

## SIMPSONVILLE REC VOLLEYBALL COACHES TRAINING GUIDE

This packet has been put together to help you, the parent/coach, teach the sport of volleyball to your team. This will give you some support in how to teach fundamental skills that are important for the success of your players.

First... Thank you for volunteering to coach a Rec Team. We think you will find this a fun and rewarding experience.

You will have players of all skill levels at each level of play. Use the information below to teach basic skills and to help refine the skills of those who may be ahead of other players.

***Look for special note for your age group***

### ***Teaching Fundamentals***

#### **Passing:**

The first part of passing you need to teach is hand position in the passing platform. Many young players will interlock their fingers when forming their passing platform. This is not correct and can lead to injury. Below is the proper way for the players to hold their hands.



Have them place their hands palm up on top of each other and close, bringing their thumbs together. Thumbs should be parallel to each other.



Holding their hands correctly, they should stretch out their arms, then point their thumbs to the floor. This will give them a flat, even passing platform.

(Coaches, watch as they do passing drills. Look for thumbs that are crossed over each other. This will cause an uneven platform and the player to shank the ball off to the side)



The **READY POSITION** is an important thing to teach young players. This is the position they should be in 80% of the time when the ball is in play.

Feet slightly wider than shoulder distance  
 Toes pointed straight  
 Knees Bent  
 Arms out stretched (ready to create the platform)  
 Flat Back and Head Up.



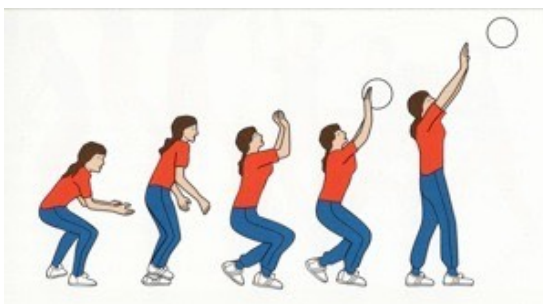
### **FOREARM PASSING**

As the ball comes, the player should move their feet toward the ball, create their platform and contact the ball with their forearms, using the legs to push the ball to middle front.

**NOTE:** Young or inexperienced players tend to swing their platform at the ball. The platform should not go above the chest. Explain to them the importance of controlling their pass. If their platform ends up by their heads, the ball has most likely gone straight up or behind them. Most kids respond do corrective coaching. If you correct a technique and the player responds with a better form, be sure to tell them that they did a great job. Positive re-enforcement is the key.

We are trying to encourage 3 contact volleyball. As their passing improves, encourage the first pass to go to the middle front player (setter for older players), the second pass to go to a front row player and the third pass or attack to go over the net.

When you team achieves a three contact play, make it a big deal. Tell them what a great job they did!



### **OVERHEAD PASSING/SETTING**

If a ball comes to a player above their chest, they may need to use their hands to pass.

Players should **ALWAYS** be in the ready position. As the ball comes, the player raises their hands above their forehead.

As the ball approaches they make contact and extend their arms and push the ball up.

Contact should be made with the finger pads, not the palm



Hand position is important. The thumb and index fingers should form a small triangle that creates a window for the player to watch the ball through.

Hands should form a “basket” in the shape of the ball.

Best results come from using both the arms and legs in the passing of the ball.

## Serving:

Serving is another key fundamental you will be teaching at the each level of play.

*ELEMENTARY Players are allowed to serve from the 10 Foot Line. This gives the player a better chance of getting the ball over the net and building confidence.*

*5TH/6TH GRADE Players are allowed to serve at the line that is 3 feet in from the end line*

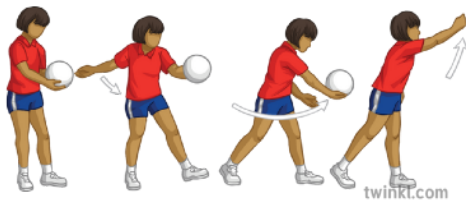
*7TH/8TH GRADE & HIGH SCHOOL players must serve from behind the end line*

*(note: players should be taught to be aware of their feet when stepping in their serving form. Players are not allowed to touch the serving line with any part of their foot. If this happens a foot fault will be called and the other team will receive a point and serve.*

We always encourage overhand passing, as that is the skill they will need as they move up within the program and hopefully moving into school ball.

Below will show how to teach both overhand and underhand serving. Spend time on each in practice. Once a player can successfully clear the net with overhand, that is how they should serve from there on out.

## Underhand Serving



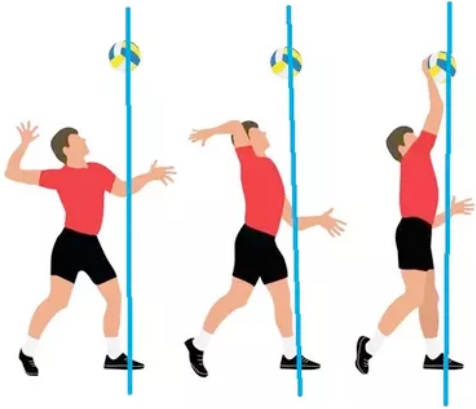
### Right Handed:

- Player places ball in left hand about waist high
- Left foot is slightly forward
- Right Hand should be in a flat fist
- Draw back right arm
- Head down, eyes on ball
- Slight step with left foot as right arm swings towards the ball
- Right hand makes contact with ball with the flat side of the fist on the backside of the ball towards the bottom.

\* Reverse foot and hand positions for left handed players

## Overhand Serving

Kids often think that because they are small, they can not overhand serve. You need to assure them that size has nothing to do with success. It's all about form and technique. We have seen 7 year olds who can serve overhand from the end line of the court, and high school kids who can't get the ball over the net. Size and age play no role in overhand success. Our goal is to see all our players serving overhand at every age.



The steps to an overhand serve are:

- 1) Lift
- 2) Step
- 3) Contact

It's that simple.

The first key to success in an overhand serve is a good lift. To practice this, have the kids take a ball and stand with their left foot (for right handers) forward and their back foot with the toe pointed slightly to the right. With the ball in their left hand (right handers), have them lift (toss) the ball up over their head and slightly to the right. After the lift, have them take a small step with their left foot. Let the ball drop. If the lift was correct, the ball should drop just inside their left foot. This is a good thing to practice.

Once they have the lift down, add the swing and contact.



Another key to a successful overhand serve is a **BIG, HARD HAND**. No floppy hands. A hard hand with a fast swing with result in a successful serve.

A fun way to practice the swing is to have your player line up and get into a serve position without a ball. Place your hand at the top of their swing and have them give you a hard high 5. Encourage them to swing as fast as they can with that hard hand to hit your hand. You will feel the power they can generate.

Once they have shown you 3 good, hard swings, give them the ball and have them serve. You will be amazed what they can do.

*Note: There will be kids who struggle with the overhand serve at all ages. It's ok :) . Those kids can always do their underhand serve. We do encourage that you continue to work on the overhand serve with all kids. During serving practice, spend the first part on the overhand serve, then tell those kids struggling with it that they can switch to their underhand serving practice.*

## Attacking (Hitting) :

As your team progresses, you can have attacking as your third contact. Below are different types of attacks:



### Downball or Standing Attack

When getting set for a standing attack

- 1) Shuffle into position
- 2) Raise your left arm (right handed). This is your “radar” hand. it finds the ball
- 3) Right arm should be up with elbow bent and elbow high above ear level
- 4) Right hand should be loose, floppy
- 5) As ball approaches, replace left hand with swinging arm
- 6) When ball is contacted, snap your wrist over the ball. (this creates a down spin and helps to keep the ball in bounds)

Do the reverse for left handed players.

The standing attack is a very controlled attack. This is a great option for new or younger players.

Other forms of attacks are:

- **Approach Front Row Attack.** You will have players that know how to do this. Encourage those players to use their skills.
- **Push/Shoot Attack.** This is a two handed attack that is similar to a overhead pass or set. When doing this the ball should be pushed over the net in a line drive time trajectory.
- **Tip.** This is an opportunistic attack that front row can use to avoid a block or hit a hole in the opponents defense.

**REMEMBER... ONLY FRONT ROW PLAYERS CAN DO A JUMPING ATTACK. If a back row player attacks in front of the 10 ft line, it must be a standing attack.**

*ELEMENTARY We do encourage teaching a downfall attack. It's always fun to see a true attack at the elementary level*

*JR HIGH These players should strive to have an attack on EVERY third ball when possible. The Downball/Standing attack is perfect for this level of play. Encourage a push or tip if the opportunity is there*

*HIGH SCHOOL Go for EVERYTHING. Swing Away!*

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*We hope you find this guide helpful. If you have any questions, feel free to contact our volleyball coordinator:*

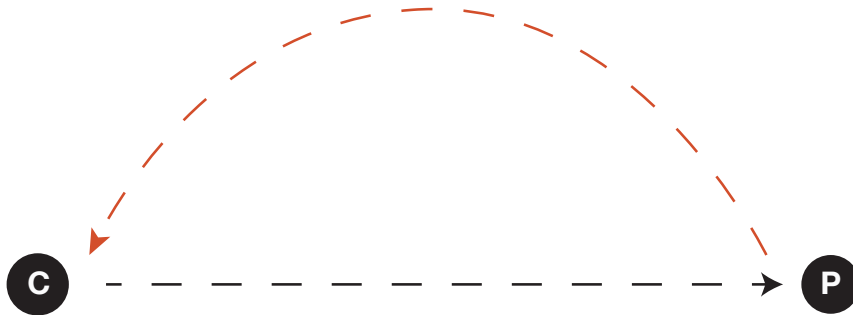
*Linda Tracy • 864-714-5222 (text is preferred)*

*She will be at the gym during practice times. Feel free to ask for assistance if you have any questions on anything.*

*Thank you again for your time in helping us grow our program.*

*Check out some drills on the following pages.*

# Beginner Passing Drill

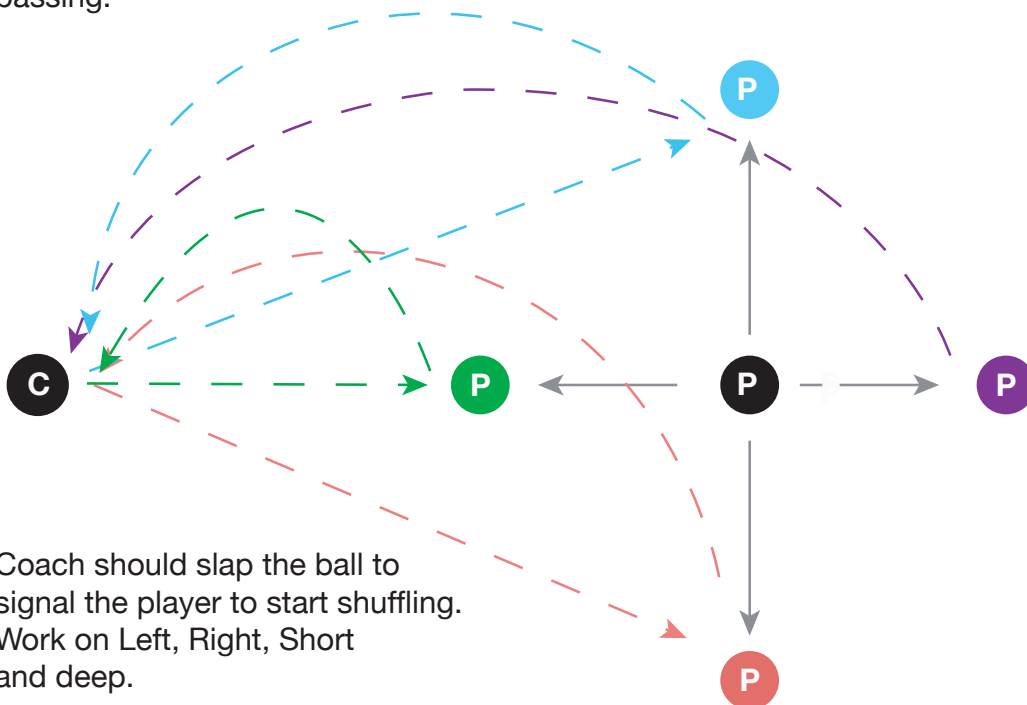


Have the players forms a single file line about 10 Ft. in front of the coach

- FirstPlayer lines up right in front of coach at a distance of about 10 Ft.
- Player gets in READY position
- Coach tosses ball to player, aiming for their knee pads
- Player Passes ball back to coach

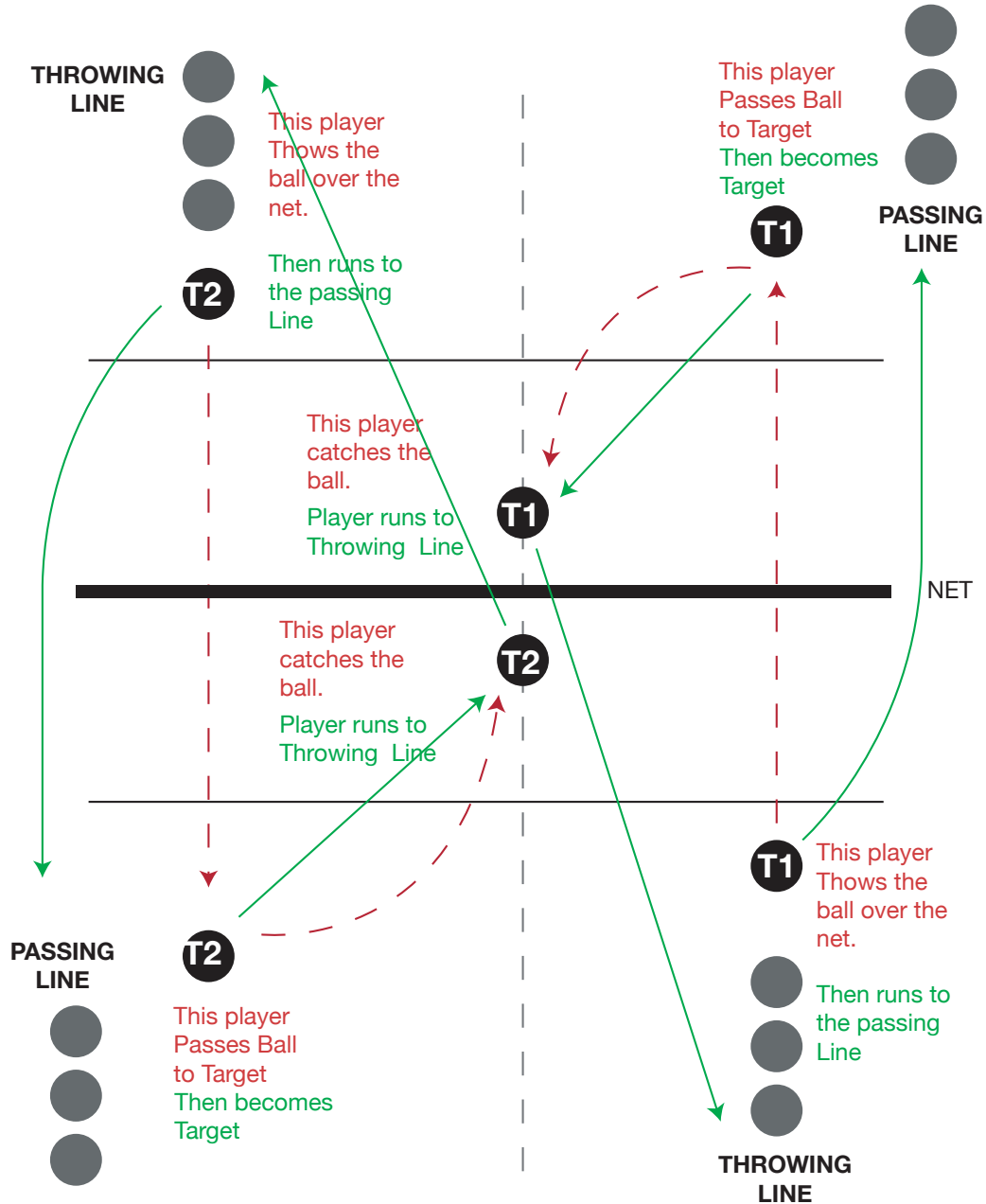
Passes should be controlled and on a high arch. Always give positive reinforcement and constructive coaching to improve players skills.

To add difficulty, have the player shuffle in different directions to pass the ball back to target. This helps them learn movement and angle passing.



Coach should slap the ball to signal the player to start shuffling. Work on Left, Right, Short and deep.

# Multi Player Passing Drill



This drill allows 2 teams to run the drill at the same time by spitting the court down the middle. It allows player to get used to passing balls as they come over the net. The great great thing about this is that it can be progressed to go to

THROW/SERVE --- PASS --- SET --- ATTACK

Based on your team's skill level.



# HIGH SCHOOL COACHES

Below is an example of a 2 setter Rotation with substitutions by rotation.

		ROTATION	SERVE RECEIVE	BASE																									
RS2 ← S1 → S2 ← RS1 → <b>1</b>		<table border="1"> <tr><td>RS1</td><td>MH1</td><td>OH1</td></tr> <tr><td>OH2/DS</td><td>DS/L</td><td>S1</td></tr> </table>	RS1	MH1	OH1	OH2/DS	DS/L	S1	<table border="1"> <tr><td></td><td>OH1</td><td>S1</td></tr> <tr><td>MH1</td><td></td><td></td></tr> <tr><td>RS1</td><td>OH2/DS</td><td>DS/L</td></tr> </table>		OH1	S1	MH1			RS1	OH2/DS	DS/L	<table border="1"> <tr><td>OH1</td><td>MH1</td><td>RS1</td></tr> <tr><td>DS/L</td><td>S1</td><td></td></tr> <tr><td></td><td>OH2/DS</td><td></td></tr> </table>	OH1	MH1	RS1	DS/L	S1			OH2/DS		S1 _____ S2 _____ DS/L _____ OH2/DS _____
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## 2 SETTER ROTATIONS

**F = FRONT ROW PLAYER**  
**B = BACK ROW PLAYER**

# 7th/8th Grade

10 Player Rotation

For less players, keep some players in for all 6 rotations

		ROTATION	SERVE RECEIVE	DEFENSE	
<b>1</b>		S1 F1 F2	S1 F2	F1 S1 F2	S1 _____
		B2 B1 S2	B2 F1 S2 B1	B2 B1 S2	S2 _____
<b>2</b>		F3 S1 F1	S1 F1	F1 S1 F1	F1 _____
		B1 S2 B3	F3 S2 B3 B1	F3 S2 B3 B1 B3	S2 _____
<b>3</b>		F4 F3 S1	S1 F3	F3 S1 F3	F3 _____
		S2 B3 B4	F4 S2 B4 S2 B3	F4 B3 B4 S2 B4	F4 _____
<b>4</b>		S2 F4 F3	S2 F3	F3 S2 F3	S2 _____
		B3 B4 S1	B3 F4 S1 B4	F4 B4 S1 B3 B4 S1	F4 _____
<b>5</b>		F2 S2 F4	S2 F4	F4 S2 F4	S2 _____
		B4 S1 B2	B4 S1 B2	B4 S1 B2	F4 _____
<b>6</b>		F1 F2 S2	S2 F2	F2 S2 F2	S2 _____
		S1 B2 B1	F1 F2 B1 S1 B2	F1 B2 F2 S1 B1	F2 _____