

WHAT IS VOLLEYBALL?

Played on the sand or in a gym, in **teams of 2 or 6**, volleyball consists of hitting the ball over a net into an open spot on the other team's court. **Mini-volleyball** is an easier way to introduce beginners of all ages to the sport. Invented in Quebec, mini-volleyball is now seeing its 2nd "catch and release" contact format adopted overseas.

EQUIPMENT



1 volleyball per player



Cones



Volleyball nets



Scoreboard

HOW TO MAKE THIS ACTIVITY A SUCCESS



Provide **enough equipment** to ensure that everyone can play with the ball.



To encourage rallies, use a larger, lighter **ball** (mini-volleyball or beach ball).



Develop a **safety code** for stray balls that roll into adjacent courts.



Warm up your **ankles** properly to prevent injury.

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:



Elementary school level



High school level



Outdoors



No equipment



Distancing



Solo



For outdoor practices, choose a **sandy or grassy area**.

WARM-UP

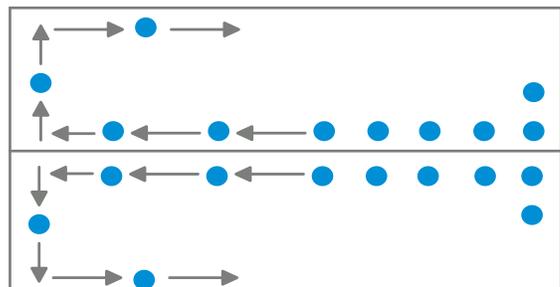
MILITARY DRILL



EQUIPMENT: 1 per pair and some

OBJECTIVE: Doing side-steps and moves towards the net.

Individually, do the instructed moves while facing the net: forward (**sprinting**), to the right (**side-stepping**), backward (**jogging**) and to the left (**side-stepping**). Go around the square twice, in both directions. In **pairs**, keep pace with the player in front of you and exchange **1 ball** over the net in a **catch-and-release** or **contact** pattern while moving sideways near the net.



Get players used to **facing the net**, even when moving backwards.

TECHNICAL ACTIVITY

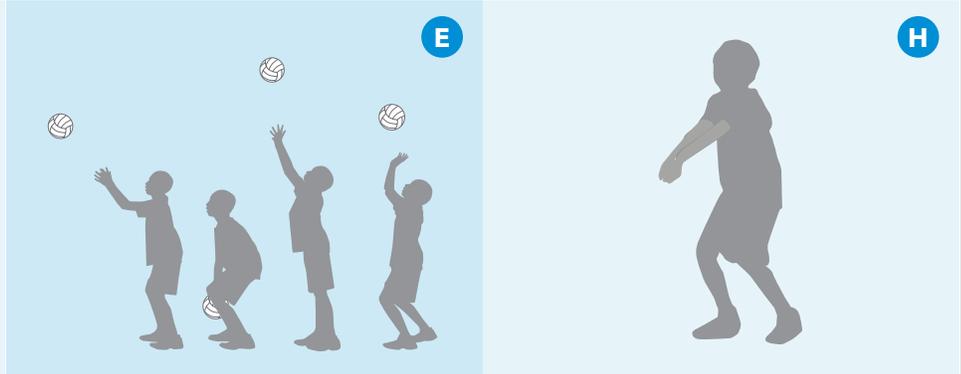
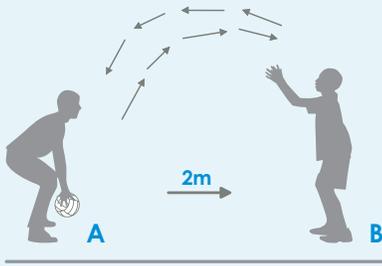
FACE TO FACE



EQUIPMENT: 1  per pair

OBJECTIVE: Volleying the ball with a stationary partner (catch and release, contact and set).

In **pairs, 2 m apart**, 1 player throws the volleyball underhand to the other. The other player catches & throws the ball, **catches & throws the ball to himself, followed by hits or bumps**. Do **10 consecutive rallies** and switch positions. Throw the ball high enough to give enough time to get under it.



VARIATIONS:

- **Challenge** yourself: Complete 6 consecutive rallies without turning around.
- Add a **net** between the 2 players.

 With the "catch & release," the ball must be caught and released in **one continuous motion** without moving your feet.

TECHNICAL ACTIVITY

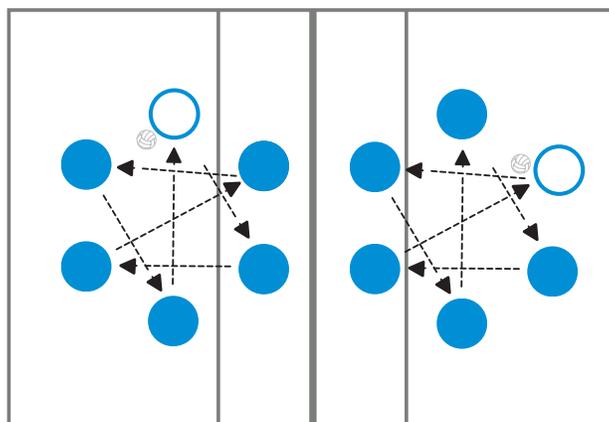
THE STAR



EQUIPMENT: 1  per team

OBJECTIVE: Getting in sync with your partners to catch and pass the ball.

In teams of **6 players**, placed in a circle, do as many rallies as possible. Use **catch & throws, hits, or bumps** to pass the ball to a teammate who is at least 2 spots away from you (never to your immediate neighbours). When you complete **10 consecutive passes**, take one step back. After a fault (**dropped ball** or **thrown to a neighbour**), move forward one step. End with a **1 minute game of consecutive rallies** without any faults.



TECHNICAL ACTIVITY

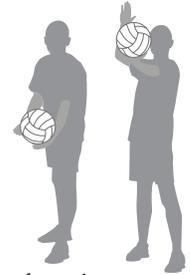
THE SERVE



EQUIPMENT: 1 per pair and 1

OBJECTIVE: Serving underhand or overhand like a tennis player.

In **pairs**, on each side of the **net**, take turns serving the **ball** over the net to your partner. When both partners successfully complete 1 serve, each takes a large step back (about 1 m). If you cannot serve the ball, take a big step forward. Try to finish in the backcourt before time runs out.



VARIATIONS:

- Vary the location of the **target** (partner in the spot you choose) Hitting the target = 1 point.
- Add a catching **sequence** (e.g., serve, catch, hit, catch).

Turn your body and feet **toward the target**, regardless of the serve.

MODIFIED GAME VERSION

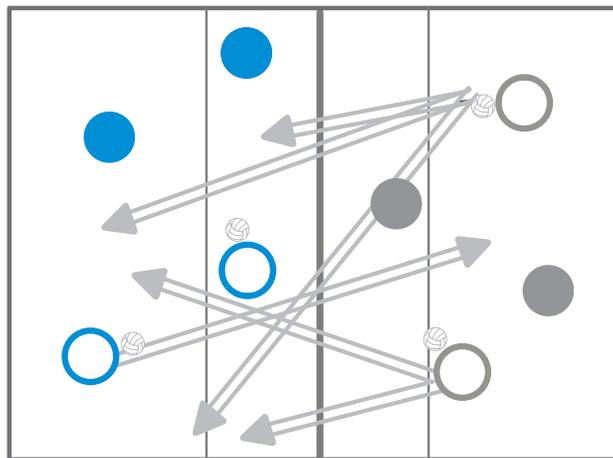
THE CATAPULTS



EQUIPMENT: 4 , 1 and 1 per court

OBJECTIVE: Hitting the ball over the net into an open space in the opponent's territory.

Form teams of **4 players** and have **2 teams** play against each other on a **mini-volleyball court**. Start with **2 balls per team**. At the signal, hit the balls over the net into the opponent's court. Score **1 point** when the ball lands on the ground. Each player who does not have a ball in his hands must try to catch a ball thrown by an opponent. Return the ball using a **catch & throw** or a **catch & throw to yourself, followed by a hit**. Play **21-point games**.



VARIATIONS:

- Add **1 ball** per team (more difficult).
- Allow players with a ball to **get closer to the net** (make it easier to go over the net).
- **Pass the ball to a teammate** to hit the ball into your opponent's territory.
- Require **at least 3** contacts before hitting the ball into your opponent's court.

Get used to aiming for **open spots** to score points.

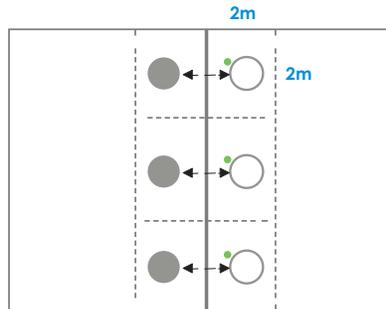
PROGRESSIVE PLAY



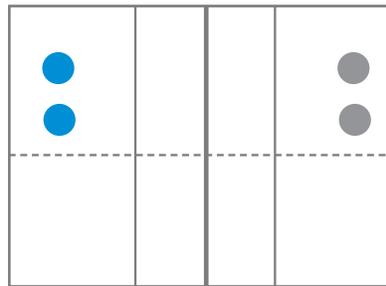
EQUIPMENT: 1 , 1 and 1 per court

OBJECTIVES: Covering your side of the court to prevent the ball from touching the ground and return it to the other side of the net.

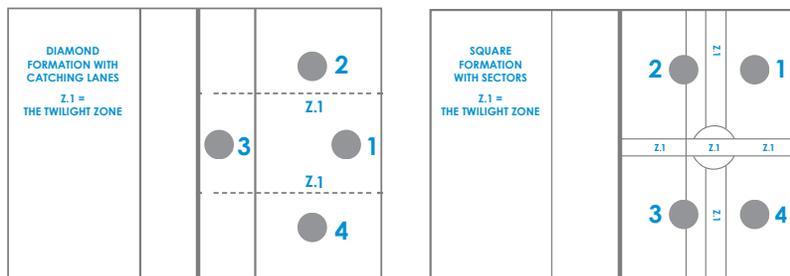
1 ON 1. In **pairs**, on a **2 m x 2 m** court, do as many rallies as possible by **catching & throwing, catching & throwing the ball to yourself (followed by a hit), hitting, and bumping the ball**. Use rebounds from the ground before returning the ball to the other side of the net.



2 ON 2 SIDE BY SIDE. On a mini-volleyball **half-court**, group 2 **pairs** to play a **4-minute game**. Require **3 contacts** before hitting the ball to the other side of the net. Do **as many rallies as possible**. To make it easier to get the first contact on the receiving end, recommend the use of **the catch & throw to yourself, followed by a hit**.



4 ON 4. Combine the pairs to form **teams of 4** on a **full mini-volleyball court**. Let the players choose their own position on the court. Encourage hits or bumps for 1st and 3rd contact. Keep the **catch & throw** for the 2nd contact. Be the first team to score **21 points** (scoreboard).



It is not necessary to discuss how the **rotation** works (complex), but make sure that all players take turns serving and try different positions on the court.

For more details on the **mini-volleyball** and **volleyball** leagues in your area, visit the RSEQ website.