

Teaching the Skills



KIWI VOLLEY
New Zealand



FUJI xerox 

KiwiVolley

Engage, Success, Fun

Our KiwiVolley programme is characterized by enhancing overall general athletic development. Improving basic movement abilities such as agility, balance, speed, and coordination, while improving fundamental sport skills such as running, jumping, throwing, catching, passing and striking are the primary focus.

Fun is critical for us and the key objective of the programme is to encourage participation in sport and physical activity in the hopes of creating a life-long interest volleyball.

Using modified KiwiVolley games, the volleyball fundamentals such as, the Set, the Pass, the Serve, Spiking and Blocking can be introduced. However, we only do this in the most simple and basic of ways, used primarily as tools to enhance the development of the fundamental movement skills, and as part of a program which encourages **Success** and fun in a volleyball orientated environment.

KiwiVolley is a game derived from the adult volleyball game with rules and equipment adapted for young people between 5-12 years.



Use these handy QR codes that are placed throughout this booklet.

These codes will link you directly to helpful videos on skills, rules and Grills of KiwiVolley.

It Features:

- Fewer numbers of players
- A smaller court area
- A lighter and softer ball
- A lower net
- Rolling substitutes
- Simple rules

The smaller distance and spaces, combined with a lighter and softer ball, permit success for even the youngest of players.

As with other modified sport, KiwiVolley is designed to give maximum participation and enjoyable involvement in a game that can develop a wide range of ball skills, movement skills, as well as teamwork and communication skills.

KiwiVolley is an ideal way to *Engage* youngsters in the game of Volleyball. Students will find the progression to College volleyball much easier with having played just one season of KiwiVolley.



Teaching & Coaching Tips



It is important to remember the principals of KiwiVolley *Engage, Success, Fun* when planning, designing and delivering your KiwiVolley session. The below principals underpin good teaching and coaching.

For effective learning to take place a coach needs to be aware of some of the basic needs of good teaching.

The following 3 principles summarise the teaching and training methods of our KiwiVolley programme

- 1. Children learn skills best through taking part.**
- 2. Children learn best when they:**
 - a) Have a clear goal of what the skill is trying to achieve
 - b) Understand the principles and performance keys for each skill – See *Teaching the Skills* booklet.
 - c) Receive feedback on their performance
- 3. Specificity is an underlying principle for learning motor skills**, i.e. “The game teaches the game”. If we want to get good at playing volleyball then we should play volleyball!!!

Volleyball New Zealand’s philosophy of teaching and training can be summarised in the diagram over the page.

Opportunities to Respond, Game like Drills, and Information Feedback are the building blocks to designing excellent drills and games in improving children’s skills.

- 🏐 **Opportunities to Respond:**
Children are given maximum number of opportunities to perform repetitions of the skill.

- 🏐 **Game like - Drills GRILLS**
Drills should recreate aspects of a KiwiVolley game
– See *KiwiVolley Game Like Drills* booklet.

- 🏐 **Information Feedback:**
 - Children should receive specific feedback via knowledge of performance and
 - Children should receive specific feedback via knowledge of results.

Principles and Performance Keys

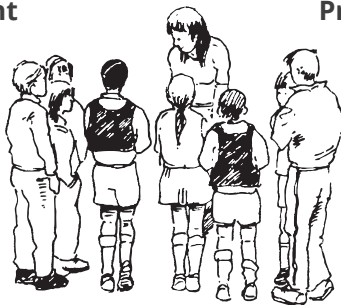
For each of the volleyball fundamentals skills there are both Principles and Performance Keys.

- 🏐 **Principles** are the fundamental truths about the skill
- 🏐 **Performance keys** are the important aspects of each skill. Performance keys provide the athlete and the coach, the key elements to focus on, when executing and critiquing a skill.

The coach should consider how the following impact on their athletes

A good role model
Sensitive
Be consistent

Organised
A good communicator
Prepared



The Skills of Volleyball

The Ready Position

This is the way a player should stand in preparation for the ball coming over the net. It allows the player to perform three key tasks quickly; *Overhead pass (set)*, *Forearm pass (dig)* and *move quickly to the next position*. This will allow the player the best chance to contact/touch the ball correctly.

Performance Keys

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1. Relaxed and ready to move
2. Face the ball
3. Arms straight and down
4. Shuffle to move



How to Underarm Serve



The serve begins the game and is taken by the team that wins the last point. By serving, the ball is introduced to the opponent's court ready for play. Encourage an underarm serve to promote rallies in the game as it makes receiving the serve easier for the opposing team.

Serving Principles

- 🏐 The faster the arm swing the further the ball goes
- 🏐 The direction of the arm swing determines the flight of the ball.

Performance Keys

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Ready Phase

1. Ball forward, arm back



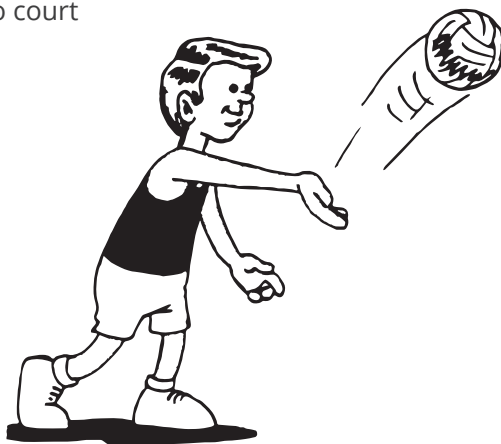
Action Phase

1. Low throw
2. Small Step
3. Middle of hand-Middle of ball //



Follow Through Phase

1. Move onto court



How to Forearm Pass



The forearm pass is normally used to receive serves, or to play any ball at waist height or lower. The pass is most often used to direct the ball to the person who is going to set up the hitter to spike. It is the first skill in the basic volleyball skill sequence of pass, set and hit.

Passing Principles

- ⚖ The ball knows angles
- ⚖ Pass high and off the net
- ⚖ Hands and arms respond best

Performance Keys

Ready Phase

1. Relaxed and ready to move
2. Arms straight and down
3. See the server, see the ball



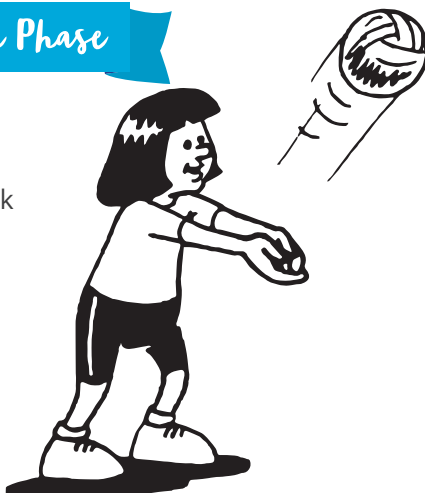
Action Phase

1. Shuffle to move
2. Hands and wrists together
3. Arms Straight
4. Forearm contact
5. Platform to the target



Follow Through Phase

1. Hold form
2. Prepare to attack



How to Overhead Pass (set)



The overhead pass (also called the set) is normally used as the second contact, or to play any ball at chest height or higher. The set is most often used to direct the ball parallel along the net for a hitter to spike. It is the second skill in the basic volleyball skill sequence of pass, set and hit.

Setting Principles

- 🏐 Keep it Simple
- 🏐 Height and location needs to be consistent
- 🏐 Let it go
- 🏐 Set a hittable ball

Performance Keys

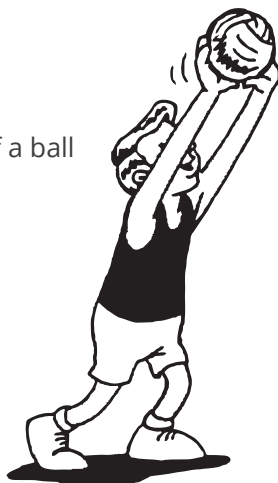
Ready Phase

1. Move behind the ball
2. Hands up early



Action Phase

1. Hands in the shape of a ball
2. Face your target



Follow Through Phase

1. Extend legs and elbows toward the target
2. Move towards target



Advanced Skills

How to Spike



The spike is a forceful hit into the opponent's court executed from the front court positions. The key components are a fast approach, a good jump, a high point of contact and a fast arm swing. It is the final skill in the basic volleyball skill sequence of pass, set and hit.

Spike Principles

- Make yourself available
- Approach with acceleration
- Hit high
- Rotate for power – Shoulder to shoulder

Performance Keys

Ready Phase

1. Four step approach R-L-R-L



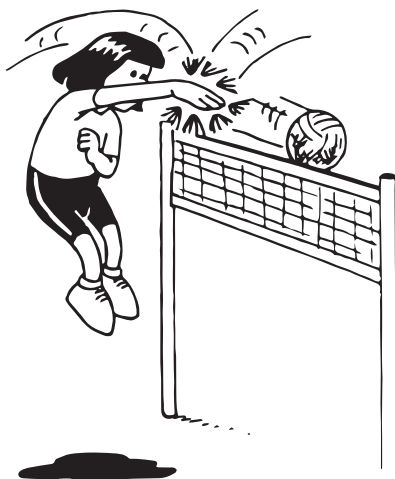
Action Phase

1. Swing arms to jump
2. Bow and Arrow to prepare



Follow Through Phase

1. Swing and Reach to hit



How to Block



The purpose of the block is to stop the opponents from hitting the ball into the blocker's court. It is the first line of defence. This action is played above the height of the net.

Performance Keys

Ready Phase

1. Hands and elbows in front of body
2. Knees and ankles bent.



Action Phase

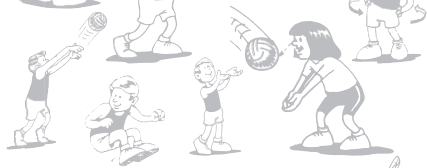
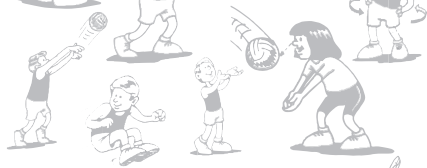
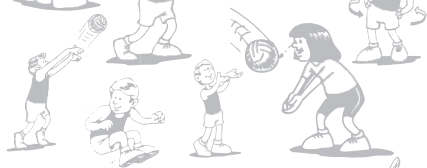
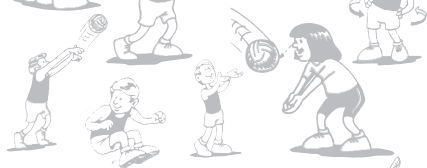
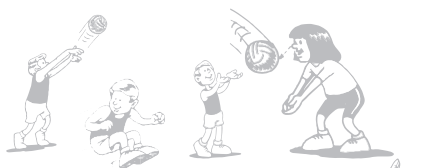
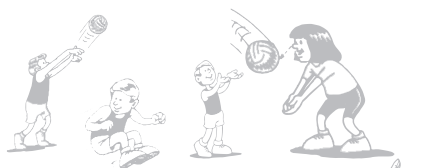
1. Stand in front of attacker
2. Jump and reach hands up and over net



Follow Through Phase

1. Land on two feet







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