

Mini-Volleyball



SAG 2006

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MINI-VOLLEYBALL PRESENTATION SAG 2006 AGENDA



- 1:00 – 1:10 pm Introductions
- 1:10 – 1:30 pm Why Mini-Volleyball
What is Mini-Volleyball
Fundamental Principles
- Play
 - Success
 - Longer Rallies
- Equipment Review
Mini-Volleyball within the school system (Model)
- 1:30 – 2:00 pm Stage 1 - Initiation
- Body Parts
 - The Circle
 - Clean your room
 - Relay Race
- 2:00 – 2:30 pm Stage 2 – Development
- Bulls Eye
 - Outwitting Game
 - Switch Around
 - 1 vs 1
 - 2 vs 2
- 2:30 – 3:00 pm Stage 3 - Proficiency
- To the Net Along the Net Over the Net
 - The pyramid
 - Serve Receive
 - 3 vs 3
 - 4 vs 4
- 3:00 – 3:15 pm How to Teach Volleyball in the Classroom Video
Question & Answer

Presentation Notes:

Why Mini-Volleyball:

- Standard methods of coaching/teaching volleyball do not work in the classroom.
- Usually method of repetition, repetition, repetition, is static causing children to lose interest and be inactive.
- Attempting to have children play an adult game assume they have the physical strength, motor skills and perceptual awareness, which is unfair.
- Need to create an environment where they are active having fun and experience success, leaving them wanting more.

What is Mini-Volleyball

- Is an approach through mini games or activities to introduce children to the basic fundamental concepts of volleyball.
- Uses different games formats which include 1 on 1, 2 on 2, 3 on 3 and finally 4 on 4.
- Aimed at assisting teachers in making the learning process fun, interesting and an easy game to teach.

Fundamental Principles

1. Play – children love to play they want to be active. Play is a fundamental principal of mini-volleyball therefore activities chosen keep kids constantly moving and having fun while learning.
2. Success – if children experience success and pleasure from participating they will be attracted to that activity. In other words Success breeds success. The more success they enjoy early on in an activity the more they will grow to want to be a part of the game or sport later on. By adjusting the speed of the game, size of the court, height of the net, type of ball used we are able to put them in an environment where they are able to enjoy more success.
3. Longer rallies – One key element of volleyball that leads to enjoyment is the ability to sustain rallies. In order to keep student active and having fun we need to eliminate the “Rally Breakers”, or those things that cause rallies to end quickly. With the actual sport we train to end rallies quickly, but that is not conducive to a learning environment. Primary rally breakers are the serve and attack. This can be counter acted by simply bringing in a catch/ toss component.

Equipment Review:

- Different Types of Balls
- Pole Extensions, Rope , Volleyball Nets, Wall Anchors

Model:

- Three Stages Initiation (6;7 yrs old, 1st-2nd grade), Development (8-9 yrs old, 3rd-4th grade), Proficiency (10-12 yrs old, 5th-6th grade)

Initiation:

- Introduction of game by way of play activity similar or related to volleyball.
- Focus to teach through play two fundamental concepts 1) territorial protection and attacking an opponent's territory.
- Through games develop ball control, movement and agility.
- Activities will promote general body movement, body awareness, cooperation and cooperation/opposition.
- Individual or small group games
- Lighter balls, balloons etc.
- Open spaces not necessary for net or specific court.

Development:

- Progression of game formats to 1 on 1 2 on 2.
- Adapting the learning environment is key to participant's success.
- Focus continues to be on teaching basic game concepts. Introduction of ball trajectory and means of controlling ball (overhead and forearm pass)
- Net and court of various sizes start to be used.
- Bigger and lighter balls
- Catch-toss or self toss used
- Develop awareness of opponent's position, direct balls to open area
- Able to react and read opponent and defend territory.
- Activities promote cooperation and direct opposition.

Proficiency:

- Introduction of new concept to the net, along the net, over the net.
- Catch/toss with second contact.
- Continued focus on basic concept territories, ball trajectory, etc.
- Re-emphasis on decision making in game situation
- Promote communication and cooperation among players
- Three contact using proper ball direction to be emphasized.
- Activities in small groups 1 on 1, 2on 2, 3on 3, 4 on 4
- Use balls appropriate to skill level and ability
- Net and court of various sizes.
- Jamborees.

Mini-Volleyball

The Manitoba Volleyball Association in cooperation with Volleyball Canada would like to introduce you to Mini-Volleyball. The program was redeveloped over the last five years by Volleyball Canada, which has mandated the MVA to promote and deliver to Manitoba schools. The Manitoba Volleyball Association is proud to be involved with this program and feel it will play a big role in developing volleyball in Manitoba.

Mini-Volleyball was developed to make the sport of volleyball more accessible to children, by simplifying the game to better suit children of all skill levels. The result is a simpler game, played on a smaller court, with a softer ball, allowing children more opportunities to develop the skills necessary to excel at volleyball. The concept of mini-volleyball revolves around **“KEEPING CHILDREN ACTIVE”**.

Volleyball is the number one sport in Canadian schools among girls and is closing in on basketball with popularity among boys. There are approximately 2 million recreational and competitive volleyball players in Canada. It is the number two participation sport in the world with over 150 million people playing volleyball around the world. It is hoped that mini-volleyball will allow children to develop their skills earlier in a fun environment and eventually turn Canada into one of the top volleyball nations in the world.

The exciting element about mini-volleyball involves the training programs, which have been tirelessly developed to make learning the sport more interesting for children. The philosophy behind these exercises can be described as follows:

- *Keep children physically active.*
- *Keep the rules simple.*
- *Reduce the court size according to the ages and numbers of players*
- *Regularly change partners and teams.*
- *Allow children frequent contact with the ball.*
- *Practice different techniques to allow for the development of all skills necessary in volleyball.*
- *Practice in a competitive environment that encourages “mini-games” among the students.*
- *Use training methods which allow Phys Ed staff to raise the level of difficulty according to the improving skill and talent of the students.*
- *Use the net as quickly as possible during class.*

Volleyball Canada has produced resource materials on mini-volleyball, in both English and French, this materials are currently being mass produced, but VC is accepting orders now. The MVA will also have a few copies of the resource materials that will be available for rent. These materials will be beneficial to developing a mini-volleyball program in your school. The MVA will also be looking at running a series of clinics to help teach educators the fundamentals and philosophies of mini-volleyball. Further information will be provided to schools in the coming year.

Mini-Volleyball Rules & Regulations of Play:

Number of Players:

1 on 1, 2 on 2, 3 on 3, and 4 on 4. The goal is to progress their skill towards playing 4 on 4. The 4 on 4 concept will allow each child to have frequent contact with the ball and be more active in the play.

Court Size:

The court used is the same as that used for badminton doubles. This results in participants increasing their ability to play defence. These allows for more rallies and longer play, which means more fun for all participants.

Net Height:

The net is two meters in height. Reducing the height of the net to 2 meters allows players to attempt “smashes” more often and with more success, ultimately leading to greater confidence.

Ball Contact:

The ball is contacted three times per side, this allows for participants to have frequent contact with the ball. There are a number of variation of how the game is played based on participants skill level. The concept of the ball contact revolves around 1) Protecting the court & sending the ball to the net, 2) setting the ball along the net, 3) getting the ball back over the net (“smash”).

- *Beginners – catch/catch/throw (allows for child to develop understanding of game play)*
- *Intermediate – catch/catch/hit or volley*
- *Regular – hit or pass/catch/hit (smash)*

The time frame for moving from one level to the other depends on how fast the child’s skill level progresses.

Type of Ball:

Softer, brighter ball. A softer ball is better suited for children’s more sensitive skin. The official ball is the Yellow Tachikara Mini-Volleyball. Younger children are introduced to the game using smaller beach balls. Younger children use the beach ball because it is slower and provides the child with more opportunity to be successful. Other balls are available that would be suitable for young children.

General Comments on Training Program:

<i>Things to do</i>	<i>Things to Avoid</i>
Often use 1 on 1 scenarios to train young Children.	Go to 4 on 4 training to quickly.
Have children practise “smashes” at every Session.	Wait until you perceive they are ready.

For Further Information Please Contact the MVA Office:

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Grade 6 Mini Volleyball Unit

By Tim Au & Rob Korkosh

Lesson 1

Concepts

Ready Position
Tossing & Catching
Defend Your Territory
Introduce Court Boundaries
Introduce 3 Contact Rule

Drills/Notes

Below the Knee Tag
Shuttle Drill: Consecutive Catches
1 v 1; 2 v 2; 4 v 4

Lesson 2

Concepts

Review Court Boundaries & 3 Contacts
Teach Diamond formation
Teach “To the net, Along the Net, Over the Net”
Defend Your Territory 4 v 4

Drills/Notes

Teach Speed/Flow of Game; Setters 2nd Contact

Lesson 3

Concepts

Introduce Big Hand
Teach 2 Step Approach (R-L)
Introduce Arm Swing

Catch-Catch-Hit

Drills/Notes

Hit ball Back & Forth

Ie Breaking Broomstick across back.
Use a Toss, Hit, Shag Shuttle
4 v 4 Play

Lesson 4

Concepts

Intro to Forearm Pass
Hit-Catch-Hit

Drills/Notes

Partner Toss Drills. (Side to side, etc)
4 v 4 Play

Lesson 5

Concepts

Intro to Serve

Drills/Notes

Serving Drills: Shuttle Relays

Lesson 6

Concepts

Introduce Volleying

Hit-Catch-Hit

Drills/Notes

Partner Toss & Volley Drills

Can try Self Toss & Volley for 2nd contact

Lessons 7-10

Can include “Play & Practice” days in between lessons or reserve several classes to play at the end of the unit.



Grade 7/8 Mini Volleyball/Volleyball Unit

By Tim Au & Rob Korkosh

Lesson 1

Concepts

Introduction/History of Game
Ready Position
Defend Your Territory
Introduce Court Boundaries
Introduce 3 Contact Rule
Introduce Catch-Catch-Hit

Drills/Notes

Knee Tag
1 v 1; 2 v 2

Use 2 v 2 for This
Use 2 v 2 Play for this or 3 v 3 if necessary

Lesson 2

Concepts

Review Court Boundaries & 3 Contacts
Teach Diamond formation
Teach "To the net, Along the Net, Over the Net"
Defend Your Territory 4 v 4

Drills/Notes

Allow 3rd contact to be a 1 hand or 2 hand hit over the net)
Teach Speed/Flow of Game; Setters 2nd Contact

Lesson 3

Concepts

Introduce Big Hand
Teach 3 Step Approach (L-R-L)
Introduce Arm Swing

Catch-Catch-Hit
Getting Outside for an Attack

Drills/Notes

Hit ball Back & Forth

Ie Breaking Broomstick across back.
Use a Toss, Hit, Shag Shuttle
4 v 4 Play

Lesson 4

Concepts

Intro to Forearm Pass
Hit-Catch-Hit

Drills/Notes

Partner Toss Drills. (Side to side, etc)
4 v 4 Play

Lesson 5

Concepts

Intro to Serve

Drills/Notes

Serving Drills: Shuttle Relays

Lesson 6

Concepts

Introduce Volleying aka Overhead Pass

Hit-Catch-Hit 4 v 4 Play

Drills/Notes

Partner Toss & Volley Drills
Can Introduce Combination Drills
Can try Self Toss & Volley for 2nd contact

Lessons 7/8

Play Mini Volleyball

Lesson 9-11

Introduce & Play Full 6 on 6 Volleyball

Lesson 12

Written Tests/Skills Tests