



Volleyball New Zealand

Teaching Methods, Skill Models & Games



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USE THESE HANDY QR CODES THAT ARE PLACED THROUGHOUT THIS BOOKLET.
 These codes will link you directly to helpful videos.

1. INTRODUCTION

The aim of this document is to provide:

- 1) useful information about Volleyball New Zealand's 3 core principles relating to teaching and training
- 2) Skill models for the volleyball fundamentals. Note: The fundamentals volleyball skills are the same regardless of age and level.
- 3) Ten games for learning to play volleyball.

This information is designed to be of use for athletes and their parents, coaches, managers, and administrators throughout New Zealand.

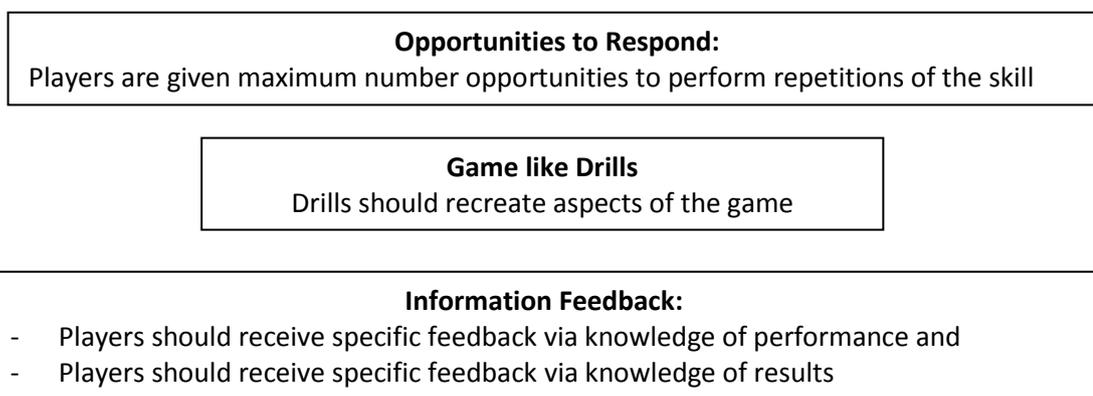
2. METHODS OF TEACHING AND TRAINING

2.1 The following 3 principles summarise the teaching and training methods employed in VNZ High Performance programmes.

1. Athletes learn skills best through doing.
2. Athletes learn best when they:
 - a) Have a clear goal of what the skill is trying to achieve and,
 - b) Understand the principles and performance keys for each skill
 - c) Receive feedback on 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 below. Opportunities to Respond, Game like Drills, and Information Feedback are the building blocks to designing excellent drills and games in improving skill.



2.2 Principles and Performance Keys

For each of the volleyball fundamentals skills there are both **Principles** and **Performance Keys**. (These are detailed in section 9.)

- **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.

3. SKILL MODELS

Volleyball Fundamentals Principles and Performance Keys

“Simple is best - it enables repeatability.”

3.1 Serve

Serving Principles

To make good contact have a great contact surface.

Float serve

1. Bow and arrow
2. Low throw
3. Small step
4. Heel of the hand



Spike Serve

1. Consistent throw, well in front of base line
2. Four step approach R-L-R-L
3. Swing arms to jump
4. Bow and Arrow to prepare
5. Swing and Reach to hit
6. Land in court



3.2 Passing

Passing Principles

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



Forearm Pass

Preparation

1. See the server, see the ball
2. Relaxed and ready to move
3. Arms down and straight
4. Shuffle to move; beat it don't meet it.
5. Face the ball



Execution

6. Hands Down, arms Straight
7. Hands and wrists together
8. Lead leg (balance on contact)
9. One move to the ball
10. Platform to the target.

3.3 Setting

Setting Principles

Keep it Simple

Consistent height and location

Set a hittable ball



Setting Keys

1. Move behind the ball
2. Hands up early
3. Hands in the shape of a ball
4. Face your target
5. Extend legs and elbows toward the target



Jump Set additional Keys

1. Feet to the ball, jump up
2. Get neutral
3. Hands are high on release



3.4 Spiking

Spike Principles

Make yourself available

Approach with acceleration

Jump behind the ball

Rotate for power

Spike

1. Four step approach R-L-R-L
2. Swing arms to jump
3. Bow and Arrow to prepare
4. Swing and Reach to hit



3.5 Blocking



Blocking Principles

Seal the net, never touch it
Jump in the right place, at the right time
Watch – Ball, Setter, Ball, Hitter

Block Keys

1. Hands and elbows in front of body.
2. Knees and ankles flexed
3. Stand in front of hitters shoulder
4. Watch the hitters arm swing
5. Reach over the net

3.6 Field Defence

Field Defence Principles

Use the simplest skill
Get stopped
Keep the ball between you and your team mates

Field Defence Performance Keys

Get Stopped
Be low and balanced
Elbows bent, palms up
Take your **hands** and feet to the ball

3.7 Visual Skills in Defence

Use of the following visual sequence when playing defence.

Ball-Setter-Ball- Hitter

Ball Watch the ball to see if it is coming over the net

Setter Watch the setter to see if they give away cues as to where they will set

Ball See where the ball is going

Hitter As soon as practically possible take your eyes to the hitter to assess the hitters movements which will provide information about the direction and type of attack.

3.8 Footwork

“Shuffle to move” in receive and defence.
This optimises balance while maintaining a still head.



Blocking footwork

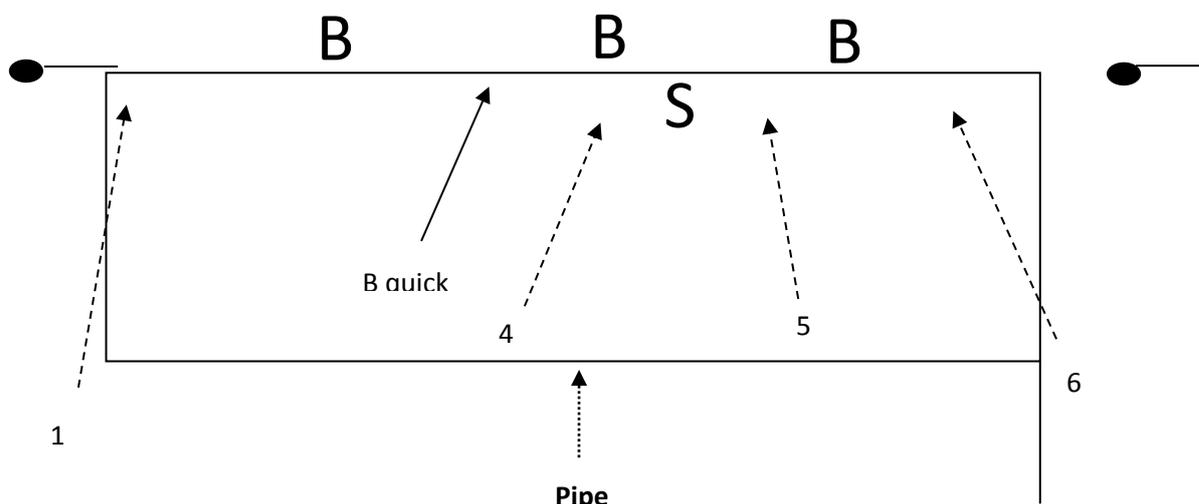
The following link provides a very thorough description of blocking footwork ([link](#))



5. SIMPLIFIED CALLING SYSTEM FOR BEGINNING VOLLEYBALLERS.

Volleyball New Zealand Set Terminology

Note: The arrows indicate the position along the net, or the attack line, for the set and are not necessarily the direction of the approach of the attacker



Position	Call	Set	Comments
Outside Sets	1	Out of system higher set, 1 st step tempo	Fixed
Middle sets:	B quick	About 2m in front of the setter	Floating; Thumb and index finger extended
Right side sets:	6	Higher, slower back set	Fixed
Back row sets:	Pipe	Same location as the Bic but higher set	Fixed
	4	1m in front of setter and 1m above net	Floating
	5	1m behind setter and 1m above net	Floating

Communication

All numbered calls (1-6) are communicated with fingers.

Back row attacks are signalled with the setters hand directed to their upper torso / shoulder.

Notes: Fixed means the same point on the court; floating means based on position of the setter

4. TOP 10 WAYS TO LEARN TO PLAY VOLLEYBALL.

The following games work best in association with demonstrations and the reinforcement of the **principles** and **performance** keys..... along with, of course an enthusiastic positive coach.

1. Step back serving: Start at attack line, stop back on a successful serve, step forward on a fault. Winner is first to the base line.
2. I throw, you set, I catch; After 3 throws and sets we make a rally. i.e. I set, you set. We try to break our own record
Play over the net... cooperation, then a 1 on 1 game then 2 on 2 game.
3. I throw, you pass, I catch; After 3 throws and passes we make a rally. i.e. I set you pass. We try to break our own record
Play over the net... cooperation, then a 1 on 1 game then 2 on 2 game.
4. Vollis - Volley Tennis over the net. Modify the size of the court depending on level.
Play cooperative then move to competition.
 - Setting
 - Passing.
5. Serve- Pass - Set – Over. This is a co-operation drill.
Progress from a throw to start, moving to full serving.
Goal: how many in a row
Build for 3rd shot to be a spike.
6. (2 on 2) Over the net Cooperation game One player at net and one player back
 - Stay in position
 - Change positions after every rally, vary the size of the court.
 - Aim to better your score of continuous hits, leader board within the team.
7. 2 on 2 Both players back. Same variations as 6.
8. 3 on 3 games, 4 on 4, backcourt games. Same variations as 6.
9. King / Queen / Monarch of the court. Same variations as 6.
10. 6 on 6
Increase volume, intensity and focus by using Wash Drill and scoring variations.

Activities 1-5 should be used at the start of training and used sparingly. The more our training looks like a game the better, bearing in mind response opportunities, and efficient motor skill execution.

Reading the game : The premium skill in volleyball is reading.

Look at your opponent's body language, specifically watch the **speed** and direction of their **movements**.

