



**Welcome to**

**Volley2s Guide  
to Teaching &  
Coaching**



# Background

**A QUESTION:-** As the aim of Volleyball is quite simple; ground the ball on your opponent's side of the court whilst keeping the ball off the floor on your side of the net.

***Why do children have to wait until they have all the skills to be able to play games?***

**AN ANSWER:-** A group of over 40 coaches came together and decided we needed a focus on primary school aged children so that

- Children would be able to play 'a game' right from the start
- Coaches and Teachers would have the tools to help introduce and develop the game for children age 7 upwards.

**AN APPRECIATION:-** To make it look like 'real' volleyball takes time and lots of opportunities to play.

**A PHILOSOPHY:-** Volleyball players are people first and volleyball players second. Children will learn best through playing the game with guidance, encouragement and questioning in-order to develop technical, tactical and social skills at each stage.

Have a look at Volley2s to see how children can 'play the game' right from their very first session and gradually progress through their learning and experiences to what we adults think of as 'proper volleyball'.

# What does the guide show me?

## 1. How to Play Volley2s

- *There are 4 progressive formats Red, Amber, Green and Gold*

## 2. How to plan Volley2s sessions using:-

- *Development Activities*
- *Technical Cards*

## 3. How to make sessions accessible to everyone

## 4. Ideas for managing a session

## 5. How to organise a simple Volley2s Festival

# What is the thinking behind Volley2s?

## **Children learn best through playing the game**

By modifying and adapting games to match the needs of all children the following will be developed:

- an understanding of strategy and tactics
- teamwork, motor skills and problem-solving skills
- encouragement of fair play and sporting behaviour

# What is Volley2s?

Volley2s is an adapted 2v2 version of volleyball which has been developed by Volleyball England to introduce the game of volleyball to children of all abilities and disabilities.

It is stage not age but we see it fits best for children aged 7-11 (KS2)

## So far...

Children up to the age of 7 have been developing their individual fundamental skills of moving, balancing and controlling balls, of all different shapes and sizes, by catching, throwing, kicking, hitting and rolling.

Volley2s introduces children to working together with a partner, playing their first game of volleyball using throwing and catching skills.

***It's simple...get the ball over the net so that it lands on your opponent's court!***

# How does it work? How do children progress?

**There are 4 developmental stages**

**RED    AMBER    GREEN    GOLD**

**from**        **RED** (an easy to play catch and throw game)

**through to**    **GOLD** (with recognised volleyball shots - dig, set, spike, serve and block)

New movement and volleyball skills, tactical, problem-solving skills, and social skills are introduced at each stage

# How will the guide help me deliver to my group?

We show you how to play the game at each stage  
**(RED AMBER GREEN GOLD)**

**Game Play Cards** showing the pattern of play and how to develop the basic concepts of the game

**Game Play**  
**Volley2s RED**

**Service (Throw)**  
 Change server after 3 successful serves.  
**Switching**  
 Every time the ball goes over the net players switch places even after a serve.

Player 1 throws the ball underhand (palms facing up) over the net from any position on the court.

Player 3 catches and then plays the ball over the net using two hands.

Player 2 catches the ball and passes the ball to Player 4 using the underhand throw (palms facing up).

Player 4 catches the ball and plays the ball in front of Player 3 using the underhand throw (palms facing up) or overhead push.

**Volley2s AMBER**

**Service (Throw)**  
 Change server after 3 successful serves.  
**Switching**  
 Every time the ball goes over the net players switch places even after a serve.

Player 1 throws the ball underhand (palms facing up) over the net from any position on the court.

Player 3 plays the ball over the net using a volley, spike or tip.

Player 2 catches the ball and passes the ball to Player 4 using the underhand throw (palms facing up).

Player 4 catches the ball and sets the ball high in front of Player 3.

Volleyball England Volley2s for 7-11 year olds

Game Play Volley2s / RED / AMBER

**Game Play**  
**Volley2s GREEN**

**Service**  
 Change server after 3 successful serves.  
**Switching**  
 Every time the ball goes over the net players switch places even after a serve.

Player 1 serves from the back half of the court.

Player 3 plays the ball over the net using a volley, spike or tip.

From the serve Player 3 must play the ball with a dig. During the rally they can use a volley or dig pass.

Player 4 catches the ball and plays the ball and sets the high ball between Player 3 and the net.

**Volley2s GOLD**

**Service**  
 Change server after 3 successful serves.  
**Switching**  
 Every time the ball goes over the net players switch places even after a serve.

Two or three touches can be used i.e. both players must contact the ball before it is returned. A block can be used to defend attacks.

Player 1 underhand serves over the net from behind the baseline.

Player 3 plays the ball over the net using volley, spike, tip, dig.

Player 2 receives the ball with a volley or dig.

Player 4 sets the ball to Player 3.

Volleyball England Volley2s for 7-11 year olds

Game Play Volley2s / GREEN / GOLD



# Rules and Organisation explain how to set up

- Court sizes
- Net heights
- Match lengths
- Suggested ages
- General rules
- Specific stage rules

**Rules and Organisation Volley2s RED**

Organisation			
<b>Court Size</b>	<b>Net Height</b>	<b>Matches</b>	<b>Suggested Age</b>
Recommended length 5m (i.e. 4.5m each side of the net (volleyball court width)). Recommended width between 3.05m (half badminton court width) and 4.5m (half volleyball court width).	Between 1.80m and 2.15m depending on age/height of the players (i.e. just above stretch height).	Suggested matches to 15 points or 6-8 minutes. You can alter the length of matches to fit the time you have available.	7-8 year old KS2 - Years 3/4

General Rules	
<b>Number of Contacts</b>	In Volley2s Red, Amber and Green, teams have to play the ball three times. In Volley2s Gold, teams have to play the ball a minimum of two times.
<b>Winning Points</b>	The rally is over when: <ul style="list-style-type: none"> <li>• The ball contacts the floor or hits an object</li> <li>• The ball is "in" if it contacts the floor in the court area, including the lines</li> <li>• The ball is "out" if it contacts the floor outside the court markings or hits an object such as the post</li> <li>• a team plays the ball more than three times</li> <li>• a player plays the ball twice in a row</li> <li>• a team plays the wrong shot</li> </ul>
<b>Switching</b>	Every time the ball goes over the net players switch places.
<b>Serving</b>	Maximum of 3 serves in a row for any player. If a player wins points from 3 consecutive serves their partner swaps to serve. If a team completes 6 serves in a row the opposition gains the serve but not a point.
<b>Net/Court Touches</b>	Players are not allowed to touch the net or cross the centre line of the court (for safety reasons). The ball may hit the net while crossing to the opponent's side.

Game Specific Rules						
<b>Serve</b>	<b>Contact 1</b>	<b>Player 1</b>	<b>Contact 2</b>	<b>Player 2</b>	<b>Contact 3</b>	<b>Player 1</b>
The shot that starts the game. Serve from anywhere on court.	The first shot that is played once the ball comes over the net by either player (who is called the receiver).	Setting up your partner so they can send an attacking shot into your opponent's court.	An attacking shot into your opponent's court to try to win a point.			
Throw the ball underhand (palms facing up) over the net from any position on the court.	Catch the ball any way you want, then pass the ball to your partner underhand (palms facing up).	Catch the ball any way you want, then pass the ball to your partner underhand (palms facing up) OR overhead (above head-height push).	Catch the ball any way you want, then play ball over the net using two hands.			

Volleyball England Volley2s for 7-11 year olds

**Rules and Organisation Volley2s AMBER**

Organisation			
<b>Court Size</b>	<b>Net Height</b>	<b>Matches</b>	<b>Suggested Age</b>
Recommended length 5m (i.e. 4.5m each side of the net (volleyball court width)). Recommended width between 3.05m (half badminton court width) and 4.5m (half volleyball court width).	Between 1.80m and 2.15m depending on age/height of the players (i.e. just above stretch height).	Suggested matches to 15 points or 6-8 minutes. You can alter the length of matches to fit the time you have available.	8-10 year old KS2 - Years 4/5

General Rules	
<b>Number of Contacts</b>	In Volley2s Red, Amber and Green, teams have to play the ball three times. In Volley2s Gold, teams have to play the ball a minimum of two times.
<b>Winning Points</b>	The rally is over when: <ul style="list-style-type: none"> <li>• The ball contacts the floor or hits an object</li> <li>• The ball is "in" if it contacts the floor in the court area, including the lines</li> <li>• The ball is "out" if it contacts the floor outside the court markings or hits an object such as the post</li> <li>• a team plays the ball more than three times</li> <li>• a player plays the ball twice in a row</li> <li>• a team plays the wrong shot</li> </ul>
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<b>Serve</b>	<b>Contact 1</b>	<b>Player 1</b>	<b>Contact 2</b>	<b>Player 2</b>	<b>Contact 3</b>	<b>Player 1</b>
The shot that starts the game. Serve from anywhere on court.	The first shot that is played once the ball comes over the net by either player (who is called the receiver).	Setting up your partner so they can send an attacking shot into your opponent's court.	An attacking shot into your opponent's court to try to win a point.			
Throw the ball underhand (palms facing up) over the net from any position on the court.	Catch the ball any way you want, then pass the ball to your partner underhand (palms facing up).	Catch the ball any way you want, then pass the ball to your partner underhand (palms facing up) OR overhead (above head-height push).	Catch the ball any way you want, then play ball over the net using two hands.			

Volleyball England Volley2s for 7-11 year olds

**Rules and Organisation Volley2s GOLD**

Organisation			
<b>Court Size</b>	<b>Net Height</b>	<b>Matches</b>	<b>Suggested Age</b>
Recommended length 5m (i.e. 4.5m each side of the net (volleyball court width)). Recommended width between 3.05m (half badminton court width) and 4.5m (half volleyball court width).	Between 1.80m and 2.15m depending on age/height of the players (i.e. just above stretch height).	Suggested matches to 15 points or 6-8 minutes. You can alter the length of matches to fit the time you have available.	10-11 year old KS2 - Years 5/6

General Rules	
<b>Number of Contacts</b>	In Volley2s Red, Amber and Green, teams have to play the ball three times. In Volley2s Gold, teams have to play the ball a minimum of two times.
<b>Winning Points</b>	The rally is over when: <ul style="list-style-type: none"> <li>• The ball contacts the floor or hits an object</li> <li>• The ball is "in" if it contacts the floor in the court area, including the lines</li> <li>• The ball is "out" if it contacts the floor outside the court markings or hits an object such as the post</li> <li>• a team plays the ball more than three times</li> <li>• a player plays the ball twice in a row</li> <li>• a team plays the wrong shot</li> </ul>
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Volleyball England Volley2s for 7-11 year olds

# There are clear outcomes at each stage

## Each stage has outcomes that can be developed in the Game and through Development Activities

### **Volley2s RED**

- Moving smoothly in different directions to catch and play
- Rainbow passing over different distances
- Moving to receive at the net
- Being aware of my position on court

### **Volley2s AMBER**

- Setting up the attack with a self-feed volley
- Playing an attacking shot with a volley
- Serving with purpose
- Understanding the base position and back to base

### **Volley2s GREEN**

- Using a dig pass to play the ball
- Playing an attacking shot with a spike
- Making the link in response to the first contact
- Anticipating where the ball is going to go

### **Volley2s GOLD**

- Using a setting action
- Defending with a block
- Control and consistency in selection and execution of shots

# Children work towards these outcomes by playing the Game and taking part in Development Activities

There are **15 Development Activity Cards** for each stage

Each card shows you:-

- Activity Outcomes
- Technical Cards needed (all the key points for each skill)
- Equipment needed
- Set Up
- How to play
- Ask the Player (key questions you can ask the player to help understanding)
- Variation to include all
- Safety Points

## 2. IN A BAG

### Activity Outcome:

- Players are able to read the flight of the ball, move smoothly and then be still in the dig position before receiving the ball

### Technical Cards:

- Ready for Action
- Moving Smoothly
- Rainbow Flight

### Equipment:

- 1 volleyball per 2 players
- Carrier bag between 2 players
- Net

### Set Up:

- 1 player each side of the net – 3 to 5m from the net
- Player 1 with the ball – Player 2 with the carrier bag

### How to play:

- Player 1 rainbow feeds their ball over the net
- Player 2 catches the ball in the carrier bag
- After 3 feeds - swap.

### Ask the Player:

- What was the flight of the ball you gave to make it easy for your partner to catch the ball in a bag?
- When catching the ball in the bag describe your body position when you caught it

### Variation:

- EASIER
  - Let the ball bounce before catching
  - Bigger bag
- HARDER
  - Serve the ball
  - Receive the ball on forearms, bump the ball upwards (dig) then catch in the carrier bag

### Safety Points:

- Players to be aware of the rest of the group as they focus on the ball

At the start of the Development Activities for each stage there is an Overview that:-

- Confirms the stage **Outcomes**
- Advises on **Warm-Ups**
- Matches **Outcomes to Activities**
- Suggests **Cool-Downs**
- Outlines the **Social and Volleyball Behaviours** to be developed at the stage

## VOLLEY 2s - RED OVERVIEW

The main development outcomes for this stage are:

- Moving smoothly in different directions to catch and play
- Rainbow passing over different distances
- Moving to receive at the net
- Being aware of my position on court

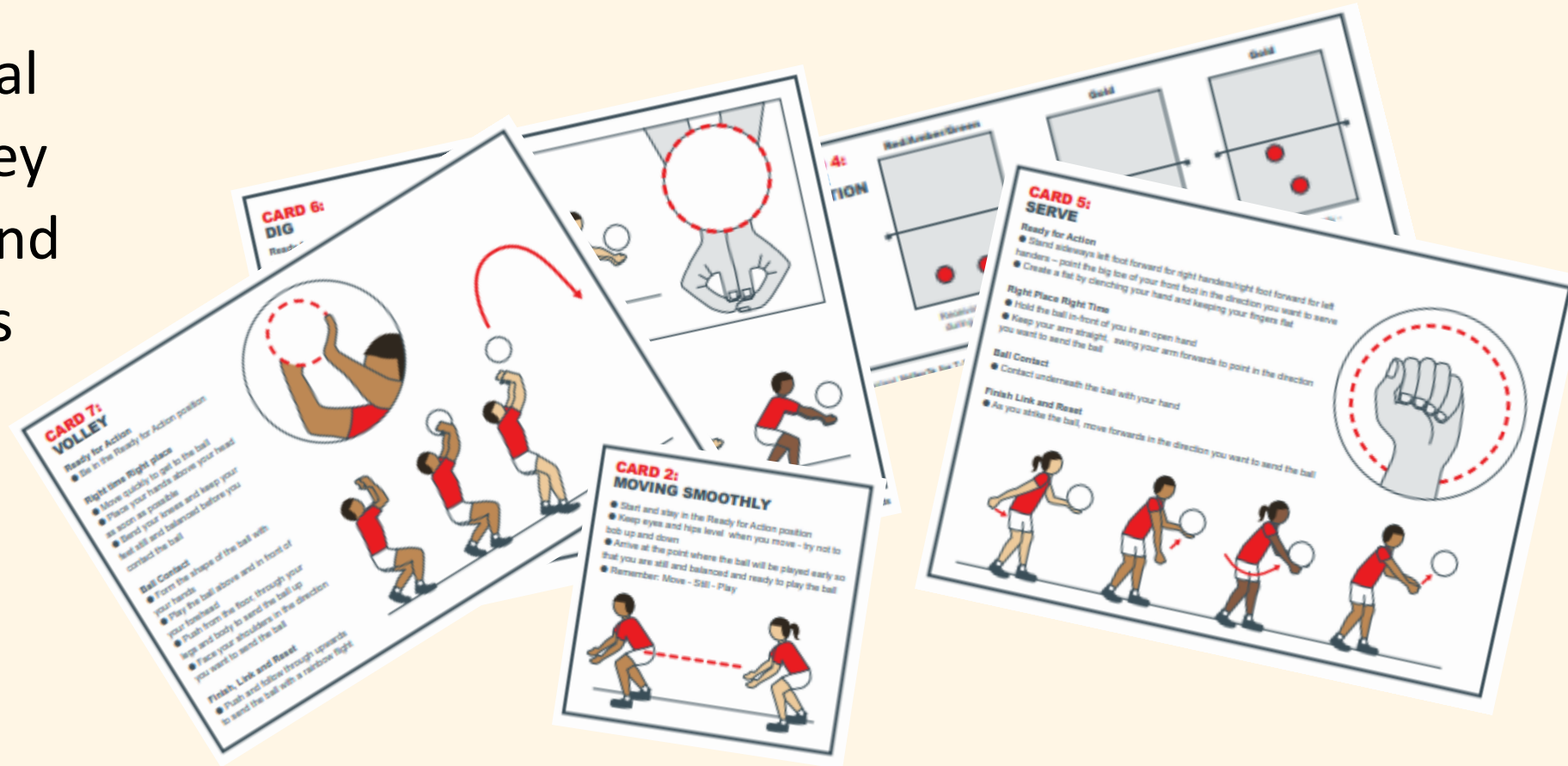
<b>Warm-Ups</b>	<ol style="list-style-type: none"> <li>1. Go/Stop/Top</li> <li>2. Chase opposites</li> <li>3. Truck and Trailer</li> <li>4. Numbers</li> <li>5. Bounce Tag</li> <li>6. Star Tag</li> <li>7. Stork and Kangaroo</li> </ol>
<b>Game</b>	Volley2s Red
<b>Development Activities</b>	<ol style="list-style-type: none"> <li>1. Ball and Cones (Moving smoothly)</li> <li>2. Goal Roll (Moving smoothly)</li> <li>3. 1v1 Different Catch (Moving smoothly)</li> <li>4. Clap at the Top (Rainbow passing)</li> <li>5. Up – Down – Catch (Rainbow passing)</li> <li>6. Partner Up – Down – Catch (Rainbow passing)</li> <li>7. Knock-Out Challenge (Rainbow passing)</li> <li>8. Beat the Ball – Low (Moving to the net)</li> <li>9. Pass and Switch (Position on court)</li> <li>10. Rainbow Target (Rainbow passing)</li> <li>11. At the End of the Rainbow (Moving smoothly)</li> <li>12. 1 v 1 Back to Base (Position on court)</li> <li>13. Receiver Reward (Moving to the net/position on court)</li> <li>14. Partner Play (Moving to the net)</li> <li>15. 2v2 Net Touch (Moving to the net)</li> </ol>
<b>Game</b>	Volley2s Red
<b>Cool-Downs</b>	<ol style="list-style-type: none"> <li>1. Spaghetti Moves</li> <li>2. Pass and Shine</li> <li>3. Stork Balance</li> <li>4. Equipment Clean-Up Tag</li> <li>5. Slow Lash</li> </ol>

## Social and Volleyball Behaviours

Social and volleyball behaviours form an important part of developing each individual Volley2s Red focuses on children developing personal skills to help their team-mate by:

- Showing they are ready to play
- Always playing to the rules
- Always trying their best whether winning or losing
- Being able to show they understand the purpose and aims of practices and games
- Congratulating opponents and officials after a game whatever the final result.

There are 11 Technical Cards giving all the key points for the skills and tactics needed across all 4 stages





# So how do I plan a session/lesson?

Have a look at the Volley2s Session Template on page 16 and further advice on page 15. This will give you a good structure for your session/lesson.

## Volley2s Session Template

<b>Volley2s</b> <input type="checkbox"/> Red <input type="checkbox"/> Green <input type="checkbox"/> Amber <input type="checkbox"/> Gold		<b>Group:</b>	<b>Date:</b>
<b>Technical Cards:</b>		<b>Equipment:</b>	<b>Time:</b>
<b>Development Outcomes/Social and Volleyball Behaviours</b>		<b>Session:</b>	
<b>Warm-Up</b> 5 minutes		<b>Notes:</b>	
<b>Game</b> 5 minutes	<b>Notes:</b>		
<b>Development Activities</b> 15 minutes		<b>Notes:</b>	
<b>Game</b> 10 minutes	<b>Notes:</b>		
<b>Cool Down</b> 5 minutes		<b>Notes:</b>	

Volley2s Session Template

# Now follow 8 easy steps for planning

## STEP 1

Decide the stage at which your group will be working

*If they haven't played before start with Volley2s RED*

**STEP 2**

Identify the outcome for the session, see Development Activities Overview, page 23

*Example:- ‘Moving smoothly in different directions to catch and play’*

**VOLLEY 2s - RED OVERVIEW**

- The main development outcomes for this stage are:
- Moving smoothly in different directions to catch and play
  - Rainbow passing over different distances
  - Moving to receive at the net
  - Being aware of my position on court

**VOLLEY 2s - RED OVERVIEW**

- The main development outcomes for this stage are:
- Moving smoothly in different directions to catch and play
  - Rainbow passing over different distances
  - Moving to receive at the net
  - Being aware of my position on court

Warm-Ups	<ol style="list-style-type: none"> <li>Go/Stop/Top</li> <li>Class opposites</li> <li>Truck and Trailer</li> <li>Numbers</li> <li>Source Tag</li> <li>Star Tag</li> <li>Stork and Kangaroo</li> </ol>
Game	Volley2s Red
Development Activities	<ol style="list-style-type: none"> <li>Ball and Cone (Moving smoothly)</li> <li>Goal Ball (Moving smoothly)</li> <li>1v1 Different Catch (Moving smoothly)</li> <li>Clap at the Top (Rainbow passing)</li> <li>Up - Down - Catch (Rainbow passing)</li> <li>Partner Up - Down - Catch (Rainbow passing)</li> <li>Knock-Out Challenge (Rainbow passing)</li> <li>Beat the Ball - Low (Moving to the net)</li> <li>Pass and Switch (Position on court)</li> <li>Rainbow Target (Rainbow passing)</li> <li>At the End of the Rainbow (Moving smoothly)</li> <li>1 v 1 Back to Base (Position on court)</li> <li>Receiver Reward (Moving to the net/position on court)</li> <li>Partner Play (Moving to the net)</li> <li>2v2 Net Touch (Moving to the net)</li> </ol>
Game	Volley2s Red
Cool-Downs	<ol style="list-style-type: none"> <li>Spagetti Move</li> <li>Now and Then</li> <li>Stork Balance</li> <li>Equipment Clean-Up Tag</li> <li>Slow Leak</li> </ol>

**Social and Volleyball Behaviours**

- Social and volleyball behaviours form an important part of developing each individual Volley2s Red focuses on children developing personal skills to help their team-mate by:
- Showing they are ready to play
  - Always playing to the rules
  - Always trying their best whether winning or losing
  - Being able to show they understand the purpose and aims of practices and games
  - Congratulating opponents and officials after a game whatever the final result.



## STEP 3

Look at the Development Activities Overview  
for a suggested Warm-Up, page 23

*Warm-Ups are on page 87*

<b>Warm-Ups</b>	<ol style="list-style-type: none"> <li>1. Go/Stop/Hop</li> <li>2. Class opposites</li> <li>6. Truck and Trailer</li> <li>7. Numbers</li> <li>10. Bounce Tag</li> <li>11. Star Tag</li> <li>15. Storks and Kangaroos</li> </ol>
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**VOLLEY 2s - RED OVERVIEW**

The main development outcomes for this stage are:

- Moving smoothly in different directions to catch and play
- Rainbow passing over different distances
- Moving to receive at the net
- Being aware of my position on court

<b>Warm-Ups</b>	<ol style="list-style-type: none"> <li>1. Go/Stop/Hop</li> <li>2. Class opposites</li> <li>6. Truck and Trailer</li> <li>7. Numbers</li> <li>10. Bounce Tag</li> <li>11. Star Tag</li> <li>15. Storks and Kangaroos</li> </ol>
<b>Game</b>	Volley2s Red
<b>Development Activities</b>	<ol style="list-style-type: none"> <li>1. Ball and Cones (Moving smoothly)</li> <li>2. Goal Roll (Moving smoothly)</li> <li>3. 1v1 Different Catch (Moving smoothly)</li> <li>4. Chap at the Top (Rainbow passing)</li> <li>5. Up - Down - Catch (Rainbow passing)</li> <li>6. Partner Up - Down - Catch (Rainbow passing)</li> <li>7. Knock-Out Challenge (Rainbow passing)</li> <li>8. Beat the Ball - Low (Moving to the net)</li> <li>9. Pass and Switch (Position on court)</li> <li>10. Rainbow Target (Rainbow passing)</li> <li>11. At the End of the Rainbow (Moving smoothly)</li> <li>12. 1 v 1 Back to Base (Position on court)</li> <li>13. Receiver Reward (Moving to the net/position on court)</li> <li>14. Partner Play (Moving to the net)</li> <li>15. 1v1 Net Touch (Moving to the net)</li> </ol>
<b>Game</b>	Volley2s Red
<b>Cool-Downs</b>	<ol style="list-style-type: none"> <li>1. Spagetti Moves</li> <li>2. Rise and Shine</li> <li>3. Stork Balance</li> <li>4. Equipment Clean-Up Tag</li> <li>5. Slow Leak</li> </ol>

**Social and Volleyball Behaviours**

Social and volleyball behaviours form an important part of developing each individual Volley2s Red focuses on children developing personal skills to help their team-mate by:

- Showing they are ready to play
- Always playing to the rules
- Always trying their best whether winning or losing
- Being able to show they understand the purpose and aims of practices and games
- Complimenting opponents and officials after a game whatever the final result.

## STEP 4

Select a Development Activity to develop the outcome

*Example:- 'RED 3: 1v1 Different Catch' page 26*

Development Activities	
	1. Ball and Cones (Moving smoothly)
	2. Goal Roll (Moving smoothly)
	3. 1v1 Different Catch (Moving smoothly)
	4. Clap at the Top (Rainbow passing)
	5. Up – Down – Catch (Rainbow passing)
	6. Partner Up – Down – Catch (Rainbow passing)
	7. Knock-Out Challenge (Rainbow passing)
	8. Beat the Ball – Low (Moving to the net)
	9. Pass and Switch (Position on court)
	10. Rainbow Target (Rainbow passing)
	11. At the End of the Rainbow (Moving smoothly)
	12. 1 v 1 Back to Base (Position on court)
	13. Receiver Reward (Moving to the net/position on court)
	14. Partner Play (Moving to the net)
	15. 2v2 Net Touch (Moving to the net)



**VOLLEY 2s - RED OVERVIEW**

The main development outcomes for this stage are:

- Moving smoothly in different directions to catch and play
- Rainbow passing over different distances
- Moving to receive at the net
- Being aware of my position on court

Warm-Ups	1. Go/Stop/Top 2. Class opposite 3. Truck and Trailer 4. Numbers 5. Bounce Tag 6. Star Tag 7. Sharks and Kangaroos
Game	Volley2s Red
Development Activities	1. Ball and Cones (Moving smoothly) 2. Goal Roll (Moving smoothly) 3. 1v1 Different Catch (Moving smoothly) 4. Clap at the Top (Rainbow passing) 5. Up – Down – Catch (Rainbow passing) 6. Partner Up – Down – Catch (Rainbow passing) 7. Knock-Out Challenge (Rainbow passing) 8. Beat the Ball – Low (Moving to the net) 9. Pass and Switch (Position on court) 10. Rainbow Target (Rainbow passing) 11. At the End of the Rainbow (Moving smoothly) 12. 1 v 1 Back to Base (Position on court) 13. Receiver Reward (Moving to the net/position on court) 14. Partner Play (Moving to the net) 15. 2v2 Net Touch (Moving to the net)
Game	Volley2s Red
Cool-Downs	1. Spaghetti Moves 2. Rise and Shine 3. Stick Balance 4. Equipment Clean-Up Tag 5. Slow Lash

**Social and Volleyball Behaviours**

Social and volleyball behaviours form an important part of developing each individual. Volley2s Red focuses on children developing personal skills to help their team-mate by:

- Showing they are ready to play
- Always playing to the rules
- Always trying their best whether winning or losing
- Being able to show they understand the purpose and aims of practices and games
- Congratulating opponents and officials after a game whatever the final result.

# STEP 5

Select the Technical Cards needed, see Development Activity RED 3: 1v1 DIFFERENT CATCH, page 26

*For '1v1 Different Catch' you will need 'Ready for Action' and 'Moving Smoothly' page 97*

**Technical Cards**

### TECHNICAL CARDS


**CARD 1: READY FOR ACTION**

- Feet shoulder width apart and parallel
- Knees bent – knees in-front of toes
- Shoulders in front of knees
- Hands and arms out and ready



**CARD 2: MOVING SMOOTHLY**

- Start and stay in the Ready for Action position
- Keep eyes and hips level when you move - try not to bob up and down
- Arrive at the point where the ball will be played early so that you are still and balanced and ready to play the ball
- Remember: Move - Still - Play



**RED / 3. 1v1 Different Catch**

### 3. 1v1 DIFFERENT CATCH

**Activity Outcomes:**

- Players are able to catch the ball at different heights
- Players are able to outmanoeuvre opponent when playing the game

**Technical Cards:**

- Ready for Action
- Moving Smoothly

**Equipment:**

- 1 ball per 2 players
- Net

**Set Up:**

- 1 player on each side of the net defending their own court (narrow court).

**How to play**

- Players compete against each other by throwing the ball (underarm) over the net
- Player 1 decides how the players will catch the ball e.g. above head height
- Play first to 3 points (Set 1)
- Player 2 now decides how to catch the ball e.g. between the knees
- Play first to 3 points (Set 2)... etc.

**Ask the Player:**

- What court position and body position is best whilst the opponent has the ball?
- What tactics did you use in each of the games and why?

**Variation:**

- EASIER
  - Allow a bounce
- HARDER
  - Use a wider court
  - Player 1 leads during a set. Player 2 needs to use the same catch action just used by Player 1.
  - Player 1 can change the catch each time the ball goes over the net. After each set change the lead player

**Safety Points:**

- Clearly identify the courts

## STEP 6

Look at the Development Activities Overview  
for a suggested Cool-Down

*Cool-Downs are on pages 88 and 89*

### Cool-Downs

1. Spaghetti Moves
2. Rise and Shine
3. Stork Balance
4. Equipment Clean-Up Tag
5. Slow Leak

### VOLLEY 2s - RED OVERVIEW

- The main development outcomes for this stage are:
- Moving smoothly in different directions to catch and play
  - Rainbow passing over different distances
  - Moving to receive at the net
  - Being aware of my position on court

Warm-Ups	<ol style="list-style-type: none"> <li>1. Go/Stop/Top</li> <li>2. Class opposites</li> <li>6. Truck and Trailer</li> <li>7. Numbers</li> <li>10. Bounce Tag</li> <li>11. Star Tag</li> <li>15. Storks and Kangaroos</li> </ol>
Game	Volley2s Red
Development Activities	<ol style="list-style-type: none"> <li>1. Ball and Cones (Moving smoothly)</li> <li>2. Goal Roll (Moving smoothly)</li> <li>3. 1v1 Different Catch (Moving smoothly)</li> <li>4. Clap at the Top (Rainbow passing)</li> <li>5. Up - Down - Catch (Rainbow passing)</li> <li>6. Partner Up - Down - Catch (Rainbow passing)</li> <li>7. Knock-Out Challenge (Rainbow passing)</li> <li>8. Beat the Ball - Low (Moving to the net)</li> <li>9. Pass and Switch (Position on court)</li> <li>10. Rainbow Target (Rainbow passing)</li> <li>11. At the End of the Rainbow (Moving smoothly)</li> <li>12. 1 v 1 Back to Base (Position on court)</li> <li>13. Receiver Reward (Moving to the net/position on court)</li> <li>14. Partner Play (Moving to the net)</li> <li>15. 2v2 Net Touch (Moving to the net)</li> </ol>
Game	Volley2s Red
Cool-Downs	<ol style="list-style-type: none"> <li>1. Spaghetti Moves</li> <li>2. Rise and Shine</li> <li>3. Stork Balance</li> <li>4. Equipment Clean-Up Tag</li> <li>5. Slow Leak</li> </ol>

### Social and Volleyball Behaviours

Social and volleyball behaviours form an important part of developing each individual Volley2s Red focuses on children developing personal skills to help their team-mate by:

- Showing they are ready to play
- Always playing to the rules
- Always trying their best whether winning or losing
- Being able to show they understand the purpose and aims of practices and games
- Congratulating opponents and officials after a game whatever the final result.

# STEP 7

Identify the outcome for Social and Volleyball Behaviours, see Development Activities Overview, page 23

*Example:- ‘Showing they are ready to play’ (this fits well you ‘Ready to Play’)*

## Social and Volleyball Behaviours

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### VOLLEY 2s - RED OVERVIEW

The main development outcomes for this stage are:

- Moving smoothly in different directions to catch and play
- Rainbow passing over different distances
- Moving to receive at the net
- Being aware of my position on court

<b>Warm-Ups</b>	<ol style="list-style-type: none"> <li>Go/Stop/Top</li> <li>Class opposites</li> <li>Track and Trailer</li> <li>Numberb</li> <li>Source Tag</li> <li>Star Tag</li> <li>Storks and Kangaroos</li> </ol>
<b>Game</b>	Volley2s Red
<b>Development Activities</b>	<ol style="list-style-type: none"> <li>Ball and Cones (Moving smoothly)</li> <li>Goal Roll (Moving smoothly)</li> <li>1v1 Different Catch (Moving smoothly)</li> <li>Clap at the Top (Rainbow passing)</li> <li>Up – Down – Catch (Rainbow passing)</li> <li>Partner Up – Down – Catch (Rainbow passing)</li> <li>Knock-Out Challenge (Rainbow passing)</li> <li>Beat the Ball – Low (Moving to the net)</li> <li>Pass and Switch (Position on court)</li> <li>Rainbow Target (Rainbow passing)</li> <li>All the End of the Rainbow (Moving smoothly)</li> <li>1 v 1 Back to Base (Position on court)</li> <li>Receiver Reward (Moving to the net/position on court)</li> <li>Partner Play (Moving to the net)</li> <li>2v2 Net Touch (Moving to the net)</li> </ol>
<b>Game</b>	Volley2s Red
<b>Cool-Downs</b>	<ol style="list-style-type: none"> <li>Spaghetti Moves</li> <li>Flow and Stems</li> <li>Stork Balance</li> <li>Equipment Clean-Up Tag</li> <li>Slow Leak</li> </ol>

### Social and Volleyball Behaviours

Social and volleyball behaviours form an important part of developing each individual Volley2s Red focuses on children developing personal skills to help their team-mate by:

- Showing they are ready to play
- Always playing to the rules
- Always trying their best whether winning or losing
- Being able to show they understand the purpose and aims of practices and games
- Congratulating opponents and officials after a game whatever the final result.

## STEP 8

Check the equipment you will need for the Development Activities and Games e.g. Activity RED 3: 1v1 DIFFERENT CATCH, page 26

**Equipment:**

- 1 ball per 2 players
- Net

**RED / 3. 1v1 Different Catch**

### 3. 1v1 DIFFERENT CATCH

**Activity Outcomes:**

- Players are able to catch the ball at different heights
- Players are able to outmanoeuvre opponent when playing the game

**Technical Cards:**

- Ready for Action
- Moving Smoothly

**Equipment:**

- 1 ball per 2 players
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- 1 player on each side of the net defending their own court (narrow court).

**How to play**

- Players compete against each other by throwing the ball (underarm) over the net
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- Play first to 3 points (Set 2), ... etc

**Ask the Player:**

- What court position and body position is best whilst the opponent has the ball?
- What tactics did you use in each of the games and why?

**Variation:**

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  - Allow a bounce
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  - Player 1 leads during a set. Player 2 needs to use the same catch action just used by Player 1.
  - Player 1 can change the catch each time the ball goes over the net. After each set change the lead player

**Safety Points:**

- Clearly identify the courts

***Now you are ready to start but before  
you do, just a few things to consider...***



# Have confidence to let the children enjoy learning by playing the game

***Help them develop 3 touches/contacts to return the ball into their opponent's court by:-***

*(Contact 1-keep the ball off the floor. Contact 2-set the attack. Contact 3-attack)*

- ***Playing the ball high*** giving your team-mate time to move and play
- ***Moving*** into an area of court where the ball is likely to be played
- ***Setting the attack.*** Use the second touch/contact to pass the ball for your partner to attack
- ***Attacking near the net.*** The closer you are to the net the less time your opponents have to play the ball
- ***Playing the ball low over the net or into spaces*** giving opponents even less time to defend



# Game Play Cards will naturally lead players towards the next stage

For example...

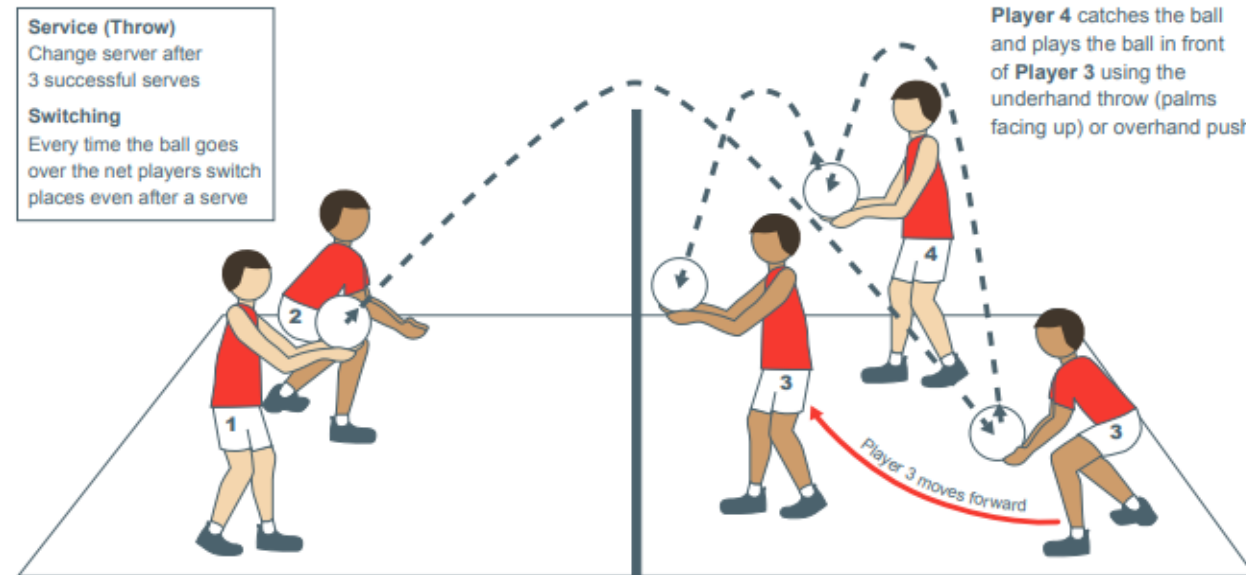
- On receiving the serve we want the first pass to be an underhand throw (palms facing up) as it helps develop a 'dig' action ready for Volley2s Green
- The second and third contacts can be an underhand or overhand throw. Overhand develops the concept of a 'volley' action ready for Volley2s Amber

## Game Play

### Volley2s RED

**Service (Throw)**  
Change server after  
3 successful serves

**Switching**  
Every time the ball goes  
over the net players switch  
places even after a serve



**Player 1** throws the ball underhand (palms facing up) over the net from any position on the court

**Player 3** catches and then plays the ball over the net using two hands

**Player 3** catches the ball and passes the ball to **Player 4** using the underhand throw (palms facing up)

# Technical Cards are linked to the Fundamentals Framework

This helps a coach/teacher identify what aspect of a skill needs to be focused on

For every action there are 4 aspects:-

- **Ready to Play** (ready and alert)
- **Right Place, Right Time** (moving to the place before the ball arrives)
- **Contact** (playing the ball)
- **Finish and Link** (follow through and moving to the next position)



# Everyone can succeed

Volley2s is adaptable for all abilities and disabilities therefore focus on the outcome for each child and modify the game and /or development activities to enable challenge, progress and success for all of your group.

*Have a look at the STEP ideas suggested on pages 17 and 18*

STEP stands for		How can I change...
S	SPACE	Where the activity is happening?
T	TASK	What is happening?
E	EQUIPMENT	What is being used?
P	PEOPLE	Who is involved?

# Volley2s Festival

Volley2s is the perfect format for competition at four different levels enabling children of all ages and experiences to play at their standard.

For children aged 7 to 11 years old the competition should be festival based with the emphasis on playing lots of short games against lots of different people. Matches are scored but results/league tables aren't kept.

Coaches/teachers work together with all children taking part, not just their own group, to help everyone enjoy playing the sport of volleyball.

## Organising a Volley2s Festival

### COSTINGS

#### EQUIPMENT

- You will basically need a net and a ball as a minimum
- The weight of the ball is very important when young children are involved. The SKV5 is recommended

#### HALL HIRE

- Calculate the cost of the facilities. Remember to factor in set up and take-down time
- Book the hall

#### HOW MUCH DO WE CHARGE

- Calculate how many children you expect to attend and then divide hall costs and some equipment e.g £50 costs - 10 children = £5 each
- Remember equipment costs are front loaded so if you can spread these over several Festivals this will help.

### IN PLACE BEFORE YOU START

#### EQUIPMENT

- Risk Assessment
- DBS
- Helpers - Make sure if you are the main organiser you aren't assigned a specific job. You need to be free to answer questions and check everything is working

### INVITATIONS/ENTRIES

#### EQUIPMENT

- Send out invitations to your clubs
- Local schools may be interested particularly if your Festival is aimed at years 3/4
- Involve Young Leaders from clubs
- Involve young leaders from secondary schools. This may be a good opportunity for them to stage and organise an event
- Remember to confirm entries to the Festival

### REMEMBER TO BRING - SETTING UP

- Nets and posts
- Balls
- First Aid Kit
- Table for administration
- Whistles/Squistles
- Scoreboards
- Various playing orders (see playing orders)
- Stopwatch/Timer
- Clipboards
- Pens/Pencils
- Confirm Letters (Spares) for registering
- Photo permission/registers/stickers
- Container for entry fees
- Camera

### REGISTRATION

- Register every player
- Check the coach/teacher has emergency contact numbers
- Medical concerns
- Photograph consent

### ARRIVAL OF TEAMS

- Welcome and find out how many teams are taking part
- Designate an area where bags/drinks can be left
- Give a brief overview of the day to the coach/teacher
- Ask the coach/teacher to sign in at the desk
- Informal warm-up whilst organisers continue setting up
- Designate leaders to each court

### WARM UP

- See (Warm Up Activities)
- Involve young leaders leading
- Involve the players in developing a warm-up
- Avoid static warm-ups
- Please note the suggested warm-up focus on movement and basic ball skills

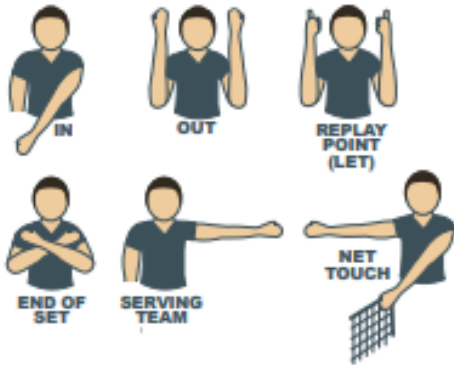
### PLAYING ORDERS

- Ask players to sit down in their teams. This will enable you to know how many teams are playing
- Explain the format of the Festival
- You will need to be aware of the players ability and experience in case you need to ability group
- Players then informally warm-up allowing organisers to work out playing orders

### PLAYING THE GAME

### OFFICIATING

- Each pair has a captain who will help keep the score
- In the event of no Young Officials teams will self officiate
- If there are sufficient teams to have officials they can use the following signals



Organising Matches

## ORGANISING MATCHES

### YOU WILL NEED TO KNOW...

- How many teams are taking part
- Total time available for the matches
- How many courts are available

### HOW LONG ARE MATCHES

- Keep matches to between 5-8 minutes
- Allow change over time - 2-5 minutes for thanking your opponents, drinks/toilet break and advice and encouragement

A simple way to play when you have enough courts for everyone to be playing at once

### WITH AN EVEN NUMBER OF TEAMS

Team 1 always stays where they are. All other teams rotate clockwise one place, play then rotate again. The example below gives 9 rounds of matches

10 Teams - 5 Courts - 9 Rounds				
1	2	3	4	5
10	9	8	7	6

#### Remember

- Every team DOESN'T have to play every team
- Don't panic if you haven't played all the proposed matches and you are running out of time
- Less quantity can mean more quality

### WITH AN ODD NUMBER OF TEAMS

One team (11) starts off. After each round one team rotates off (Team 10 next time) and a team returns, play, then rotates clockwise again. The example below gives 11 rounds of matches.

11 Teams - 5 Courts - 11 Rounds					
11	1	2	3	4	5
	10	9	8	7	6

#### Remember

- The aim is that everyone plays at their level which may involve different matches on different courts. Below are a few match orders to help.
- If you have 8 or more teams combine the playing orders e.g. 8 teams is two groups of 4 teams

# GIVE IT A GO!

The aim of Volleyball is quite simple; ground the ball on your opponent's side of the court whilst keeping the ball off the floor on your side of the net.

To make it look like 'real' volleyball takes time and lots of opportunities to play. Have a look at Volley2s to see how children can 'play the game' right from their very first session and gradually progress through their learning and experiences to what we adults think of as 'proper volleyball'.

**All the best in developing our children and young people through volleyball.**

***Thank you for your interest***