

Action Volley A WAY OF THINKING

How to inspire children for volleyball

100+ Practice Drills



Mat spike

Explanation

Two groups against each other. Throw the ball over and try to smash the ball on the mat of the other team. The mats are about 10 metres apart.

Progressions

Goals instead of mats

Goals with backs against each other

Walking with the ball

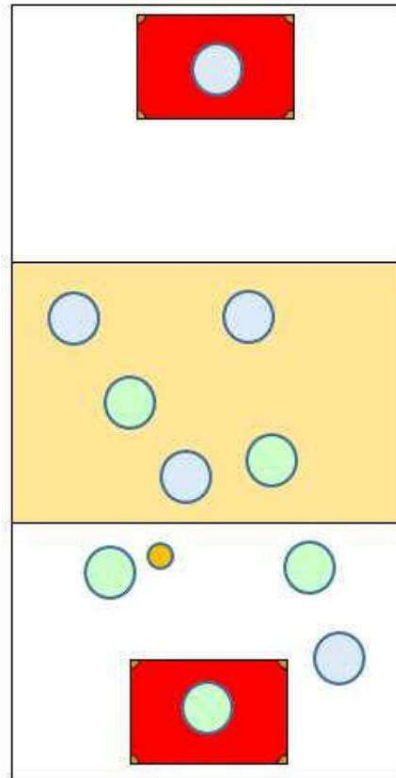
Comments

Teams against each other, duels

Game

Children and adults

Hall and beach



“How can we inspire children for volleyball”

Coach-fed ball rolling competition

Explanation

Coach rolls the ball into the court. Two players start right away and run after the ball. Who gets to the ball first?

Progressions

Players start on their front

Players try a role or dive

Dive to hit the ball with head

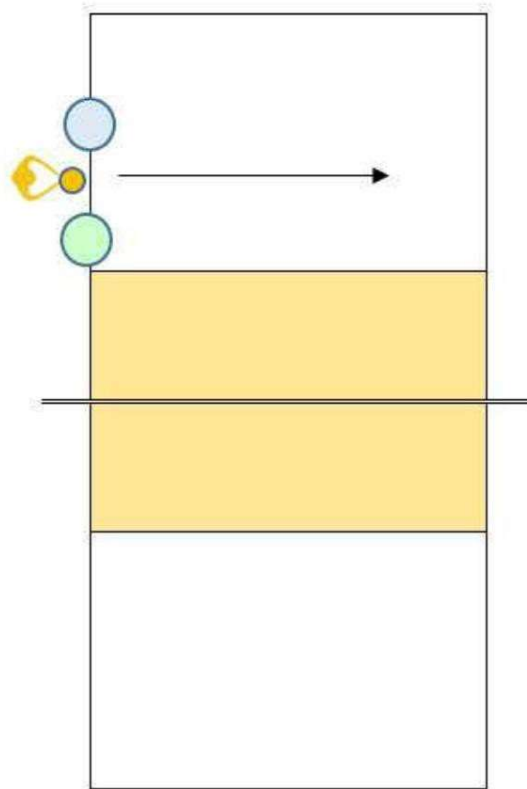
Making a bridge and roll the ball underneath (work together)

Comments

Against each other, duels and physical

Children and adults

Hall and beach



“How can we inspire children for volleyball”

Coach hits the ball into the court

Explanation

The Coach hits the ball on to the floor into the court. Two players start right away, who gets the ball first before it bounces.

Progressions

Various start positions, e.g. on the back

Dive under the ball

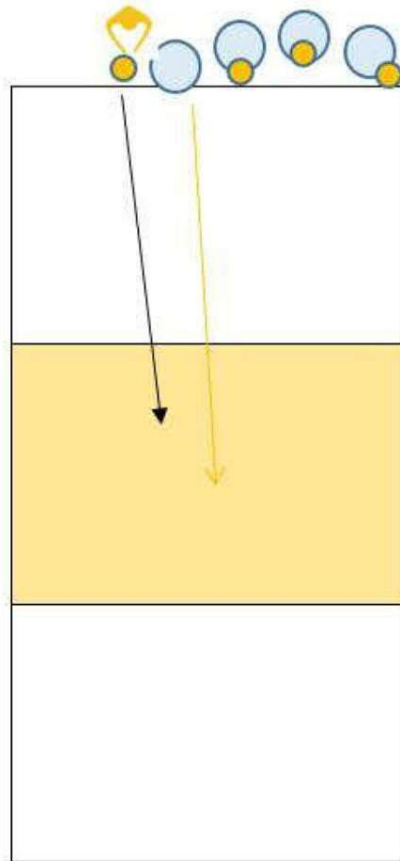
Hitting the ball on a gym ball (see photo)

Comments

Against each other, duels and physical

Children and adults

Hall



“How can we inspire children for volleyball”

Dodgeball

Explanation

Two teams play dodgeball. When you are thrown off, go behind the opponent's court and try to throw someone off. If this works, you can go back. If your thrown ball is caught immediately, you are off, too.

Progressions

Multiple balls

Run with ball

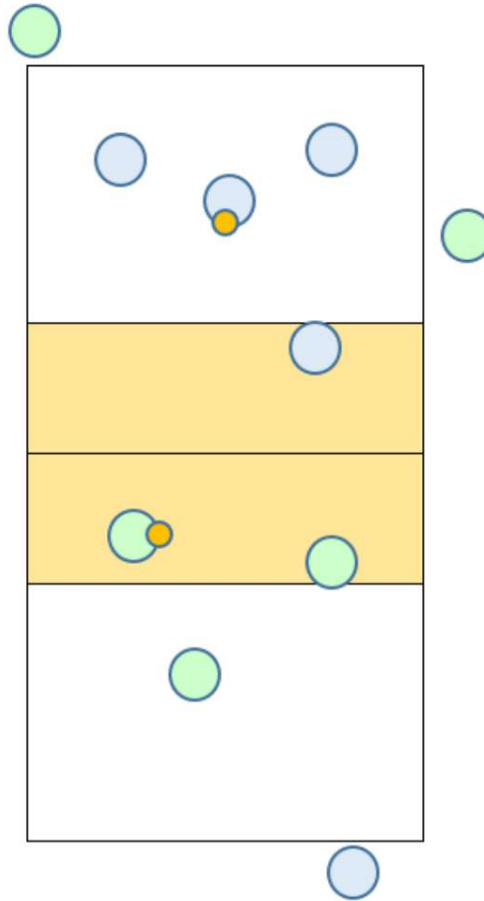
Comments

Against each other, duels and physical

Fun

Children and adults

Hall



“How can we inspire children for volleyball”



Cone circuit I

Explanation

Two players against each other with three cones between them. The cones are blue, yellow and red.

For example, coach calls "Knee" and the players tap their knee. When the Coach shouts "Red", they take the red cone as soon as possible. Who is the first to raise the cone?

Progressions

Players stand turned around

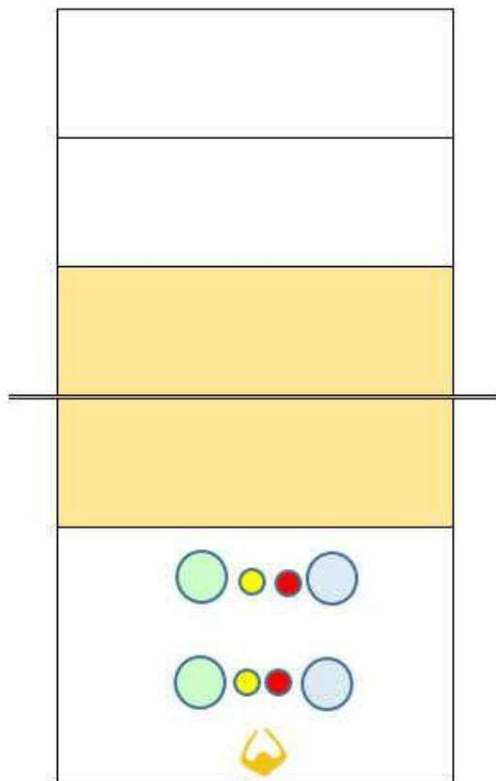
On "Knee", tap the knee of your buddy

Comments

Speed and reactions

Children and adults

Hall and beach



“How can we inspire children for volleyball”



Cone circuit II

Explanation

On each side of the cones (yellow and red) are the players. One player is yellow, the other is red. Coach shouts "Red" then the red player runs away and the yellow tries to tap him before he reaches the side line.

Progressions

When the Coach shouts "Red", the red is the chaser, so the yellow one has to run away.

Coach has a yellow and red cone behind his back and shows one.

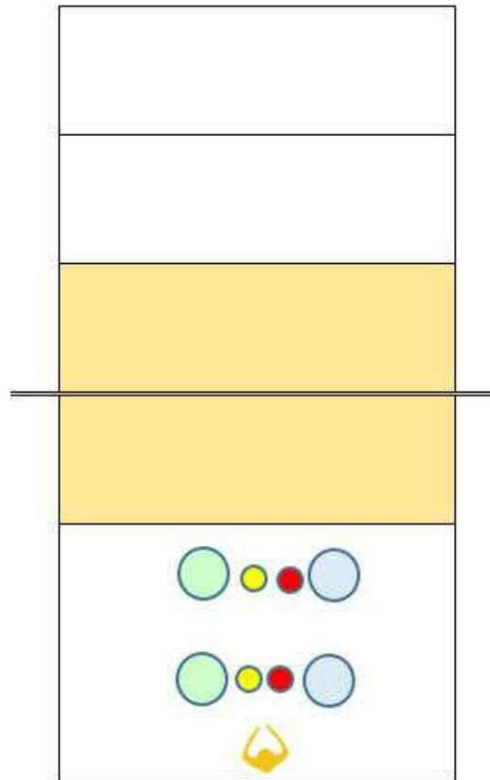
Comments

Speed

Reactions

Children and adults

Hall and beach



"How can we inspire children for volleyball?"

Swiss series

Explanation

Various exercises with pulling and pushing against the ball. Two hands/ one hand.

Progressions

Pulling and pushing against the ball

Taking ball

Both on the back, feet to the ball.

Same but on stomach

Comments

Against each other, duel and physical

Children and adults

Hall and beach



"How can we inspire children for volleyball"

Ball is 'piggy in the middle'

Explanation

You need six children to make a circle and hold hands. In the middle of the circle is a ball. The children in the circle try to stop 'thief' stealing ball by moving round and blocking together.

Progressions

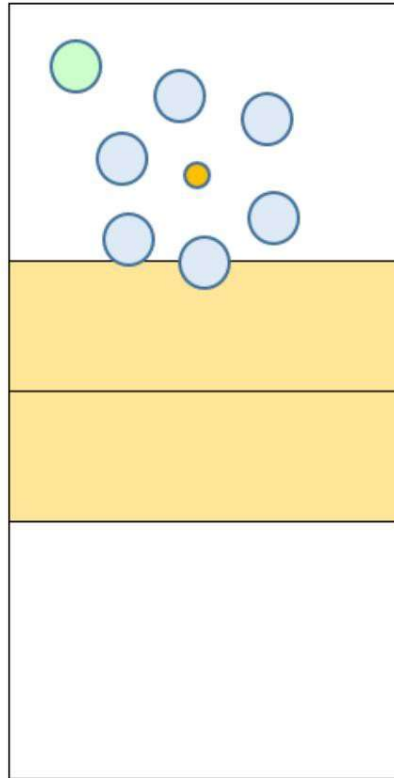
Two children outside the circle

Two balls in the middle

Comments

Against each other, duels and physical

Hall and beach



"How can we inspire children for volleyball"

Rugby

Explanation

Two team against each other. Try to get the ball in the goal or under the gate with the opponent. Running with the ball is allowed.

Progressions

No running with ball

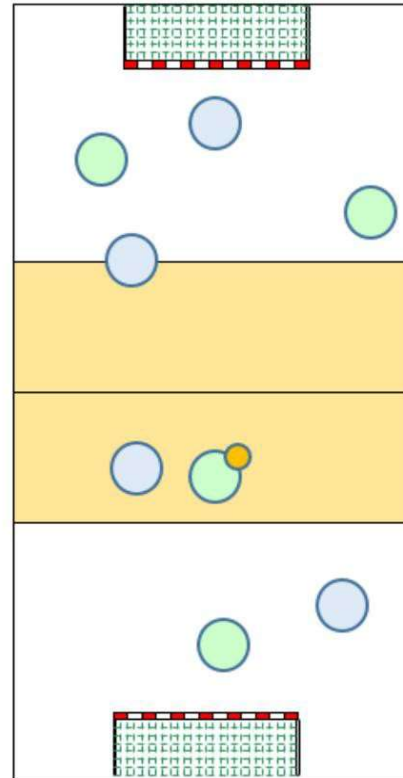
Comments

Against each other, duels and physical

Men/women/mixed

From the age of 12 and adults

Hall and beach



“How can we inspire children for volleyball”

One on one

Explanation

Two players against each other with the net in between. The ball is thrown over the net. After the ball is thrown over the net a game is played with 2 touches each.

Progressions

Just touch

Tap your neighbour, tap your neighbour 2 places away, tap your neighbour diagonally on the other side

Chinese feet

One on One Level A and Level B

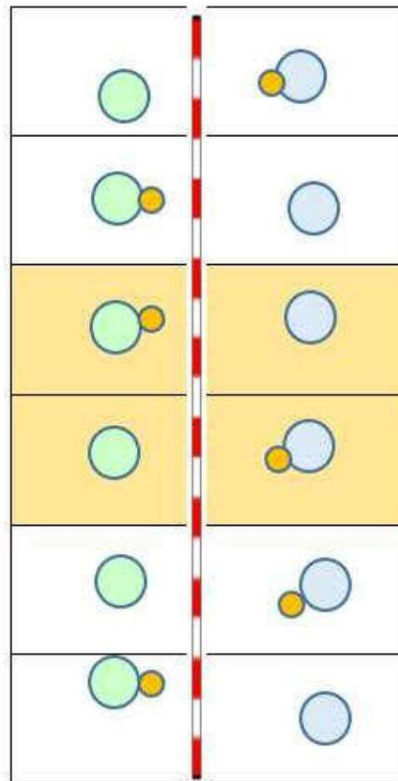
Smashball 1.5

Comments

You can give a specific progression

Children

Hall and beach



“How can we inspire children for volleyball”

Coach feeds ball over the net

Explanation

One or two players on the other side, Coach hits the ball over the net, and it is processed. The player who gives the ball to the coach goes to the other side. The person who has played picks up the ball and gives it to the Coach.

Progressions

1 player: Underhand and hitting (give and take)

1 player: Underhand, knee and hitting etc.

2-talls Underhand, catch and hit (basic volley)

2-talls Underhand, bra and beat (if-then)

2-talls Underhand, knee and hitting (cool)

Both side 2 tal, always by turning
(count your points)

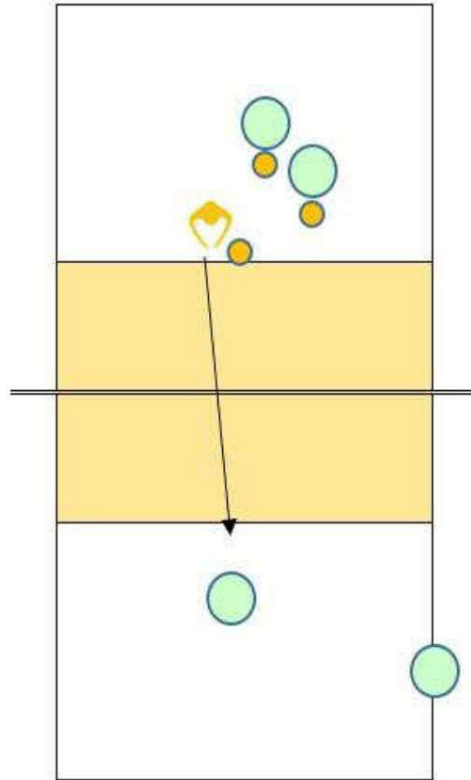
From the net/side line/back line/etc.

Comments

Giving Feedback

Children and adults

Hall and bea



"How can we inspire children for volleyball"

Turning cones

Explanation

Players try to knock over cones

Progressions

Throw and hit yourself

Throw in the court (if the ball comes back over it you get 5 points)

Gym ball in basket (you knock the gym ball out of the basket you get 5 points)

Coach hits the ball over the net 1 person

Coach hits the ball over the net 2

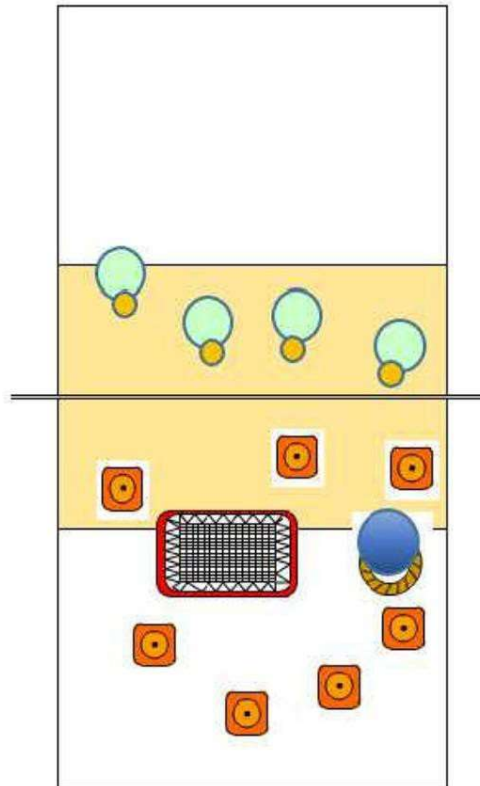
Or just keep the cones upturned

Comments

Smash

Timing

Hall and beach



“How can we inspire children for volleyball”

Mat smash and defence

Explanation

Gym mat as a target against the wall.
Player as a goalkeeper in front of goal.
The others try to hit the ball in the goal.

Progressions

Increase/decrease distance from target

Hit at gym Mat

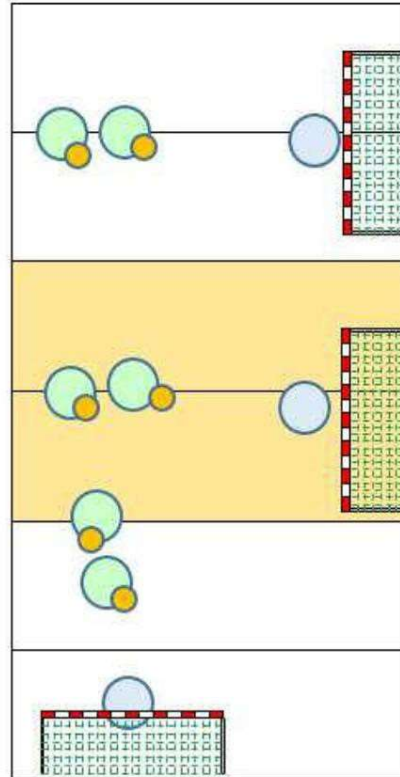
Comments

Smashing and defending

Keep score

Children

Hall and beach



"How can we inspire children for volleyball?"



Gym ball over sideline

Explanation

A team on both side lines. In the middle of the court is a big gym ball. Both teams try to hit the gym ball with volleyball, so it goes over the side lines of the opposing team

Progressions

Multiple gym balls

Use Smaller Balls

Comments

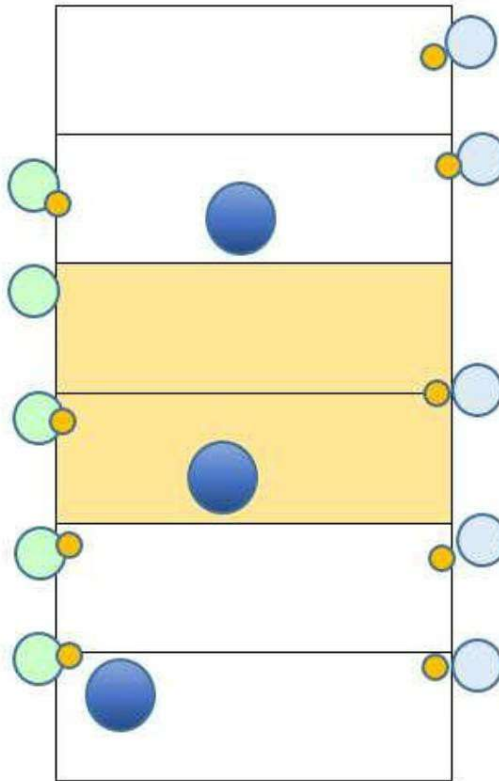
Spiking

Fun

General section and specific portion

Children and adults

Hall and beach



“How can we inspire children for volleyball”



Gym ball above the net

Explanation

Coach keeps a gym ball over the net. The players smash their ball against it.

Progressions

Coach can also keep the ball that needs to be held at the net

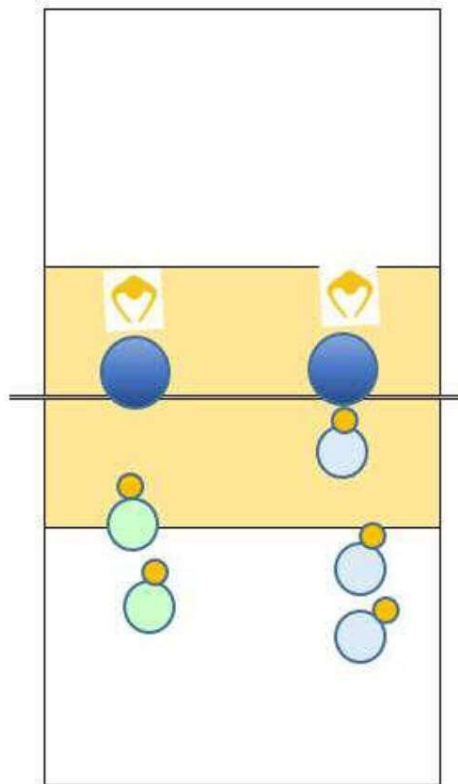
After smashing catch the ball or let it drop

Comments

It's about the action, experience and fun

Children

Hall and beach



“How can we inspire children for volleyball”

Hitting the trampoline

Explanation

The player smashes the ball on the trampoline. If it bounces back, he can do it again.

Progressions

On rebound, the player 'sets' the ball up and smashes

The Coach can also throw the ball from the side of the trampoline. The player catches or sets and smashes.

This can also be done with a pair, building an attack.

How many times against each other?

Comments

Experience, smash and fun

Children and adults

Hall and beach



“How can we inspire children for volleyball”



Scoring a goal

Explanation

There is a player in the goal. Behind the high box are players with a ball. Hits come quickly from behind the box, throw the ball up and hit it in the goal.

Progressions

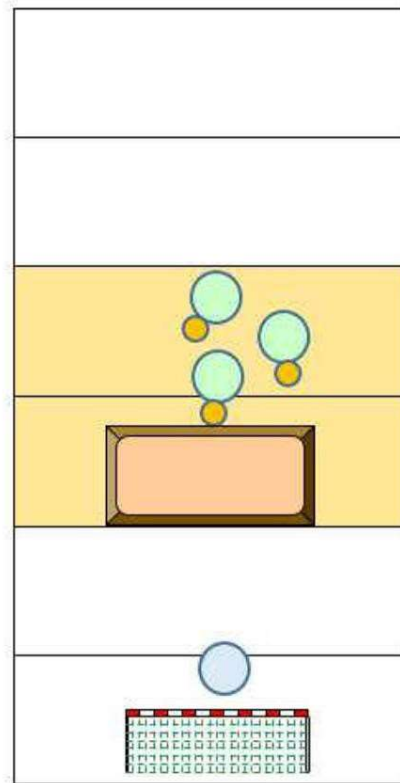
Comments

Experience, scoring and fun

The goalkeeper can perform volleyball specific movements.

Children

Hall



“How can we inspire children for volleyball”



Coach holds the ball above the net

Explanation

The Coach holds the ball above the net, the player jumps and hits the ball out of his hand.

Progressions

Turn around in air then hit

Last pass / two last passes / whole run-up

Start somewhere else

Coach throws the ball up

Comments

Smash and score

You can add targets to it

Children and adults (who start with volleyball)

Hall and beach



"How can we inspire children for volleyball?"

Arie drill

Explanation

A group of players are in position 6. Coach throws balls in the court and in turn the players start defending balls. After defence, they go to the back again. Coach can determine that the group e.g. 24 balls to defend. Do this drill on two courts at the same time, who is finished first

Progressions

If you do not go for ball take a point off

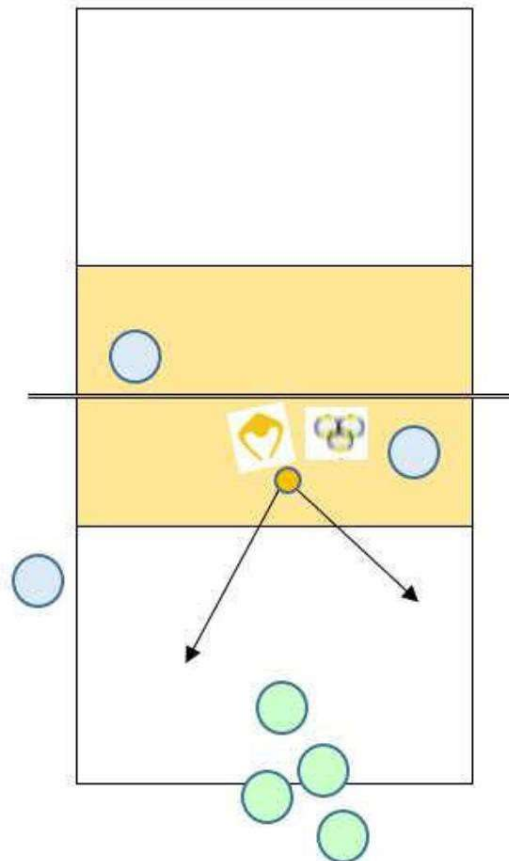
Comments

Rapid

Defence

Children and adults

Hall and beach



“How can we inspire children for volleyball!”



Defending ball on thick mat

Explanation

Coach throws a ball over the thick mat. A player comes running up and tries to play it.

Progressions

Comments

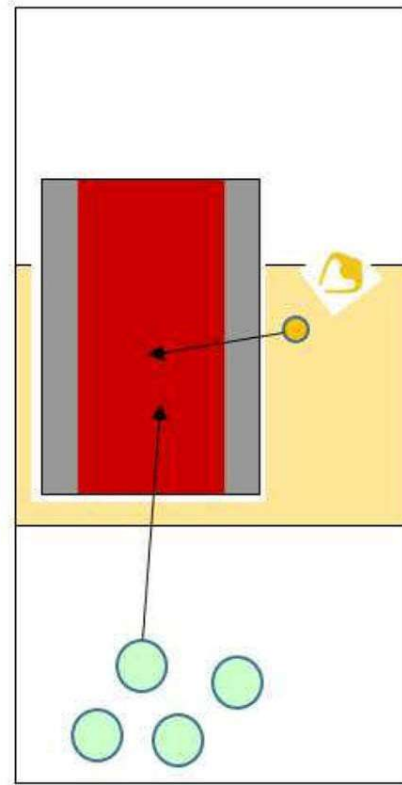
It's about the tough experience.

Defence

Move into the child's world, this is cool!

Children

Hall



"How can we inspire children for volleyball?"

Jump and hit

Explanation

Player A throws the ball with an arc and runs to the other side. Player B jumps over the ball and turns around and hits the ball to A. A defends.

Progressions

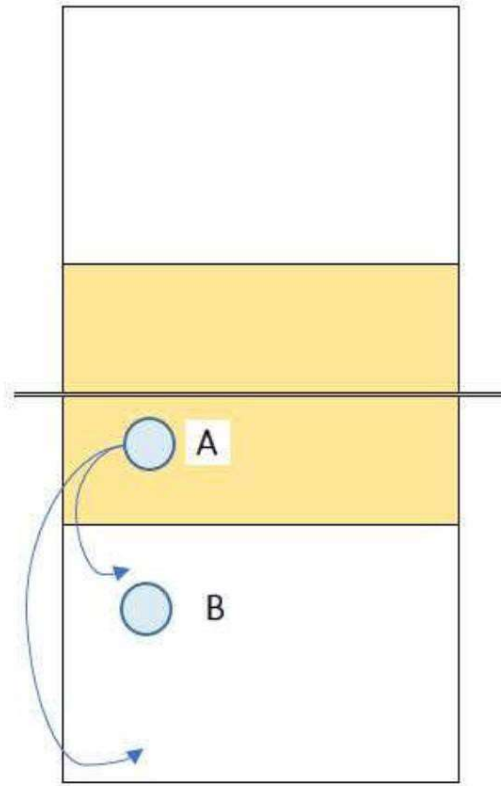
Comments

Simple

Defence

Children and adults

Hall and beach



“How can we inspire children for volleyball”



Into the basket

Explanation

Two teams of about 4 players. Both on the same side of the net. In the middle of the net is a basketball pole with basket. Each group has a Coach. They throw the ball over the net to their group. The players try to play the ball directly in the basket. Who has the first 5 points?

In the basket is 1 point and against the basket half a point.

Progressions

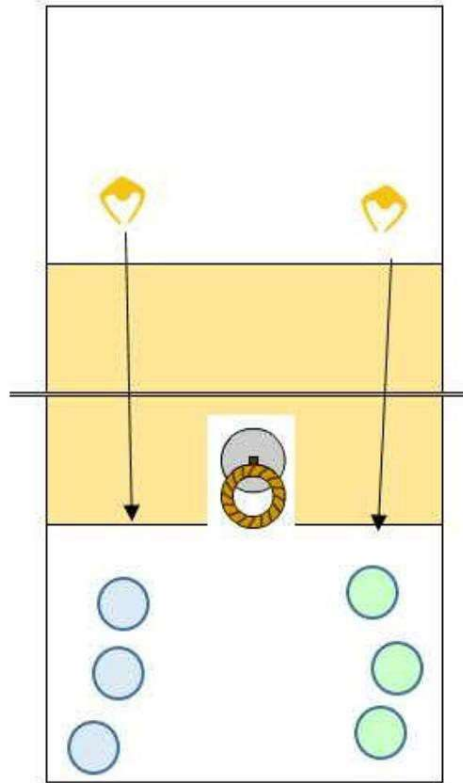
Two baskets next to each other
Each group has its own basket

Comments

In young children first catch and then throw or play.

Children and adults

Hall and beach



“How can we inspire children for volleyball”



Overhand Switch

Explanation

Player gets a ball thrown from (1). Player runs in (2) and gives a set-up (3) to position 4. Same player runs (4) around a cone. The assistant Coach throws a ball (5) and the player hits the ball thrown (6).

Progressions

Set up Back

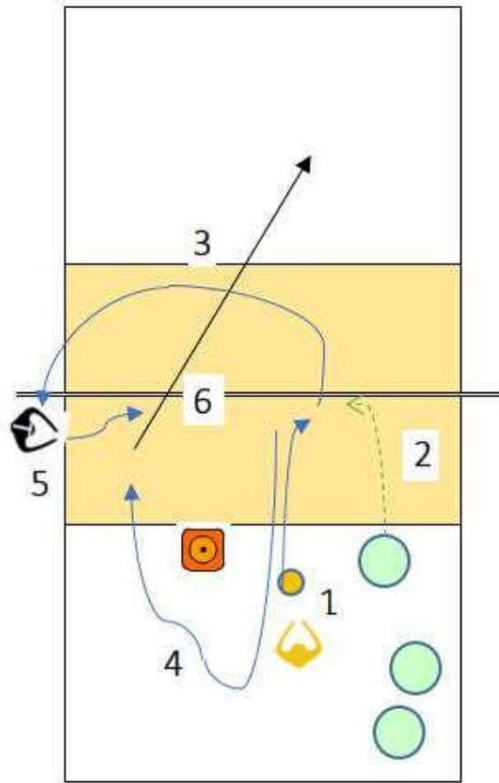
Comments

Specific section

Work out exercise even further

Children

Hall and beach



“How can we inspire children for volleyball?”



Something overhand...

Explanation

Player sets the ball overhand to the outside then smash the ball over the net quickly. Right-handed set the ball to position 2 and left-handed to position 4.

Progressions

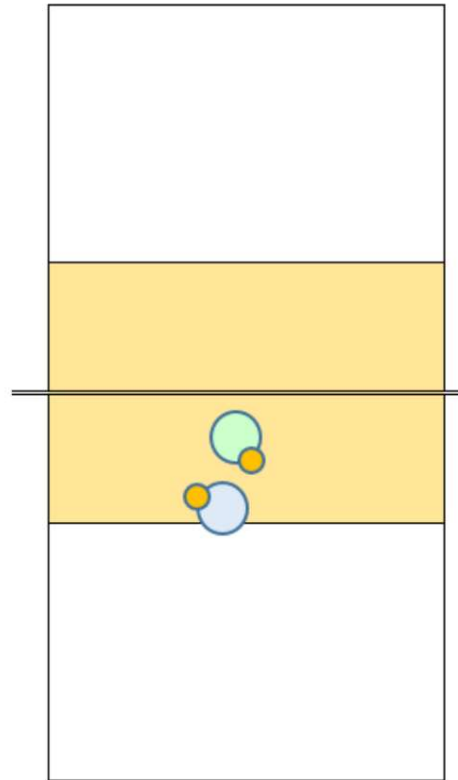
Comments

Specific section

Work out exercise even further

Children

Hall and beach



“How can we inspire children for volleyball”



Into the basket II

Explanation

Coach throws the ball. The setter tries to set the ball into the basket.

Progressions

Two groups at once, who is quickest to finish
Two groups with one basket, so you can try to knock the other team's ball away. Who is ready first?

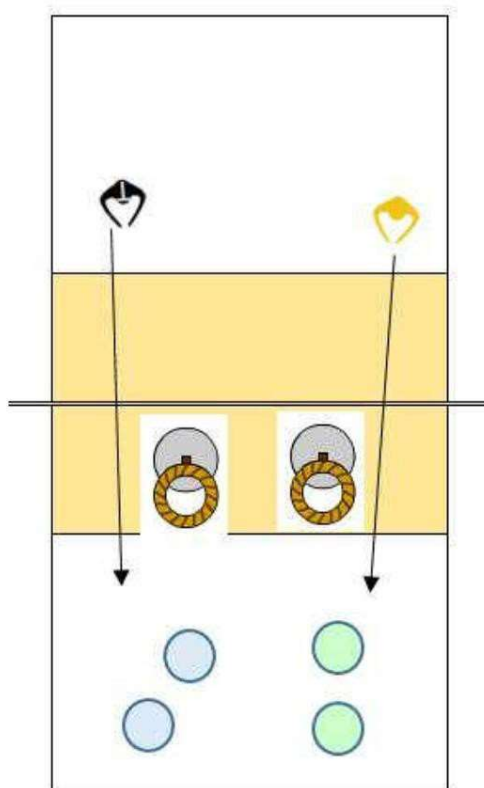
Comments

In young children first catch and throw or play

Individual action

Children

Hall and beach



“How can we inspire children for volleyball!”

Diagonal overhand in the basket

Explanation

Coach throws the ball. Player walks in and sets the ball diagonally into the basket.

Progressions

Switch row after games

Walk in from a different position

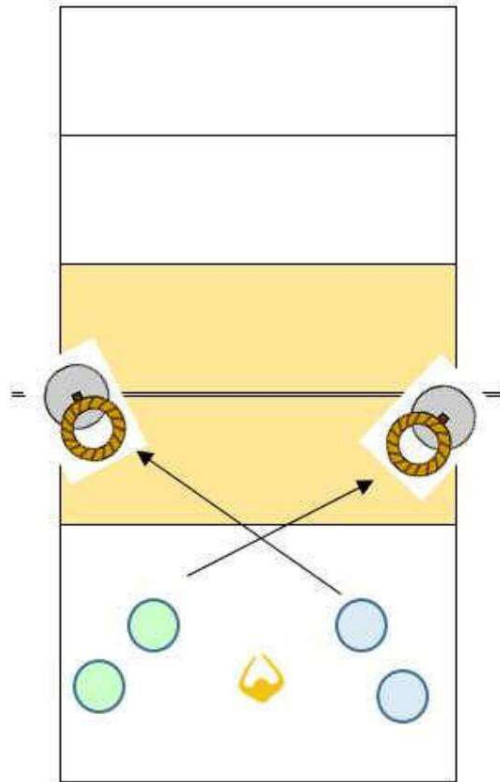
Throwing by the other team

Comments

Overhand to score

Children and adults

Hall and beach



“How can we inspire children for volleyball”

Individual chaos

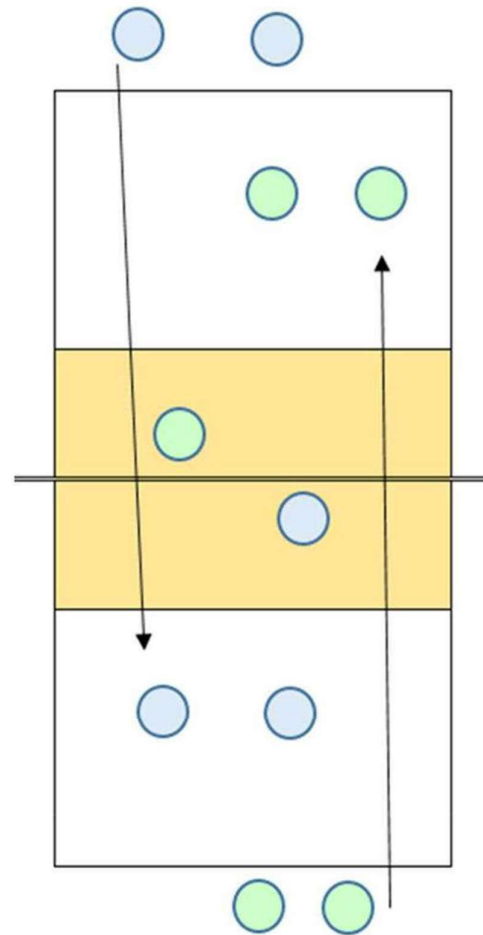
Explanation

Group A and B. Both groups consist of 6 players. Of both groups, half will pass, and the other half will serve. Group A servers serve with group B passers and elsewhere. Which group of passers is the first to raise e.g. 10 points?

Progressions

Comments

Young children catch
Underhand and serve
Children and adults
Hall and beach



“How can we inspire children for volleyball”



Serve in the goal

Explanation

The players try to serve the ball in the goal. The one on target tries to stop the balls.

Progressions

Distance change

Comments

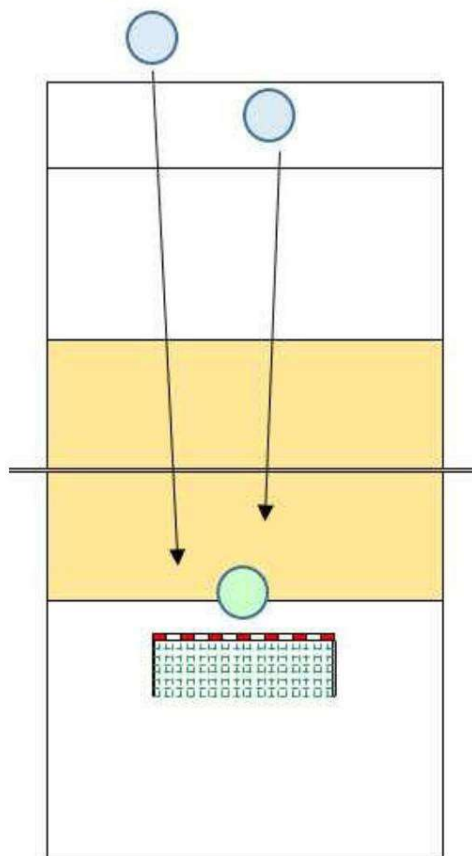
The net is hung so that the ball can go in at the top of the goal. (Photo is not correct)

Serve and score

Defending overhand

Children and adults

Hall and beach



“How can we inspire children for volleyball”



Serve on passers

Explanation

Serve with 2 passers across side, how many balls do you score?

Ace = 3 points

Out of System = 2 points

Bad pass = 1 point

Duration 1 min.

Progressions

With position change?

How long does it take for the passers, for example, to pass 15x?

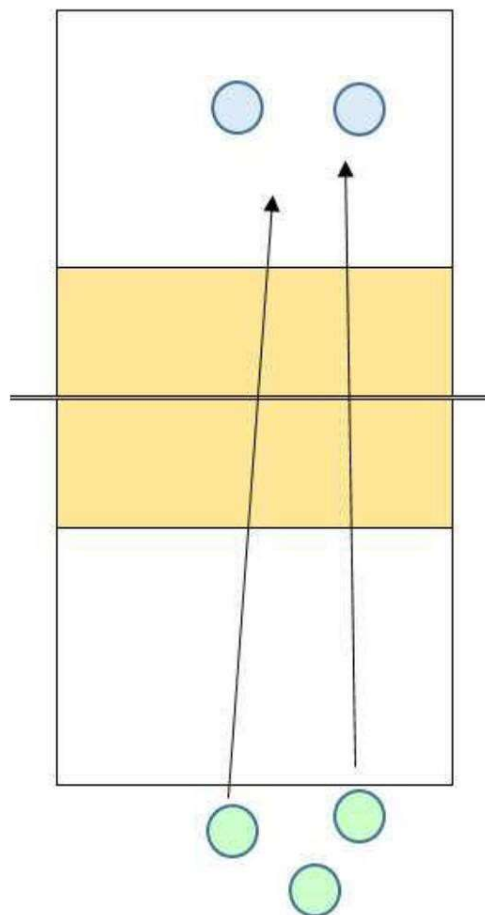
Comments

Serve and pass

Count points

Children and adults

Hall and beach



“How can we inspire children for volleyball”



Serve and hit (2 passer/hitters)

Explanation

Ball is served on one of the passers.
Setter (C) comes in to set up. If A passes, B will attack at position 4. If B passes, A attacks at position 2.

Progressions

Attacking own passed ball, so A at position 2 and B on positive

After services start defending, attackers can get targets to attack defender. With points.

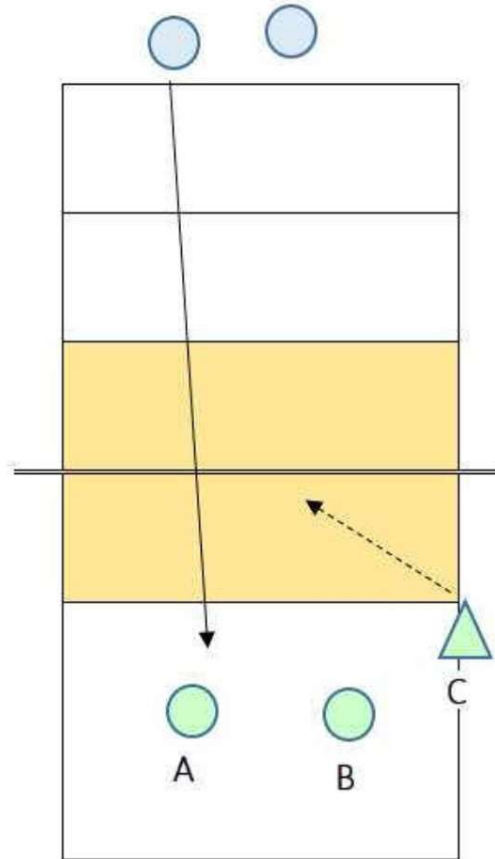
Comments

Serve, pass, and set

Dynamic

Children (if adapted) and adults

Hall and beach



“How can we inspire children for volleyball”



How many blocks?

Explanation

Two players are about 2 metres apart on the 3m line. On the other side of the net is one player. The two players play the ball towards the net where the other player keeps moving and tries to block the ball.

Progressions

How much do you block in 1 minute?

How much do you block out of 15 balls?

You have to block 10 balls

In two groups at once who is ready first

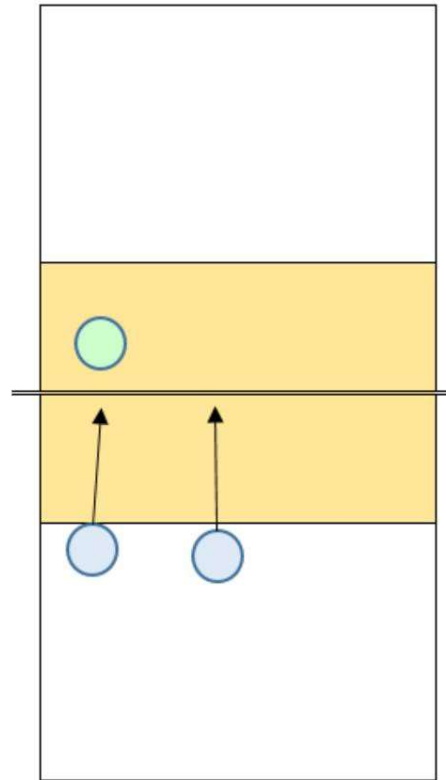
Comments

Block

Movement

Children and adults

Hall and beach



“How can we inspire children for volleyball!”

One on One game

Explanation

1 v 1 game

Progressions

Levels can also be against each other

King of the court system

Can play without catching

Multiple ball contacts

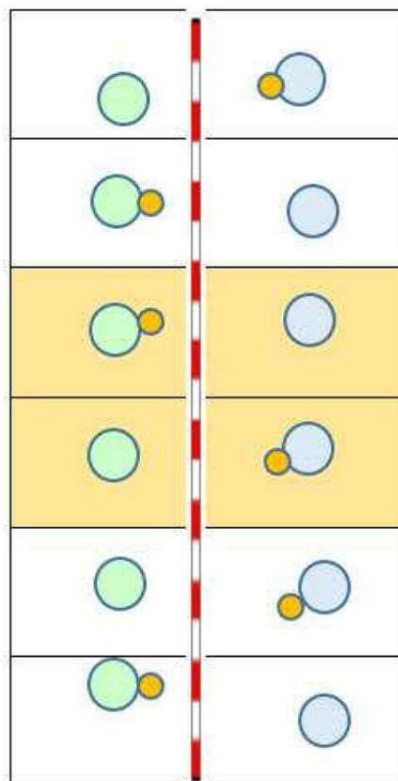
Comments

You can also play 1 with 1. Keep ball in play.

Technique, move and score

Children and adults

Hall and beach



“How can we inspire children for volleyball”

Smashball games

Explanation

1 to 1 in a smashball shape. Throw it at the net and hit. The ball can hit the opponent once. Then catch etc. (situation A)

Progressions

2 to 2 (situation B)

Comments

The attack must be at the net

Move children quickly

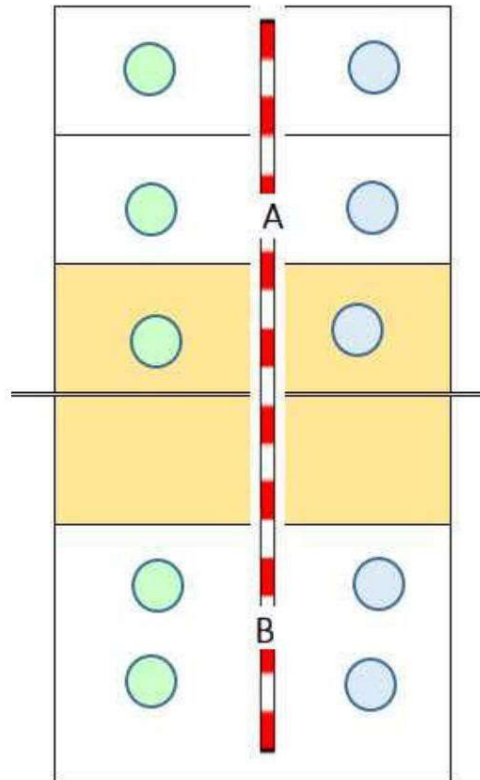
You score when you hit the corners

Jump

Spiking and move

Children and adults

Hall



“How can we inspire children for volleyball”

Basic volley games

Explanation

2 v 2. 3 touch play. 2nd ball is on so-called Smashline played. 3rd ball is hit.
Level C: underhand, catch/throw and smash
Level D: underhand, Noahball and smash

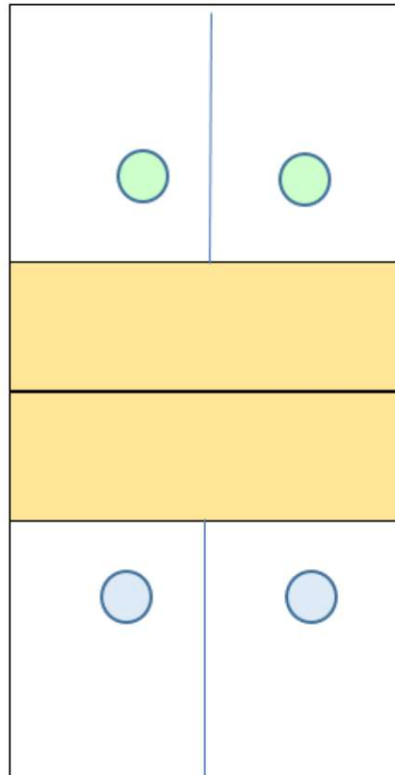
Progressions

For older children in 3x by play
King of the court system

Comments

Small court
Playing on a badminton court
The smash line is the 2 metre line on the badminton court

Children
Hall



“How can we inspire children for volleyball”

Spikeball games

Explanation

Spikeball games 3 v 3

According to Levels

Progression

King of court

Comments

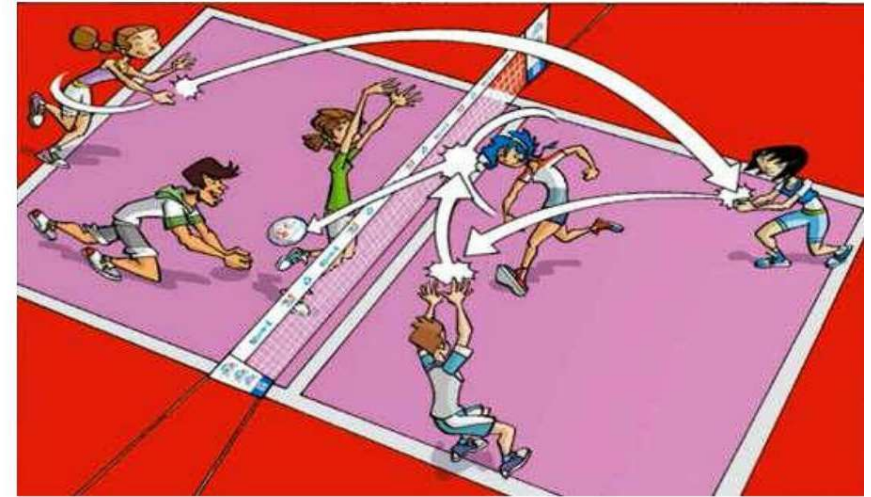
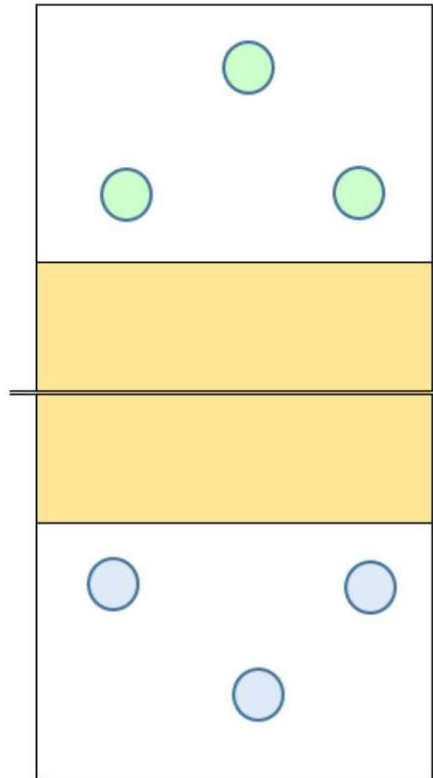
Play with the tip backwards

Movement

Games

Children and adults

Hall



Mat diving

Explanation

The group is divided into groups of 4. Each group has a gym mat. The Coach calls 'Go!' and the first in each group dives on the mat making it slide forward. Leave mat and run back and touch hand and the next person dives on the mat. The first mat across the court wins?

Progressions

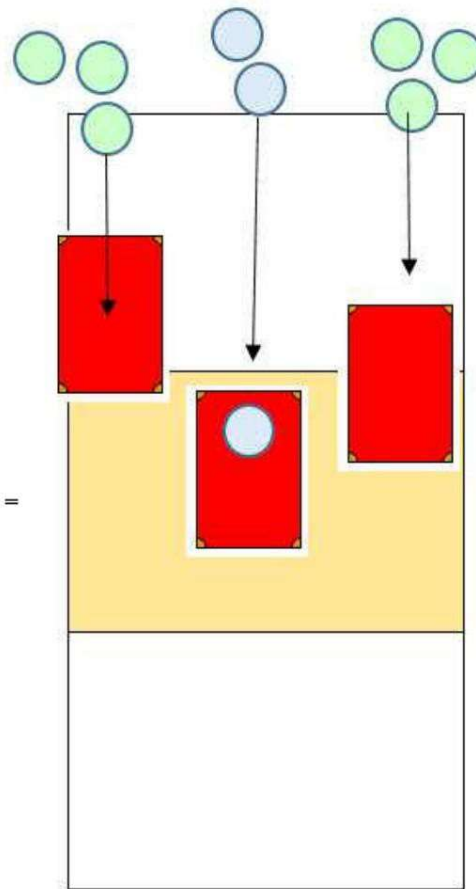
In how many dives for the mat to get to the other side?

Comments

Diving, action and play

Children

Hall



"How can we inspire children for volleyball?"



Thick mat diving

Explanation

A thick mat in the middle. Teams line up on long sides of the mat. First group facing the mat dive on it at the same time. The other group then take a dive. Which team gets the mat go over the sideline first?

Progressions

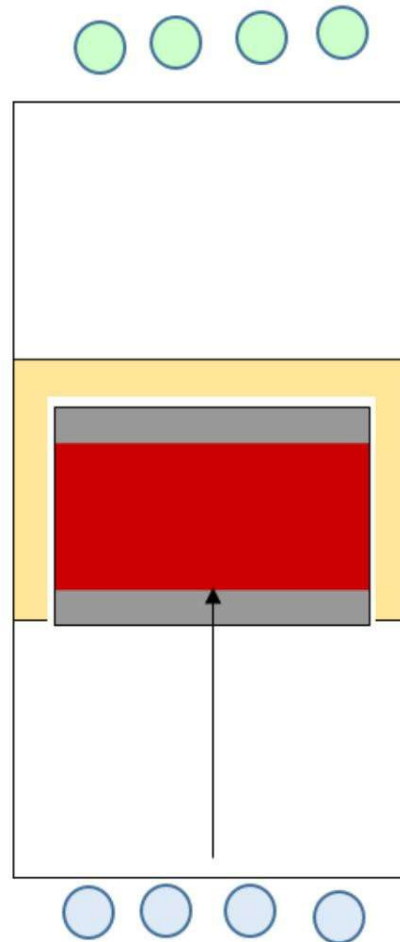
Diving from a side. How many dives to get the mat on the other side?

Comments

Diving, action, experience and play Game

Children

Hall



Spikeball I

Explanation

Two teams around the box. A team smashes the ball on the table. The ball comes up and the other team smashes too. Who scores?

Progressions

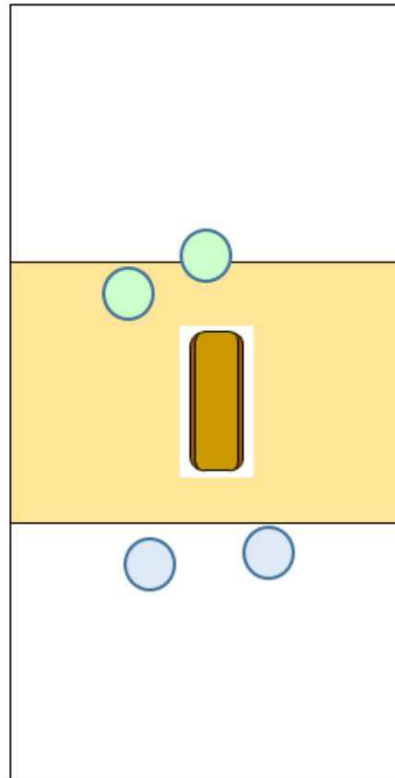
Play twice

Comments

Fun, action and play

Adults

Hall and beach



“How can we inspire children for volleyball”

Tug of war

Explanation

Two teams go tug of war

Progressions

Rope on the ground with teams on the back line in a row. Players are numbered. The Coach calls 1,2 and 3. Both teams of these numbers run and start pulling on the rope.

Coach calls 4, 5 and 6 they go to the rope and pull.

Comments

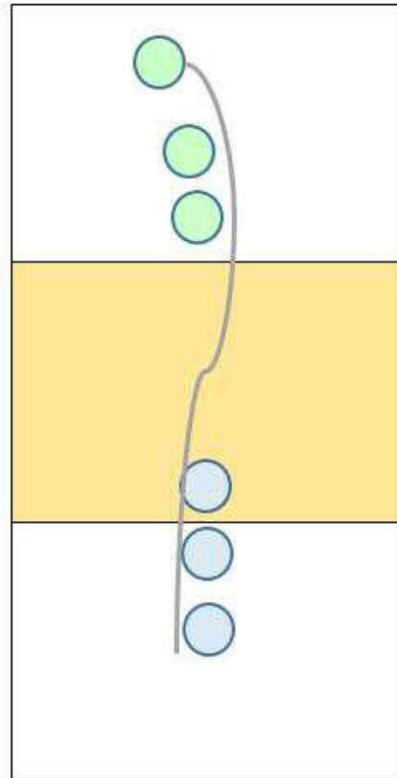
Whoever is around the fastest raises benefits

Fun, physical and game

General and game portion

Children and adults

Hall and beach



“How can we inspire children for volleyball!”

Spiking against a goalkeeper

Explanation

Two players on one side of the net. On the other side is a goal with a goalkeeper. Coach hits the ball to the two players; these build an attack on and try to score in the goal

Progressions

Change distance from the target

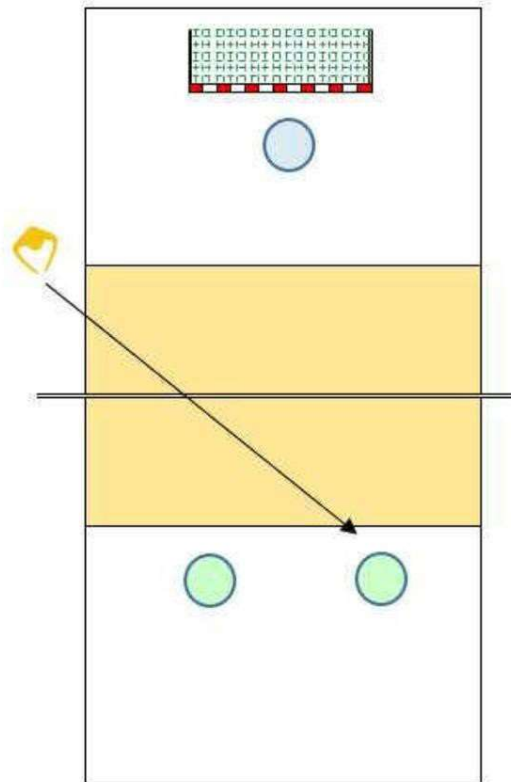
Two goals and two goalkeepers

Comments

Pass, set, attack, and defend

Fun and play

Hall and beach



“How can we inspire children for volleyball!”

Around the circle

Explanation

In pairs form a circle round balls. There is one less ball than there are pairs. Pairs are one in front and one behind. Coach calls, 'switch', 'sit', 'jump' etc and players react. The Coach calls, 'ball'. Back player goes through partner's legs and grabs a ball.

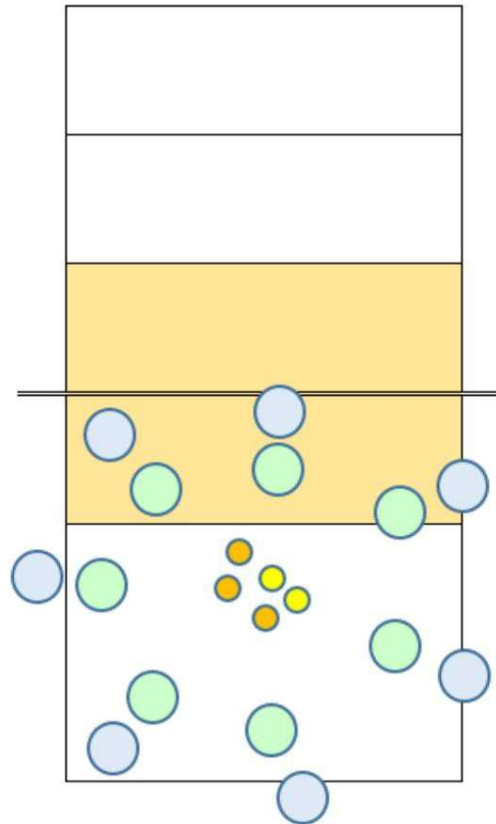
Progressions

Comments

Fun, speed and agility

Children

Hall and beach



"How can we inspire children for volleyball!"



Monarch of the Court

Explanation

Groups of three players on 1/3 court each. Both sides of the net 1 player. 1v1 one touch game is played. The game is started with a service. The players play 1v1 on their court. Winner goes or stays on the winner's court.

Progressions

Same with two ball contacts e.g. underhand and hitting.

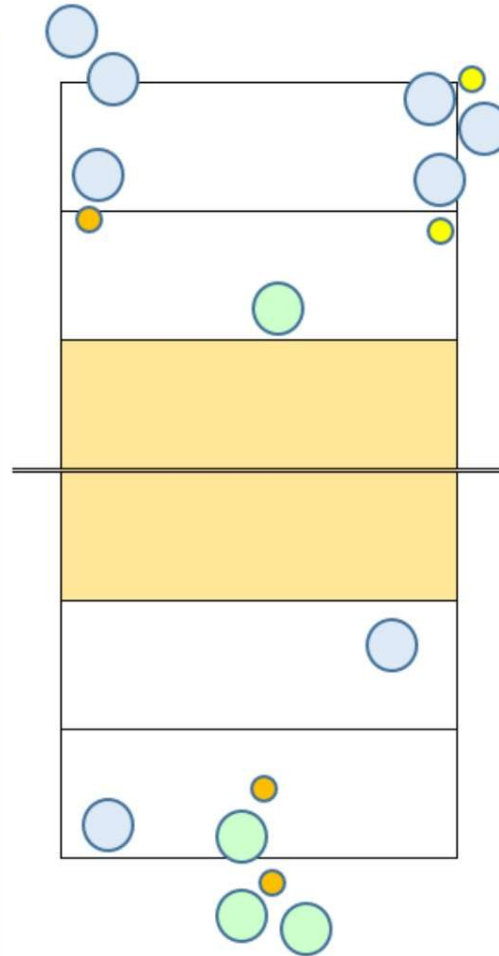
2v2

2 with 2: Play 1x in the net during 3 times play.

Comments

Children and adults

Hall and beach



“How can we inspire children for volleyball!”



Relay: Mat all over you

Explanation

Teams against each other. 4 players lie on the ground under a mat. The players on the ground roll together so that the mat moves forwards. The player not under the mat runs to front, lies down to keep mat moving forward.

Who is the first to cross the court?

Progressions

A player on the mat

Comments

Fun game

Work together

Children

Hall and beach



“How can we inspire children for volleyball?”



Ball movement with feet

Explanation

Players sit on the floor with their feet together with a ball wedged between the feet. The player turns and gives the ball with his feet to the teammate, who has turned around. Which pair is first across the court?

Progressions

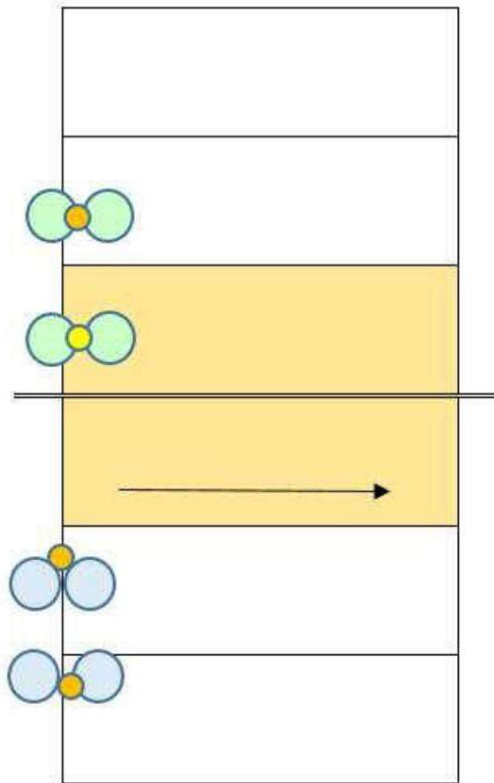
Now with the feet clamp the ball and pass it backwards over the head

Comments

Agility, fun game

Children

Hall and beach



“How can we inspire children for volleyball”

Back ball travel

Explanation

Pairs with their backs to each other, with a ball between shoulders. Who is the first to the other side of the court?

Progressions

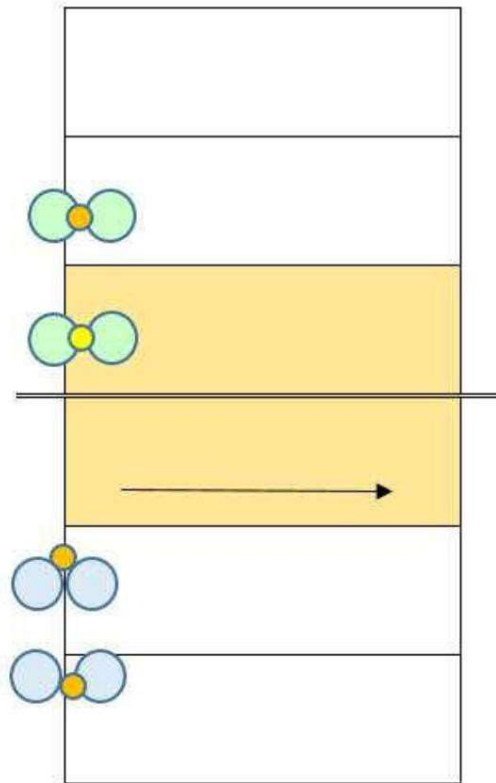
Players stand side by side

Comments

Agility, fun game

Children

Hall and beach



“How can we inspire children for volleyball”

Neville I

Explanation

Coach throws the ball to team A. They build an attack from behind 3m. Team A go to the other side and team C comes in their place. Team B defend and built an attack from behind 3m. B goes to the other side. Team C defend, etc. Keep ball in play

Progressions

On the way to the other side call target

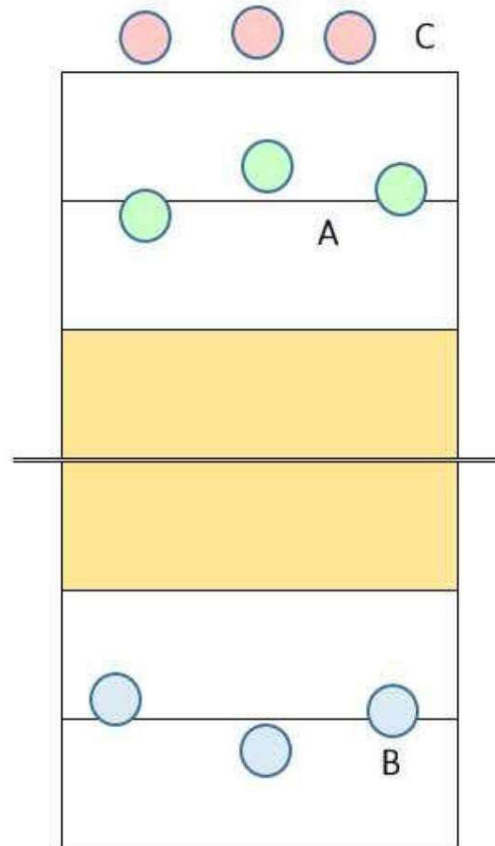
Keep score

Comments

Techniques, moving and game

14+ and adults

Hall and Beach



“How can we inspire children for volleyball”

Neville II

Explanation

Coach throws the ball to team A. They build an attack from behind the 3m line. Then they switch with team C. Team B defend the ball and build an attack from behind 3m then they switch with team D. Keep ball in play.

Progressions

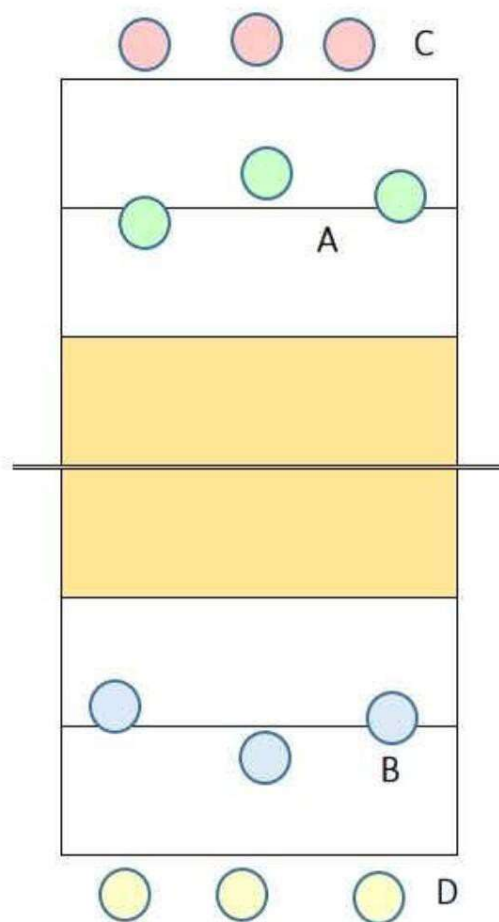
During a change call target

Comments

Techniques, moving and game

14+ and adults

Hall and Beach



“How can we inspire children for volleyball”



Next volley

Explanation

Coach throws the ball to a team. They build an attack through position 4. They change positions. The other team defends and builds an attack through position 4 and they change. Keep ball in play.

Progressions

Leave the setter in position at net

Attack more positions

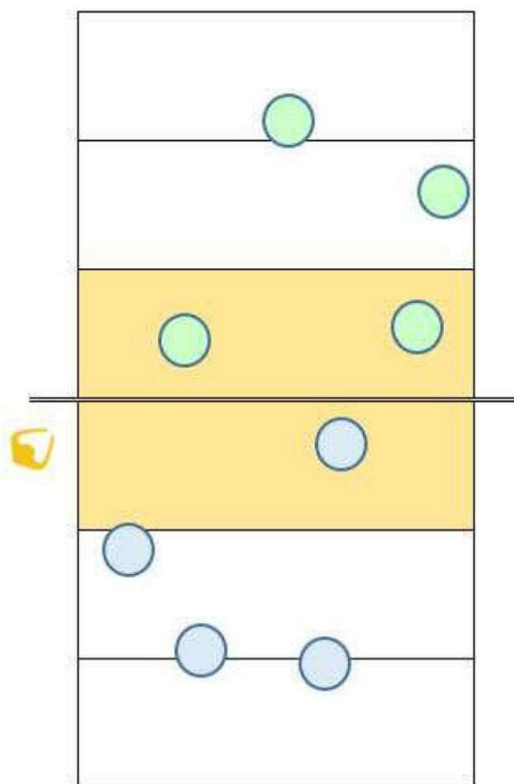
Score points

Comments

Techniques, moving and game

12+ and adults

Hall



“How can we inspire children for volleyball”



Side out unit

Explanation

Three players in the pass. They are in positions 2, 4 and 6.

Service, pass, set to position 2 or 4 for attack. The attacker leaves the court, position 6 fills up the attacker's spot. The player on baseline plays in position 6. The server becomes reserve on the other side. Game-goers come around.

Progressions

In case of a wrong pass, go away immediately

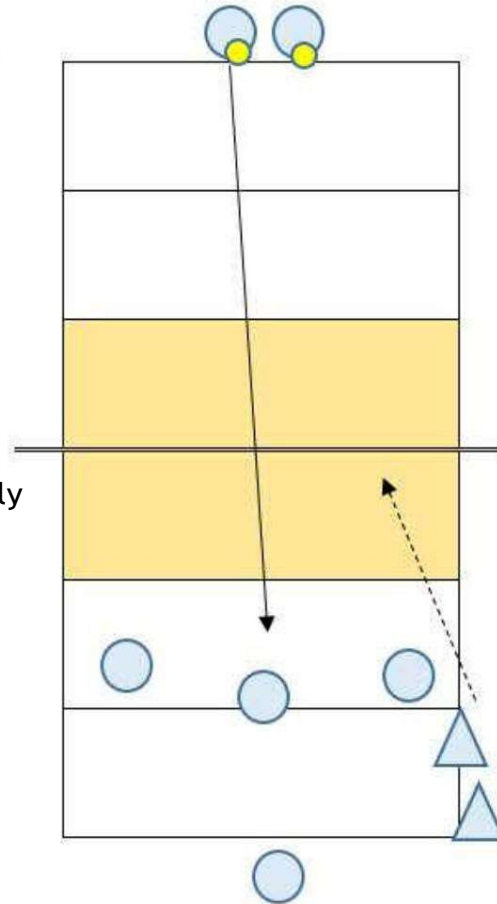
Setters from a different position.

Comments

Services, pass, set, and attack

Children (adapted) and adults

Hall and Beach (adapted)



“How can we inspire children for volleyball?”



Attacks x15

Explanation

Attackers in positions 2,3 and 4.
Setter at the net. Coach throws the ball to the libero and an attack is built up. Use high temp feed so that the attackers cannot fully run. 15x in a row.

Progressions

Coach throws the ball under the net (increasing pace)

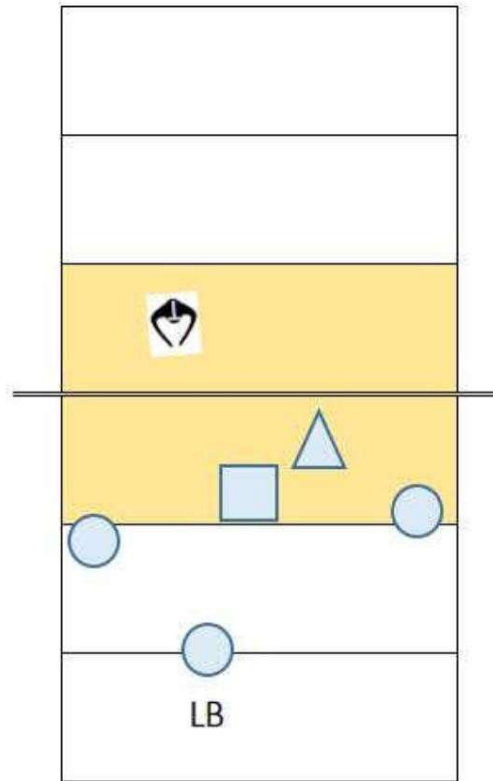
From ball 8, the middle and outside will first block it and then run into it.

Comments

Rapid

14+ and adults

Hall



“How can we inspire children for volleyball”

Relay: "Pass small balls"

Explanation

Two teams play a game. They lie on their stomachs with their heads to the net. They pass all the balls together one by one. Who is first to have the balls on the other sideline?

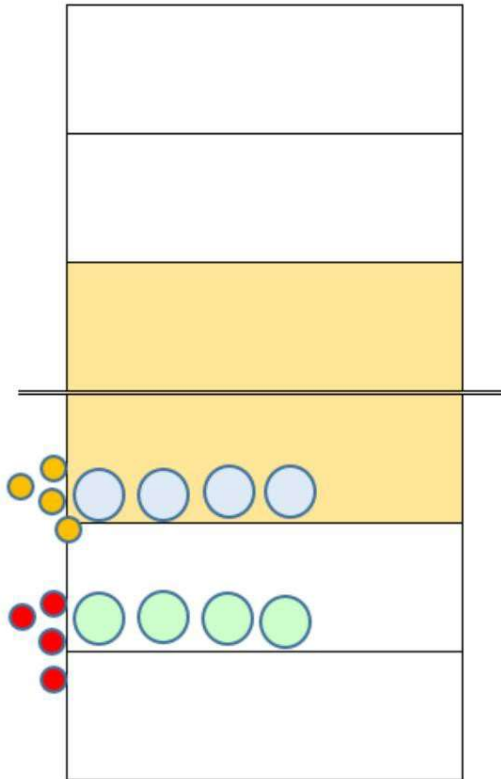
Progressions

Comments

Fun and agility

Children

Hall and beach



"How can we inspire children for volleyball"

Coach rolls the ball under the net

Explanation

Coach rolls the ball under it through it.
The player in the court lets it go through
his legs.

Progressions

Player first turn around and then through
his legs

Hands and feet to make a bridge

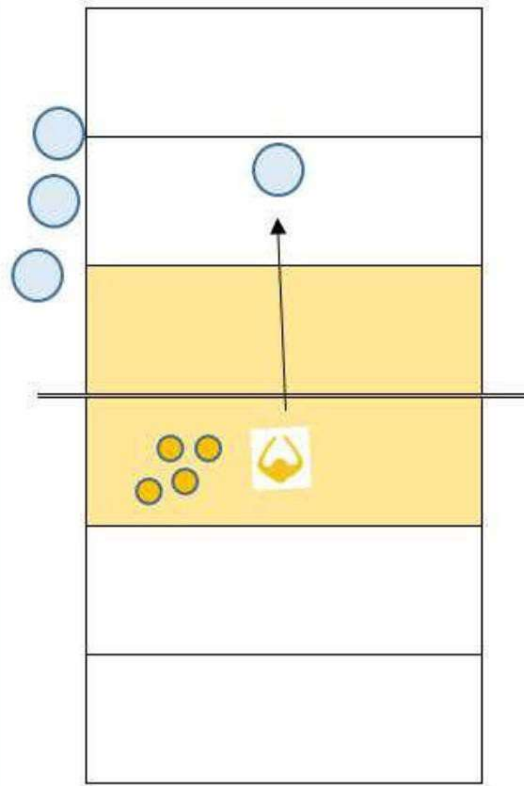
On belly against the head

Comments

Ball lane, agility, and movement

Children

Hall



“How can we inspire children for volleyball”



Player movement to pass

Explanation

Coach gives a tap on the ball and the player moves from the starting position to the home position. Coach throws the ball and the player passes.

Progressions

From other positions to other positions

Coach throws harder

30 balls fit well in series of 10, Coach determined what is good

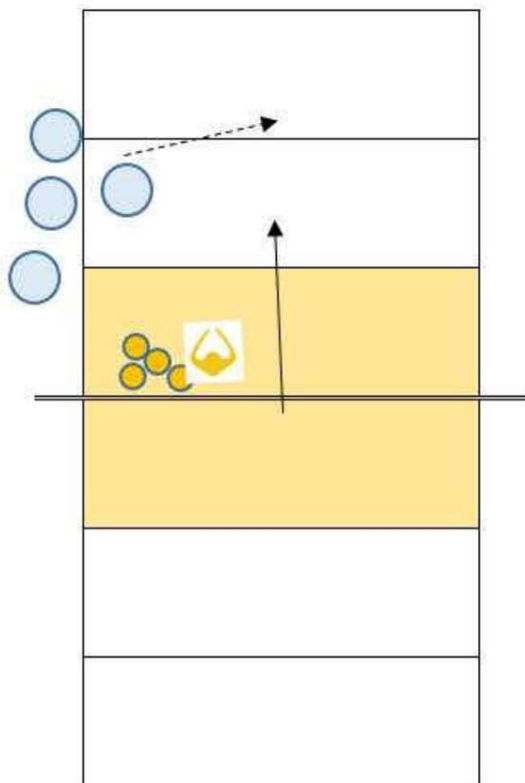
Same with two groups, and who is ready first?

Comments

Individual pass

Children and adults

Hall and beach



“How can we inspire children for volleyball”



Hitting cones off the box

Explanation

There are cones on top of a box. Players around it with a ball each. Hit cones to knock them off box.

Progressions

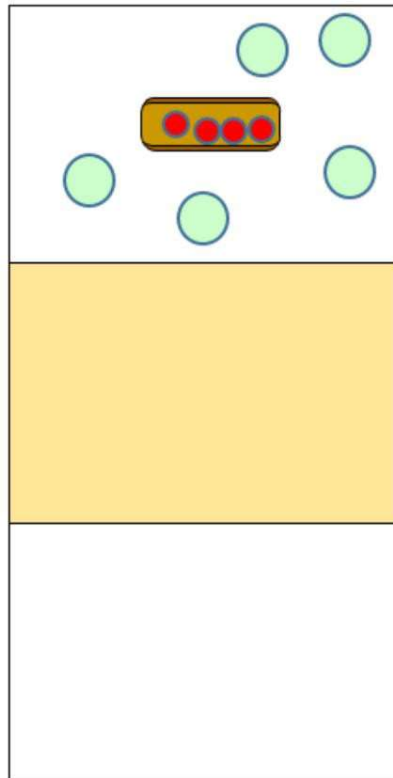
Change distance from box

Comments

Build up to smashing

Children

Hall



“How can we inspire children for volleyball”

Throwing the ball in the ring

Explanation

Player has a ball and tries to throw it in the ring. Older children overhand volley or dig?

Progressions

Increase distance

First an action before throw e.g.
half turn

Comments

For young children

Playground



“How can we inspire children for volleyball!”

Through the hoop

Explanation

The children crawl along the mat pushing the ball through the upright hoops.

Progressions

Another form of movement

Comments

For young children

Playground



“How can we inspire children for volleyball”

Coach hits the ball over the net to two

Explanation

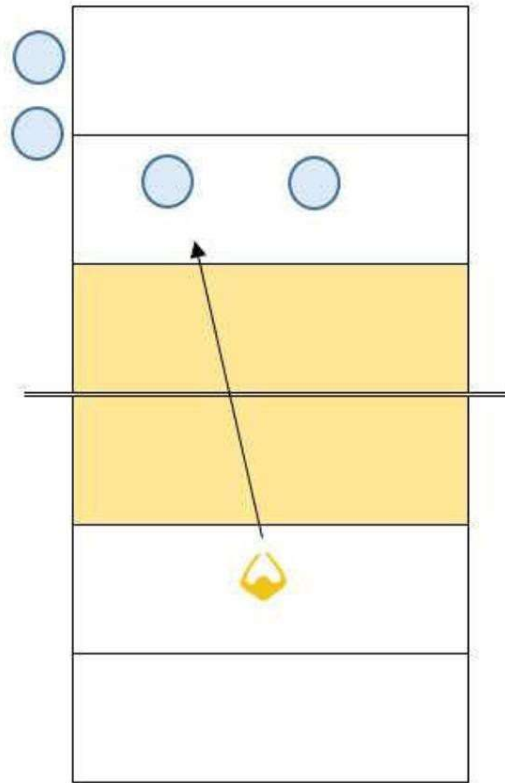
Coach hits the ball over the net. The pair control the ball and build up an attack. When the ball is played over the net a new pair change in.

Progressions

Move from the net or back line
Second ball required overhand
Second ball for example with the knee play

Comments

Pass, set, and attack
Children and adults
Hall and beach



“How can we inspire children for volleyball”

Serve against a ball of elastic

Explanation

There is a rubber band with balls hanging over the net. The players try to hit a ball in a rubber band. Over the net is a point, against a ball on the elastic is 5 points.

Progressions

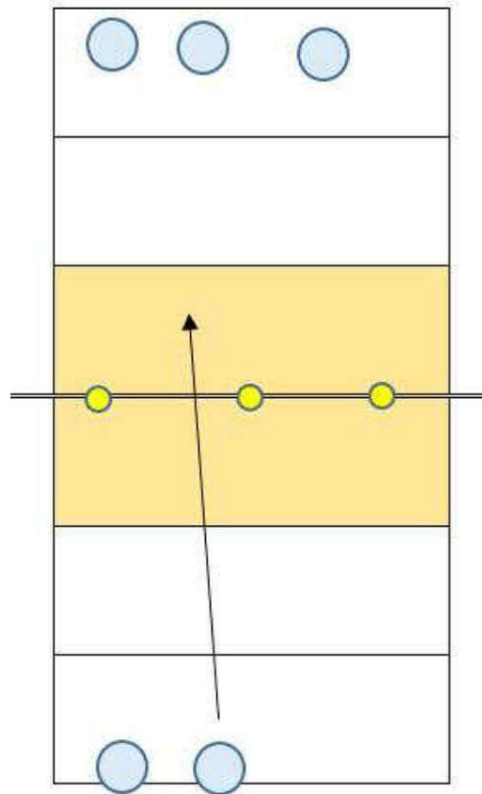
Other serves

Comments

Three balls of elastic (pictured) tied together

Children

Hall



“How can we inspire children for volleyball”

Serve relay

Explanation

Teams of equal numbers stand behind the back line. The first player serves a ball and goes to collect it. If it goes over the net it is given to the next player who serves, etc.

If you foul serve get the ball and serve it again.

Progressions

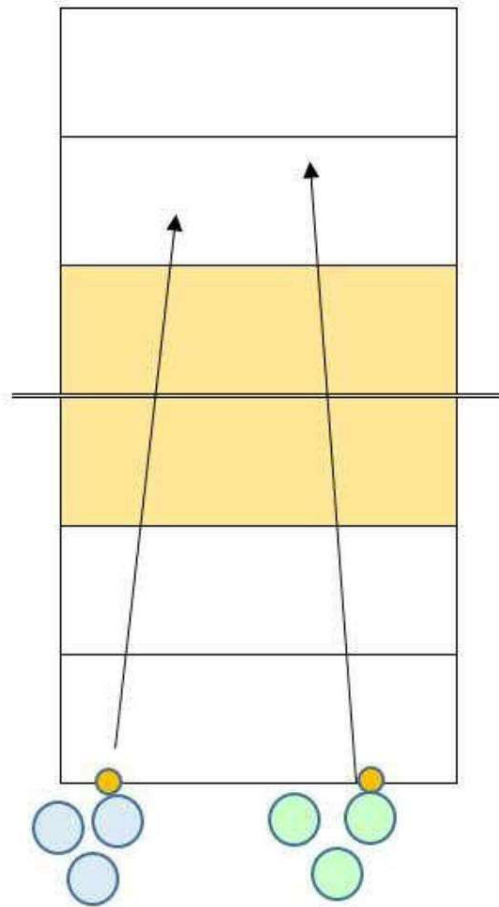
Jump services counts double

Comments

Serve and games

Children

Hall and beach



“How can we inspire children for volleyball!”



Serve twice on mat

Explanation

In pairs. Serve on to a mat. If your partner also hit that mat, your pair score a point.

Progressions

Smaller mats

Cut off portion of the court with cones for penalty box!

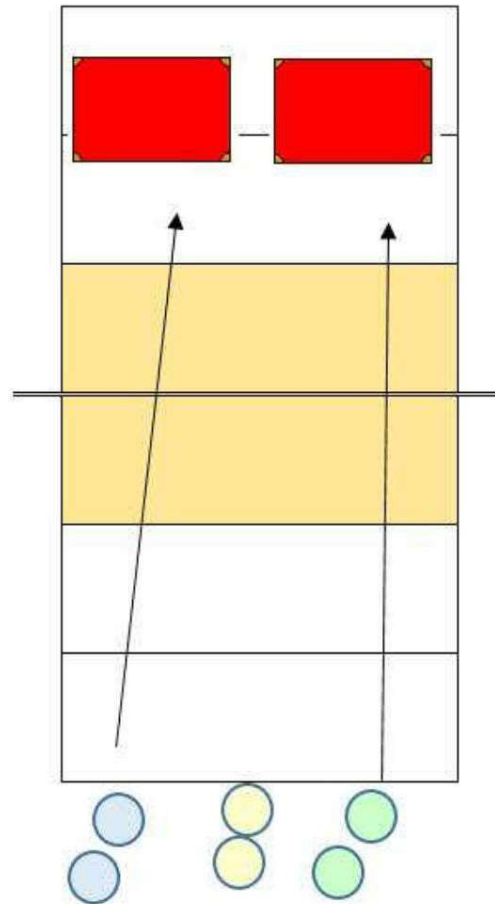
Comments

Serve and games

Specific and game area

Children and adults

Hall and beach



“How can we inspire children for volleyball”



Serve through hoops

Explanation

The players try to serve the ball through the hoops.

Progressions

Different angles

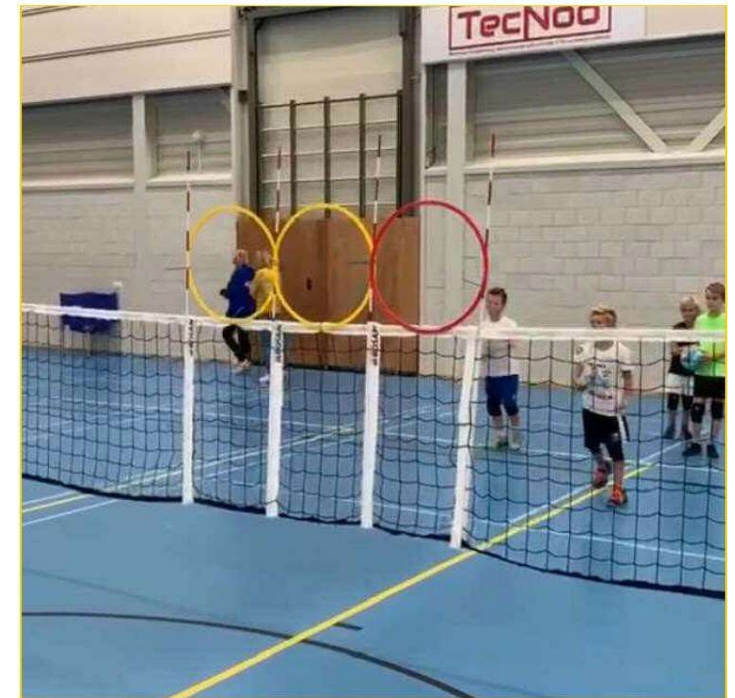
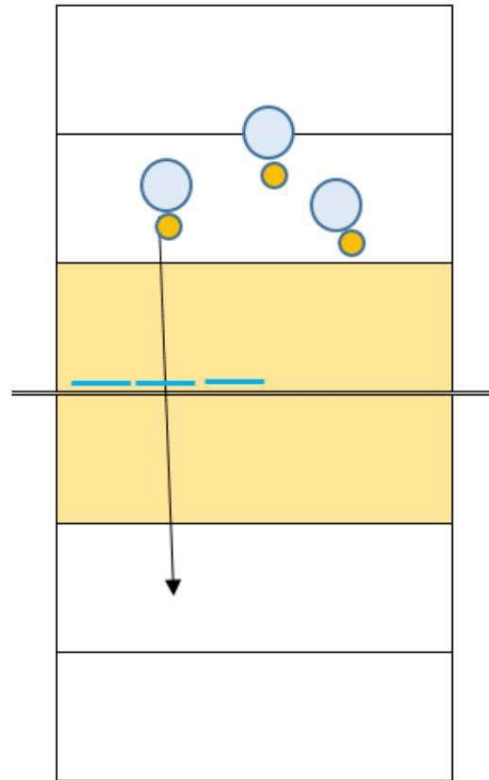
Passer behind the hoop

Comments

Service aim and game

Children and adults

Hall and beach



"How can we inspire children for volleyball?"

Serve to an inverted cone

Explanation

A player serves the ball over the net. The player on the other side catches this ball with an inverted pawn. Then go crazy!

Progressions

Score points

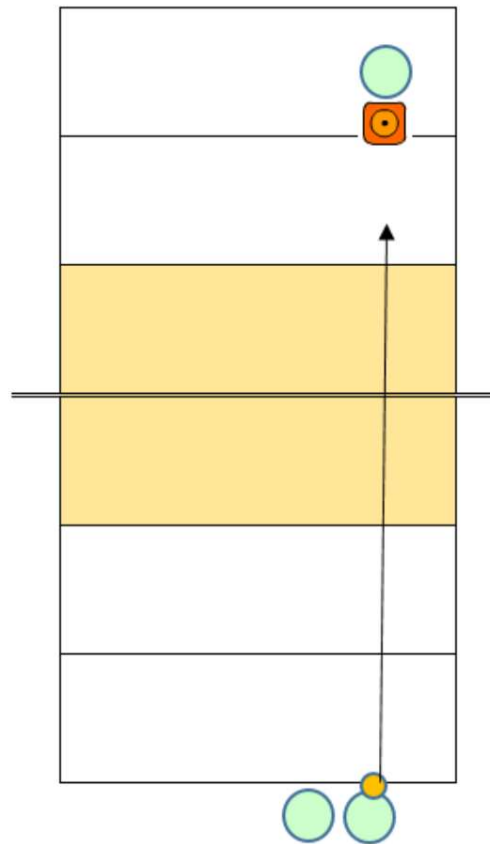
Comments

Service aim

Games

Children

Hall and beach



‘How can we inspire children for volleyball’

Spikeball on a mat-3rd ball is smash

Explanation

Pairs. One player hits the ball on the mat for it to bounce up. The other pair control the ball and set up for a hit back on to the mat and continue.

Progressions

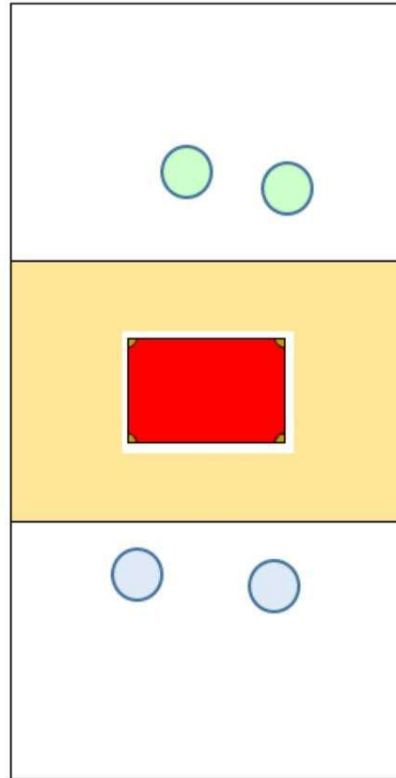
In threes

Comments

Games

Children and adults

Hall



“How can we inspire children for volleyball”

Spikeball on a trampoline 3rd ball is struck

Explanation

Pairs. One player hits the ball on the trampoline for it to bounce up. A player of the other pair plays the ball to his partner for an overhand pass back for a smashe back onto the trampoline.

Progressions

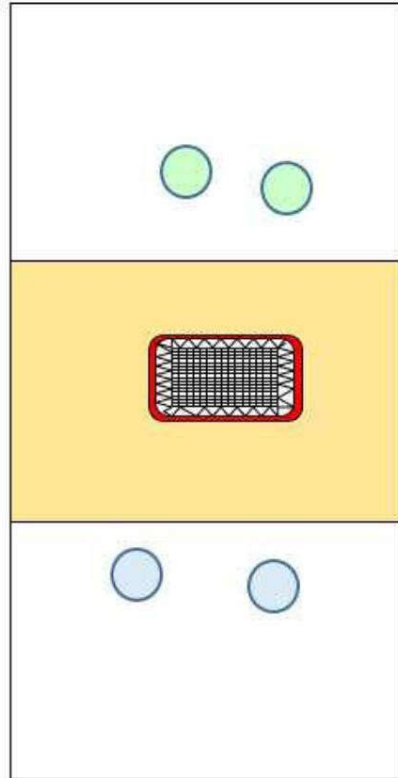
In threes

Comments

Games

Children and adults

Hall



“How can we inspire children for volleyball”

Build attack and choose from 2 goals 1 keeper

Explanation

Player stands with a ball behind the goals. He serves over the net to the pair. He runs and defends one of the goals. The pair with the ball build up an attack and try to smash it into a goal.

Progressions

Hit to empty goal

Hit to an allocated goal

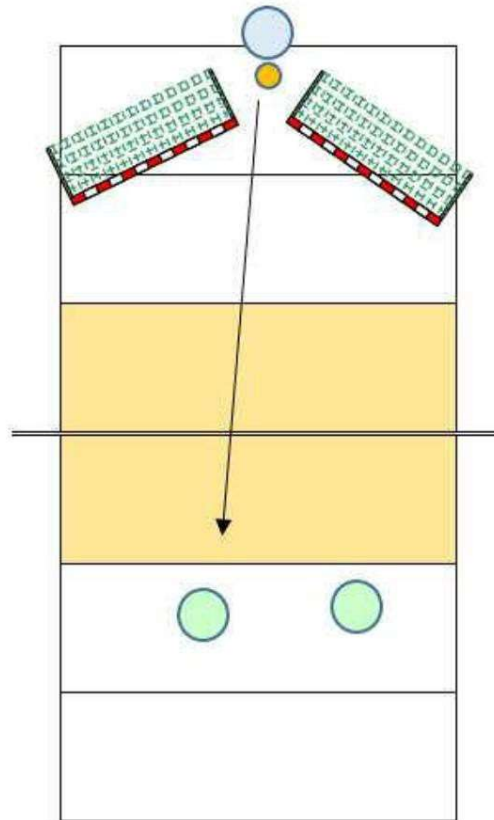
Comments

Serve and build attack

Games

Children and adults

Hall and beach



“How can we inspire children for volleyball”

Circle 2 gym balls and someone tries to grab ribbons

Explanation

The blue players form a circle. A player (pink) tries to grab the cones that are in the circle. The blue players try to hit the pink player with the two big gym balls

Progressions

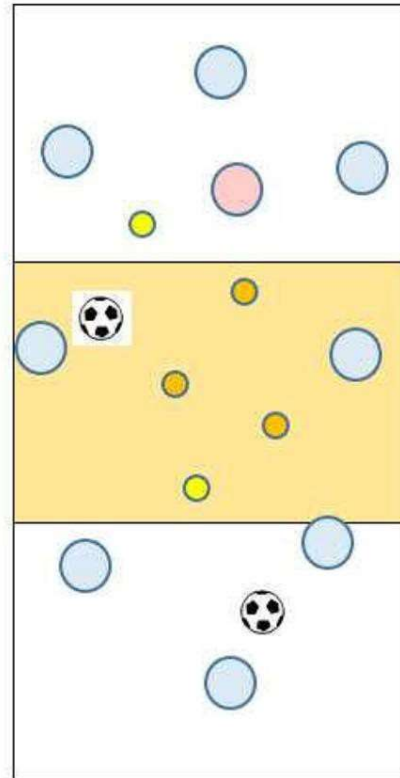
Comments

Games

Fun

Children (adapted) and adults

Hall and beach



“How can we inspire children for volleyball!”

Pass ball into basket

Explanation

Ball is served over the net. Passer passes the ball to net. Two players push the ball cart along the net to various positions. Passer targets ball to the cart.

Progressions

Before the passer passes, the players put the cart somewhere and the passer gets the ball in the cart.

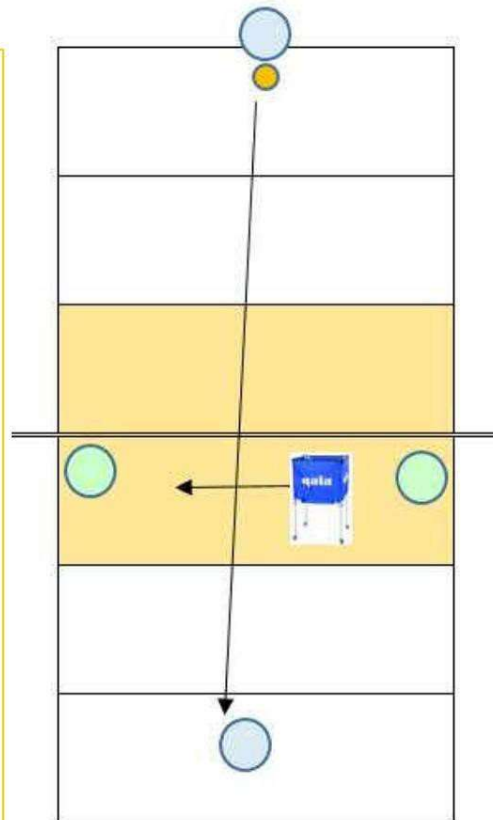
Comments

Serve

Fun game

Adults

Hall



“How can we inspire children for volleyball?”

3 players, 3 benches, 3 balls and 1 defender

Explanation

Three players with a ball each on a bench at the net. The defender tries to defend it.

Progressions

The attacker faces the direction of hit, so the defender has to move

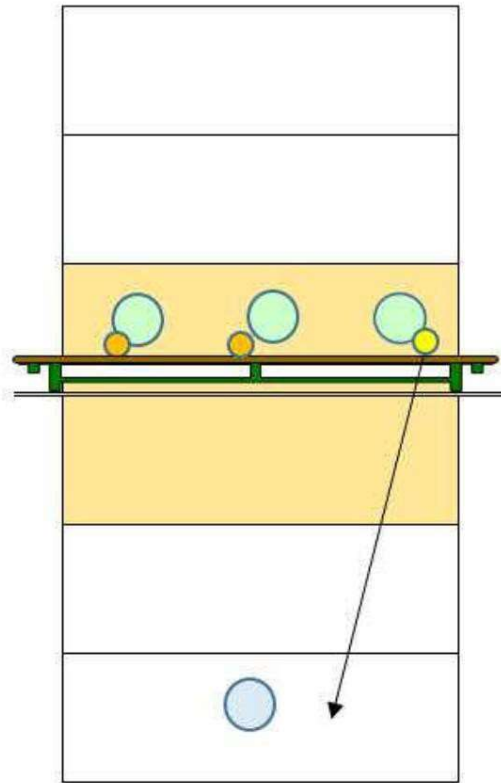
Comments

Defence

Fun

Adults

Hall and beach



“How can we inspire children for volleyball?”

Isabelle Crochet trick

Explanation

Each player has a ball. Start sequence with knee first to ball pops up, then underhand, set and a hit at the cone on the buck.

Progressions

Other
tricks

Comments

Agility and games

Fun

Ball skills and coordination

Children and adults

Hall and beach



“How can we inspire children for volleyball?”

Gymball Volley-handball

Explanation

Two teams against each other. Pass and hit the big gym ball into the goal. Players move the gym ball by hitting it.

Progressions

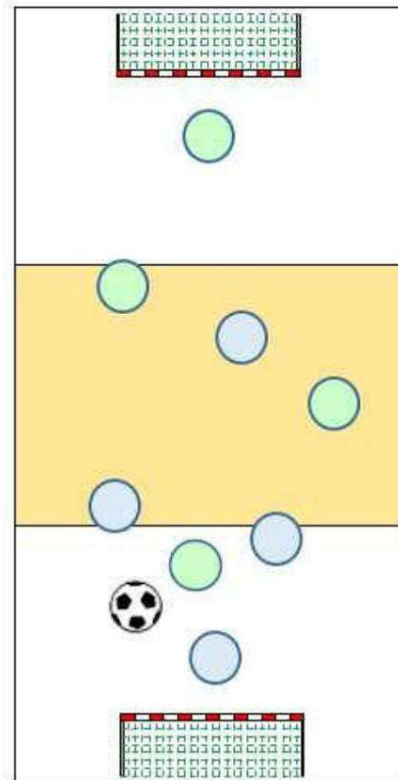
Run with ball

Comments

Warming-up game

Adults

Hall and beach



“How can we inspire children for volleyball?”

Build up attack and smash on trampoline or bench

Explanation

Two players build up an attack, the ball is hit over the net to hit the box or trampoline.

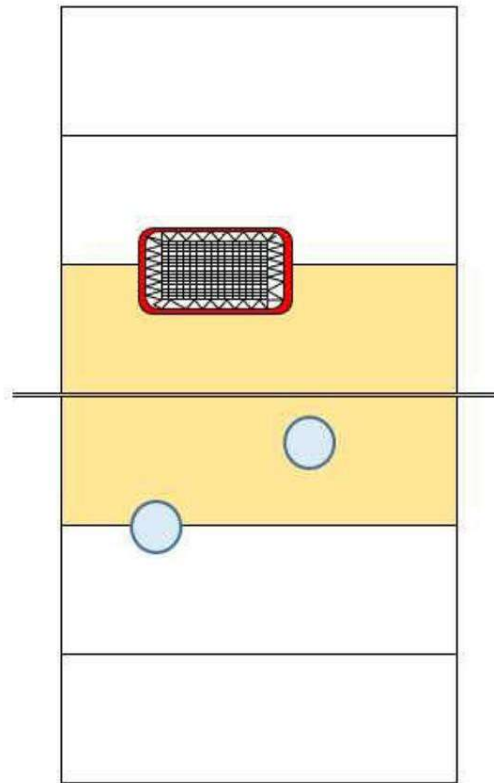
Progressions

Comments

Building an attack is fun

Adults

Hall and beach



“How can we inspire children for volleyball”



Smash on springboard and set

Explanation

Player hits the ball on a springboard for it to bounce up towards the net. The setter tries to play the ball into the basket. Each success earns a point.

Progressions

Set back overhead

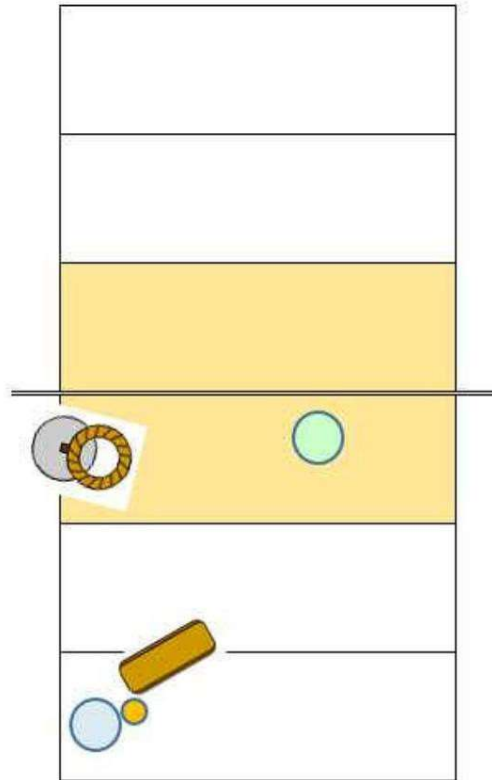
Setter walks in

Attacker instead of basket

Comments

Children (adapted) and adults

Hall



“How can we inspire children for volleyball”

Dive over gym ball

Explanation

Player runs and makes a dive over the gym ball.

Progressions

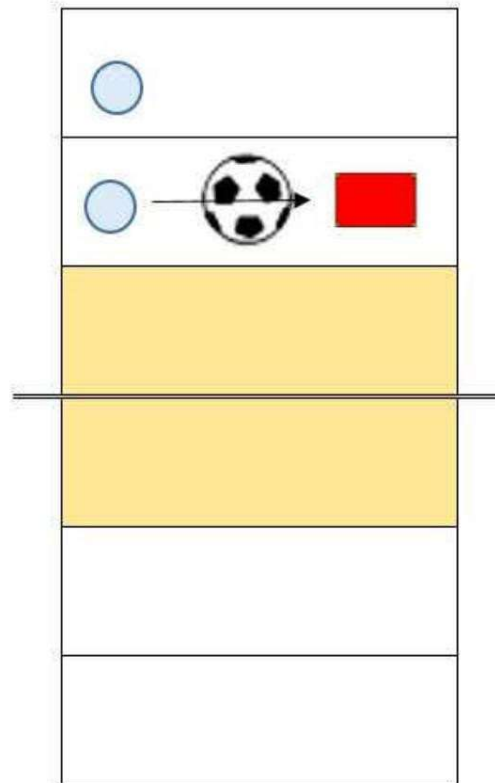
Coach throws a ball during a dive for it has to be played up

Comments

Defending and fun

Children and adults

Hall



“How can we inspire children for volleyball”

Collision Serve

Explanation

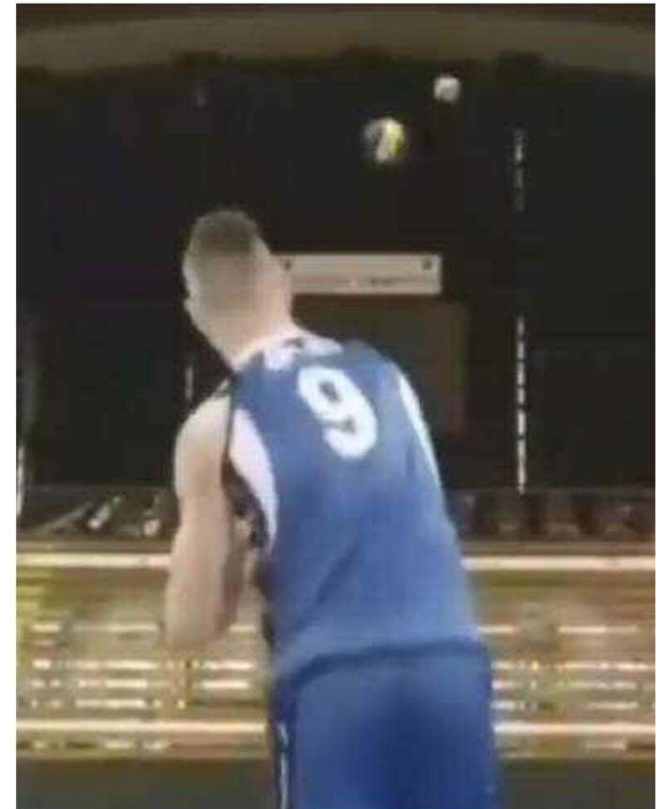
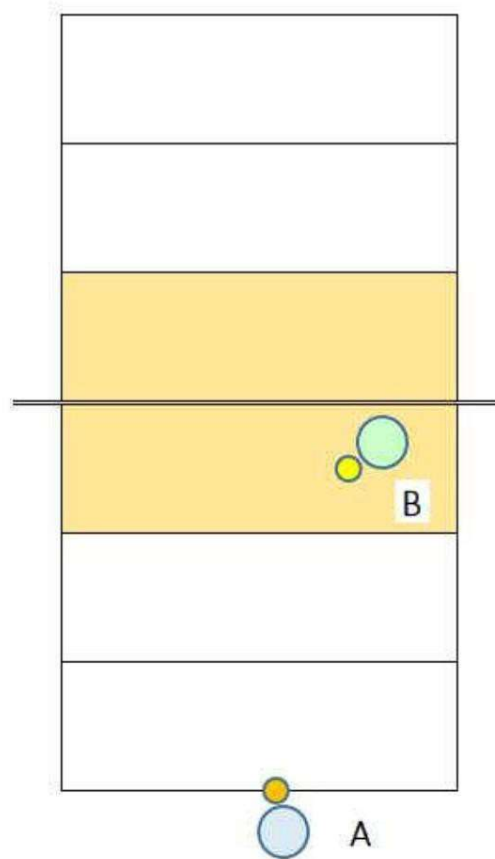
B throws his ball high in the air.
Player A serves his ball to try and hit the tossed ball.

Progressions

Multiple pairs, who will do this first?

Comments

Serve and fun
Hall and beach



“How can we inspire children for volleyball”

Team vs team with blind net

Explanation

Team against team with a blacked out net.

Progressions

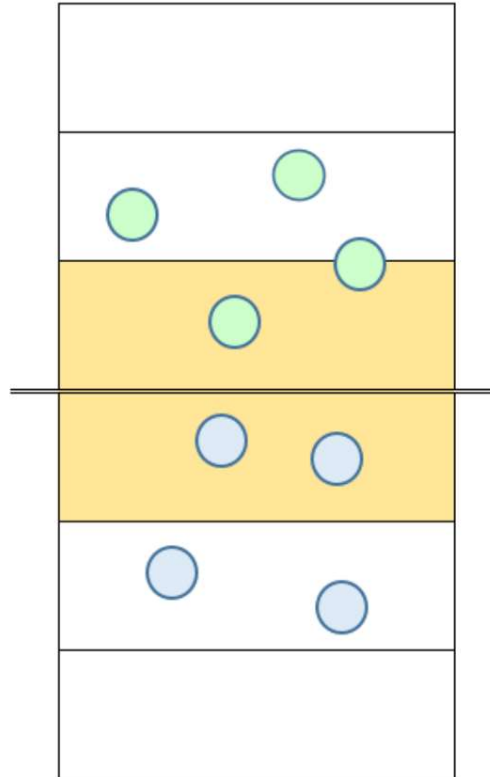
Comments

Anticipation

Reaction speed

Adults and children

Hall and beach



“How can we inspire children for volleyball”



Serving from behind a mat that is the goal

Explanation

The pink player serves a ball from behind the thick mat. The blue team builds an attack and with the smash try to score against the thick mat.

Progressions

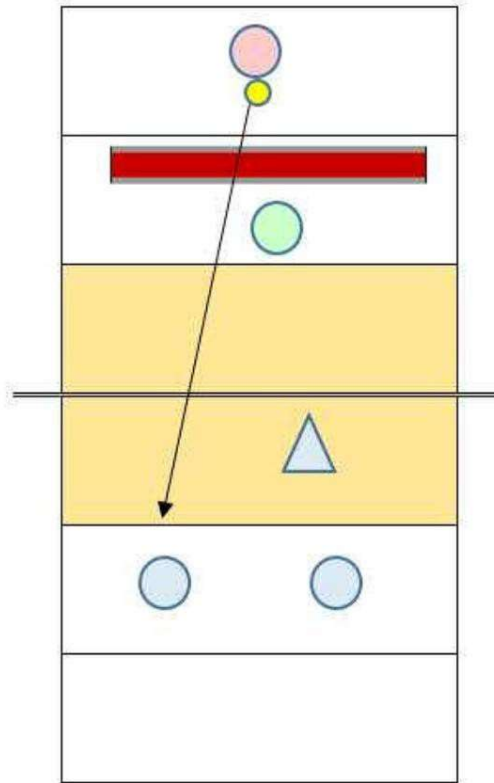
In front of the mat is a goalkeeper (green). Scorer goes in goal.

Comments

Pass, set, and attack

Goalkeeper is libero?

Hall and beach (adapted)



“How can we inspire children for volleyball”

Defend from starting position on stomach

Explanation

Defender on stomach. Player at the net tosses ball and hits to the one in the back. He defends the ball.

Progressions

For defending two steps forward

Defender with back to net, Player at the net call his name. Turn round (stand wide) and defend

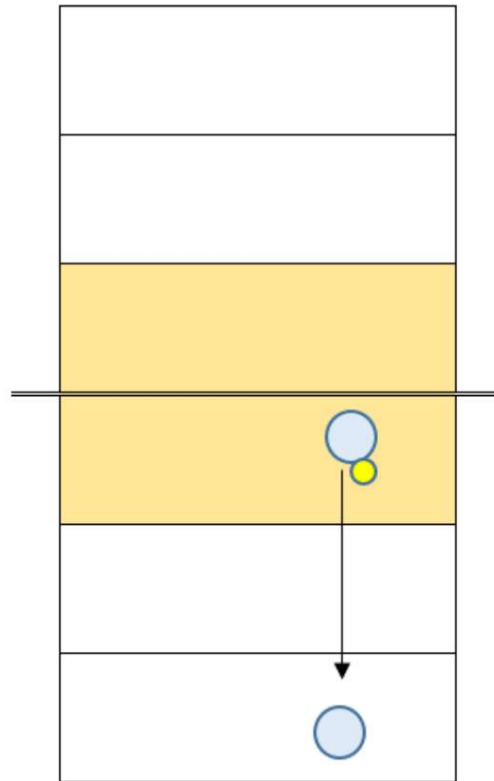
Defender on stomach. Attacker at net throws his ball up and hits. Defender gets to his feet and defends

Comments

Dynamic defence

Children and adults

Hall and beach



“How can we inspire children for volleyball”



Challenge Pancake

Explanation

Throw the ball and have it land on your hand. Pancake as many times as possible.

Progressions

With two hands?

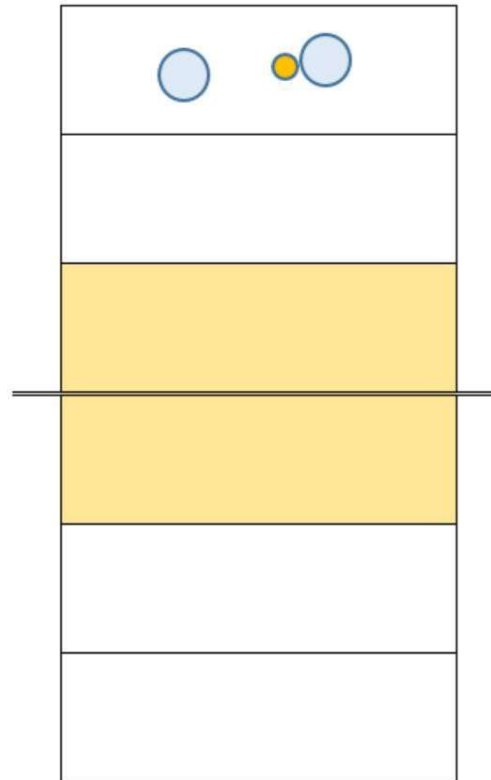
Comments

Defend

Fun

Children and adults

Hall



‘How can we inspire children for volleyball’

Hitting against bench-set up in the set

Explanation

Player hits his ball against angled board. The ball bounces back and he sets the ball into the basket.

Progressions

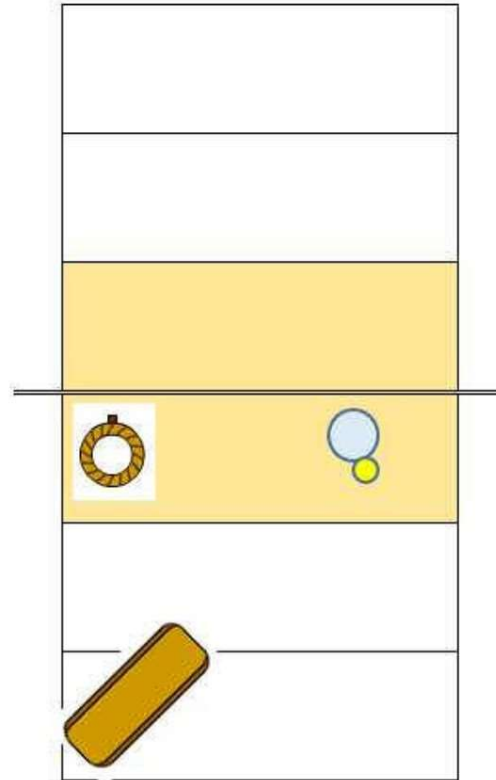
Back set

Comments

Fun

Hall and beach

Adults



"How can we inspire children for volleyball?"

Musical Chairs

Explanation

Kids are running around. There are chairs in the room, one less than there are children. Music stops or call 'Chair!' Run to sit on a chair as quick as possible.

Progressions

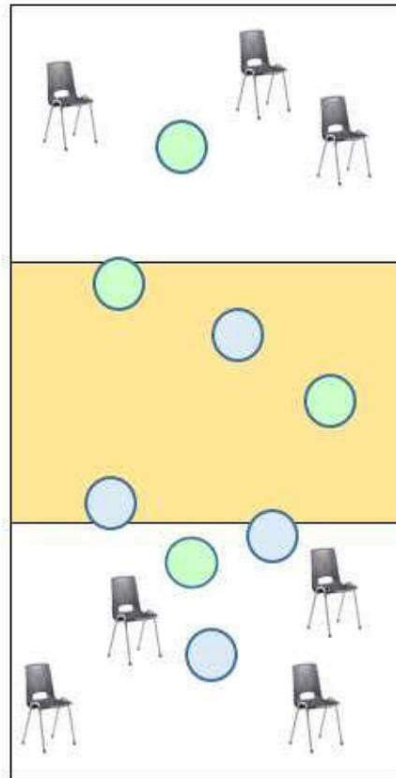
While running around dribble ball

Comments

Games

Children

Hall and beach



"How can we inspire children for volleyball?"

3 Person defence v Coach

Explanation

Three players on the court. Coach hits balls for defence. Coach can also throw the ball off the court and also needs to be defended.

Progressions

The players stand together and when the coach throws his ball up, they go to the base position.

Coach can catch the ball and shout:

‘belly’- lie on your stomach

‘line’- touch sideline

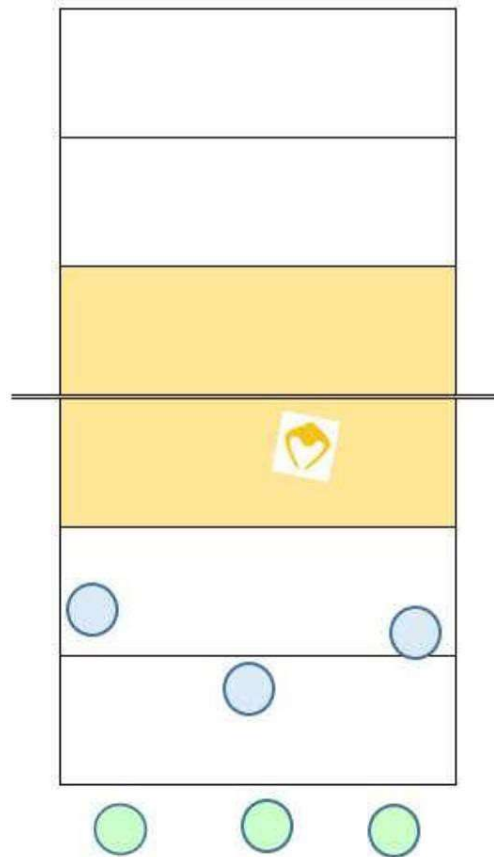
‘taps’- tap team mate

Comments

Defence

Children and adults

Hall



“How can we inspire children for volleyball”



2 Person defence v Coach

Explanation

Two players move around their cone in a semicircle. Coaches hit their ball diagonally at the same time. The players defend ball to nearest coach. Continue moving in semi-circle three times back and forth.

Progressions

Coaches hit line

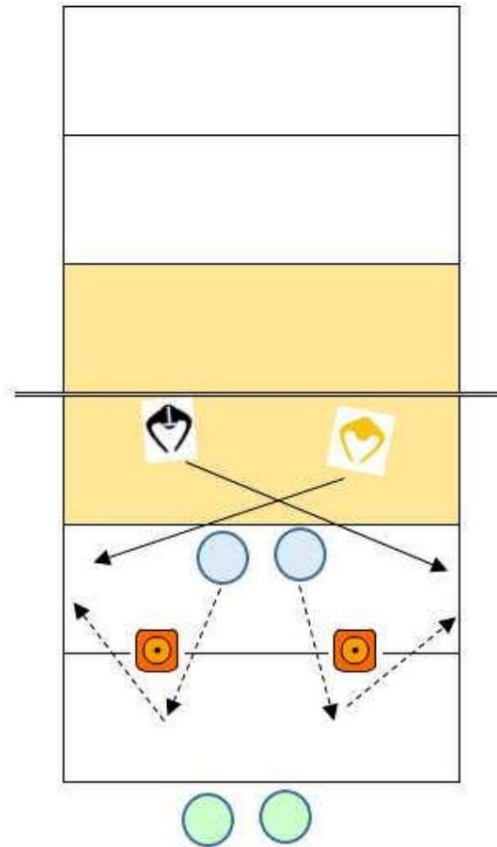
Coaches stand closer

Comments

Defending and moving

Children and adults

Hall and beach



“How can we inspire children for volleyball”



Bottle Challenge

Explanation

Player serves to hit bottle on the other side of net. Who is going to do this first?

Progressions

Move bottle about

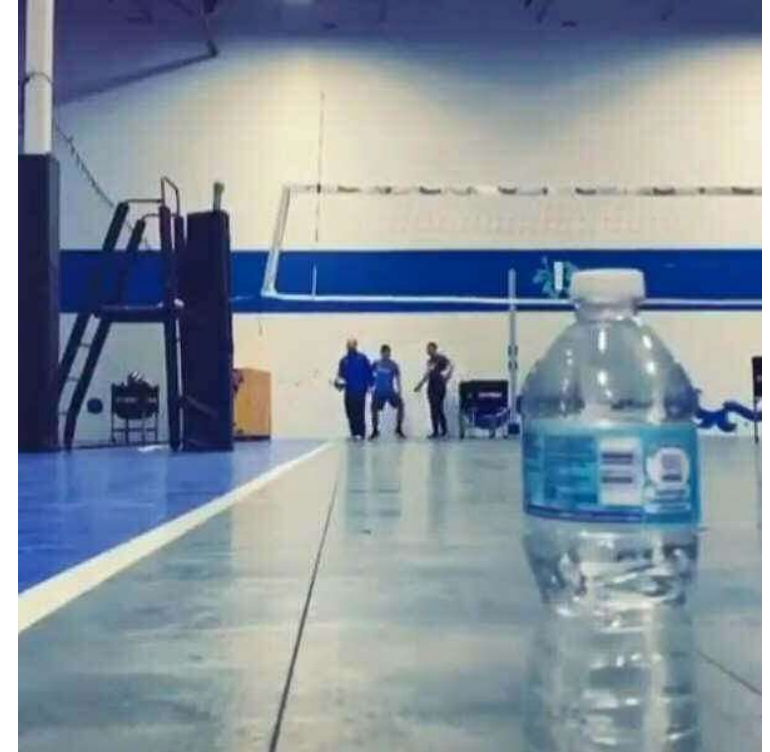
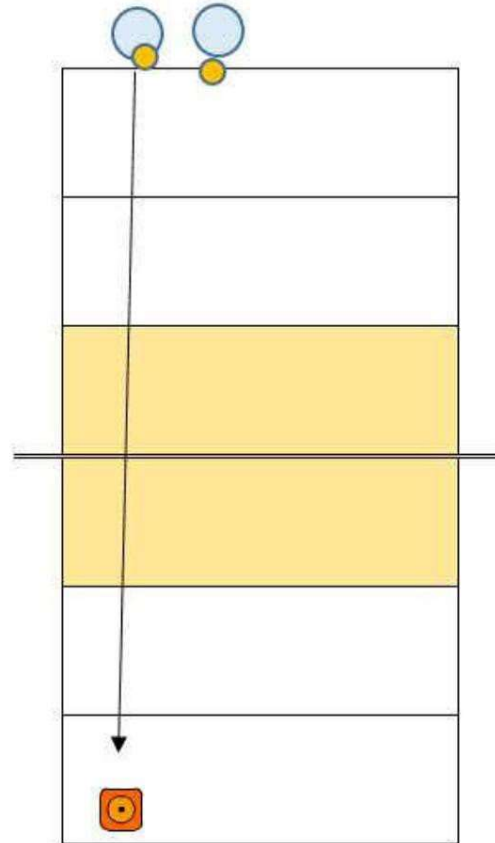
Comments

Serve accuracy

Fun

Children and adults

Hall and beach



“How can we inspire children for volleyball!”



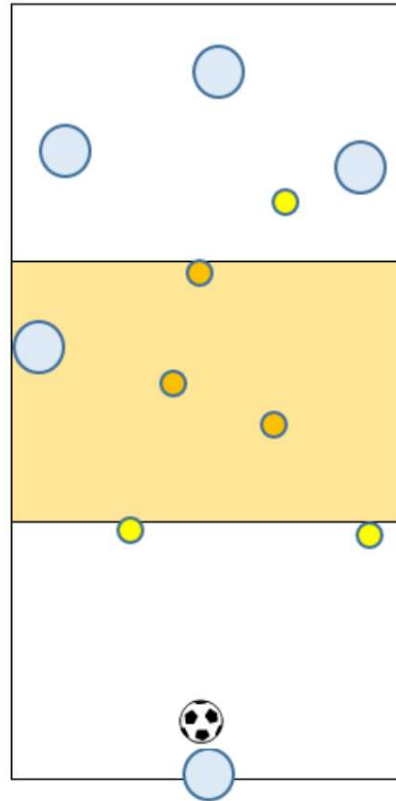
Softball

Explanation

Player throws her balls into the court. Then she tries to get as many cones as possible. The other try to throw her off with the ball, which was thrown

Progressions

Comments



“How can we inspire children for volleyball”

Move sideways and collect ball

Explanation

Two teams. Players go side by side on all fours towards the balls. Take one and go right back. The players are going to turn around. Team to collect all the balls first wins.

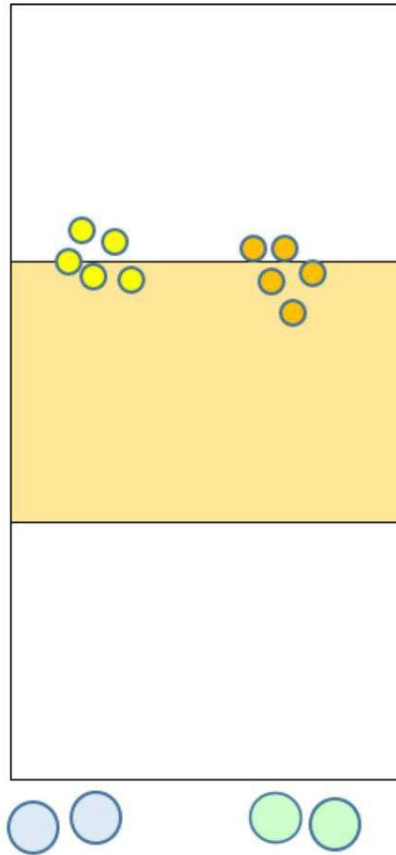
Progressions

Comments

Fun relay

Children

Hall and beach



“How can we inspire children for volleyball”

Tic-tac-toe

Explanation

Two teams against each other. One with red cones the other white. There are nine hoops. One player at a time runs to hoops with cone. Winner is team with three in a row?

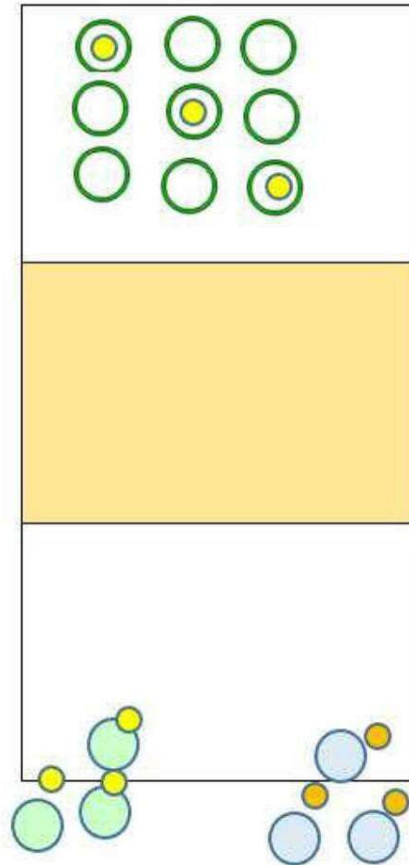
Progressions

Comments

Relay games

Children and adults

Hall and beach



“How can we inspire children for volleyball?”

1 Handed

Explanation

In threes. Underhand serve. The player receiving passes, one handed. The setter gives a 1-handed set for player who plays the ball 1-handed to land on the mat.

Progressions

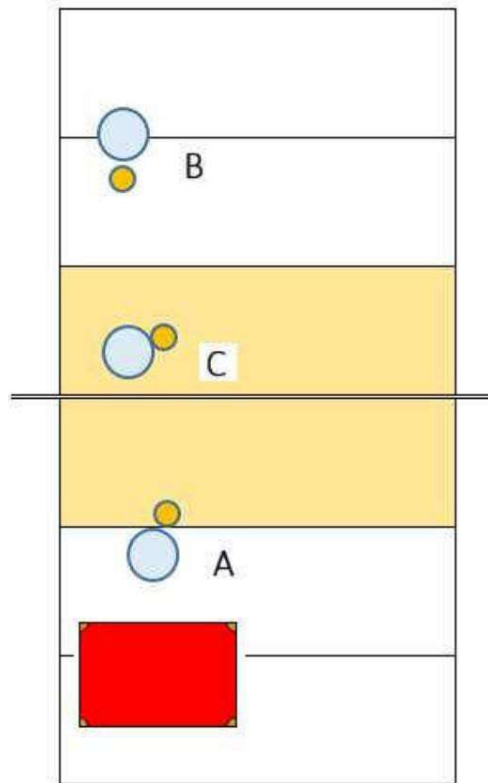
Comments

Ball lane for agility

Games

Children

Hall and beach (adapted)



“How can we inspire children for volleyball!”

Collide

Explanation

A serves the ball over the net. B holds a ball above her head and uses it to play the serve towards the net. C makes a setup. B drops their ball and plays the set over the net on to the mat.

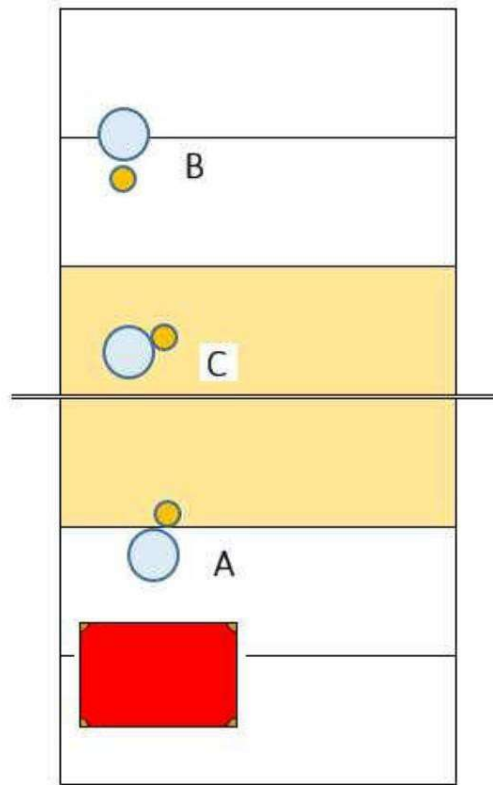
Progressions

Comments

Serve accuracy

Agility

Hall



“How can we inspire children for volleyball”



Hitting gym ball

Explanation

Two teams on each end of the benches. Gym ball on the benches. The teams try to get knock gym ball off the opponent's end by throwing tennis balls against it.

Progressions

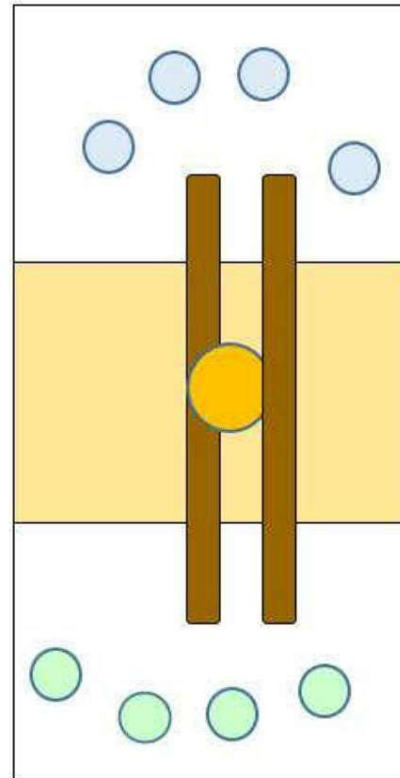
Smashing with volleyball instead of tennis balls

Comments

Fun game

Children and adults

Hall and beach



"How can we inspire children for volleyball?"

Fly

Explanation

The Coach throws the ball high above the mat. The player walks on and jumps and hits the ball into the goal. The player flies through the air and smashes ball.

Progressions

Goalkeeper in goal

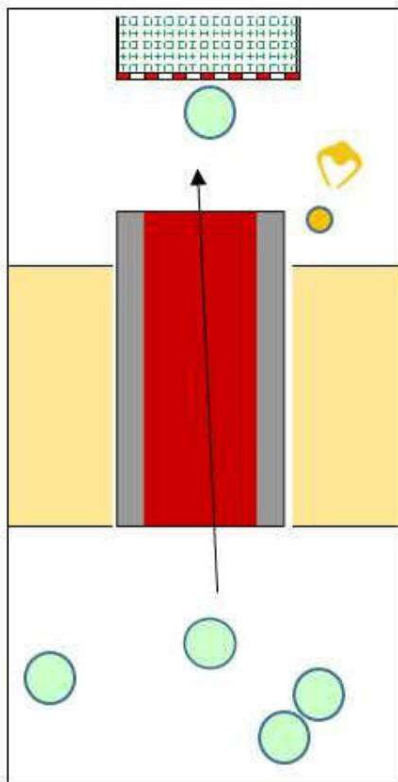
Comments

What does this have to do with volleyball?

Sometimes it can just be fun.

Flying to spike

Hall and perhaps beach



“How can we inspire children for volleyball”

Sideways

Explanation

Coach rolls a hoop down the court. Players move sideways, one on each side. When moving, the players pass the ball through and over the hoop. Two teams at once with winner is team going further.

Progressions

Playing on own

Always put 1 foot in the hoop

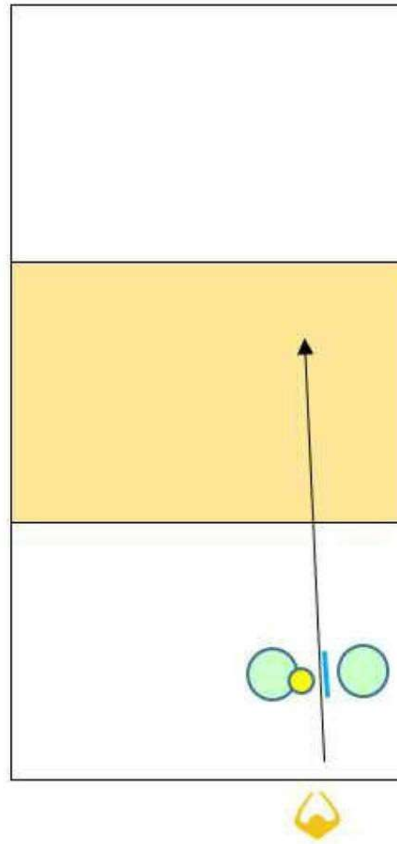
Dive through hoop

Comments

Coordination and games

Children

Hall



“How can we inspire children for volleyball”

Guard the ball

Explanation

A cone with a ball on it. One player to defend the cone, and the other player tries to get ball.

Progressions

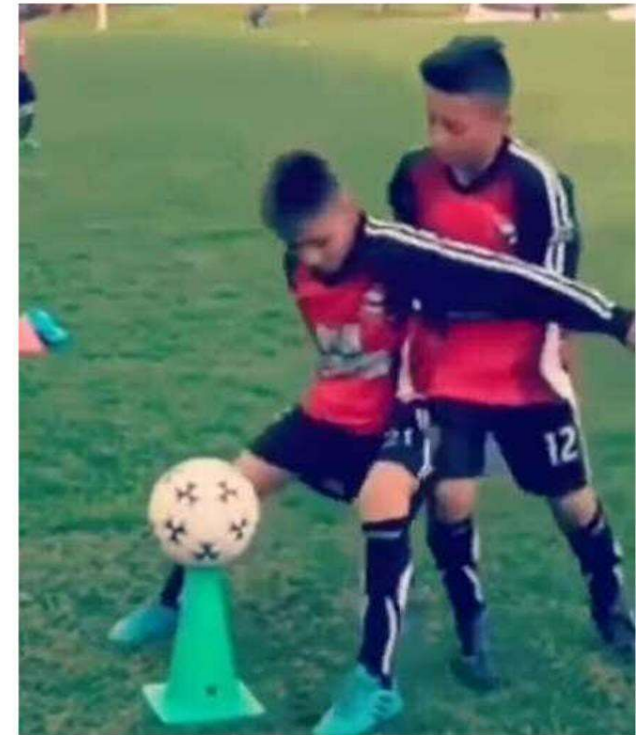
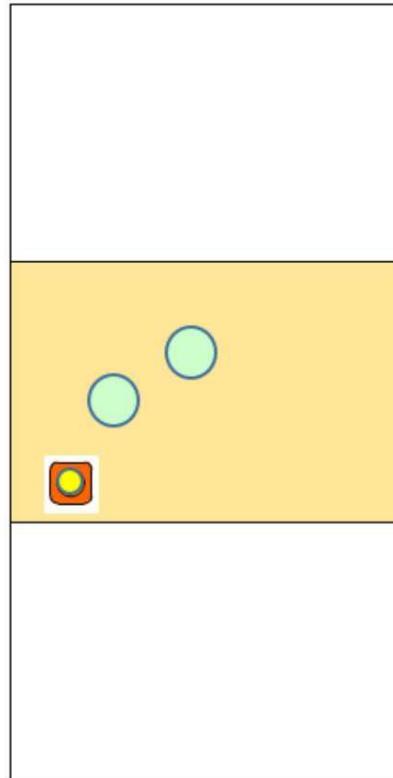
Other option such as that the player holds the ball and is not allowed to run. The other player is given 30 seconds to take it away

Comments

Power and agility

Children and adults

Hall and beach



“How can we inspire children for volleyball”

Dribble through each other

Explanation

Everyone has a ball and dribbles with the ball. At the Coach's call, the ball is thrown into the air and catch another ball.

Progressions

Dribbling through each other and passing the ball to each other

Dribbling through each other and standing on the toes together

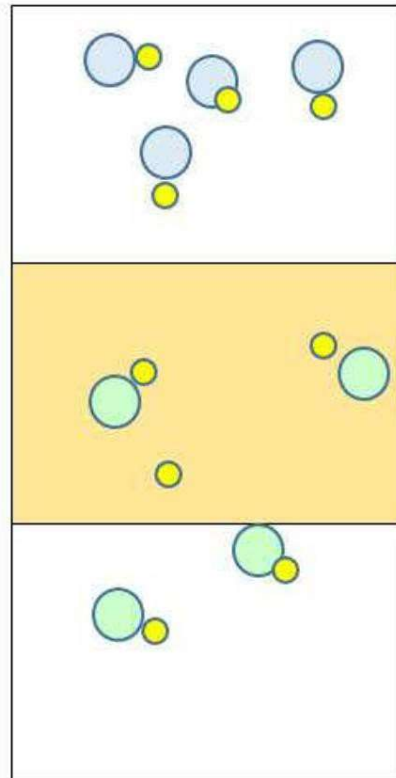
With the ball in hand and an outstretched arm running through the court and knocking the ball away from each other

Comments

Agility and coordination

Children

Hall



“How can we inspire children for volleyball”

Catch

Explanation

There are 4 vaulting boxes in a cross shape. Two players around it. The players are allowed to throw the ball on any box. The ball can bounce once, and the other player has to catch it before it hits the floor.

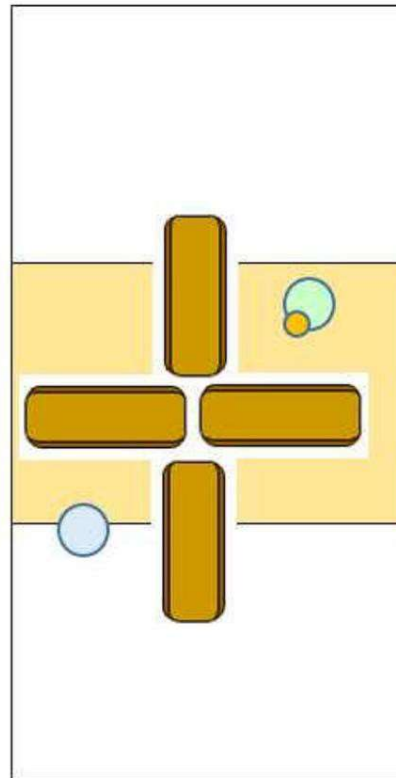
Progressions

Comments

Move

Children and adults

Hall



“How can we inspire children for volleyball”

On the closet

Explanation

There are children on top of the thick mat that lies across two/three boxes. There are balls in the hall. Those who are not on the mat are trying to get the balls on to the mat. Those sitting on the thick mat are trying to throw it off again. How many balls are on the mat after 3 minutes, for example?

Progressions

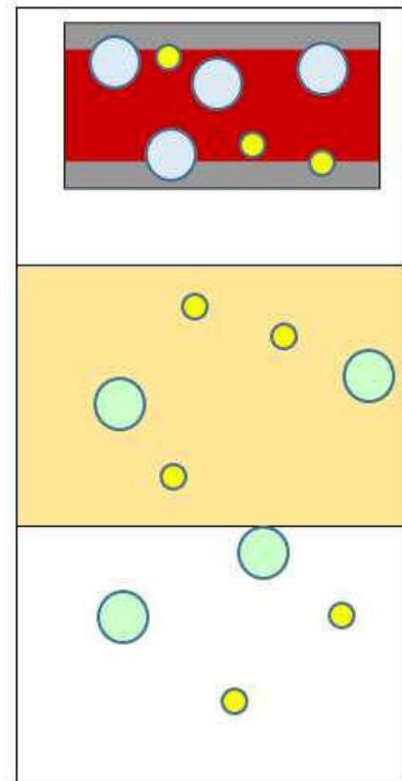
Comments

Game of fun

Continue

Young children

Hall



“How can we inspire children for volleyball”

Turning cones

Explanation

Two teams on each side of the net. Both teams are trying to knock their cones off the bench. First to knock all cones off.

Progressions

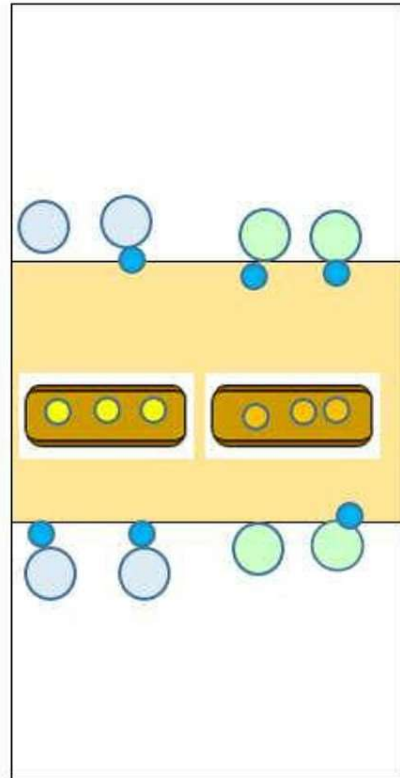
Tennis balls instead of volleyball

Comments

Smash, fun games

Children

Hall and beach



“How can we inspire children for volleyball”

Serve on the mats

Explanation

The kids serve their ball over net on to a mat. They quickly collect their ball and go back to the place where they started and serve again. Serve over the net for 1 point. Serve on to the mat is 5 points.

Progressions

Keeper of more mats

Increase distance

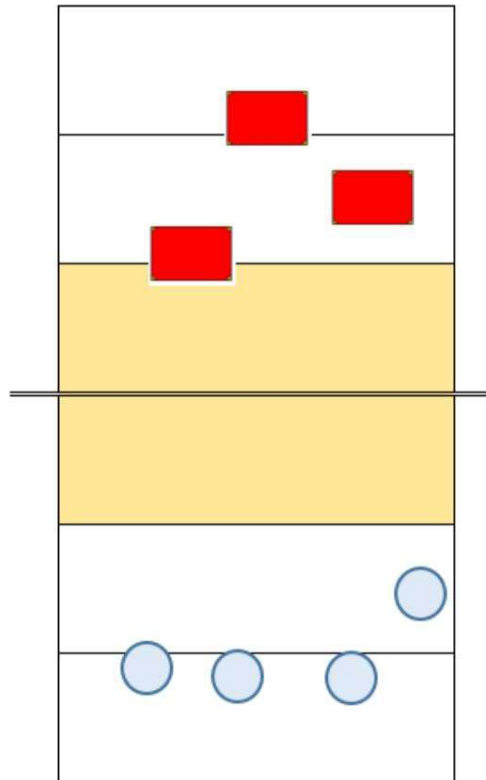
Overhand Serve

Comments

Service aim

Points and game

Hall and beach



“How can we inspire children for volleyball!”

Who can serve the highest or furthest?

Explanation

All players in a row. On the Coach's call, all serve their ball.

Progressions

Who can serve best?

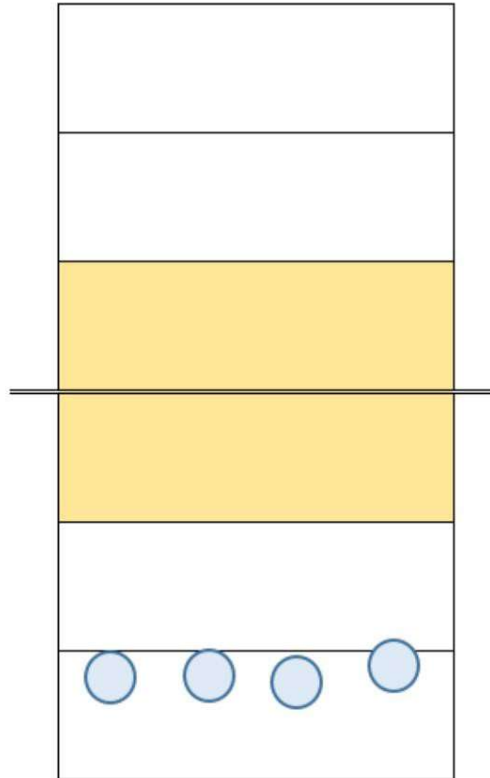
Furthest, hardest, lowest?

Comments

Serve

Children

Hall and beach



“How can we inspire children for volleyball!”

Who can dive the furthest?

Explanation

All the players in a row. On the Coach's call they take a run and take a dive. Who slides the furthest?

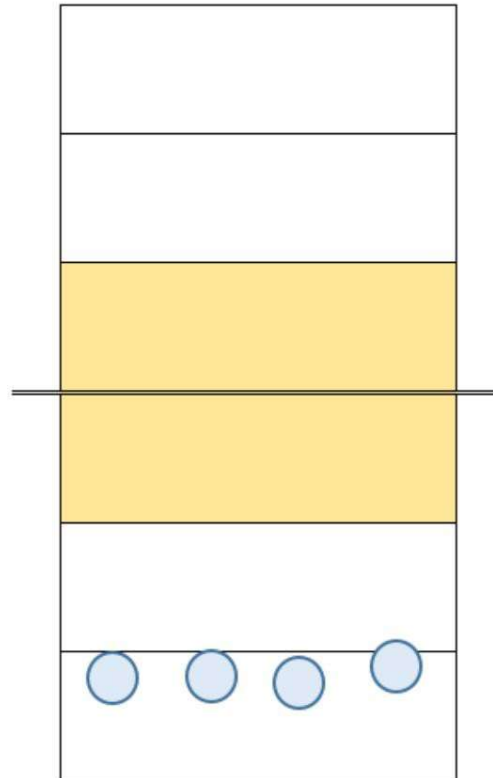
Progressions

Comments

Diving

Children

Hall



“How can we inspire children for volleyball”

Bridge relay

Explanation

Teams in a line lying on front side by side. On 'Go!' the player with ball at the end of line jumps over every player. When he gets over the last player, the lying players come up in bridge support. The player with ball rolls the ball under the bridge. The next player takes the ball. He follows same sequence over and roll through. First team back at start wins.

Progressions

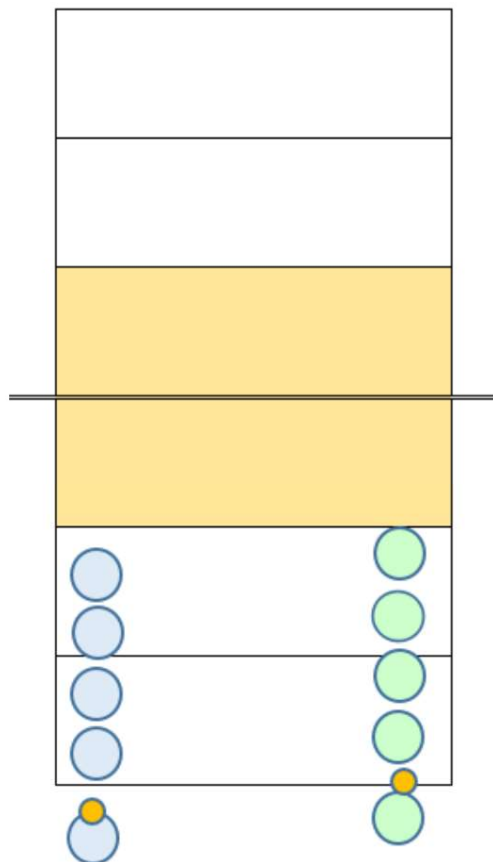
Comments

Relay race

Agility

Children

Hall



‘How can we inspire children for volleyball?’



Picks up the ball and in the right colour hoop

Explanation

Two players against each other. Coach calls a yellow or red and the players try to put their ball in the right hoop first.

Progressions

First calls Coach: head, knee, ear

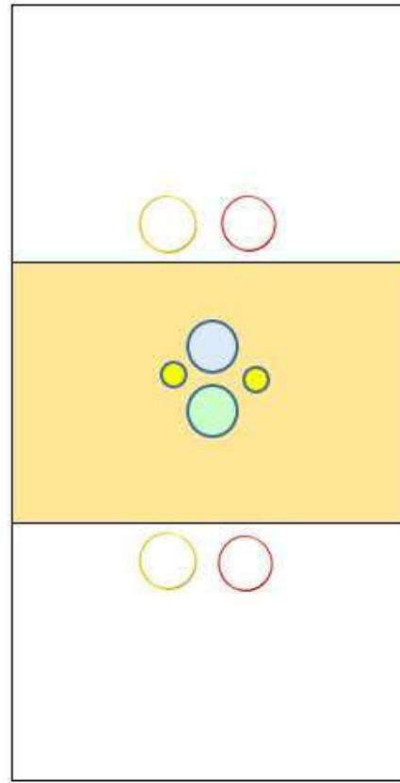
Comments

Speed and fun

Games

Children and adults

Hall and beach



“How can we inspire children for volleyball!”

Hoop targets

Explanation

Coach hits the ball to two defenders. They build up an attack trying to hit ball into the hoops.

Progressions

Get players moved before hit

Serve the ball to start

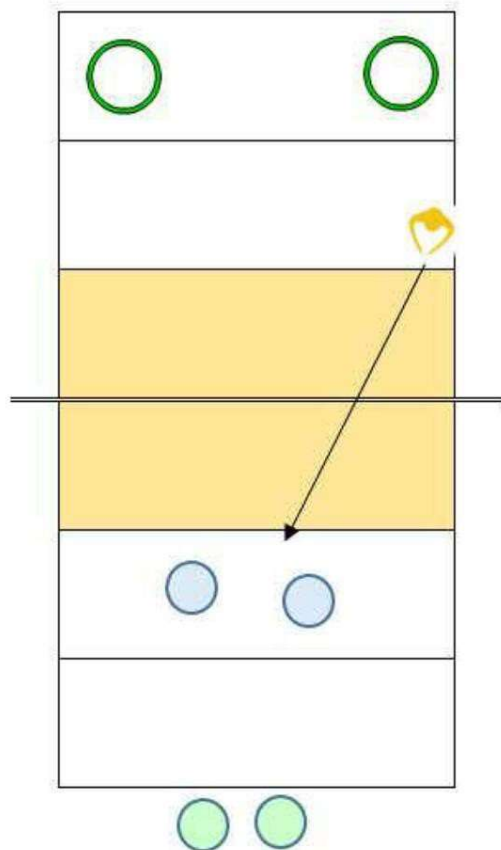
Comments

Requires concentration and players need to be able to sustain it

Aim attack to target

Children and adults

Hall and beach



"How can we inspire children for volleyball"



Balloon high

Explanation

Two players both have a regular volleyball in their hands. Use the volleyball to knock the balloon in the air.

Progressions

Hit balloon then touch or sit on the floor

Comments

There are many ways to extend this exercise

Children

Hall and beach



“How can we inspire children for volleyball”

Smash the ball through the hoop

Explanation

Player starts on a bench. Coach holds the ball in front of the hoop. The player hits the ball through the hoop.

Progressions

You can also hang a picture of a famous men's or ladies' player in the hoop. If the ball goes through that hoop, You can be him or her for the day!

No bench so need to jump

Comments

Smashing and scoring

Fun

Children

Hall and beach



“How can we inspire children for volleyball”

Finland defence

Explanation

Three players have a ball and in turn and they hit it against the cabinet. The defender moves down the line to defend the ball.

Progressions

Try to beat defender

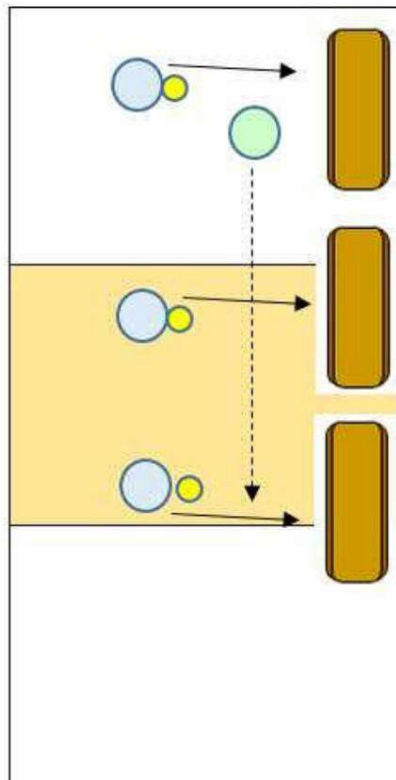
Comments

Defence

You need tall cabinets. The wall is also an option.

Adults

Hall



“How can we inspire children for volleyball”

Virtual game (future)

Explanation

Through a virtual view, the children see targets on which they can throw or smash the balls.

Progressions

It is a game for the future so you can also think of that kids have to move according to what they see

Comments



“How can we inspire children for volleyball”

Hit the big gym ball

Explanation

Coach holds the ball above the net. The player runs, jumps, and hits the ball over the net against the gym ball. Hitting the gym ball gets 1 point. Knock the gym ball from the basket gets 5 points.

Progressions

Other items to hold the gym ball.

Comments

Spiking is fun

Games

Children

Hall and beach



“How can we inspire children for volleyball”

