KiwiVolley
Six Lesson Plan
Proudly supported by:
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.
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
Contents

Lesson One: Underarm Serving 8
Lesson Two: Setting 10
Lesson Three: Forearm Passing 12
Lesson Four: Kiwivolley Rotate 14
Lesson Five: Kiwivolley Rally 16
Lesson Six: Kiwivolley Spike & Tournament 18

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.
Lesson One Serving

1. **Skill — Ready Position**

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

2. **GRILL — Volley Battles**

   **Aim**
   
   Players catch and throw the ball over the net and try to get their opponents to misplay the ball or ground the ball on their opponent's side of the net. Players keep score with the winner after two minutes going to the winner's side. If it is a draw then paper/scissors/rock occurs. Games can be played over and over again.

3. **Skill — Underarm Serve**

   **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
4. GRILL - Step back & Serve

Aim

Underarm serve to their partner. If the partner can catch the ball without having to take more than one step the server may take one step back. Then the partner serves. If a player misses their serve they take one step forward. The aim is to make it back to the base line.

5. Game - KiwiVolley Rotate

Aim

Players catch and throw the ball over the net and try to get their opponents to misplay the ball or ground the ball on their opponent’s side of the net. When a teammate throws the ball over the net, the whole team rotates one position clockwise. If the ball is mishandled (i.e. dropped, thrown out of bounds or into the net), the player leaves the court. To start or resume the game with an underarm serve.
Lesson Two Setting

1. GRILL — Step back & Serve

Aim
Underarm serve to their partner. If the partner can catch the ball without having to take more than one step the server may take one step back. Then the partner serves. If a player misses their serve they take one step forward. The aim is to make it back to the base line.

2. Skill — Setting

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 towards the target
2. Move towards the target
3. **GRILL – Partner Patterns**

**Aim**

Children in pairs cooperatively see how many crossings of the net a player can make with their partner using a certain skill pattern e.g. Pass – Set. They continue trying to see how many in a row they can do without breaking the pattern.

**Variations**

1. Under arm throw > Set over > Catch
2. Under arm throw > Set up – Set over > Catch
3. Set over > Set back

4. **Game – KiwiVolley Rotate**

**Aim**

Additional rules of KiwiVolley Rotate from Lesson One are:

- Children can also set the ball instead of catching and throwing it to the opponent’s court. This is optional but should be encouraged.

- When a child sets the ball up (from an opponent’s shot), and a teammate catches the ball, the first eliminated player may return to the court. Or if there is just one player left on the court, this player may set the ball (from an opponent’s shot) and catch it themselves.

---

**KiwiVolley Rotate - Step One**

**KiwiVolley Rotate - Step Two**

**KiwiVolley Rotate - Step Three**

**KiwiVolley Rotate - Step Four**
Lesson Three  Passing

Recap

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

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

1. Hold form
2. Prepare to attack

1. GRILL - Volley Battles

Aim

Additional rules of Volley battles from Lesson One are:
Start each battle with a serve. Children then catch the ball and set it over.

2. Forearm Pass
3. **GRILL - Partner Patterns**

**Aim**

Children in pairs cooperatively see how many crossings of the net a player can make with their partner using a certain skill pattern e.g. Pass – Set. They continue trying to see how many in a row they can do without breaking the pattern.

**Variations**

1. Under arm throw > Pass up > Catch
2. Under arm throw > pass up – Set over
3. Now in fours

---

4. **Game - KiwiVolley Rotate**

**Aim**

Additional rules of KiwiVolley Rotate from Lesson Two are;

- Now only when a child forearm passes (from an opponent’s shot), and a teammate catches the ball, the first eliminated player may return to the court. Or if there is just one player left on the court, this player may forearm pass the ball (from an opponent’s shot) and catch it themselves.
Lesson Four KiwiVolley Rotate

Recap

1. Forearm Pass

2. Setting

1. GRILL-Vollis (Fours)

Procedure

Start with one child on each side with one ball. Throw or serving the ball over the net. Player B has to play it back over using just one contact (forearm pass or set). The game continues like tennis with one contact on each side. Advance to four players (two on each side).

Variations – Try only setting or only forearm passing.

2. Overhead attack

Ready Phase

1. Move under the ball
2. Swing arms above head

Action Phase

1. Bow & arrow to prepare
2. Swing and reach to hit

Follow Through

1. Don’t touch the net
3. King or Queen of the court

**Procedure**

Play in teams of three. Team B (the challengers) serve the ball to Team A (The Champs). If Team A wins they score a point and remain in the same position. If Team B wins they become the “Champs”... crossing under the net to the “Champs” side.

The losing Team goes to the back of the line. Team C enters the court and serves to start the new rally. There should be three compulsory passes, with the last being directed over the net. The second contact must be compulsory, catch then throw to another player.

---

4. Game - KiwiVolley Rally

**Procedure**

Children are in teams of four. Standard volleyball serving, rotation and scoring (1 point per rally) procedures. Extra players are obliged to rotate into the game at the service position. Underarm serves only. There should be three compulsory passes, with the last being directed over the net, or replay occurs. The second contact must be a smooth, non-stop, catch-throw movement. Maximum of three serves before rotating to the next server.
Lesson Five  KiwiVolley Rally

Recap

One hand attack

Forearm Pass

1. GRILL - Single Skills Games

Set up for four v four games. Teams play a three contact volleyball game using only one skill just a forearm pass to play the ball. After a few games change to just using the set. For the last games, one team may use the overhead pass exclusively, while its opponent only use the forearm pass. The teacher indicates when it is time to change skills.

2. King of Queen of the court

Use the same rules as in Lesson 4 - Play in teams of three. Team B (the challengers) serve the ball to Team A (The Champs). If Team A wins they score a point and remain in the same position. If Team B wins they become the “Champs”... crossing under the net to the “Champs” side.

The losing Team goes to the back of the line, Team C enters the court and serves to start the new rally. There should be three compulsory passes, with the last being directed over the net. The second contact must be compulsory, catch then throw to another player.
3. Game - KiwiVolley Rally

**Procedure**

Use the same rules as in Lesson 4 - Children are in teams of four. Standard volleyball serving (underarm), rotation and scoring (1 point per rally) procedures. Extra players are obliged to rotate into the game at the service position. Underarm serves only.

There should be three compulsory passes, with the last being directed over the net, or replay occurs. The second contact must be a smooth, non-stop, catch-throw movement. Maximum of three serves before rotating to the next server.

---

4. Game - KiwiVolley Spike

**Procedure**

Children are in teams of four. The rules are the same as KiwiVolley - Rally with the exception of - 1. No amount of compulsory touches before directing the ball over the net are required, but three touches should been encouraged 2. When receiving the serve the ball cannot be passed directly back to opposition or it is a point to the other team. If this happens replay the point 3. No catching or throwing is allowed in KiwiVolley - Spike.
Lesson Six KiwiVolley Spike

Recap

Ready Position

Forearm Pass

Underarm Serve

Setting

One hand attack

1. Game – KiwiVolley Tournament

Procedure

Children choose their own or are placed in teams of 4-6 by their teacher. Each game should be 3-4 minutes long. For the first half of the lesson, after each game the same team will stay on their court, while every other team rotate one court clockwise.

Keeping the score is not needed during these games.

For the second half of the lesson, the winning team after their 3-4 minute match moves up a court and the other team moves down one. This will allow teams of similar levels to play each other more often. Teams will need to keep their score during these games.
The KiwiVolley level/rules that are to be used during the tournament for the children's year level are:

**KiwiVolley Rotate**  Years 3 & 4  Rules & Refereeing Booklet - Pages 6

**KiwiVolley Rally**  Years 5 & 6  Rules & Refereeing Booklet - Pages 10

**KiwiVolley Spike**  Years 7 & 8  Rules & Refereeing Booklet - Pages 13