

Having fun with techniques and tactics



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Confédération
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Volleyball



play volleyball
grow with it

OVERVIEW

- What is Start2Volley?
- 3 parts of a session
- Techniques and tactics in 1-1 and 2-2



What is Start2Volley?



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WHAT?

Start2Volley aims to make the sport of Volleyball more easily accessible to a wider audience at the level of

- new and young players
- the level of the youth coaches.

Fun – Move – Learn

- Fun (enjoy the techniques, tactics and games)
- Move (dynamic exercises)
- Learn (new skills)

start2
volley



LET'S HAVE A LOOK



3 parts of a session



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A TRAINING SESSION IN 3 PARTS

⚡ First part: General part

- General movements
- Running, jumping, hitting, ...
- Act on coordination: balance, space, anticipation, ...

⚡ Second part: technical and tactical part

- The topic of this session!!!

⚡ Third part: games

- 1-1 and 2-2
- This will be the part of Nicolas Sauerbrey



GENERAL PART: EXAMPLE

start? volley



Fun - Move - Learn



GAME PART: EXAMPLE



Techniques and tactics in 1-1 and 2-2



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WHY 1-1 AND 2-2?

⚙️ Let's create a lot of contacts

- Permanent focus
- Working alone/with a partner
 - Individual: It's your own responsibility.
 - In pairs: You need to communicate.

⚙️ Biological age isn't always the same as the level the children have



1-1: 5 DIFFERENT LEVELS

- ☒ Catch and throw the ball
- ☒ Catch the ball, toss the ball, play the ball in 1 contact
- ☒ Bounce en play the ball in 2 or 3 contacts
- ☒ Play the ball in 2 or 3 contacts
- ☒ Play the ball in 1, 2 or 3 contacts



Levels 1-1: Examples



2-2: 4 DIFFERENT LEVELS

- ❁ Players side by side, playing after bounce
- ❁ Players side by side, playing without bounce
- ❁ One player in front, playing without bounce
- ❁ Catch and throw 1 or more contacts



HAVING FUN WITH TECHNIQUES

🌀 Different techniques

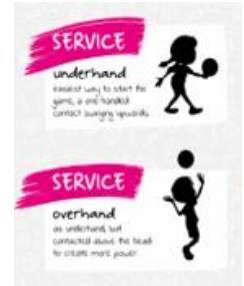
- Service
- Underhand pass (reception)
- Overhead pass (setting)
- Spike
- Dig
- Block



Technics: Service (1)

☞ Some keypoints

- Stand with feet in stride position
- Toss the ball in front of your serving shoulder
- Keep your elbow high and back
- Contact the middle of the ball with the middle of your hand
- Follow through on your armswing



Technics: Service (2)

start? volley



Fun - Move - Learn



Technics: Underhand pass (1)

⌘ Some keypoints

- Stand with feet slightly wider than shoulder width
- Weight is on the balls of the feet
- Arms are relaxed and extended in front of the body
- Hands are together in a position that ensures a flat surface with the forearms
- As the ball approaches, bump it up in the air using your forearms



Technics: Underhand pass (2)



Technics: Overhead pass (1)

• Some keypoints

- Angle of 90°
- Hands in a cupped position --> Big hands!
- Contact with the bal
- Looking through the 'window'



Technics: Overhead pass (2)



Technics: Spike (1)

⚡ Some keypoints

- Two step, three step, or four-step movement
- Armswing
- Arms should come forward in rythm with your jump
- Contact with the ball: your hand should be firm and hard



Technics: Spike (2)



Technics: Dig (1)

🌀 Quote

- “Volleyball rules are simple. If it is on the floor, pick it up and get it into the air. If it is in the air, keep it off the floor.”
- John Kessel

🌀 Some keypoints

- Up on your toes and on the balls of your feet, not on your heels
- Arms are bent and in front of you ready to react to dig a ball with your forearms
- Ready to get in a stable position to dig a hard driven ball



Technics: Dig (2)



Technics: Block (1)

⚡ Some keypoints

- 2 feet next to each other in balance
- Hands in front of or above shoulders
- Frontality
- Jump straight up
- Fingers spread out
- Keep head straight
- Bring hands over the net
- Land on 2 feet in balance



Technics: Block (2)



HAVING FUN WITH TACTICS

☒ Individual tactics

- When - Then
- Before - During - After



Tactics: When - Then (1)

- ⌘ Different situations with different possibilities.
- ⌘ Start simple and make it more complicated.



Tactics: When - Then (2)



Tactics: Before - During - After (1)

- ⌘ What do you do BEFORE the contact with the ball?
- ⌘ DURING: The contact with the ball.
- ⌘ What do you do AFTER you have touched the ball?



Tactics: Before - During - After (2)



Thanks!



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