

Introduction of Smashball

- The smash is the most attractive volleyball technique
- The volleyball experience is the starting point
- Cool
- Boys and girls

Topics of smashball

- Smashing, action, rallies and fun are central
- Lots of ball contacts
- Everyone can join
- Indoor / outdoor
- From the start the smash and the serve
- Children can participate in tournaments in addition to their own sport, e.g. football

Level 1

- Team A serves the ball from behind the 2 meter line (badminton court) or 3 meter line (volleyball court). This can be done both overhand and underarms
- The receiving team catches the ball (directly or after a bounce)
- The child who has caught the ball may run to the net and toss the ball to himself.
- He hits the ball over the net (standing or jumping)
- The defending team catches the ball (directly or after a bounce)
- The child who has caught the ball may run to the net and toss the ball to himself.
- He hits the ball over the net (standing or jumping)
- When a goal is scored, the team that has the ball begins to serve
- Preferred 2 to 2

The game

- Rotating: If a team hits the ball over the net, that team turns or changes places
- Scoring: rally point; each foul is a point for the opponent (hit out or into the net, bounce twice, fail to catch)
- Movement sequence
(team A) serve – (team B) catch – run – smash – spin – (team A) catch – run – smash – spin – etc.

Level 2

- Team A serves the ball from behind the 2 meter line (badminton court) or 3 meter line (volleyball court).
- This can be done both overhand and underarms
- The receiving team catches the ball (directly or after a bounce)
- The child who has caught the ball throws the ball via a catch-throw movement to his teammate (setter) who is then at the net
- The setter throws the ball via a catch-throw motion to his teammate, who hits the ball over the net (standing or jumping)
- The defending team catches the ball (directly or after a bounce) and throws it to its teammate (setter) via a catch-throw movement
- The setter throws the ball via a catch-throw motion to his teammate, who hits the ball over the net (standing or jumping)
- When a goal is scored, the team that has the ball begins to serve
- Required to play in threes

The game

- Rotating: If a team hits the ball over the net, that team turns or changes places
- scoring
- rally point; each foul is a point for the opponent (hit out or into the net, bounce twice, fail to catch)
- Movement sequence
(team A) serve – (team B) catch/throw (as a pass) – catch/throw (as a set) – smash – spin – (team A) catch/throw (as a pass) – catch/throw (as a set) – smash - twist - etc.

Level 3

- Team A serves the ball from behind the back line of the badminton court or 7 meter line volleyball court. This can be done both overhand and underarms
- The receiving team immediately catches the ball, so without a bounce
- The child who has caught the ball throws the ball via a catch-throw movement to his teammate (setter) who is then at the net
- The setter gives a set-up with the overhand or underarm technique to his teammate, who hits the ball over the net (standing or jumping)
- The defending team catches the ball (directly or after a bounce) and throws it to its teammate (setter) via a catch-throw movement
- The setter gives a set-up with the overhand or underarm technique to his teammate, who hits the ball over the net (standing or jumping)
- When a goal is scored, the team that has the ball begins to serve
- Required to play in threes

The game

- Rotating: Like in senior competitions
- Scoring: rally point; each foul is a point for the opponent (hitting out or into the net, bouncing twice, not being able to catch).
- Movement sequence: (team A) serve – (team B) catch/throw (as a pass) – overhand/forearms (as a set) – smash – (team A) catch/throw (as pass) – overhand/underarms (as a set) – smash – etc.

Level 4

- Team A serves the ball from behind the back line of the badminton court or 7 meter line volleyball court. This can be done both overhand and underarms
- The receiving team gives an underarm or overhand pass
- The setter throws the ball via a catch-throw motion to his teammate, who hits the ball over the net (standing or jumping)
- The defending team catches the ball (directly or after a bounce) and throws it to its teammate (setter) via a catch-throw movement
- The setter gives a set-up with the overhand or underarm technique to his teammate, who hits the ball over the net (standing or jumping)
- The team that scores gets to serve
- Required to play in threes

The game

- Rotating: Like in senior competitions
- Scoring: rally point; each foul is a point for the opponent (hit out or into the net, bounce twice, fail to catch)
- Movement sequence (team A) serve – (team B) overhand/underarm (as a pass) – catch/throw (as a set) – smash – (team A) catch/throw (as a pass) – overhand/underarm (as a set) – smash – etc.

Points of attention per level

In all levels the emphasis is on smashing. Trainers and coaches should pay a lot of attention to this, after all: “an incorrectly executed striking technique is difficult to change into the correct technique at a later stage”. In addition to the smash, there are other key areas of focus;

Level 1

It is important in this phase that players learn good hitting technique and become impact resistant. The “jump smash” is also practiced (important for learning connection pass and timing). By serving from the field, the error rate will remain low at the start. Fast turning promotes dynamics.

Level 2

Playing in threes creates real volleyball. Because the first 2 balls can be thrown, there is always an attack or stroke. This is a must: after all, we call it “Smashball”

Level 3

Because the first ball is always thrown to the setter via a catch-throw movement, a set-up that is attacked is feasible. The game should continue to be played in threes, but it is now beaten from a real set-up.

Level 4

In level 3 the players have learned to estimate the serve well (catch without a bounce) now they try to pass the ball. Because this is not easy and the intention is to hit the third ball, the set-up is given by means of a catch-throw movement. The batted ball may be defended with a catch-throw movement. Now the set-up is given via the overhand or underarm technique. It is mandatory to play 3 times otherwise it is wrong. The attack must be pursued