Guidelines for elementary level Volleyball

Developmental progression of volleyball skills for elementary school children.

**Equipment:**

**Ball size and weight:**
Children should be exposed to a wide variety of balls while developing striking skills. Balloons and beach balls may be used with young children. Lightweight foam balls may also be used at the elementary school level. Tracking the flight of the ball is a problem in elementary schoolchildren. Using lightweight, brightly colored, larger and slower moving balls, enables elementary children to develop good striking skills much faster and with less injuries to fingers and wrists.

**Net:**
The net height should be adjusted to the level of the skill of the children and is usually no higher than fingertip height. The court size best suited for elementary school children is 17 feet wide by 44 feet long, about the size of a badminton court. For serving, have several service lines available, some closer to the net, may aid children in getting the ball over the net and also in serve placement.

**Offense:**
1. Serve to an open area in opponent's court.
2. Move the ball to the most advantageous position on the court before returning it over the net.
3. Change the speed and path of the ball.
4. Place the ball in an empty space in the opponent's court on all returns.

**Defense:**
1. Cover the area of the court, closing spaces to opponents.
2. Assist each other in controlling the ball as it comes over the net.
3. Move to the offense, incorporating the above offensive strategy to force the serving team to make errors.
Task Analysis
Volleyball Ready Position

Visual Description:
Bending at knees and hips in medium level with feet staggered. Weight of player is placed on the balls of the feet with the upper body leaning forward. Arms extended in front of body, palms facing floor.

Movement Sequence:                              Cues:
* 1. Feet in staggered position.             *One foot forward

* 2. Flex at ankles, knees, and hips           *Medium level

3. Weight on balls of feet.                    Weight in front

4. Upper body leans forward                   Lean Forward

* 5. Arms extended (at sides) in front of body  *Arms extended

6. Palms facing floor.                        Palms down

* 7. Head up                                  *Head Up

8. Eyes on the ball                           Eyes on ball

* 4 Most Critical Points

Task Complexity Variables
Learner: Previous experience, balance, tracking,
Task: Closed skill discrete, 4/5x
Environment: Space in room, direction ball is traveling.
Task Analysis
Volleyball Forearm Pass

Visual Description:
Player assumes a ready position in line behind ball. Arms are extended, hands clasped, and strikes ball of forearms to propel upward approximately 10 feet to a target.

Movement Sequence:  
* 1. Assume ready position.  
* 2. Move to ball-head up.  
3. Eyes on ball.  
4. Clasp hands in front of body.  
* 5. Extend arms toward ball.  
6. Contact ball 6” above wrists.  
* 7. Extend knees and body keeping arms straight on contact w/ball.  
8. Follow through

Cues:  
* Ready Position  
* In line with ball  
Eyes on ball  
Clasp hands  
* Create a platform  
Contact above wrists  
* Lift the ball  
Follow through

* 4 Most Critical Points

Task Complexity Variables:

Learner: past experience, tracking, eye-hand coordination.  
Task: open, discrete, 4/5x.  
Environment: Size of ball, space on court, speed of ball, distance ball travels.
Task Analysis
Volleyball Underhand Serve

Visual Description:
Player assumes a balanced stride position behind the Service line. Holding the ball slightly below the waist, striking arm is brought back then forward in pendulum swing to contact the ball.

Movement Sequence
1. Assume a stride position foot opposite hitting hand forward

*2. Hold ball in front of body

*3. Striking arm moves back then forward.

4. Weight transfer to forward foot

*5. Contact behind and underneath the ball.

6. Arm and hand continue forward

Cues
*Foot opposite forward

*Ball at waist level

*Pendulum Swing

Weight forward

*Below and behind

Follow through

* 4 Most Critical Points

Task Complexity Variables:
Learner: Previous experience, hand-eye coordination
Task: Closed skill, discrete, 4/5x
Environment: Size of ball, distance, target, height of travel
Task Analysis
Volleyball Overhead Serve

Visual Description:
Server behind service line in a stride position. Player's striking hand is raised with elbow high and arm back behind head. Ball is tossed high enough for contact at full arm extension.

Movement Sequence: Cues:
*1. Player in stride position  *Foot opposite forward
   Foot opposite hitting hand forward
2. Weight on back foot  Weight behind
*3. Hitting Hand raised behind head,  *Hand back, elbow up
   elbow high
*4. Toss ball high  *Non hitting hand
5. Extend hitting arm forward  Extend arm
6. Transfer weight forward  Weight forward
*7. Contact ball high and in front of  *Contact high
   body.
8. Follow Through  Follow through

*4 Most Critical Points

Task Complexity Variables:
Learner: Previous experience, Eye-hand coordination
Task: Closed, discrete, 4/5x
Environment: Size of ball, distance to travel, target, height to travel.
Task Analysis
Volleyball Overhead Pass (Set)

Visual Description:
Player assumes ready position in line behind and under the ball. Hands up, elbows flexed out from the sides with upper arms parallel to the floor. Wrists are flexed slightly back with relaxed fingers, contact made with fingertips.

Movement Sequence:        Cues:
*1. Assume ready position.          *Ready Position
  2. Move to ball, head up eyes on ball.    Eyes on ball
*3. Bend elbows, upper arms parallel to floor         *Elbows wide, hands up
  4. wrists flexed                              Flex wrists
*5. Contact above head                          *Above forehead
  6. Contact fingertips                          Soft fingers
*7. Extend wrists upward                        *Extend wrists
  8. Extend knees and body                      Extend at contact

* 4 Most Critical Points

Task Complexity Variables:
Learner: Previous experience, eye-hand coordination, tracking
Task: Open skill, discrete, 4/5x
Environment: Size of ball, space on court, speed of ball, distance ball travels.
Volleyball
Instructional Objectives

Forearm Pass:

Pl: The student will execute the forearm pass (using Task Analysis form) to self, passing continuously to a height of 10 feet while maintaining self space 4/5.

P2: The student will execute the forearm pass (using Task Analysis form) when the ball is tossed from a partner 10 feet away propelling the ball to partner 4/5.

P3: The student will execute the forearm pass (using Task analysis form) to propel the ball to 10 feet high to a YxY target on the wall 4/5x.

Cl: The student will physically demonstrate the 4 most critical points (using Task Analysis form) when randomly called upon by the instructor 4/5x.

Al: The student will demonstrate cooperation through partner work by tossing the ball to partner in forearm pass practice and shagging the ball 5/5x.
Volleyball Skills
Instructional Objectives

Ready Position:

P1: The student will demonstrate the ready position (using Task Analysis form) in an instructional setting 4/5x.

P2: The student will demonstrate the ready position (using Task Analysis form) moving quickly to a distance of 5 feet in an instructional setting 4/5x.

Cl: The student will verbally identify the 4 most critical points of the ready position when randomly called upon by the instructor 4/5x.

C2: Three out of Four students will physically demonstrate the ready position (using Task analysis form) when randomly called upon by the instructor.

Al: The student will demonstrate cooperation by Maintaining self space in the instructional area when practicing the ready position 4/5x.

A2: The student will demonstrate response to authority by practicing the ready position (using Task Analysis form) when asked by the instructor 5/5x.
Overhand Serve

P1: The student will execute the overhand serve (using Task Analysis form) to the wall from a distance of 20 feet to a 5’X5” target 4/5x.

P2: The student will execute the overhand serve (using Task Analysis form) to the opposite court from a distance of 25 feet landing in the court 4/5x.

Cl: Three out of four students will demonstrate the 4 most critical points of the overhand serve (using Task Analysis form) when randomly called upon by the instructor 4/5x.

Al: The student will demonstrate pride in accomplishment when executing the overhand serve during the instructional setting 3/5x.
Volleyball
Instructional Objectives

Overhead Pass (Set)

P1: The student will execute the overhead pass (using Task Analysis form) to self while continuously passing to a height of 10 feet while maintaining self space 4/5x.

P2: The student will execute the overhead pass (using Task Analysis form) to a partner 10 feet away propelling the ball to a height of 10 feet 4/5x.

C1: The student will verbally identify the 4 most critical points (using Task Analysis form) of the overhead pass when randomly called upon by the instructor 4/5x.

A1: The student will demonstrate responsibility by shagging a stray ball during instructional practice time of the overhead pass and 5/5x.
Volleyball
Instructional Objectives

Underhand Serve:

P1: The student will execute the underhand serve (using Task Analysis form) from a distance of 15 feet to a 3' x 3' target on the wall 4/5x.

P2: The student will execute the underhand serve (using Task Analysis form) from a distance of 15 feet over a volleyball net landing in the court 4/5x.

P1: The student will execute the underhand serve (using Task Analysis form) from a distance of 25 feet over a volleyball net landing in the court 4/5x.

Cl: The student will verbally identify the rules of service for the game of volleyball when randomly called upon by the instructor 4/5x.

Al: The student will demonstrate responsibility by shagging balls that travel in the gymnasium during practice situations 5/5x.