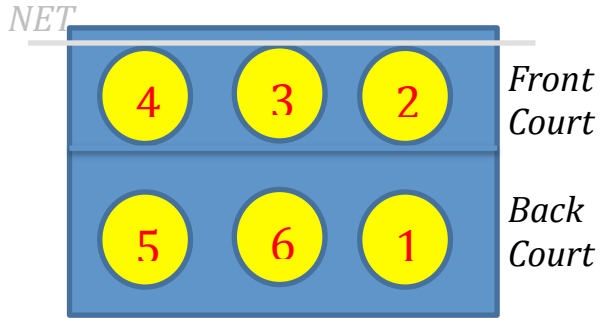


Activity:	Content:	Duration:	Key Points:
Introduction	<p>Read out the following quote: <i>Practice success (aka studying) is met with matches and tournaments (aka testing), and there will always be a lowering in level under stressful conditions.</i> (John Kessel, World ParaVolley Development Director)</p> <p>Ask what their thoughts are on this?</p> <p>Ask what the benefits are of using game like situations in training? Are there any potential negatives?</p>	5 minutes	When working on skills/techniques in isolation, the success rate will be far higher than in a match situation.
Confirmation of knowledge of Rotation	<p>With 6 players on each side of the net, label the teams 'Team A' (the team on your left) and 'Team B' (the team on your right). Nominate the person at Position (P) 1 on Team A to be the first server and then get the teams to rotate according to the following calls.</p> <ol style="list-style-type: none"> 1. Team A Server serves an Ace? <i>(The same Server serves again – no rotation by either team)</i> 2. Team A Server serves it into the net? <i>(Team B rotates 1 place, and the person who was at P.2 is the next Server)</i> 3. Team B Server serves out? <i>(Team A rotates 1 place, so the person who was at P.2 is the next Server)</i> 4. Team A Server serves it to a passer who hits it into the ceiling? <i>(The same Server serves again – no rotation)</i> 5. Team A Server tosses the ball up and then catches it?! <i>(They lose the point and Team B rotate one place again)</i> 	5 minutes	<p>Ensure they understand the rotation direction (clockwise) and also the numbers allocated to each position:</p> <div style="text-align: center;">  <p><i>The 6 positions on a team</i></p> </div> <p>Whilst this isn't the most fun, doing it now will save a lot of time later.</p>
Attack vs Defence	<p>Using the VolleySLIDE Resource Activity 'Attack vs D', set up two teams where there is a continuous flow of suitable balls being fed in (not Serves).</p> <p>Here a team gets a controlled attack against the other team, then playing the rally out until there is a winner.</p>	10 minutes	<p>Switch who gets to attack, making sure that everyone gets a chance to attack. Also consider switching the position that they attack from.</p> <p>Consider adding a scoring system to produce a winner.</p>

Wozzaball	<p>Run the VolleySLIDE Resource Activity 'Wozzaball'.</p> <p>This builds on the previous activity to the point that no one knows who is going to receive the ball from the coach.</p> <p>It also means that the team has to create stability and find a way to generate an attack.</p>	4 minutes	<p>This also ensures all players are ready as the feed can go anywhere.</p> <p>Key Point: Ensure that the feed replicates something that would be received in a game (i.e. over the net, between the antennas, and not a powerful shot from a standing position!).</p> <p>Consider adding a scoring system to produce a winner.</p>
Wash Drills	<p>Wash Drills are designed to be fast, frantic and competitive game like situations where players are pushed beyond the limits of a normal rally or set of Volleyball.</p> <p>See also: VolleySLIDE Resource Activity 'Wash Drills'.</p> <p>Explain how the scoring system will work, ensure all understand it and then play. Also try to have someone writing down the score as it can get confusing!</p>	8 minutes	<p>Start with this scoring system (then progress):</p> <p>Both teams need to win 3 points consecutively to rotate 1 position clockwise, the first team around all 6 positions wins the activity.</p> <p>So if a team wins 2 points, then the other team wins 1... 'it is a wash' and it all starts again!</p>
Play a Set	<p>Now play a complete set (with Referees, Line Judges and Scorers if possible) through to 25 points (2 points clear required)</p> <p>See also: VolleySLIDE Resource Activity 'Play a Set/Match'.</p>	15 minutes	<p>Try to get two equal teams (minimum of 6 / maximum of 12) and ensure that all players get equal time on the court.</p> <p>Nominate a couple of coaches from the substitutes to feed back during time outs etc... (have technical time-outs when the first team reaches 8 and 16 points.)</p> <p>One option is to just put all the substitutions on once the first team reaches 13 points.</p>
Conclusions	<p>Ask the group: How the felt the game went? What areas of the game worked well / what did not work well? Ask about the Refereeing/Line Judging (if applicable) Ask what they would say as coaches to either team afterwards?</p>	3 minutes	<p>Key Point: Did they have fun?</p>

