 3-4 times.

## Amoeba

**Purpose:** Aim, serving practice, and FUN

**Equipment:** Beach or bouncy balls ONLY!

**Set Up:** One player lies on the ground in the middle of the court on one side of the net. All other players on the other side of the net with a ball.

### Execution:

1. The serving players serve their ball over the net and try to hit the target person on the ground.
2. If they miss, they must run quickly, retrieve their ball, and try again
3. If they hit the target player, they run to the other side of the court and lie down next to him/her. Stay close together.
4. Continue until there is one server left.
5. Repeat 2-3 times choosing different target players to start

## Ball Throw

**Purpose:** Ball control, teamwork, increase catching skills

**Equipment:** 2 spots, one ball per pair or kids

**Set Up:** Spread the spots about 4-5 ft apart. Pair up the kids and instruct them to stand on a spot across from their partner.

**Execution:** Pass the ball back and forth 10 times overhand and 10 times underhand

**Comments:** For the youngest class; use balloons. This could be used as an arm warm-up game.

### **Balloon BSS (Bump:Set:Spike)**

**Purpose:** Great overall warm up game. Work on form and ball control.

**Equipment:** One balloon each

**Set Up:** Spread the kids out all over the gym.

**Execution:** Instruct the kids to bump, set, spike the balloon to self successfully 10 times.

**Comments:** Have them aim for the side wall so they don't have to chase their balloon all over the gym.

### **Balloon Hits**

**Purpose:** Ball control and keeping the balloon in the air

**Equipment:** One balloon each

**Set Up:** Give each child a balloon and have them spread out.

**Execution:** Have the kids work on their volleyball hits:

1. Bumps
2. Sets
3. Spikes
4. Serves
5. One handed hits
6. Dives (older kids)

**Variation:** Pair up and repeat with partner.

### **Balloon Race**

**Purpose:** Focus on ball control under pressure

**Equipment:** One balloon each

**Set Up:** Each child has a balloon and lines up at one end of the gym shoulder to shoulder

**Execution:** When coach yells “GO”, kids race down and back doing the ball hit of coaches choice: i.e. bumps, overhand hits, tips, etc.

**Variation:** Repeat w/ a partner

**Comments:** Let the kids know that the harder you hit it, the crazier the balloon will be. Gentle yet firm hits.

## **Bears vs. Bees**

**Purpose:** Fitness, speed and agility, and listening

**Equipment:** None

**Set Up:** Pair off the kids

**Execution:**

1. Have the pairs lie on their bellies under the net, facing each other about 2 ft apart. (feet facing the end lines)
2. Tell the players on one side that they are the “Bears”, and the players on the other side of the net are the “Bees”.
3. When Coach yells “Bears”, the bears chase and try to tag the bees before they get to the end line.
4. If Coach yells “Bees”, the bees chase and try to “sting” the bears before they get to the end line.
5. Repeat 3-5 times. It get’s tiring, but it’s so fun, the players don’t really notice.

**Comment:** This is a great warm-up game.

## **Belly Ball**

**Purpose:** Teamwork, passing, and communication

**Equipment:** One bucket of balls

**Set Up:** Kids in a single file line at the back of the court. Coach about mid court with the bucket of balls.

**Execution:**

1. First player in line lie on belly in the middle of the court; near coach.
2. Coach says “GO”, and that player gets up as fast as he/she can and yells “MINE”
3. At the same time, Coach tossed a ball up in the air.
4. The player must bump or set the ball over the net

- As the first player is retrieving his/her ball, the next player in line should already be on his/her belly ready for coach to toss the ball.

**Variation:** (older kids) Same as above, but have two kids on their bellies. When coach says “GO”, they both jump up and try to get to the ball. First player to the ball bumps it over. OR, you can have the first player to the ball pass it to the 2<sup>nd</sup> player, then bump it over.

**Comment:** Keep the line moving quickly. Cheer them on.

## Bingo

**Purpose:** Hitting aim and ball control

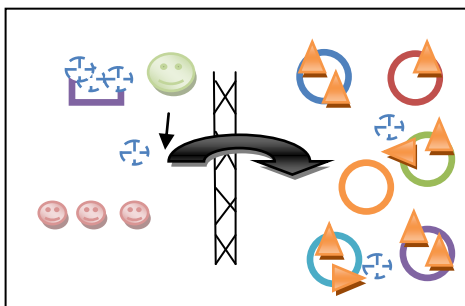
**Equipment:** 6 hula hoops, several tall cones, and a bucket of balls

**Set Up:** Line up in a single file line facing coach. Put the hoops in players’ positions or anywhere you want on the opposite side of the net.

### Execution:

- Coach tosses the ball up to child
- Child bumps the ball over net and tries to aim and hit the cones in the hoops
- If the child hits a cone over the whole class yells “Bingo!”
- Repeat 3 times each
- Repeat: Set over the net
- Repeat: Serve over the net
- Repeat: Spike over the net

**Comments:** Encourage kids to look where their targets are; this will help with aim



## Block -n-Crawl

**Purpose:** Quick decision making, blocking, and diving

**Equipment:** Volleyball net and a bucket of balls

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**Set Up:** Line the kids up in a line about 5ft from the net; facing the net. Coach stands next to the net with the bucket of balls.

**Execution:**

1. Coach holds a ball just a few inches over the net
2. Each child takes turns coming up to that ball and blocking it downward with two hands.
3. Immediately after they block the ball, they must crawl/dive under the net and scurry around and get back in line.
4. Repeat until the ball bucket is empty.

**Variation:** Block the ball, then as you go to crawl under the net, coach softly drops a ball and the kid must dive under the net and dig the ball as best as possible.

## Block your Yard

**Purpose:** Teach blocking technique

**Equipment:** 4 Noodles, Lightweight volleyball for each child

**Set up:** Make a square on the ground w/ noodles and then have the children each get a ball and get in a line next to the square.

**Execution:**

1. One at a time the children will hop in this square and toss their ball to the coach.
2. The coach will then toss the ball back trying to toss it into their “Yard”
3. The children will do correct blocking fundamentals to stop the ball from getting in their yard.
4. Once in the square, give the player 4-5 throws before switching out players.
5. Keep moving quickly; force the player to make quick decisions and always be ready for the next ball.
6. Each child takes a turn blocking and then goes to the end of the line
7. Those kids who are at the back of the line, shag balls

**Variation – Dive:** Play the save game but have the kids dive and hit the balls out of the box.

**Variation – Bump:** Play the save game but have the kids dive and hit the balls out of the box.

**Comments:** Make sure the kids work on proper form; don't rush. Work fairly quickly through the line to avoid too much wait time.



## Bonk the Duck

**Purpose:** Power hitting, strength hitting, endurance hitting

**Equipment:** One ball per child

**Set Up:**

Have the kids stand facing a wall about 10 feet away with a ball.

**Execution:**

1. The instructor waddles parallel to the kids slowly back and forth next to the wall.
2. The kids try to hit the duck by serving their ball overhand.
3. Each time coach is hit, he/she yells “Quack”.
4. After 10 “quacks”, someone else becomes the duck.
5. Move back as the kids become better

## Brick Wall Break

**Purpose:** Practice spiking around a block

**Equipment:** Bucket of balls

**Set Up:** Two blockers on one side of the net. Bucket of balls, Coach, and the remaining players in a line on the other side of the net.

**Execution:**

1. The two blockers stand stationary on their side of the net with their hands straight up in the air. They job us to just be an obstacle, or distraction for the hitters.
2. Coach on the other side of the net toss the ball up to the first player in line.
3. The hitters try to spike the ball around the blockers.
4. Once all the hitters in line have had a turn, rotate the players so each get turns being the blockers.

**Comment:** As the hitters become more comfortable, have the blockers move their hands side to side to challenge the hitters more.

## Bump, Set or Spike!

**Purpose:** Quick movements, eye-hand coordination, practicing crucial offensive skills.

**Equipment:** Balls, spots

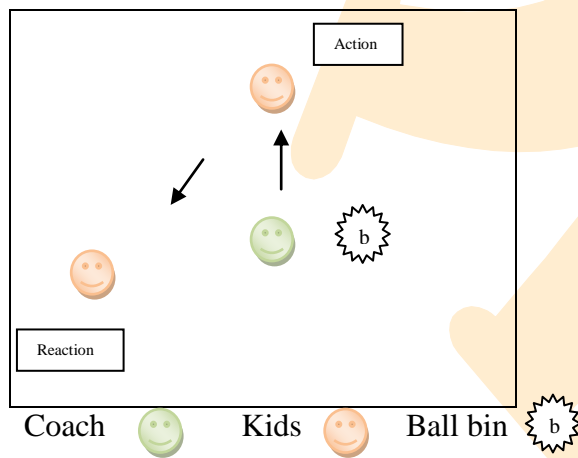
**Set up:** Split the class in half. Make one line to the left of coach; the “Reaction” line, and one line 10 ft away in from of coach; the “Action” line. Coach has a bin or bucket of balls next to him/her.

**Execution:** The object is to give each child a turn to react to a ball tossed to them and deciding to bump, set, or spike it to the “Reaction” line based upon what the coach says

1. Coach tosses a ball to the “action” line and yells “Bump, Set or Spike” as the ball is in the air. “Action” line kids bump, set, or spike the ball to the reaction line
2. “Reaction” line shags the ball and returns it to coach and gets into the “action line”
3. “Action” line kids rotate and go to the “reaction” line after they hit.

**Variation:** Have the kids bump, set, or spike the ball at a specific target; i.e. spot, bucket, cones, etc.

**Comments:** Emphasize quick decision making. Have them stand on the balls of their feet with correct posture. You want their passes to be in the shape of a rainbow once it leaves their forearms, giving the setter enough time to get under the ball. Make the kids get into ready position before you toss the balls to them.



## Call the Ball

**Purpose:** Communication, voice projection, teamwork, listen and trust your teammates

**Equipment:** One volleyball (young kids; one balloon)

**Set Up:** Line up the kids in a single file line

**Execution:**

1. Coach tosses the ball one at a time to the kids.
2. The kids yell “MINE!” and pass/bump it back to coach.
3. Repeat 3 times

**Variation:** Split kids into two lines. Toss the ball towards both lines. One kid must call off the other kid and bump it back to coach.

**Comments:** If the variation doesn't work with the "call off", just designate one line to be the bumping line, and the other line to give slight pressure. Kids should call out for the ball EVERY time they hit it.

## Circus Hoops

**Purpose:** Aim, teamwork, practice hitting skills

**Equipment:** One hoop and one ball per pair of kids (youngest group w/ balloons, coach holds hoop)

**Set Up:** Pair the children; one with a ball and one with a hula hoop. Spit the pairs up on either side of the net.

### Execution:

1. The hitter must bump, set, or serve the ball over the net.
2. The partner holding the hoop is on the other side of the net.
3. Try to get the ball through the hoop.
4. Have the hoop holder change the height and angle of the hoop; challenge the kids.
5. Repeat 5-10 times per activity; bump, set, serve.
6. Then switch positions; hitter becomes holder and vice versa.

## Crazy Crickets

**Purpose:** Agility (quick response time), hand-eye coordination, catching

**Equipment:** spots, reaction balls, buckets

**Set Up:** Have all the kids stand on their spots and wait their turn. Coach holds the reaction balls

**Execution:** When you call each name, throw a reaction ball (try not to spin it) up into the air. The kids try to catch it before it stops bouncing and rolling.

1. Once the kids have captured their "grasshopper" (reaction ball), they race back and return it to you so other kids can have a turn.
2. Once each kid has gone 2 or 3 times, throw up ALL the reaction balls at the same time and let ALL the kids run out and find one and bring it back to you.

**Variation:** Have the kids look away from you as you toss the reaction ball up and over their head.

## Dive and Roll

**Purpose:** To learn proper diving techniques (explanation/demonstration), reaction time, quick on your toes

**Equipment:** One ball per child, one tumbling mat

**Set Up:** Kids line up in a single file line

**Execution:** Coach first demonstrates how to do a basic dive and roll.

1. Tell the kids to spread out and send them off on their own to practice diving and rolling.
2. Give them about 1 min or so, then have them get in line with their ball.
3. They will toss the ball to Coach and Coach tosses it back in a challenging area so it will force them to reach and stretch from their comfort zone.
4. The child dives for the ball and rolls out of the landing; up and ready for another ball.

**Comments:** Kids may have a hard time with this at first. If you have a tumbling mat at your facility, I suggest using it until the kids feel comfortable on their own.

## Falling Bridges

**Purpose:** Speed and agility; and maybe some diving practice

**Equipment:** Noodles (younger kids)

**Set Up:** Line up the kids in a single file line. Coach holds the noodle or stick upright.

**Execution:**

1. When coach yells "GO", first child in line runs towards coach.
2. Coach lets go of the noodle
3. The child has to catch the falling noodle before it hits the ground.
4. Repeat 3-4 times each.

**Variation:** Challenge the kids by moving back further from the line. They may have to dive for the noodle/stick before hitting the ground.

## Follow the Leader

**Purpose:** Great warm-up game

**Equipment:** None

**Set Up:** Kids follow Coach

**Execution:** Coach does fitness movements for the kids to follow

## Freeze Tag High Ten

**Purpose:** Build fitness and practice blocking jumps as a team; great warm-up game

**Equipment:** None

**Set up:** Clear out the activity space and set boundaries for kids to stay within if needed

### Execution:

1. This is the standard freeze tag game
2. If you are tagged, kids must stand in the blocking “ready” position (palms facing out, hands forward in front of face)
3. To get unfrozen, a free player must come up to the frozen player and yell “JUMP!”. The two kids must jump and do a block High Ten.
4. Then they are both free.
5. Repeat until all kids get to be the tagger.

### Variation:

Use a ball to Freeze. Have to propel the ball using an overhand hitting motion.

**Comments:** Make sure to remind the tagger with the ball (in the variation) to be careful not to hit the runners in the face.

## High Ten

**Purpose:** Jumping, blocking technique

**Equipment:** Volleyball net

**Set Up:** Line up beside the net in a single file line

### Execution:

1. Shuffle side to side with arms at chest level; palm facing net
2. Coach will shuffle across the net with you and yell “block!”
3. Jump up at the same time and thrust your hands forward over the net giving each other a HIGH TEN over the net; DO NOT TOUCH THE NET
4. Yell “High Ten!”
5. Repeat 3 times
6. Repeat and do it with a partner

**Comments:** If the net is too tall for the kids, just shuffle and do the jumps w/o the net. You can also lay some noodles down to represent the net. (so they have a boundary to work with)

## Hot Tamale

**Purpose:** To advance to a new type of ball and increase ball control skills

**Equipment:** One Beach Ball

**Set Up:** Divide class in half and place a group on either side of the net.

### Execution:

1. The object of the game is to see how well the teams work together to keep the ball off the ground.
2. Teammates are allowed to catch the ball for a split second and attempt to hit or throw it over the net.
3. If the ball doesn't make it over, another teammate can catch it and try.
4. Each side only gets 3 tries to get it over.

**Comments:** Remind the kids that the ball is "HOT". They can't hold on to it for more than a second or so.

## Hula Hit

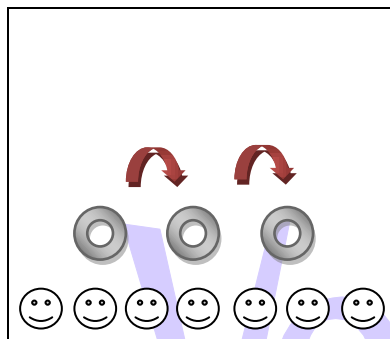
**Purpose:** Aim, trying to hit a moving target

**Equipment:** Several hula hoops, one ball per child

**Set Up:** Get the kids to stand along the wall shoulder to shoulder with a ball

### Execution:

1. Coach will roll a hula hoop one at a time in front of the kids.
2. Each child tries to overhand hit the ball at the hula hoop and tries to knock it over.
3. Repeat 3-5 times (see diagram below)



**Variation:** Repeat trying to hit the ball through the hula hoop without knocking it over.

## Jolly Jumpers

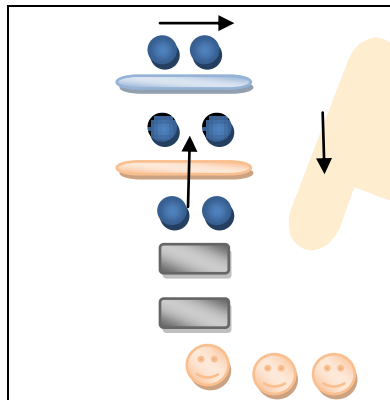
**Purpose:** Practice jumping skills, jumping off two feet, great warm-up exercise

**Equipment:** 6 spots, 2 stair steps, and 2 noodles

**Set Up:** Set up two stair steps about 2 ft apart, followed by a set of spots, one noodle, two spots, one more noodle, then two more spots. (see diagram below). Line up the kids in a single file line.

### Execution:

1. The first kid jumps on the first stair step then jumps off, then jumps on the 2<sup>nd</sup> step.
2. Continue and jump from the spots over the noodles to the end of the course
3. Eliminate standing around, so let the next person in line go as the first jumper makes it to the 1st set of spots.
4. Repeat 3-5 times
5. Concentrate on landing on both feet at the same time to avoid injury.



## Jump Rope

**Purpose:** Jumping and Fitness

**Equipment:** One adjustable jump rope per child

**Set Up:** Give each child a jump rope and have them spread out all over

**Execution:** Demonstrate how to jump rope. Set some time limits, i.e. 10 sec, 30 set, etc.

## Ladders

**Purpose:** Great warm-up game, agility, foot work

**Equipment:** One agility ladder

**Set Up:** Set up the ladder in the middle of the court. Line up the kids at one end of the ladder.

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**Execution:**

1. High knees/Tippy toes down ladder with speed
2. Bunny hops down ladder; two feet jumps
3. Side jumps
4. Hopscotch jumps; out/in/out. Feet outside the ladder, then inside, etc.
5. Repeat 2 times each movement

**Lateral Balance**

**Purpose:** Balance, footwork, stability and agility.

**Equipment:** None

**Set Up:** Spread the kids out all over the court facing coach.

**Execution:**

1. Start by having the kids balance on their right foot.
2. Hop 3 hops to the left
3. Then land on the left foot (holding right foot in air)
4. Hold that balance position for 3 sec.
5. Then hop to the right on you left foot 3 times.
6. Land on your right foot and balance for 3 sec.
7. Repeat for 30 sec.

**Comment:** It will help to count out loud to encourage kids to “hang on”! 1,2,3, hold 3,2.1...etc.

**Musical Positions**

**Purpose:** Learn the positions and the zones of the volleyball court

**Equipment:** 6 Hula Hoops

**Set Up:** Lay 3 hoops down in a row parallel to the net and 3 hoops behind those about 5 ft back. This is “front row” and “back row”

**Execution:**

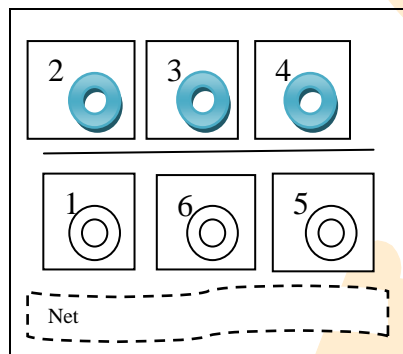
1. Have the kids divide up into the 6 hula hoops.
2. Explain the position name and zone name of each hoop.
3. On “GO” the kids will scatter and race to another hoop as the music is playing.
4. When the music stops, they must safely run to a new hoop/position. (coach sing or play music)
5. Once the kids are stopped and set in their hoop, they must yell out the position or zone that they are in. (see diagram below)



**Variation:** Challenge the setter hoop. Coach tosses a ball to the setter once the music stops. The setter has to be ready and paying attention.

**Comments:** There are 6 zone numbers. (See diagram)

1. Right Front/Setter
2. Right Back
3. Middle Back
4. Left Back
5. Left Front
6. Middle Front



 Back row     Front row     Zone numbers

## Noodle Block

**Purpose:** Teach blocking to the youngest kids

**Equipment:** One noodle

**Set Up:** Line up the kids in single file. Coach holds a noodle parallel to the ground at the front of the line.

**Execution:** Kids one at a time jump up and try to hit the noodle with both hands at the same time. Repeat 3-5 times.

**Variation:** Repeat game as stated above, but instead have the kids tip the noodle out of your hands. Repeat 3-5 times.

## Noodle Dodge

**Purpose:** Great warm-up game, fun activity

**Equipment:** 8-10 noodles

**Set Up:** Line up the kids at one end of the gym

**Execution:**

1. Coach tosses the noodles like a javelin at the kids trying to tag them as they run across the court.
2. On their way back, the kids must jump over all the noodles.
3. Repeat 2-3 times.

**Comments:** Be sure to ask the kids to stop at the end wall and look before turning around to prevent any collisions.

## Noodle Hops

**Purpose:** Practice jumping off two feet, leg muscle strengthening, fitness

**Equipment:** 6-8 noodles

**Set up:** Place the noodles in a line about 3 ft apart and have the children line up at one end

**Execution:**

1. Jump over with feet together; bunny hops
2. Jump over sideways; feet together
3. Jump over on one foot; challenging
4. After they jump over all the noodles, they go to the end of the line.
5. Repeat entire cycle 3 times.

**Variation:** Do the jumps with arms up and ready for a block. As they jump, have them thrust their arms in the air and make a blocking motion.

**Comments:** Make sure to remind the kids to jump OVER the noodles. If they land ON the noodle, it rolls and kids may fall.

## Obstacle Course

**Purpose:** Great warm up, agility, fitness, jumps

**Equipment:** Spots, noodles, cones, tumbling mat, hoops, agility ladder, etc.

**Set Up:** Spread the equipment out around the gym in an organized manner. Make the obstacle course for volleyball specific jumping and agility movements. Jumps, side shuffles, dive and roll on mat, high ten blocks on wall, etc.

**Execution:** Each child works their way through the course at least 3-5 times.

**Comments:** Add a ball at the end if you want for the to spike it over the net or into the goal

### **One on One Setting**

**Purpose:** Coordination and teamwork

**Equipment:** One ball per pair

**Set Up:** Pair off the kids and split them up on either side of the net.

**Execution:**

1. Have the two players set back and forth to each other over the net.
2. If a player can't get to the ball with their hands, they should bump the ball up to themselves and then set the ball over.
3. Try to keep the ball in play as long as possible.

**Comments:** This is a great game for developing consistent setting skills through repetition.

### **Over the Net Block**

**Purpose:** Learning how to block over the net

**Equipment:** One ball per child, volleyball net

**Set Up:** Line up kids to one side of the net, each with a ball.

**Execution:**

1. One at a time, each child tosses the ball over the net to coach
2. Coach tosses the ball up beside the net
3. Kids with their hands in the blocking "ready position", jump up and block the ball back down on coaches side of the net. **DO NOT TOUCH THE NET!**

**Comments:** Make sure to explain and demonstrate the proper jump over the net. Explain that you must reach your hands up and over the net and extend your arms to block the ball; making sure it drops to the ground as quickly as possible.

### **Piñata**

**Purpose:** Jump and Hit; bust the piñata

**Equipment:** Small ball bag or a single mesh ball bag, 2 stair steps, and one ball inside

**Set Up:** Coach stands on a stair step and holds the ball/bag up. Line up the kids.

**Execution:**

1. When coach says “GO”, each kid runs up towards coach, steps on the stair step, jumps up and hits the ball making it swing
2. Once they hit the ball, tell them to run around coach and get back in line.
3. Make the kids try left and right handed.
4. Repeat 5 times.

**Variation:** Make it fun. Bring candy! On the last hit, drop the ball in bag and throw candy out for the kids to collect!

**Popcorn**

**Purpose:** Practice proper bump technique, power bump hits

**Equipment:** One bouncy or beach ball per child (or balloon for youngest ages)

**Set Up:** Spread the kids out all over gym; with ball

**Execution:**

1. Demonstrate a power bump. Bump the ball as high in the sky as possible.
2. Critique the kids as they try.
3. Once they bump it up high, have them try to bump a 2<sup>nd</sup> time much softer.
4. Repeat 5-10 times.

**Variation:** Have the kids power bump, receive that ball in control, and soft bump over the net.

**Comments:** Remind the kids that after the big power bump, in order to make a successful soft bump, they must “cushion” the ball; such as catching an egg. Use the softer balls for the younger groups. Oldest kids can progress to using the light weight volleyballs.

**Red Light, Green Light (hitting style)**

**Purpose:** Listening and ball control

**Equipment:** One balloon for each child

**Set Up:** Line up the kids at one end of the court; each w/ a balloon.

**Execution:**

1. Red is stop. Freeze in the “serve” stance. (one hand under the balloon, one hand on top of the ball, arms out straight, leading foot out in front pointing to target zone.
2. Green is bump to self. Continue bump until coach says Red Light.
3. Try not to let the balloon hit the floor.
4. Add Yellow Light and Repeat
5. Yellow is setting. Set balloon up and catch.
6. If the balloon hits the ground the child returns to the start. (older kids only)

7. The first to make it to the instructor wins
8. Repeat 2-3 times.

## Rings of Fire

**Purpose:** Jumping and agility

**Equipment:** 6-8 hula hoops

**Set Up:** Set the hoops on the ground one after the other.

**Execution:**

1. Jump from hoop to hoop with feet together
2. Repeat 3 times
3. Spread the hoops apart a little more and stagger them a bit
4. Have the kids jump from hoop to hoop again, but with them staggered a bit, the kids will be jumping side to side.

## Rolly Polly

**Purpose:** Practice coming out of a roll and getting to a ball in play

**Equipment:** Bucket of balls

**Set Up:** Coach stands near a bucket of balls in the middle of the court. Kids line up in a single file line about 5ft from coach.

**Execution:**

1. Coach will toss the ball up to player when they are ready.
2. The first player in line starts on the floor, makes 3 revolution (or rolls), pops up and calls for the ball and hits it over.
3. The remaining kids in line cheer the player on which adds excitement and fun.
4. Repeat until each player has gone 3 times.

**Comments:** Coach must demonstrate the rolls.

## Ruler of the Court

**Purpose:** Teamwork and quick decision making

**Equipment:** One ball

**Set Up:** Pair up the kids. Place one pair each on either side of the net.

**Execution:**

1. The players must volley back and forth

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2. Coach will count out loud as they volley
3. See how many times the pairs can keep the ball going
4. Rotate the pairs into the game.
5. Who is the winning pair?

**Comment:** This is a game where the coach's enthusiasm is really important. Get excited. Motivate. Make it a fun contest.

## Serve Battle

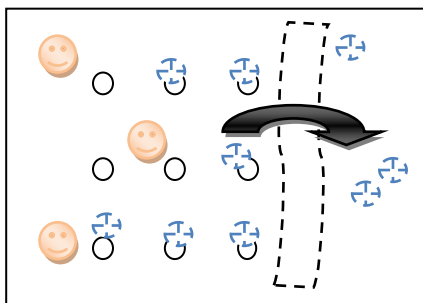
**Purpose:** Progressive serving. Practice serving at different distances (under or overhand).

**Equipment:** Bucket of balls and several spots

**Set Up:** Place three spots per child in a line perpendicular to the net and about 5 feet apart from each other. (see diagram) Designate one child per line of spots. Place a ball on each spot. Kids start on the end line.

### Execution:

1. When coach yells "Go", the kids run to their first spot, grab the ball, and try to serve it over the net.
2. If they make it, they advance to the second spot, grab the ball, and serve it over; and so on until all 3 balls are successfully served over the net.
3. If they miss, they must retrieve their ball and go back to that same spot and try again.
4. They can't advance to the next ball until a successful serve.
5. Repeat 3 times.



## Serve Relay

**Purpose:** Serving accuracy under pressure

**Equipment:** Bucket of balls

**Set Up:** Split class in half. Two single file lines at the end line about 5-6 ft apart.

### Execution:

1. When Coach says “Go”, the first person in each line must try to serve the ball over the net.
2. If they make it, they retrieve their ball, race back to his/her line, and hand it to the next player in line.
3. If they miss the serve, they must race to retrieve their ball and try again.

## Simon Says

**Purpose:** Listening, fun warm-up game

**Equipment:** None

**Set Up:** Line the kids up shoulder to shoulder at the end of the gym

**Execution:** Coach makes silly moves and demonstrates some volleyball techniques for the kids to copy. Kids must only copy coach when he/she said “simon says”

**Comment:** Add another color if you want. Something fun; i.e. Blue light is jumping jacks. Etc.

## Slo-mo Scrimmage

**Purpose:** Game play, teamwork, and ball control

**Equipment:** One balloon or beach ball or lightweight VB

**Set Up:** Divide the class in half

**Execution:** Practice live volleyball using a balloon or a beach ball depending upon the level and progression of the class.

(in the curriculum it would specify the ball. i.e. Slo-mo scrimmage – use balloon).

## Smack Down

**Purpose:** Practice the overhand spike/hit. Slap ball to ground.

**Equipment:** One ball per child

**Set Up:** Spread the kids out around the gym; each with a ball.

**Execution:**

1. Demonstrate this motion for the kids before setting them off on their own.
2. Have the kids hold the ball up about waist high..
3. Say, “One, Two, Three, HIT!”. As coach says “One”, have the kids touch the ball with their palm, “Two” same thing, and on three slap it down.

4. The ball should bounce back up. See if they can catch it.
5. Repeat 10 times.

**Variation:** Place a hula hoop on the ground and have the kids stand inside. Have them repeat this game inside the hoop. Challenge the kids to try to stay in the hoop. Ball control!

## Splat!

**Purpose:** Teamwork, eye-hand coordination, learn to work well under pressure.

**Equipment:** One ball per group; (younger kids use beach ball)

**Set Up:** Partner the kids and each pair needs one ball.

### Execution:

1. Each pair stands 4-5 ft apart and passes the ball back and forth counting your bumps.
2. Pretend the ball is a big ostrich egg and if it hits the ground you have to yell “splat!”
3. “See how many you can do”...Then see if you can beat your record.
4. Have the kids stand further apart and try it again.
5. If you drop the ball start counting over; or the tickle monster will get you.
6. Repeat – Set back and forth with your partner

## The Pit

**Purpose:** Working quickly, reaction time, and accuracy

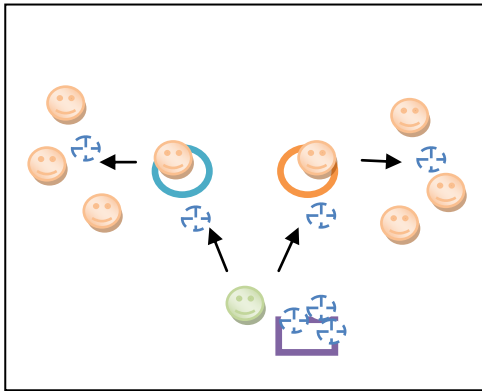
**Equipment:** Bucket of balls and 2 hula hoops

**Set Up:** Place 2 hula hoops side by side about 8 ft apart (see diagram). One kid stands in each hoop (the Pit). Coach stands with bucket of balls in front of hoops about 6 ft away. All other players shag balls.

### Execution:

1. Coach tosses a ball to player in hoop #1 and quickly to player in hoop #2.
2. Those players bump the ball to the players to the side of them
3. Those players can try to catch the ball for a point.
4. If the ball hits the ground before being caught, no one gets a point.
5. No players in between the two hoops
6. These players stay in the hoops until the bucket of balls is gone.
7. Rotate players until everyone has had a chance to be in the hoops.
8. If time, repeat 2-3 times.





### Three-Step

**Purpose:** Practice timing, take three steps during spike approach

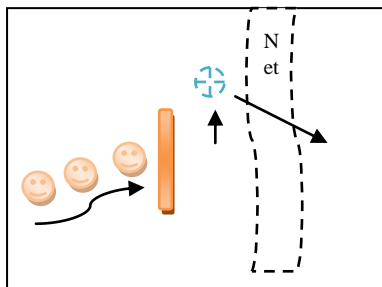
**Equipment:** One ball per child

**Set Up:** Line up in a single file line about 10 ft in front of the net; perpendicular.

**Execution:**

1. Demonstrate the proper 3 steps approach to set up for a spike.
2. Big step w/ left foot (step over a noodle), smaller step w/ right foot, and final approach; small step with left foot again

**Comments:** If the kids are having trouble spiking it out of the air, just hold the ball still in your hand and have the kids spike it out of your hand.



### Three Toss Hand Ball

**Purpose:** Teamwork, practice game play

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Equipment: One ball (bouncy, squishy, beach, or lightweight volleyball)

Set Up: Split the class in half and each team on either side of the net.

Execution:

1. One team starts with the ball.
2. The player with the ball tosses it to a 2<sup>nd</sup> player on their team
3. That player must catch it and toss it to a 3<sup>rd</sup> player.
4. The 3<sup>rd</sup> player must then toss the ball over the net to the other team.
5. A player on team #2 must catch the ball and repeat above.
6. Three players must have the ball on each team before passing it over the net.
7. If a player drops the ball, the other team gets to start with the ball; it's called a "Side Out".
8. Play for 2-3 min.

## Torpedo

**Purpose:** Speed, agility, quickness, and digging/diving

**Equipment:** All the volleyballs you can gather

**Set Up:** Place all the volleyballs on the side of the play area w/ coach. Kids a line up side by side at the end of the play area and get ready to run across. The distance between coach and kids should be about 15-20 ft.

**Execution:**

1. Kids run from one end to the other as coach tries to throw, or "torpedo", the balls towards the kids.
2. The kids try to get to the balls as fast as possible and dig or dive the ball.
3. If the kids get to the ball before it hits the ground, they get a point.
4. If they miss, Coach gets a point.
5. Kids run back and forth until the ball pile is gone.

## Volley Dodge

**Purpose:** Great warm-up game, fun activity

**Equipment:** 10 small squishy balls

**Set Up:** Place the squishy balls in a pile on the side of the gym. Have the kids line up shoulder to shoulder at the end of the gym.

**Execution:**

1. On "GO", the kids run from one end of the court to the other; and stop along the wall

2. Coach throws the dodge balls and tries to tag the kids while they run.
3. If a kid gets hit, he/she gets to join coach and help throw the balls
4. Repeat until there is only one runner; she/he is the winner
5. Repeat entire game one more time.

**Variation:** On blocking day, have the kids try to block the ball from hitting them with their hands.

**Comments:** Kids love this game.

## Volley Juggle

**Purpose:** Teamwork, timing, and fitness

**Equipment:** One ball per pair

**Set Up:** One player on one end line w/ ball, other player on the other end line w/o ball.

### Execution:

1. When coach says “GO”, the paired players run toward the net at the same time.
2. Once they get close to the net, the player with the ball tosses the ball over the net, then runs under the net to the opposite end line.
3. The player without the ball must try to catch the ball then go under the net and run to his/her opposite end line.
4. Repeat 4-5 times

**Comment:** All pairs can go at the same time depending on length of net.

## Wally Ball Hits

**Purpose:** Ball control, proper bump passes to a stationary target (the wall)

**Equipment:** One ball per child, tall wall

**Set Up:** Spread the kids out around the court along the walls.

### Execution:

1. Bump the ball to the wall 10 times
2. Set the ball to the wall 10 times
3. Overhand hit the ball to the wall 10 times
4. Underhand hit the ball to the wall 10 times

**Variation:** Try to challenge the kids and see how many consecutive hits they can make against the wall without the ball hitting the ground.

**Comments:** For the youngest ages, you may want to use a balloon, beach ball, or foam volleyball



# VolleyKats

## Basic Fundamentals

### Fundamentals of Blocking - (Hide, Load, High ten)

**Hands:** Spread fingers; hands in front of face.

**Knees:** Bent

**Arms:** Extend fully

**Jump:** Straight up and a forward

Blockers must stay close to the net and leap up. Stand with your hands and fingers held fully extended above the shoulders. Focus on the hitter in front of you. Knees must be bent. Fully extend your arms and hands. Spread your fingers. Keep your arms a few inches apart to avoid letting a ball go through them.

### Fundamentals of Hitting - (Step, Load, Smack)

**Arm:** Reach back by ear

**Jump:** Up and slightly forward

**Swing:** Elbow to wrist arm action (like hammering a nail)

The spike combines power, speed and athleticism to provide the excitement that is uniquely volleyball. The spike is used to put the ball down quickly in a portion of the opposing court.

### Hitting techniques:

**Tip** - Just push or roll the ball with the fingertips over the net.

**Line Shot** - Aim for the sideline.

### Fundamentals of Passing - (Clasp, "V", Shrug)

#### Six Basic Steps

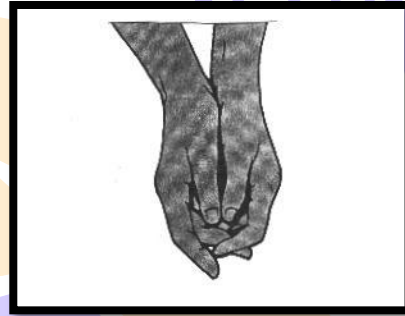
1. Forearms
2. Hyperextend arms
3. Lock elbows
4. Bend knees
5. Shrug shoulders

### Ready Position

Stand with feet slightly wider than shoulder width. Knees are bent and weight is slightly shifted forward. You want to be leaning forward and in a comfortable position ready to move in any direction.



Wrapped Fist



Cupped Palms

**Bump Pass** (AKA: forearm pass) – the most common form of passing. A good pass will transform your team from a defensive posture to an offensive attack. To use it correctly, you must join your hands together and allow the ball to strike the fleshy part of your forearms simultaneously. Bend your wrists and hands down before impact to help cushion the ball. This technique allows you to gain control of the ball and pass it accurately to the setter to generate an offensive attack.

### TWO HAND POSITIONS ARE:

**Wrapped fist** - Make a fist with your dominant hand and wrap it in the palm of your other hand, with both thumbs side by side and pointing at the floor. See diagram (above).

**Cupped palms** - Bring your hands together as if you were going to take a sip of water from your hands, and lay your thumbs across the top as in Wrapped Fist position. Some players even like to lock their fingers under their thumbs. See diagram (above right).

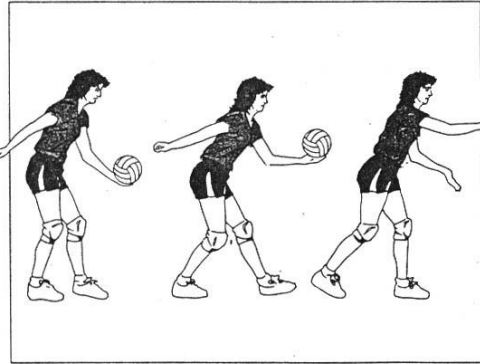
### Fundamentals of Setting - (Diamond, Peek, Superman)

Touch thumbs and index fingers together to form a diamond when starting out (beginners). The ball should practically be on your forehead; push straight out. Push to target.

#### Some tips:

1. Get to the ball
2. Face your target
3. Elbows wide and knees bent
4. Look at the ball
5. Both hands contact
6. No palms
7. Hands above head

### Fundamentals of Serving - (Bow and Arrow, Load, Fire)



### **Underhand**

**Hold:** with opposite hand

**Step:** opposite leg of serving hand

**Swing:** Strike under ball

Gently toss the ball up and in front of yourself while bringing the other hand forward to make contact. Make contact with the heel of the hand. Or you can fold your fingers into your palm; keep your thumb out to the side and avoid striking the ball with your knuckles. If you're right-handed, hold the ball in your left hand and take a step forward with your left foot while lobbing the ball ever so slightly in front of yourself. All this time you bring your right arm back past your hip and then forward to meet the ball just as it is coming down from the low toss. Never take your eyes off the ball.

### **Overhand**

**The Floater** - This ball flight has no stabilizing spin. The secret is to simply hit the ball in the center - in relation to its line of flight - so very little or no spin occurs. The movement of the ball is very unpredictable to the opposing players.

### **Fundamentals of Diving/Digging - (Lean, Save, Recover)**

1. Knees bent
2. Weight forward
3. Timing
4. Recovery

**Comment:** When playing the ball, cushion the ball in a way that absorbs the force of the hard-driven spike. The ball should be passed high enough for the setter to get to it.

The proper technique for a dig is similar to a bump pass, but your knees are bent much more and your weight is more forward. Sprawling, rolling and diving are extremely important techniques used to dig a ball. Proper execution, leg placement, timing of floor contact, and returning to your feet are crucial elements.

### **Proper Body Position for a Defender**

1. Feet shoulder width apart

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2. One foot slightly forward
3. Weight on the insides of feet
4. Bend forward at the waist, flexing the hip
5. Back remains in a 60 degree position
6. Arms roughly parallel to the quads
7. Hands slightly below elbows



# VolleyKats