

# Oswegoland Park District Youth Volleyball



# Understanding the Basic Volleyball Fundamentals

The sport of Volleyball is broken down into 4 basic individual skills: serving, defense, attacking, and blocking. Throughout the season, focus should be put on: platform passing, underhand serving, setting, overhand serving, and some basic attack fundamentals. In looking at each skill, coaches must decide how much time and emphasis will be placed on each skill. If young athletes are well trained in basic techniques and fundamentals, then as they move into more specialized systems of play, they are better able to adapt to those systems and the speed of play with less breakdown. It sounds simple, but, “the team that makes the fewest numbers of errors usually wins.” Understanding the importance of each skill and how it fits into the overall scheme of total team development is crucial for every coach.

## Basic Volleyball Skills

- Underhand serving
- Overhand serving
- Defense
- Platform Passing
- Setting
- Attacking
- Blocking

## Instruction Fundamentals

**Lead cueing** for proper performance (rather than reaction coaching). Provides cue words, such “left-right-left” right before a player hits the ball, “shape-set-return-to-shape” before setting, or just “ready” before passing to get into the proper position to anticipate the ball. “Ready-load-fire” while hitting, etc.

Teach to play volleyball **“with your feet”** – get your feet to the ball to execute a skill successfully  
Show players they are successful, no need to point out what they are doing wrong every time. Feedback loop

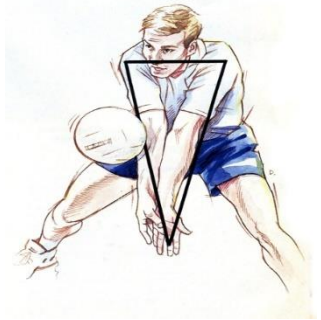
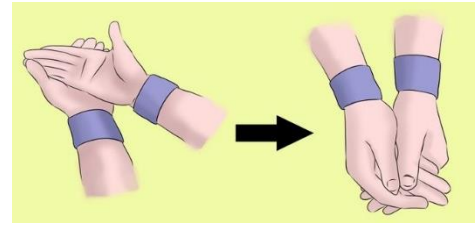
## Focus on one skill at a time and give specific feedback

Work up sequences; Take frequent breaks; Fun games in between; Keep score; Drill name recognition; Teach ball shagging, run, team huddle; Sportsmanship; Fighting Spirit; Calling the ball

# Platform Passing

## TEACHING CUES FOR PASSING

- Proper hand position
  - a. Sides of the palms together
  - b. Overlap the fingers
  - c. Thumbs together in a straight line forward and down
- Externally rotate the arms out toward the ball
  - a. Proper hand position helps arm rotation
  - b. Contact ball on “meaty” parts of arms
  - c. Try to get elbows as close together as possible
- Contact behind and slightly under the ball
  - a. Contact on ball should be soft but quick



## Posture Positioning

- Wide Base
- Shoulders rounded
- Platform inside knees whenever possible (two triangle concept)
- Correct hand position to open up platform
- Face server / platform to setter
- Train shuffle, shoulder to drop (drop step techniques)
- Head down / track ball to platform

## Posture

1. Arms slightly bent and relaxed on serve contact
  - a. Similar to a wrestler in ready position or ready position in softball
2. Triangle within a triangle concept
  - a. Triangle formed from shoulders to wrists
  - b. Triangle formed from hips to feet
  - c. Tops of triangles are intersecting
3. Wide stance with feet adjusted accordingly to position
  - a. Face where the ball is coming from
  - b. On serve receive face the server
  - c. On defense face the attacker
  - d. Feet staggered with right foot slightly forward
4. Shoulders slightly rounded
  - a. Make the body round like the ball
5. Keep ball away from hips on contact with **NO ARM SWING**
  - a. Extend the arms to ball and hold platform angle
6. Fight to maintain balance and posture during contact
  - a. The best passers are completely stopped upon contact with the ball
7. Learn to use shoulder drop and drop step when opening up to the ball
  - a. Balls outside middle require a shoulder drop using core or waist to change platform angle.
  - b. Work to keep the chest facing the net as much as possible to block the ball from going backwards.

# Platform Passing

## 1, 2, 3's Passing

### Ready:

Arms out, hands open, thumbs up, knees bent, feet shoulder-length apart & slightly offset, shoulders over knees

### One:

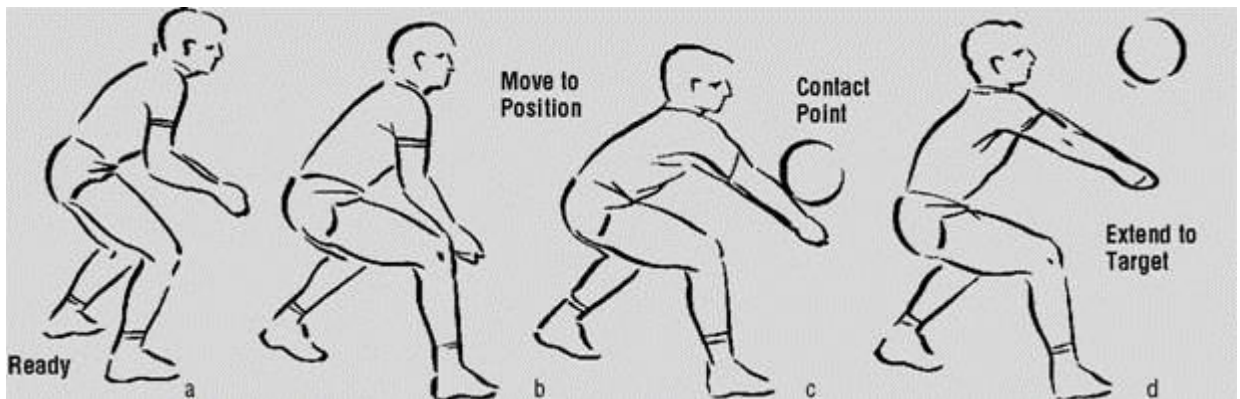
Adjust to ball location with feet, hands together, arms straight, knees bent

### Two:

Ball lands on "sweet spot," arms straight and steady, shoulders shrug

### Three:

Motion is with knees, arms direct ball to target, weight transfers forward, arms stay together



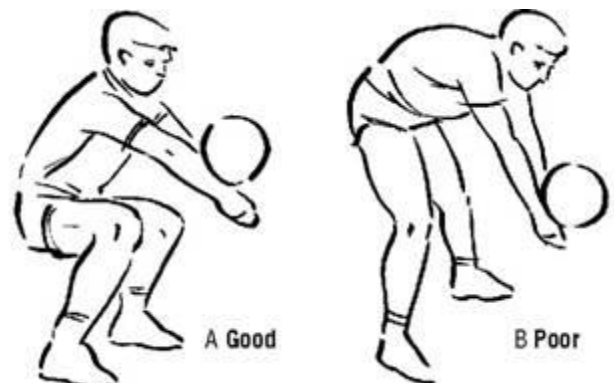
## Common Errors

### Upper Body

- Passer breaks posture by tilting the head back thus rolling the shoulders back
- Passer turns chest away from the net too much. Turning the chest toward the sideline could result in the ball going sideways or backwards
- Passer either swings the arms or changes posture which swings the arms
- Passer swings the arms to the ball outside midline rather than sticking hands where the ball is
- Passer bends at the waist too much

### Lower Body

- Passer does not move the feet
- Passer does not bend the knees enough
- Passer does not get a wide enough base
- Passer has too much of a front/back stagger with feet
- Passer lines the feet up to target rather than the server



# Setting (Overhand Passing)

## Teaching Cues

### HANDS UP EARLY SHAPED LIKE THE BALL

- Wait for ball with hands 4 to 6 inches above forehead.
- Thumbs and index fingers form a triangle through which you can see ball (triangular window).
- Rest of hands form the shape of a ball.

### ONE AND FREEZE

- The correct contact point is just above the forehead (hairline).
- When contacting the ball, the hands move in one direction only.
- Freeze with arms fully extended in the direction you want the ball to go. (Hands are the same distance apart upon completion as they were during contact.)
- Hands follow the ball.

### FOREHEAD AND HIPS

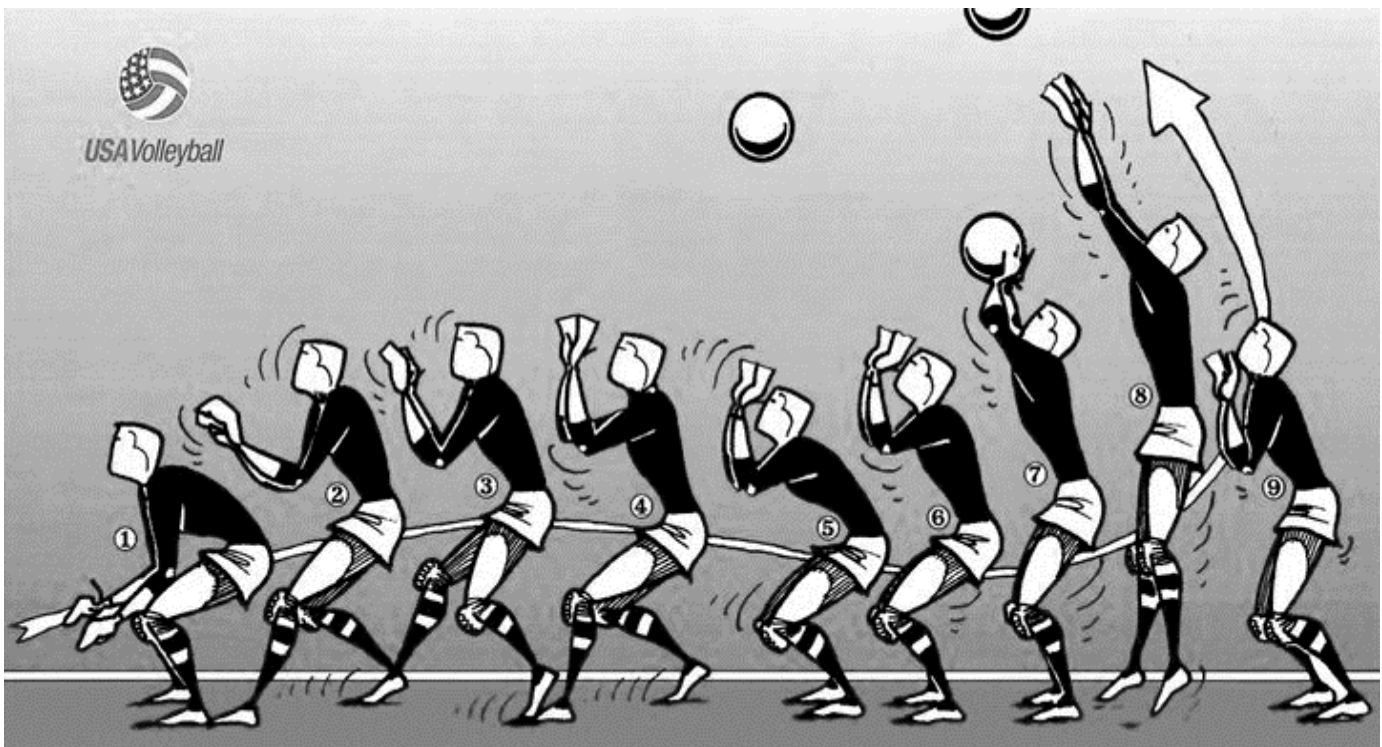
- The correct body position is with the ball, forehead, and hips in a vertical line.

### FACE THE TARGET

- With your right foot forward, square off to target with shoulders and feet before you deliver set
- Face your sweet spot (for outside sets - the point on the left sideline that is 3 feet from the center line) for all of your sets

### LONG DISTANCE SETS

- With your right foot forward and knees bent, place weight on the back foot (left) and at contact, transfer weight to the front foot (right).



# Setting (Overhand Passing)

## Technique

- Start in the ready position facing the target.
- Spread fingers in the shape of the ball above the head.
- Form a triangle with thumbs and pointer fingers (hands should not be touching)
- Place hands directly in front of the face close to the forehead. This position is called NEUTRAL and is always the starting position for the set.
- On contact, set by extending the arms and legs.

## Common Errors

- Contacting the ball with the palms of the hands.
- Facing where the ball is coming from.

## 1, 2, 3's Setting

### *Ready:*

Arms bent, hands in front in "triangle shape," one foot forward, legs shoulder-length apart

### *One:*

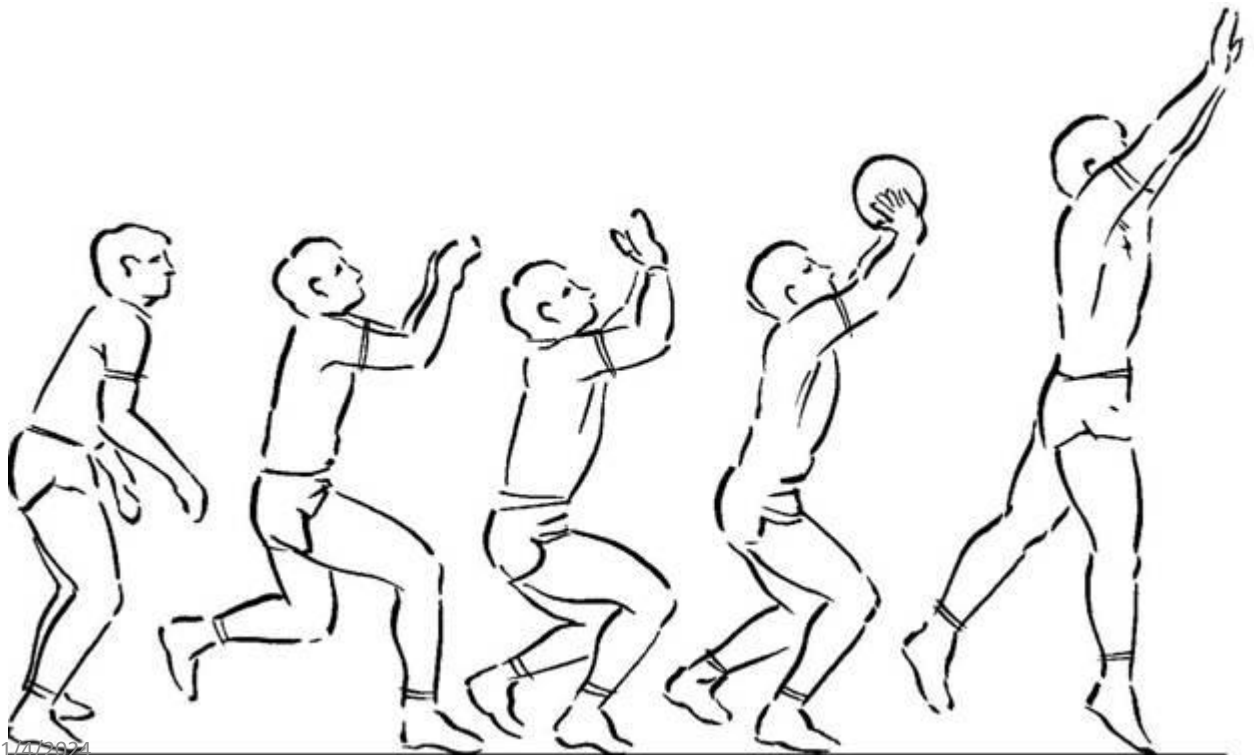
Hands come up together slightly above forehead, elbows above shoulders

### *Two:*

Step forward as hands contact ball, extend arms in front, use knees to push the ball

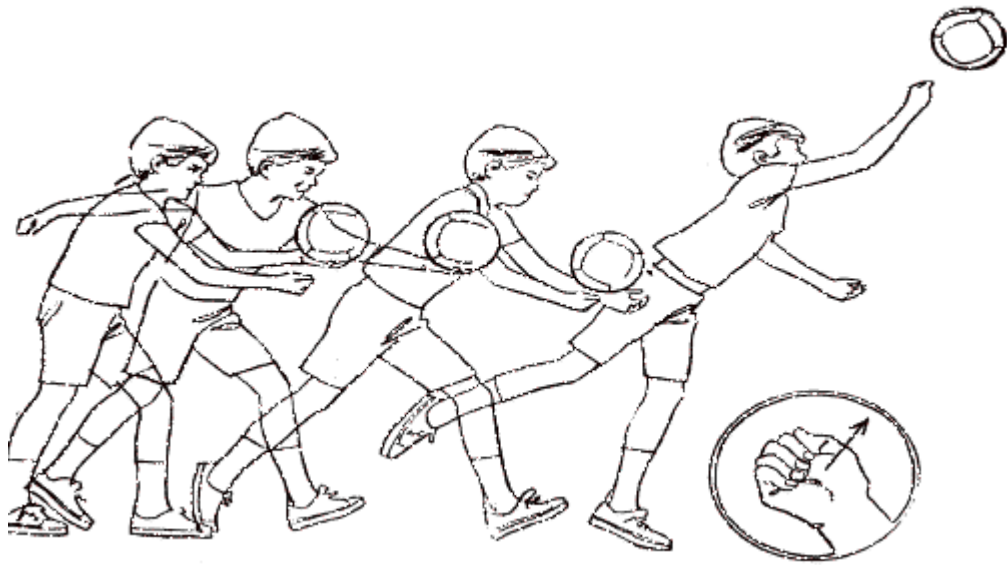
### *Three:*

Hands return to "shape"



# Underhand Serving

1. If you are right-handed, put your left leg forward and put all your weight on your back foot. (opposite for left-handers)
2. Place the ball in the palm of your non striking hand under the volleyball. Then hold it out in front of you a little lower than your hip and across your body directly in the line of your striking hand. (Elbow straight)
3. Make sure your right (striking) hand is in a fist. (Closed fingers and heel of hand facing the ceiling).
4. Let your striking hand drop from behind the ball to back beyond your hips a little bit. (Elbow straight-closed fingers and heel facing the floor)
5. As you step forward with the opposite foot of the striking hand (Both elbows are still straight) bend your knees, lower the held ball and lean your head over the ball, bring your striking hand forward to meet the ball.
6. The heel of your hand and folded fingers strike just beside your pinkie. Don't let your foot go over the line or it is considered a foot fault.
7. Once you make contact with the ball, extend your legs up for power, and follow through!(follow through: continue your arm swing upward and point your striking hand in the direction of your intended target).



# Overhand Serving

## Technique

- Face target
- Ball tossed in a vertical plane
- Short toss / quick arm
- Contact ball at the peak of the toss
- Contact with lower half of the hand
- Limited follow through
- Master short serve and all serving zones

## 1, 2, 3's Overhand Serving

### Ready:

Hold ball out in front with both hands, one foot back, look at target, elbow prepares

### One:

Arm comes back, elbow high above ear, hold ball with one hand now, upper body opens up sideways

### Two:

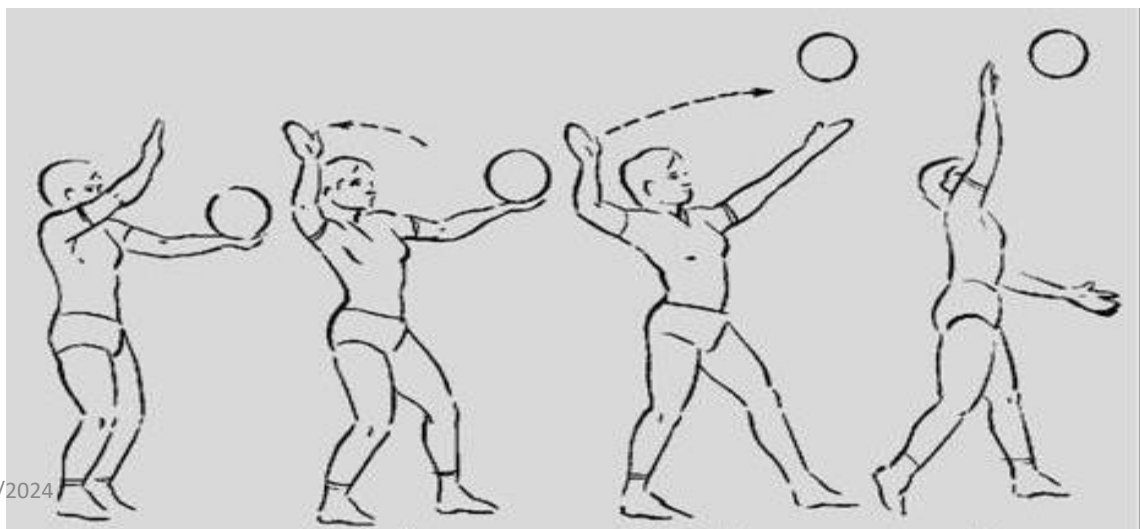
Toss ball (if let go, it has to land in front of your front foot), front foot steps forward at the same time as toss, palm of hand contacts in front of body and above head.

### Three:

Follow through with the forward step, hand directs ball to target, pull left arm back, body pivots and now faces forward.

### Finish:

As the ball is hit, elbow finishes on top, wrist "snaps" down to get ball in the court, non-hitting arm is pulled back by the hip, land behind center line/net.





# Attacking

## Technique

- Footwork is key to success (4-3-2 steps and when to use each)
- Proper arm swing mechanics (arm back not up)
- Understanding hand contact to control the ball (sound and top spin are key)
- Developing shots to defeat the block (always attack with a purpose)
- As players develop make sure they understand 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> tempo concepts

## 1, 2, 3's Attacking

### Ready:

Arms hang in front, left foot back (for righties; right foot back for lefties), start approach approximately two feet behind 10-foot line.

### One:

Face the setter at a 45-degree angle. First step is with the foot which was in the back. Three-step approach -> "left-right-left," or two-step and a pre-hop

### Two:

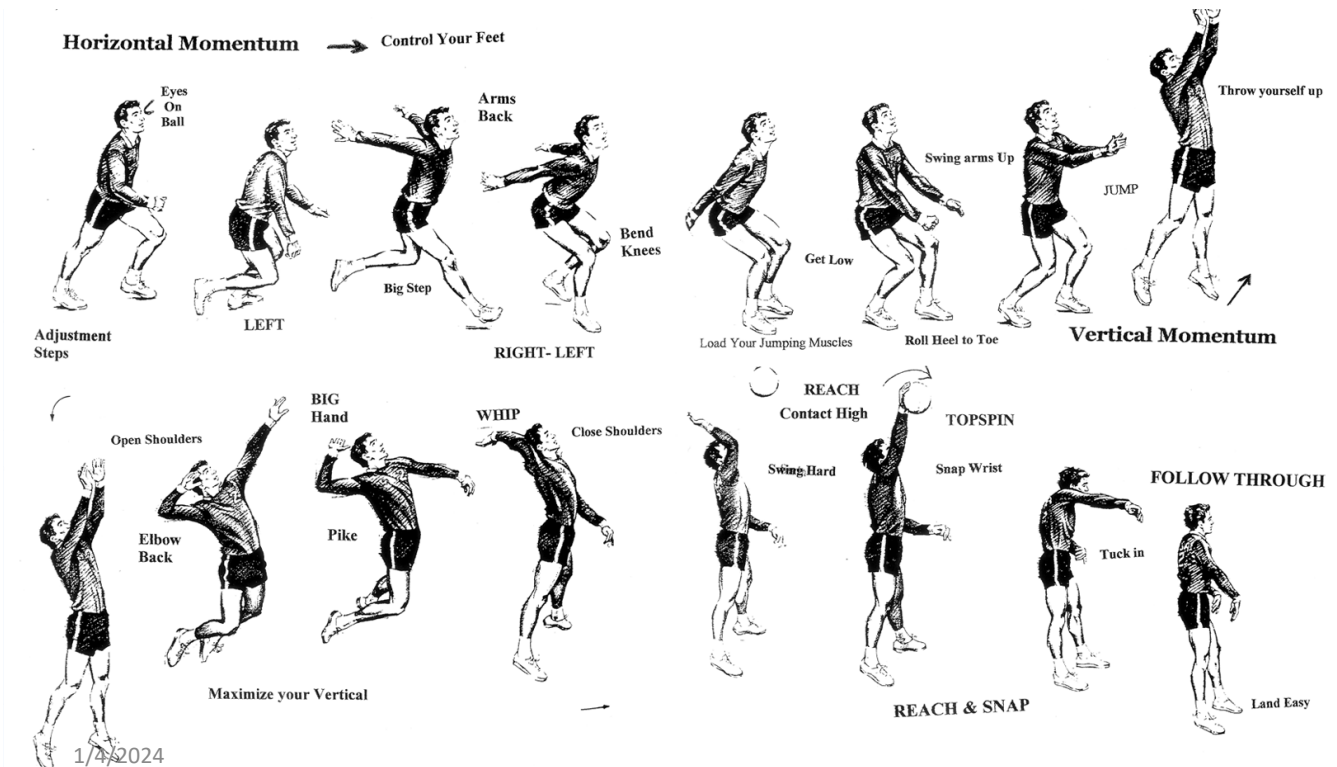
Knees bend before jumping; both arms are back, look at the ball and adjust to it by closing with the last step.

### Three:

Jump slightly behind the ball, turn hips sideways bring both arms up, elbow up high above the ear (like on the serve), non-hitting arm in front in the "load" position.

### Finish:

As the ball is hit, elbow finishes on top, wrist "snaps" down to get ball in the court, non-hitting arm is pulled back by the hip, land behind center line/net.



# Volleyball Terms

- **ACE** - A serve that is not passable and results immediately in a point.
- **ATTACK** - The offensive action of hitting the ball. The attempt by one team to terminate the play by hitting the ball to the floor on the opponent's side.
- **ATTACKER** - Also "hitter" or "spiker." A player who attempts to hit a ball offensively with the purpose of terminating play in his or her team's favor.
- **BACKCOURT** - The area from the end line to the attack line.
- **BUMP** – A common term for forearm passing.
- **BUMP PASS** - The use of joined forearms to pass or set a ball in an underhand manner.
- **CENTER LINE** - The boundary that runs directly under the net and divides the court into two equal halves.
- **DIG** - Passing a spiked or rapidly hit ball. Slang for the art of passing an attacked ball close to the floor.
- **DOUBLE HIT** - Successive hits or contacts by the same player. (Illegal)
- **FLOATER** - A serve which does not spin or rotate and therefore moves in an erratic path. This is similar to a "knuckle ball" pitch in baseball.
- **FOREARM PASS** - Join your arms from the elbows to the wrists and strike the ball with the fleshy part of your forearms in an underhand motion.
- **FOUL** - A violation of the rules.
- **FREE BALL** - A ball that will be returned by a pass rather than a spike. This is usually called aloud by the defense instructing players to move into serve receive positions.
- **HIT** - To jump and strike the ball with an overhand, forceful shot.
- **HITTER** - Also "spiker" or "attacker"
- **KILL** - An attack that results in an immediate point or side out.
- **LINE** - The marks that serve as boundaries of a court.
- **OVERHAND PASS** - A pass executed with both hands open, controlled by the fingers and thumbs, played just above the forehead.
- **OVERHAND SERVE** - Serving the ball and striking it with the hand above the shoulder.
- **READY POSITION** - The flexed, yet comfortable, posture a player assumes before moving to contact the ball.
- **ROTATION** - The clockwise movement of players around the court and through the serving position following a side out.
- **SERVE** - One of the six basic skills; used to put the ball into play. It is the only skill controlled exclusively by one player.
- **SERVER** - The player who puts the ball into play.
- **SET** - The tactical skill in which a ball is directed to a point where a player can spike it into the opponent's court.
- **SIDE OUT** - Occurs when the receiving team successfully puts the ball away against the serving team, or when the serving team commits an unforced error, and the receiving team thus gains the right to serve.
- **UNDERHAND SERVE** – A serve in which the ball is given a slight under-hand toss from about waist high and then struck with the opposite closed fist in an "underhand pitching" motion.