

## VolleySLIDE – Practical Session Plan 4 – Serving and Passing (30 minutes)

<i>Activity:</i>	<i>Content:</i>	<i>Duration:</i>	<i>Key Points:</i>
Introduction	<p>Discuss the 'issue' with using the Service...</p> <p>Explain the 5 'rules' for a Service.</p>	4 minutes	<p>The Service is the first chance to make an attack, and teams with good Serves will score points quickly and easily. However with low level groups, 1 person Serving usually means 11 others sitting, not touching the ball and therefore not learning or enjoying their experience. When a large percentage of Serves go out, this is even more of a problem.</p> <ul style="list-style-type: none"> <li>• <b>Strike the ball with one hand.</b></li> <li>• <b>Every part of the players buttocks must be behind the baseline</b></li> <li>• <b>Release the ball before striking it (it must be 'tossed')</b></li> <li>• <b>Vast amount of time, you have 8 seconds from the whistle</b></li> <li>• <b>Every Serve counts, there are no second Serves</b></li> </ul>
Service Exploration	<p>With the knowledge of these 5 rules, allow the group to split to either end of the court and give it a go Serving over the net. If needed start on the attack line (2 meters) and move backwards depending on success levels.</p> <p>Raise the importance of:</p> <ul style="list-style-type: none"> <li>• Tossing the ball consistently</li> <li>• Finding what feels comfortable</li> <li>• Having a Target</li> <li>• Following through</li> </ul> <p>If necessary get them to practice tossing the ball so it consistently lands in the same point on the floor before thinking about striking it.</p>	8 minutes	<p>Point out to the group if there is a trend of people not following the 5 rules, and speak to individuals separately if needed</p> <ol style="list-style-type: none"> <li>1. Work through the principles of the under arm Serve.</li> <li>2. Show the over arm Serve</li> </ol> <p><u>Key Teaching Points:</u></p> <ul style="list-style-type: none"> <li>• Both buttocks are behind the base line of the court</li> <li>• Use the heel of the hand</li> <li>• Have an intention/target (e.g. put the ball into a space)</li> <li>• Avoid or go over the Blockers</li> <li>• Move onto court to your base position after Serving</li> </ul>
'Gone Fishing'	<p>Play 3 rounds of the <b>VolleySLIDE Resource activity named 'Gone Fishing'</b> making it progressively harder for the Servers to find their target.</p>	6 minutes	<p>Round 1 – Participants are allowed to move and catch            Round 2 - Participants are not allowed to move and catch            Round 3 – Participants are only allowed to catch with 1 hand</p>

<p>Service Reception (Passing)</p>	<p>Now shift the focus from the Service to the Serve Receive (a receiving teams first contact)</p> <p>Ask the group what they feel the aim of the first touch should be.</p> <p>Possible answers:</p> <ul style="list-style-type: none"> <li>• Touch the ball!</li> <li>• Play the ball high</li> <li>• Play the ball high in the middle</li> <li>• Aim at a predetermined target</li> </ul> <p>Splitting the court in half, run the <b>VolleySLIDE Resource activity 'Pass Pass'</b>. Start with 2 Passers, 1 target player on the opposite side to a Server. Progress this as appropriate using the options listed in the Resource.</p>	<p>6 minutes</p>	<p><b>Key Point:</b> Ball flight judgment and subsequent movement to a contact point is the most important part of Service receive.</p> <p>How can this be achieved?</p> <p><u>Key Teaching Points:</u></p> <ul style="list-style-type: none"> <li>• Volleying where possible (more accurate than digging)</li> <li>• Communicate early (who is passing it/is it in or out)</li> <li>• Start with hands down (move first)</li> <li>• Read the body position and movements of the Server (where are they facing, where did they Serve last time? Etc...)</li> </ul> <p>Make sure you rotate the group through the different positions as appropriate.</p>
<p>Service Reception (Blocking)</p>	<p>Ask the group how they think having Blockers can help (and/or hinder) the Pass?</p> <p>Possible answers:</p> <ul style="list-style-type: none"> <li>• It forces the Server to Serve higher in the channels where there is a block</li> <li>• It reduces a Servers options</li> <li>• Psychologically challenges the Servers</li> </ul> <p>Continuing with the court being split in two, run <b>VolleySLIDE Resource activity 'Pass Attack'</b> however get them to stop (catch the ball) once they are in a position where they would attack (i.e. the third touch). Progress this as appropriate using the options listed in the Resource.</p>	<p>6 minutes</p>	<p>If you have time, use a piece of string to demonstrate the different possible ball flight paths, from Service contact point, to Blockers/Passers.</p> <ul style="list-style-type: none"> <li>• <i>If a Serve goes over the Block, will be higher – so the Passer has more time to move.</i></li> <li>• <i>If a Serve goes around the Block, it can be a fast/harder Serve, however it is a smaller target to aim at.</i></li> </ul> <p>Blocking the Serve is different to Blocking an attack. On a Service Blockers shouldn't move to 'chase the ball', but instead block out their space and let it go past to the Passers if it is out of reach.</p> <p><b>Key Point:</b> Make sure that the Passers position themselves around the Blockers, NOT BEHIND THEM!</p>