

# Volleyball Unit

There are  
many places  
for girls to  
play  
volleyball,  
but don't  
forget, boys  
can play  
volleyball  
too!



**2024- USAV Boys Championships  
All Tourney Team:**

**Jeremiah Martinez  
2024 Midland Legacy Graduate**

**Jackson Moffitt  
2025 Lubbock-Cooper Graduate**

**2024 NLVC 18's- 3rd Place**



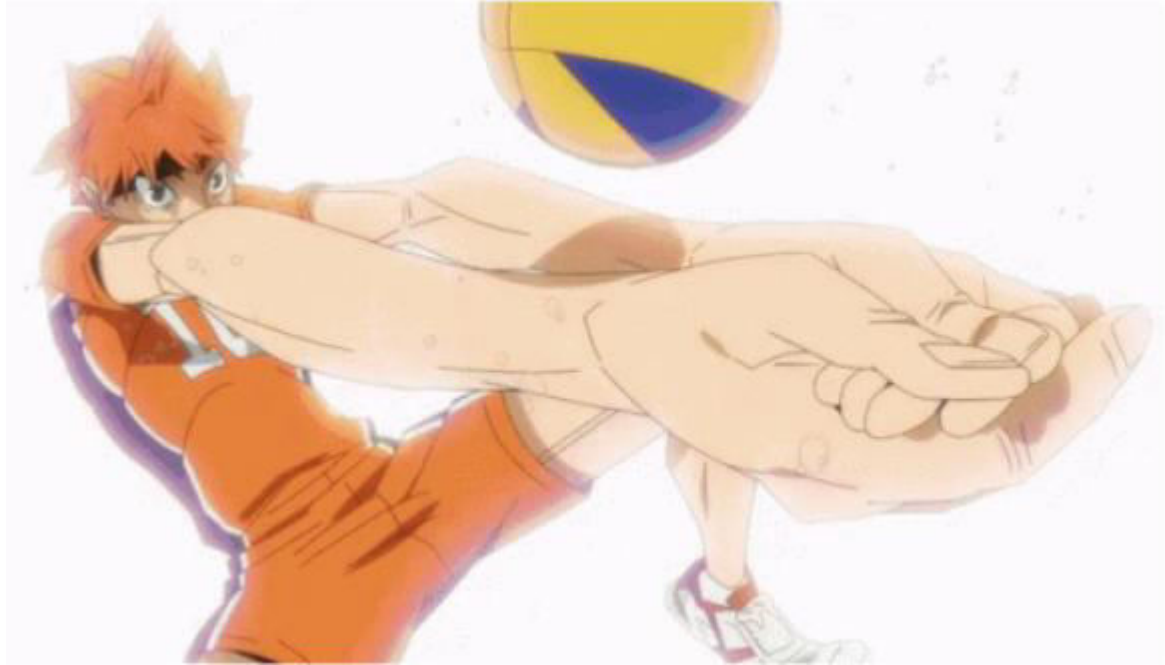
**2024 NLVC 13's- 3rd Place**

# Goals:

1. Skill Development
2. Understanding of Basic Rules
3. Teamwork
4. Fun!



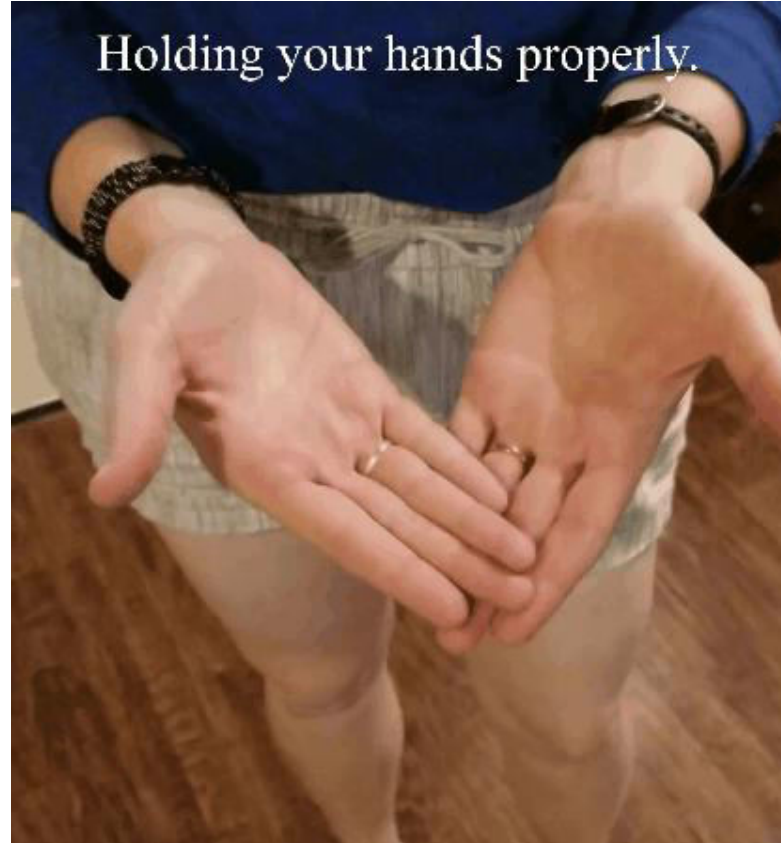
# Day 1: Passing



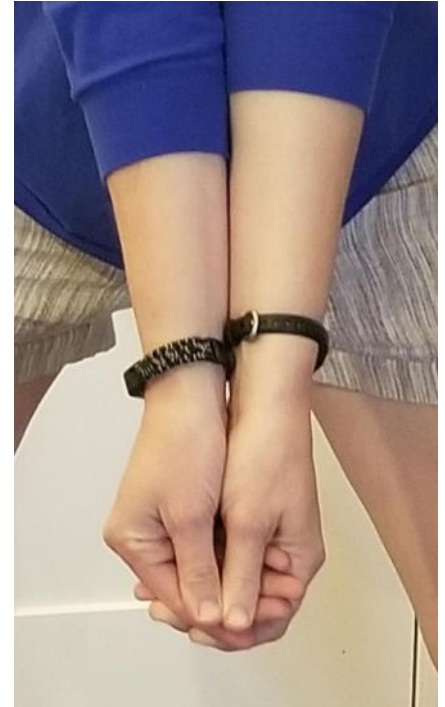
# Day 1: Passing

Passing Key #  
1:

Wrist and  
Hands  
Together



Press your wrists  
and forearm  
together to form your  
platform.



# Day 1: Passing

Passing Key #2:

Straight and Simple

Simple is repeatable. When we do something simple, we can repeat it over and over and over again.

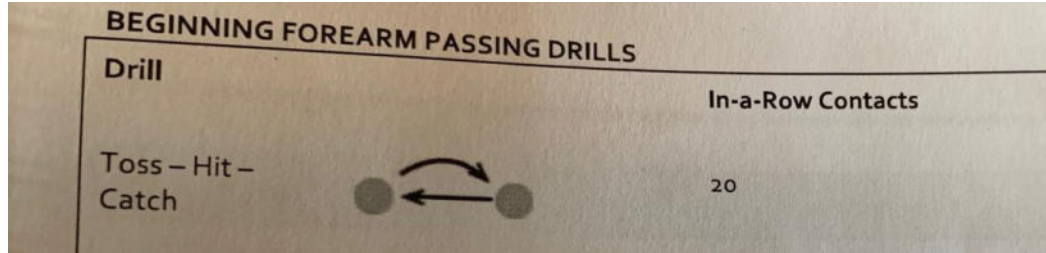




# Good and Bad Examples of Passing Key #2

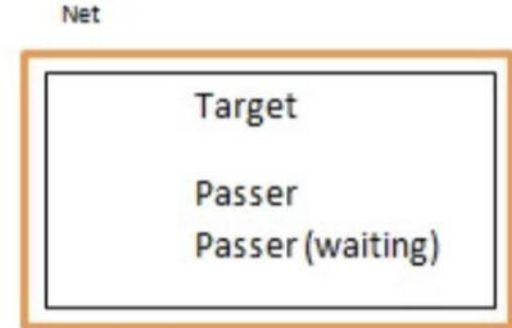


# Day 1: Toss, Pass, Catch



We do groups of 3 with toss, pass, catch. It will work better when we move onto triangle passing. The third person waits behind the passer. Rotate everyone through every 5 passes.

The target should be at the net since we should always pass towards the net.



# Day 1: Passing

Passing Key #3:

The Ball Knows Angles

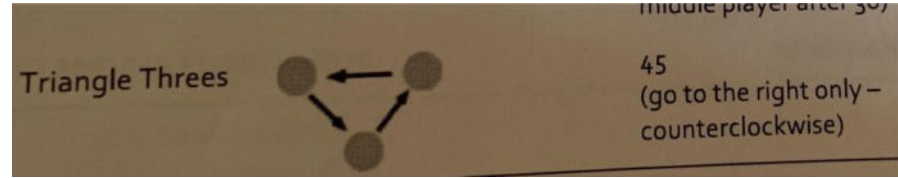
A ball doesn't have a brain so it will only go where you tell it to.



I drop my shoulder and tilt my platform to direct where I want my pass to go.



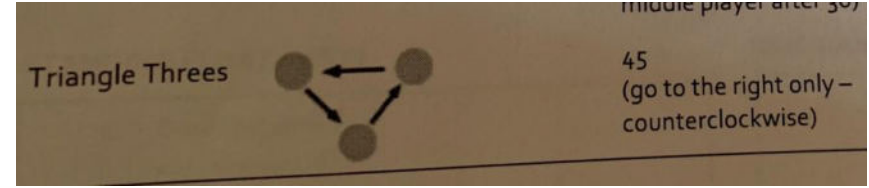
# Day 1: Triangle Passing



Triangle Passing- Passer faces the friend to their left who holds the ball. They angle their arms to pass the ball to their friend on the right. (Counter Clockwise)

Start off with toss, pass, and catch.

# Day 1: Triangle Passing



Triangle Passing- always go to the right.

If you have toss-pass-catch down, keep it going.

If this is too hard, go back to toss, pass catch.

# Day 1: Nuke'Em



Nuke'em is a throw and catch game. Throw it short, deep, corners, I will usually do 3 teams which will have 9-10 players on a team who throw and catch. Off team takes the place of the losing team.

Scoring- Several ways

1. One team eliminates all their opponents. (Takes a while so don't do it a lot.)
2. Whoever scores 5 points first wins.
3. Scoring points AND whoever messes up and drops the ball is eliminated from the game.

# Keep It Up



Keep It Up isn't really volleyball game, but it's a lot of fun! Blow up your Omnikin balls, divide your group in half and let them go to town!

We do these activities at the end of every lesson IF there is time. Sometimes there isn't!

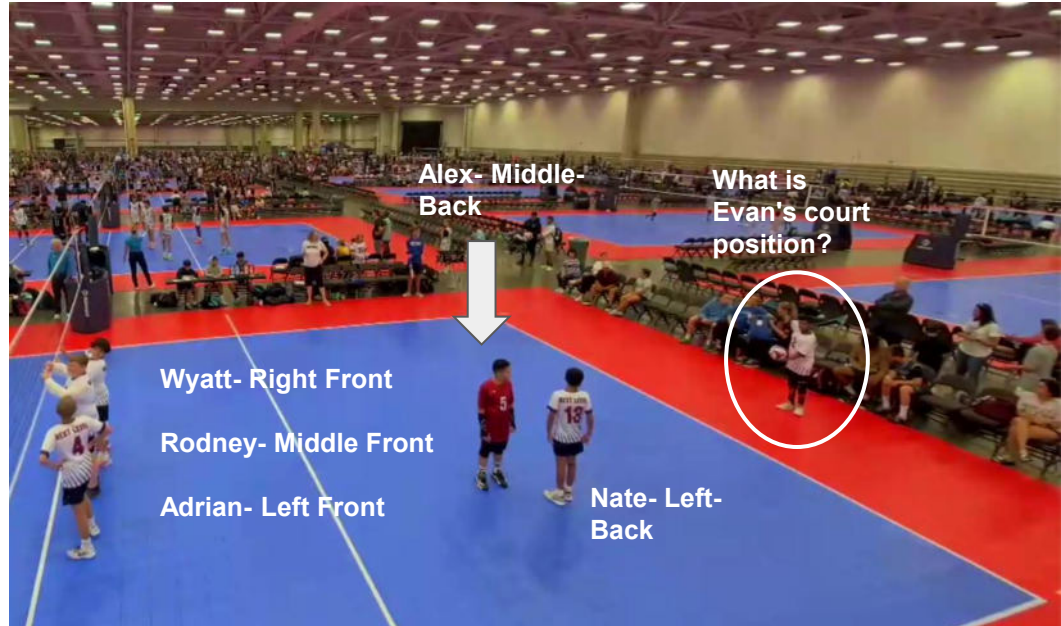
# Day 2: Serving

When does a serve happen during a match?

How do we know which person on the court is the server?



Darryn- Standing Float Serve



Evan- Standing Float Serve



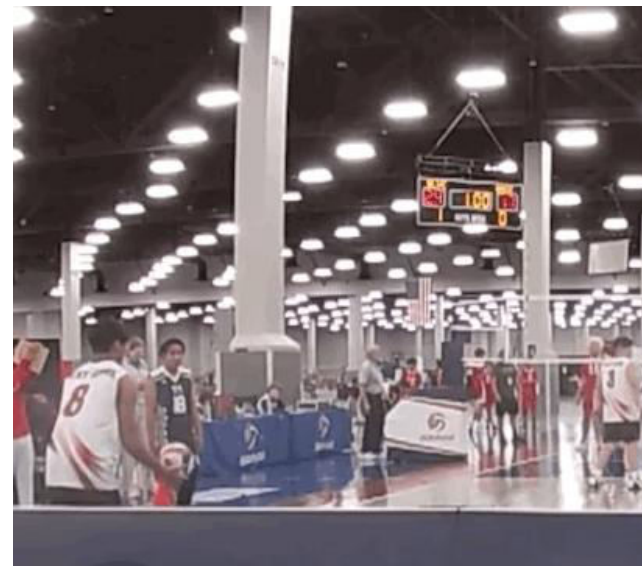
## Day 2: Serving



Neah- One Handed Jump Float Serve



Tyler- Two handed Jump Float



MJ- Jump- Topspin

Similarities and Differences between Neahmiah, Tyler, and MJ's serves.

1. Where are they standing?
2. Righty or Lefty?
3. Footwork?
4. Armwork?
5. Toss?



# Day 2: Serving

## 4 Steps to Serve:

1. Present the Ball
2. Bow and Arrow
3. Toss
4. Step and Hit

Toes pointed at the corner to encourage twisting of your upper body to create torque.

Left Handed Server



Right Handed Server



**Note that this is a mirrored image.**

Left Handed Serve



# Day 2: Serving

Coach Jordan Mack

## Steps to Serve

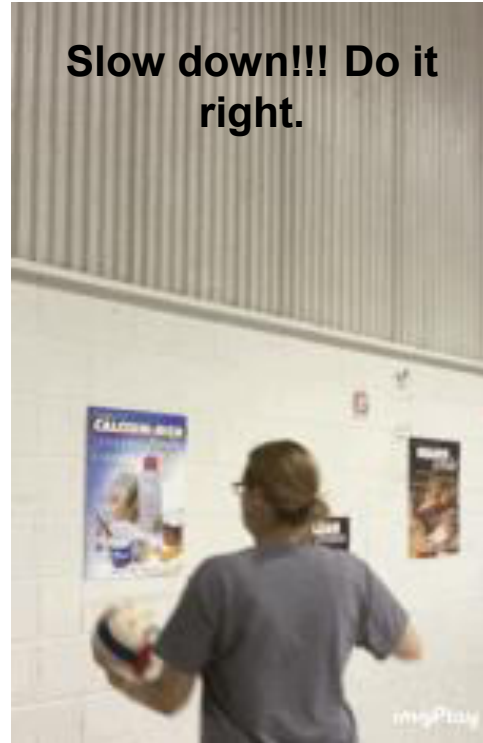
1. Present
2. Bow and Arrow
3. Toss
4. Step and Hit

Right Handed Serve



## Day 2: Serving

Wall Smooshes with a partner. Then partner serve across the net. Start close. If you can get it over, move back a couple of steps.



# Day 2: Serving

If kids are having trouble getting an overhead serve over, I will also introduce a sidearm i.e. a torque serve. Robbie has done this serve for 2 seasons because he has had to play with a heavier volleyball and the torque serve helped him get his serve over.



# Day 2: Serving

Torque serve is similar to the twisting motion of throwing a ball with facing sideways to the target and stepping with opposite foot.





# Day 2: Serving

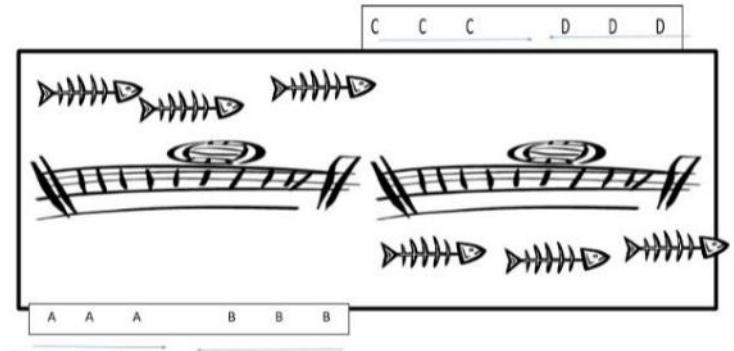
Competition ➡



The opposite of dead fish is “The Serving Game.” All kids sit. One server serves. Kid touches it in the air, they join the server and continue serving. Game is over when everyone is serving.

## Serving Game: Dead Fish-

Servers line up on end line in two lines that meet in the middle of the court. Each kid at the front of the line serves the ball over the net either overhead or underhand. Try to serve from behind the black line, but scoot up if you are having trouble. If you make it, shag your ball and get at end of line. If you miss, go lay down on the floor on the other side of the net like a dead fish. If you can catch a served ball coming over the net, you can get back in line. The team to have more kids still in the game at the end of time limit, wins.



# Day 3: Hitting

When would a hit normally happen?

What moves typically come before a hit happens?

Geoff #20- Pass,  
Tyler #12- Set,  
Jeremiah #7- Hit

I added some “freeze” moments and “slow mo” videos so you can follow along with the play.



# Day 3: Hitting

Left Handed Footwork:

L,R,L,R



Tyler

Right Handed Footwork:

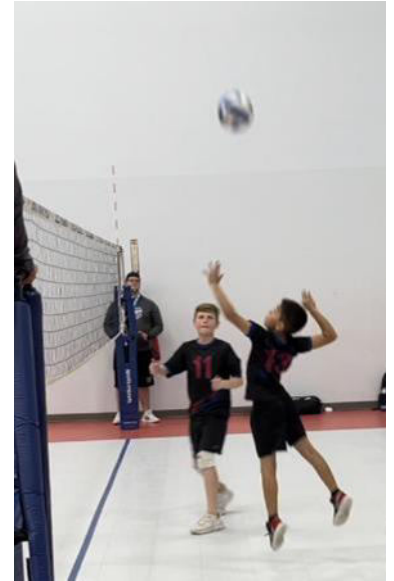
R,L,R,L



Jeremiah

Arm Work:

Down, Down, Back, Up



Nathanial

# Day 3: Spiking

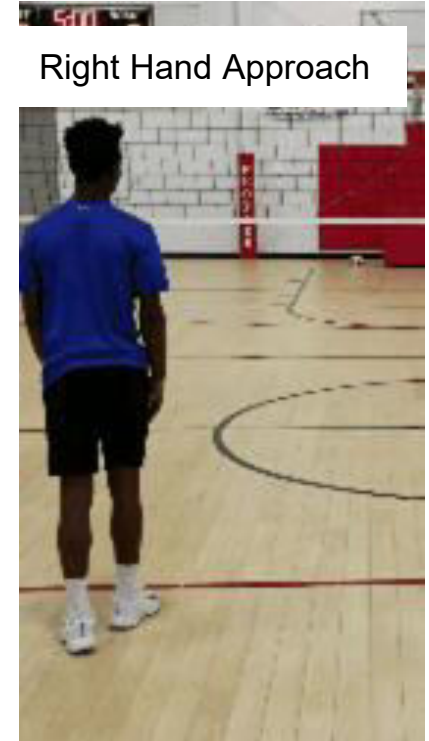
Clap the rhythm-  
1-2-34 (last two are fast as  
you can see with Brit and  
Jordan's footwork)

Slow walk through the  
approach. Go step by step  
and add on.

Left-Right-Left-Right



Right-Left-Right-Left

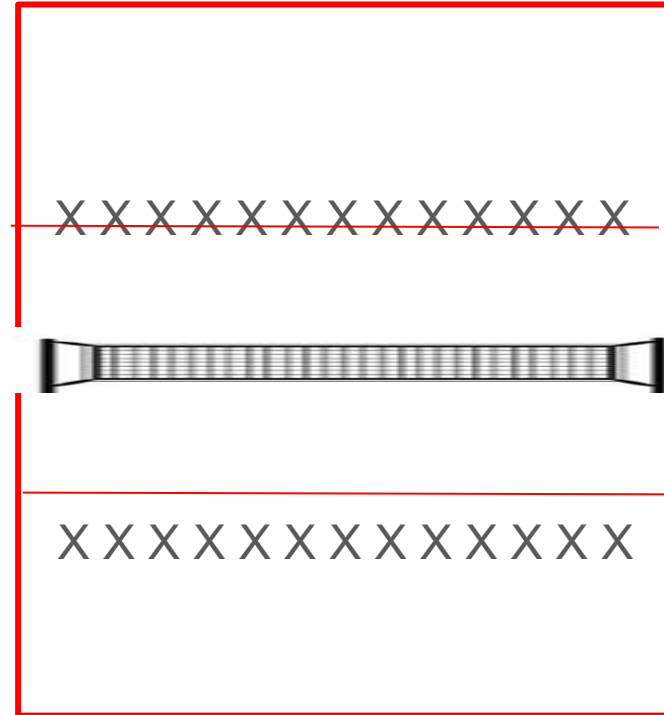
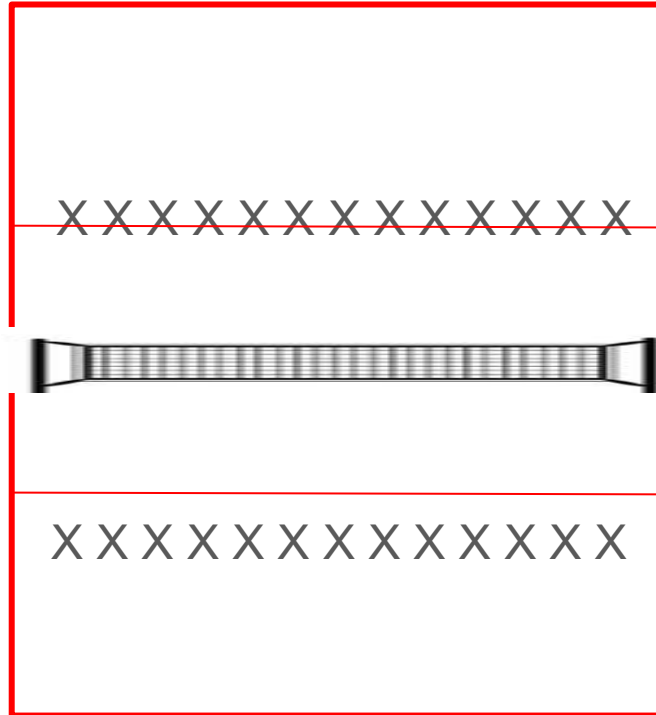


# Day 3: Spiking

Have kids line up on your "10-foot lines." Use cones as boundaries if needed. I use spray-painted numbers that the kids sit on as starting points. Walk them through the footwork. Group left-handed kids together since their footwork differs from right-handed kids.

Remind kids to jump up, not forward, to avoid going under the net and stepping on others' feet.

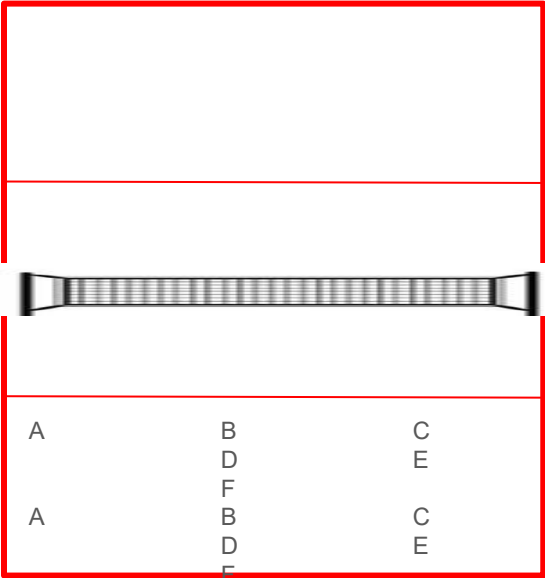
If someone keeps going under, they sit out until they control their body.





# Day 3: Spiking

There are 12 rows in my gym so the kids line up with their row and each have their own fluff ball. Kids attempt and approach and throw it over. Fluff balls don't fly far so easy to retrieve and get back in line.



Fluffball Throw

# Day 3: Spiking



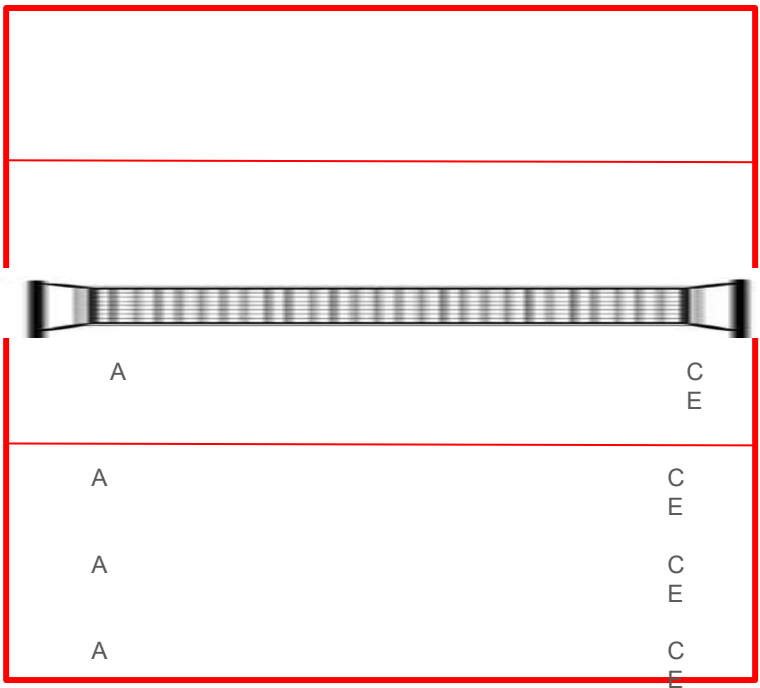
## You Go, I Throw

Kids take their first 2 steps, then give them a short toss and let them swing.

I combine the rows and let the kids "tryout" to be a tosser. I will position myself as an "E" tosser so I can toss and monitor other groups too.

Lefties should let their tosser know who they are.

Shag the ball, give it to the kids at the front of the line.



## Day 4: Overhead Passing/Digging, Setting



# Day 4: Hand Positioning

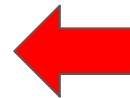
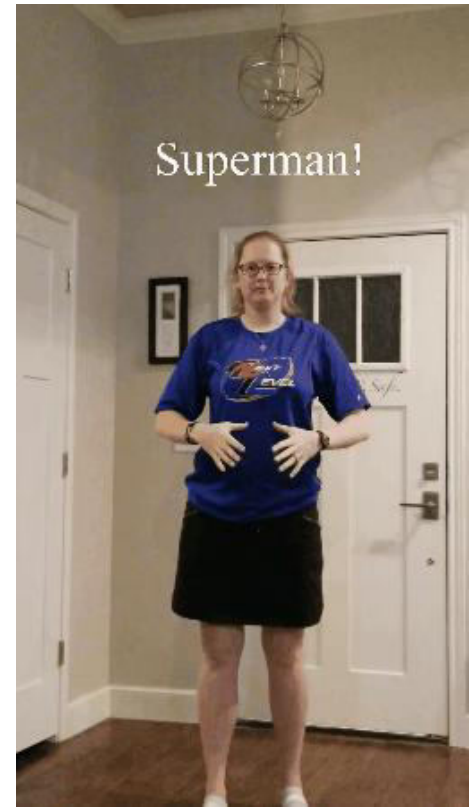
## Setting Keys:

1. Round Hands, Round Ball
2. Follow through like Superman
3. Face the ball, finish to the target.



# Day 4: Overhead Passing

Follow through like Superman.

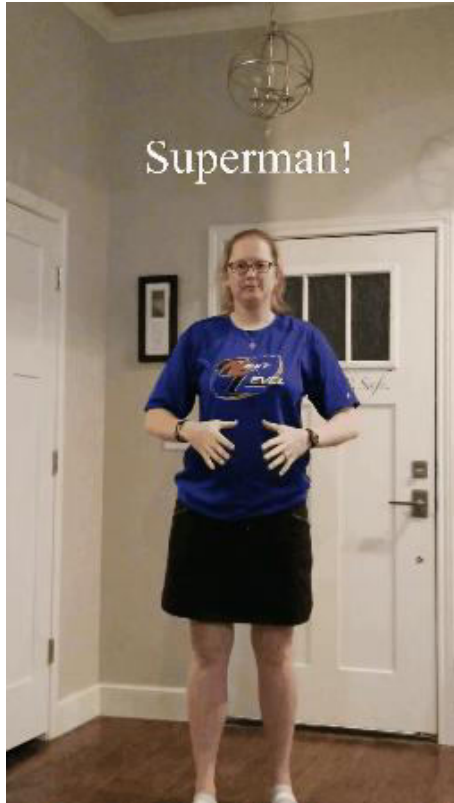


Game situation: Lincoln (#42)- nice overhead pass, John with the set, Tony with the kill.



# Day 4: Overhead Passing/Setting/Digging

Good and Bad Examples



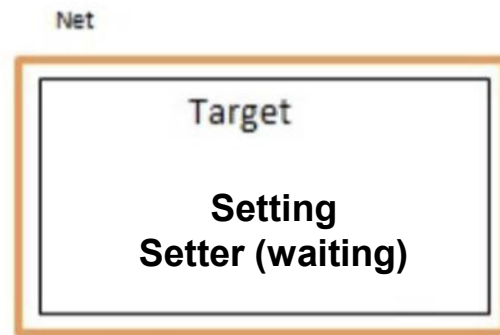
# Day 4: Toss, Set, Catch

OVERHEAD PASSING DRILLS	
Drill	In-a-Row Contacts
Toss – Hit – Catch	20



We do groups of 3 with toss, set, catch. It will work better when we move onto triangle setting. The third person waits behind the passer. Rotate everyone through every 5 passes.

The target should be at the net since we should always pass towards the net.



# Day 4: Setting with groups of 3

Toss, set, catch with groups of three.

Will move into triangle. Toss, set, catch.

Then try continuous setting like the players in the video.



# Day 4: Setting to a hitter

Key 3: Face the ball, Superman to your target.

Jordan faces the ball which is held by Britni, he then Superman follow throughs to his target which would be an outside hitter.

We may not be able to do this during PE, but this is to show kids what an outside set looks like.

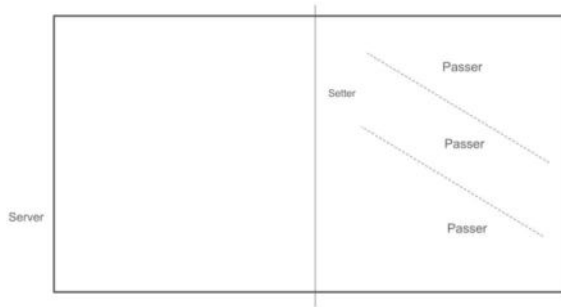


# Day 5: Serve Receive

What is serve receive?

Serve Receive is one of the hardest skills to learn. Why?

The best way to know if the ball is yours is if it deep and on your left or short and on your right. We call these passing lanes.



#13- Nathaniel- serve receive on the left side of the court. The ball was short and on his right side, so he stepped in front of Alex (in the white uniform) and took it.



Note: Nate was a front row hitter even though he was passing. So after he passed the ball, what did he do next?

How did the play end?



# Day 5: Serve Receive

**Serve Receive-ish- A serve receive ball is coming at you over the net. So let's simulate that.**

**"Server"** (Gage is in the black shirt.) The server can hit, toss, or throw over the net at a passer. If you try to hit it over and you don't have the control, toss or throw.

**Passer** (Jax is in the white shirt.) Passer attempts to pass the ball to the target.

**Target** (Declan is in the blue shirt.) The target at the net catches the ball. (In a real volleyball match, what would the target actually be doing?)

Go a few times and then rotate to a new spot



# Day 6: Game Play & Rules

See if you can follow along! An ace is when a serve is so tough that it hits the ground of the passer shanks for ball off.

The goal is always to get three touches. We want a pass, set, hit, but sometimes it doesn't happen!



# Day 6: Game Play & Rules

We will get 12 kids on the court and walk through some scenarios.

1. If the ball touches the line, it is \_\_\_\_\_
2. Is someone touches the ball 2 times in a row, is that legal or illegal?
3. What happens if a team gets the ball over on 4 touches?

# Days 7, 8, and 9: Tournament Play

Kids in 4th and 5th grade who want to play can sign up. Coach Hancock will put you on teams. You will come up with a captain, team name, and lineup.

Those who do not want to play will go with Coach Hertel and do other activities. If there are more than 3 teams, Coach Hancock will set up both nets and bring a guest referee in so 2 matches can happen at a time.

Team 1: The Super Squad  
Captain: Lincoln

Team 2: Star Wars  
Captain: David

Team 3: Wolves  
Captain: Jeremiah

Team 4: Seahawk  
Captain: Daine

Net		
4. Miguel	3. Josh	2. Parker 6s
5. Bobbie	6. Addisyn	1. Daine

Substitutes

7. Eabellie  
8. Taylor  
9. Wren  
10. Lili

Team 1: The Super Squad  
Captain: Lincoln

Team 2: Star Wars  
Captain: David

Team 3: The Spongebobs  
Captain: Addisyn

Net		
4. Aliie	3. Addisyn	2. Mia
6. Kalyson	1. Camden	

Substitutes

7. Be  
8. C  
9. J

← Championship Match! The whole grade level will watch and cheer.



# Day 6: Game Play and Rules

We play the best out of 3 games to 15 points. Win by 2 points.

If a server serves 3 points in a row, they will roll the ball under and give it to the other team. This is to prevent a good server from serving for an entire set because we want to play volleyball.

Be an encouraging teammate. If someone messes up, they know it, they don't need you to tell them that.



# Past Volleyball Tournament Winners



**Volleyball  
Tournament  
Champions**

**5th Grade-  
Red Hot  
Chili Peppers**



**2021 Volleyball  
Tournament  
Champions**

**5th Grade-  
Apex Burgers >>**



**4th Grade-  
Honey Bears**



**4th Grade-  
<< The Bagel  
Squad**