



VOLLEYBALL INSTRUCTION



STRETCHING

1. Head circles x5 each direction
2. Arm circles x10 back and forward, little then big
3. Arms out and rotate your trunk x10
4. Windmill - arms out, reach down to opposite foot
5. Squat x10
6. Hold a squat x30 seconds

AGILITY

1. Step forward/back over a line as quickly as you can
2. Step left/right over a line as quickly as you can
3. Jump left/right over a line as quickly as you can
4. Windmill - arms out, reach down to opposite foot

PASSING

Hands wrapped around each other, thumbs down on top and elbows together - this makes your platform. Ball should make contact on your forearms, but your arms don't move a lot. The momentum comes from your legs bending and standing back up

1. First work on passing to yourself. Your goal is 10 times in a row.
2. Pass to yourself on a wall - toss first, then pass. Then try to pass to the wall without stopping

SETTING

Your hands start in a triangle on the ball, then turn upside down like you're dumping a bucket of water on yourself. Your fingertips should touch the ball, not the palm of your hand.

1. Start by throwing and catching above your head, then try setting where your catch time is much less time
2. Try setting to yourself, then setting against a wall

SERVING

Start with a strong, open hand. Contact the ball with the butt of your hand.

1. Practice tossing straight up in the air
2. First serve against a wall, then move to serving over a target

BLOCKING

Start with arms straight - overhead and forward

1. Lateral blocking - jump and touch the ball to the wall, take a step sideways and repeat
2. Crossover blocking - cross one foot over the other to move sideways, jump up. Repeat

ATTACKING

Use your whole hand to hit the ball down towards the ground

1. Practice throwing the ball down to the ground and let it bounce against the wall
2. Practice tossing up in the air, then hit towards the ground (different than serving)

GAMES

1. You can try all skills with a balloon and don't let it hit the wall!
2. You can pass and set to yourself or against the wall



Your turn! Show us your skills!

Thank you Coach Montse!!