

VolleySLIDE – Practical Session Plan 6 – Net Play (30 minutes)

<i>Activity:</i>	<i>Content:</i>	<i>Duration:</i>	<i>Key Points:</i>
Introduction	The 'contest' at the net is often one of the most enjoyable parts of Volleyball. Opposition players sit very close together, face to face and things happen very fast!	2 minutes	Key Point: This is an area where it is very tempting to 'lift' off the floor, so stop players doing this from the start. It is a very bad habit to shift.
Freestyle Attacking	<p>Give the group the perfect Attacking situation and see what options they come up with to win the point.</p> <p><u>The situation:</u> IT IS THE GOLD MEDAL POINT IN THE 2016 PARALYMPIC GAMES, THE BALL HAS COME ACROSS PERFECTLY TO POSITION 4, THERE ARE NO BLOCKERS AS THEY HAVE COLLIDED WITH EACH OTHER WHAT DO YOU DO? Try to use position 2 for left handed Attackers.</p>	5 minutes	<p>An 'Attack' should be aimed at finishing the rally.</p> <p>Concentrate on feeding the ball consistently from position 2 (or 3). The quality of the feeding will directly impact the success of the participants.</p> <p>Attacking doesn't necessarily mean power, so try to avoid using the term 'spiking' as that implies power. Anything that gets the ball to hit the floor or not be returned is an 'attack' and if successful, a point!</p>
Spiking	<p>Now break down the desired movements required for generating <u>accurate</u> power when Attacking.</p> <p>Work through the teaching points shown on the right and then run the VolleySLIDE Resource Activity 'Multi-Spike'.</p> <p>Introduce the 'tip' shot - a deceptive, short shot into a space which surprises the opposition players.</p>	5 minutes	<p><u>Key Teaching Points:</u></p> <ul style="list-style-type: none"> • Assume you will be set the ball every time, prepare! • To prepare, move off the net to make space in front of you • Slide forwards towards the movement line of the ball • Hit the ball as high as possible (without lifting) • Use an open hand, cupped around the ball • Try and direct the ball into a space
Blocking	<p>Work through the teaching points shown on the right and then run the VolleySLIDE Resource Activity 'Monster Block'.</p>	5 minutes	<p><u>Key Teaching Points:</u></p> <ul style="list-style-type: none"> • Be ready to move in any direction • Don't be positioned behind any Blocker • Move so you are in front of where the Attacker will contact the ball • Reach up as high as possible (without lifting) • Try and get your open hands on top/over the net • Use hands to direct the ball back into court

<p>Putting it all together</p>	<p>Go back to the VolleySLIDE Resource Activity 'Pass Attack' however this time get the participants to attack over the net on the third touch into an empty court.</p> <p>1) Then progress to them to attacking down the side line of the court (and Blockers stopping the cross-court shot) with both groups working simultaneously.</p> <p>2) Then progress them to attacking cross-court (and Blockers stopping the line attack), but alternate who Serves so that the other group can watch (and not get hit by the ball.)</p> <p>3) End with the opposite group attempting to defend and play on until a side wins the rally.</p> <p>Introduce the 'Jousting' – when the ball stops moving when it is trapped between two players over the top of the net.</p>	<p>10 minutes</p>	<p>As with the Service Reception the Block is a great way of reducing the options of an Attacker.</p> <p>Principles:</p> <ul style="list-style-type: none"> • The bigger the Block is in relation to the hit, the harder it is for the Attacker so the more likely there is to be a tip shot. • The higher the set, the more time the Blockers have to get positioned correctly and prepare. • The longer the reach of the Attacker the more likely they will attack down towards the court. Shorter players need to hit the ball up first, and usually require topspin. • Most players hit cross court, due to the diagonal length being longer so therefore there being more chance of getting it in. • You can move the Block around to try and influence the decision making of the attacker and win the point.
<p>Blocker Positioning/ Tactics</p>	<p><i>Blocking out the cross-court?</i> Here the outside Blocker positions their outside hand about half a meter from the Antenna/side line and the middle Blockers closes the gap.</p> <p><i>Blocking out the line?</i> Here the outside Blocker positions their outside hand so that it is a balls width from the Antenna/side line and the middle Blockers closes the gap.</p>		<p>Blocking out the line makes it much harder for the middle Blockers to close the gap, as they have to travel further.</p> <p>In all cases Blockers should try and face their hands to the middle of the opposition court, so if it does hit them it goes back into the court, not away from the court and their team mates.</p>
<p>The 'Wipe off'</p>	<p>This will eventually happen automatically. A Wipe-off is when an Attacker hits the ball of the Blockers hand(s) in such a way that it can't be returned.</p> <p>If you have enough time run through VolleySLIDE Resource Activity 'Wipe Off'.</p>	<p>3 minutes</p>	<p>This can be practiced by aiming at the outside frame of the Block, the edge of the hand. However be careful of it causing injuries to the fingers!</p> <p>With the Sitting Volleyball Court being so small, this is often the easiest way to win a point. As due to the opposition touching the ball last the attackers team wins the point.</p>

