



KiwiVolley

Six Lesson Plan





KiwiSport



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KiwiVolley

Engage, Success, Fun

Our KiwiVolley programme is characterized by enhancing overall general athletic development. Improving basic movement abilities such as agility, balance, speed, and coordination, while improving fundamental sport skills such as running, jumping, throwing, catching, passing and striking are the primary focus.

Fun is critical for us and the key objective of the programme is to encourage participation in sport and physical activity in the hopes of creating a life-long interest volleyball.

Using modified KiwiVolley games, the volleyball fundamentals such as, the Set, the Pass, the Serve, Spiking and Blocking can be introduced. However, we only do this in the most simple and basic of ways, used primarily as tools to enhance the development of the fundamental movement skills, and as part of a program which encourages **Success** and fun in a volleyball orientated environment.

KiwiVolley is a game derived from the adult volleyball game with rules and equipment adapted for young people between 5-12 years.

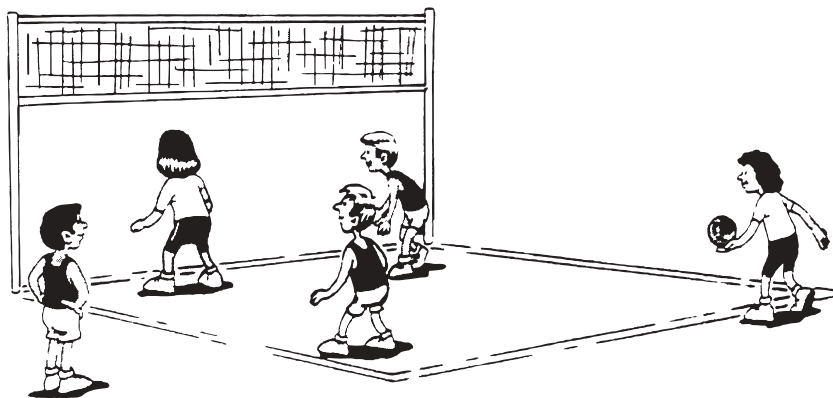
It Features:

- Fewer numbers of players
- A smaller court area
- A lighter and softer ball
- A lower net
- Rolling substitutes
- Simple rules

The smaller distance and spaces, combined with a lighter and softer ball, permit success for even the youngest of players.

As with other modified sport, KiwiVolley is designed to give maximum participation and enjoyable involvement in a game that can develop a wide range of ball skills, movement skills, as well as teamwork and communication skills.

KiwiVolley is an ideal way to *Engage* youngsters in the game of Volleyball. Students will find the progression to College volleyball much easier with having played just one season of KiwiVolley.



Teaching & Coaching Tips



It is important to remember the principals of KiwiVolley *Engage, Success, Fun* when planning, designing and delivering your KiwiVolley session. The below principals underpin good teaching and coaching.

For effective learning to take place a coach needs to be aware of some of the basic needs of good teaching.

The following 3 principles summarise the teaching and training methods of our KiwiVolley programme

- 1. Children learn skills best through taking part.**
- 2. Children learn best when they:**
 - a) Have a clear goal of what the skill is trying to achieve
 - b) Understand the principles and performance keys for each skill – See *Teaching the Skills* booklet.
 - c) Receive feedback on their performance
- 3. Specificity is an underlying principle for learning motor skills**, i.e. “The game teaches the game”. If we want to get good at playing volleyball then we should play volleyball!

Volleyball New Zealand’s philosophy of teaching and training can be summarised in the diagram over the page.

Opportunities to Respond, Game like Drills, and Information Feedback are the building blocks to designing excellent drills and games in improving children’s skills.

- 🏐 **Opportunities to Respond:**
Children are given maximum number of opportunities to perform repetitions of the skill.

- 🏐 **Game like - Drills GRILLS**
Drills should recreate aspects of a KiwiVolley game
– See *KiwiVolley Game Like Drills* booklet.

- 🏐 **Information Feedback:**
 - Children should receive specific feedback via knowledge of performance and
 - Children should receive specific feedback via knowledge of results.

Principles and Performance Keys

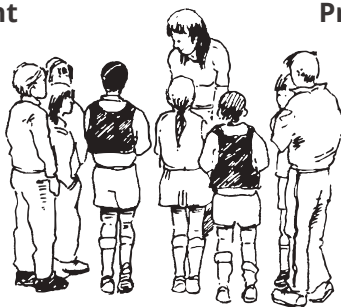
For each of the volleyball fundamentals skills there are both Principles and Performance Keys.

- 🏐 **Principles** are the fundamental truths about the skill
- 🏐 **Performance keys** are the important aspects of each skill.
Performance keys provide the athlete and the coach, the key elements to focus on, when executing and critiquing a skill.

The coach should consider how the following impact on their athletes

A good role model
Sensitive
Be consistent

Organised
A good communicator
Prepared



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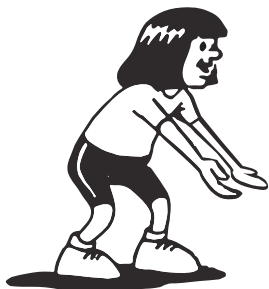
Use these handy QR codes that are placed throughout this booklet.

These codes will link you directly to helpful videos on skills, rules and Grills of KiwiVolley.

Lesson One Serving

1. Skill – Ready Position

Teaching the Skills Booklet
Page 5

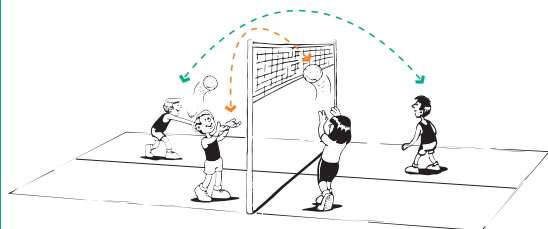


Performance Keys

1. Relaxed and ready to move
2. Face the ball
3. Arms straight and down
4. Shuffle to move

2. GRILL – Volley Battles

GRILLS Booklet
Page 7



Aim

Players catch and throw the ball over the net and try to get their opponents to misplay the ball or ground the ball on their opponent's side of the net. Players keep score with the winner after two minutes going to the winner's side. If it is a draw then paper/scissors/rock occurs. Games can be played over and over again.

3. Skill – Underarm Serve

Teaching the Skills Booklet
Page 6



Ready Phase



1. Ball forward, arm back

Action Phase



1. Low throw
2. Small Step
3. Middle of hand-Middle of ball

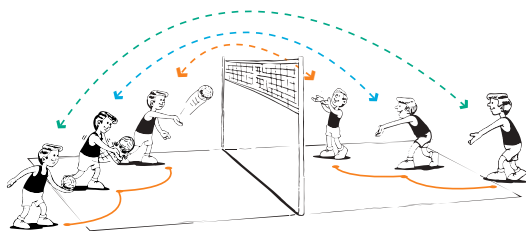
Follow Through Phase



1. Move onto court

4. GRILL – Step back & Serve

GRILLS Booklet
Page 6



Aim

Underarm serve to their partner. If the partner can catch the ball without having to take more than one step the server may take one step back. Then the partner serves. If a player misses their serve they take one step forward. The aim is to make it back to the base line.

5. Game – KiwiVolley Rotate

Rules & Refereeing Booklet
Pages 6-9

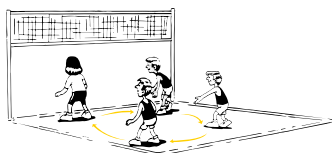


Aim

Players catch and throw the ball over the net and try to get their opponents to misplay the ball or ground the ball on their opponent's side of the net. When a teammate throws the ball over the net, the whole team rotates one position

clockwise. If the ball is mishandled (i.e. dropped, thrown out of bounds or into the net), the player leaves the court. To start or resume the game with an underarm serve.

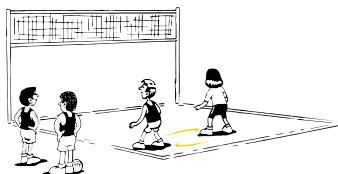
KiwiVolley Rotate - Step One



KiwiVolley Rotate - Step Two



KiwiVolley Rotate - Step Three



KiwiVolley Rotate - Step Four



Lesson Two Setting

Recap

Ready Position

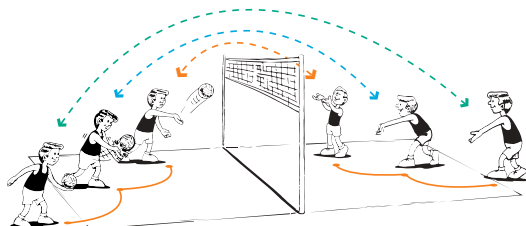


Underarm Serve



1. GRILL – Step back & Serve

GRILLS Booklet
Page 6



Aim

Underarm serve to their partner. If the partner can catch the ball without having to take more than one step the server may take one step back. Then the partner serves. If a player misses their serve they take one step forward. The aim is to make it back to the base line.

2. Skill – Setting

Teaching the Skills Booklet
Page 10



Ready Phase



1. Move behind the ball
2. Hands up early

Action Phase



1. Hands in the shape of a ball
2. Face your target

Follow Through Phase



1. Extend legs and elbows towards the target
2. Move towards the target

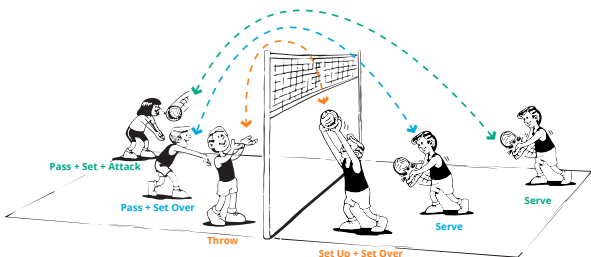
3. GRILL – Partner Patterns

GRILLS Booklet
Page 8



Aim

Children in pairs cooperatively see how many crossings of the net a player can make with their partner using a certain skill pattern e.g. Pass – Set. They continue trying to see how many in a row they can do without breaking the pattern.



Variations

1. Under arm throw > Set over > Catch
2. Under arm throw > Set up – Set over > Catch
3. Set over > Set back

4. Game – KiwiVolley Rotate

Rules & Refereeing Booklet
Pages 6-9



Aim

Additional rules of KiwiVolley Rotate from Lesson One are;

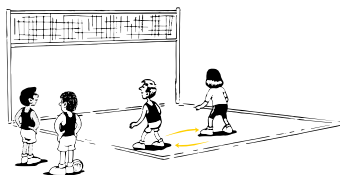
- Children can also set the ball instead of catching and throwing it to the opponent's court. This is optional but should be encouraged.

- When a child sets the ball up (from an opponent's shot), and a teammate catches the ball, the first eliminated player may return to the court. Or if there is just one player left on the court, this player may set the ball (from an opponent's shot) and catch it themselves.

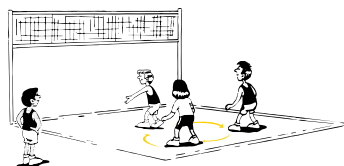
KiwiVolley Rotate - Step One



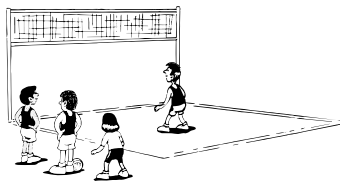
KiwiVolley Rotate - Step Three



KiwiVolley Rotate - Step Two



KiwiVolley Rotate - Step Four



Lesson Three *Passing*

Recap

Setting

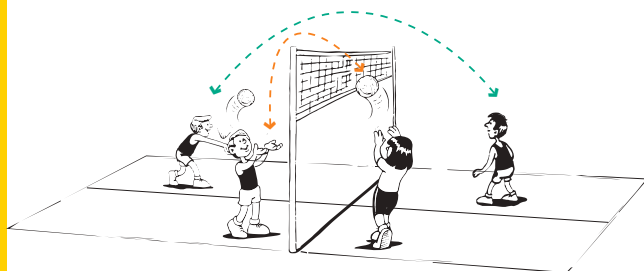


Underarm Serve



1. GRILL – Volley Battles

GRILLS Booklet
Page 7



Aim

Additional rules of Volley battles from Lesson One are;

Start each battle with a serve. Children then catch the ball and set it over.

2. Forearm Pass

Teaching the Skills Booklet
Page 8



Ready Phase



1. Relaxed and ready to move
2. Arms straight and down
3. See the server, see the ball

Action Phase



1. Shuffle to move
2. Hands and wrists together
3. Arms Straight
4. Forearm contact
5. Platform to the target

Follow Through



1. Hold form
2. Prepare to attack

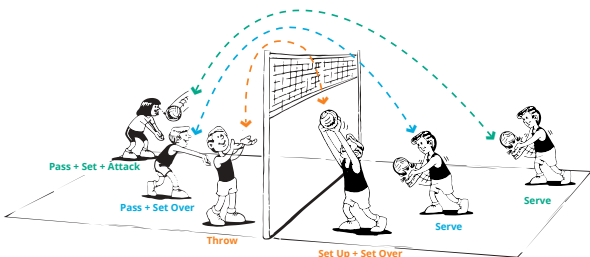
3. GRILL – Partner Patterns

GRILLS Booklet
Page 8



Aim

Children in pairs cooperatively see how many crossings of the net a player can make with their partner using a certain skill pattern e.g. Pass – Set. They continue trying to see how many in a row they can do without breaking the pattern.



Variations

1. Under arm throw > Pass up > Catch
2. Under arm throw > pass up – Set over
3. Now in fours

4. Game – KiwiVolley Rotate

Rules & Refereeing Booklet
Pages 6-9



Aim

Additional rules of KiwiVolley Rotate from Lesson Two are;

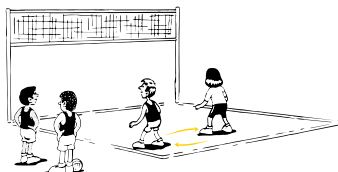
- Now only when a child forearm passes (from an opponent's shot), and a teammate catches the ball, the first

eliminated player may return to the court. Or if there is just one player left on the court, this player may forearm pass the ball (from an opponent's shot) and catch it themselves.

KiwiVolley Rotate - Step One



KiwiVolley Rotate - Step Three



KiwiVolley Rotate - Step Two



KiwiVolley Rotate - Step Four



Lesson Four KiwiVolley Rotate

Recap

Forearm Pass



Setting



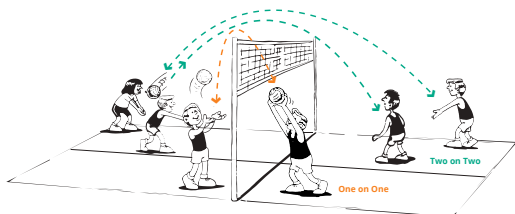
1. GRILL – Vellis (Fours)

GRILLS Booklet
Page 9

Procedure

Start with one child on each side with one ball. Throw or serving the ball over the net. Player B has to play it back over using just one contact (forearm pass or set). The game continues like tennis with one contact on each side. Advance to four players (two on each side).

Variations – Try only setting or only forearm passing.



2. Overhead attack

Teaching the Skills Booklet
Page 12

Ready Phase



1. Move under the ball
2. Swing arms above head

Action Phase



1. Bow & arrow to prepare
2. Swing and reach to hit

Follow Through



1. Don't touch the net

3. King or Queen of the court

Teaching the Skills Booklet

Page 8

GRILLS Booklet

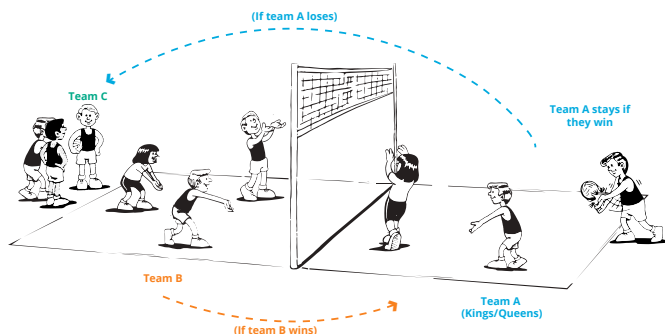
Page 13



Procedure

Play in teams of three. Team B (the challengers) serve the ball to Team A (The Champs). If Team A wins they score a point and remain in the same position. If Team B wins they become the "Champs"... crossing under the net to the "Champs" side.

The losing Team goes to the back of the line. Team C enters the court and serves to start the new rally. There should be three compulsory passes, with the last being directed over the net. The second contact must be compulsory, catch then throw to another player.



4. Game – KiwiVolley Rally

Rules & Refereeing Booklet

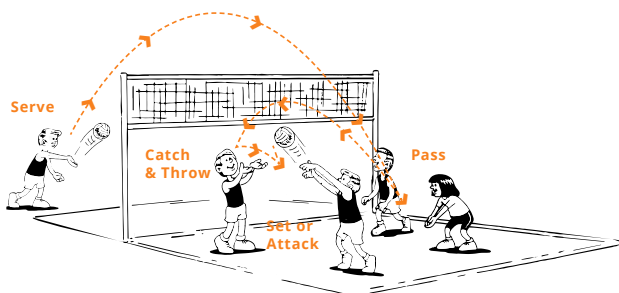
Pages 10



Procedure

Children are in teams of four. Standard volleyball serving, rotation and scoring (1 point per rally) procedures. Extra players are obliged to rotate into the game at the service position. Underarm serves only. There should be three compulsory passes,

with the last being directed over the net, or replay occurs. The second contact must be a smooth, non-stop, catch-throw movement. Maximum of three serves before rotating to the next server.



Lesson Five KiwiVolley Rally

Recap

One hand attack

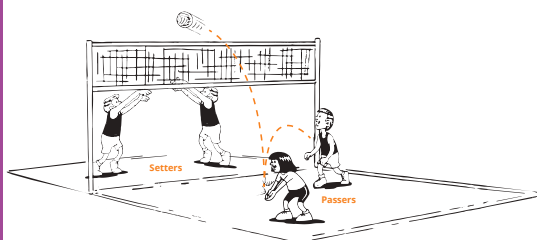


Forearm Pass



1. GRILL – Single Skills Games

GRILLS Booklet
Page 12



Procedure

Set up for four v four games. Teams play a three contact volleyball game using only one skill just a forearm pass to play the ball. After a few games change to just using the set. For the last games, one team may use the overhead pass exclusively, while its opponent only use the forearm pass. The teacher indicates when it is time to change skills.

2. King or Queen of the court

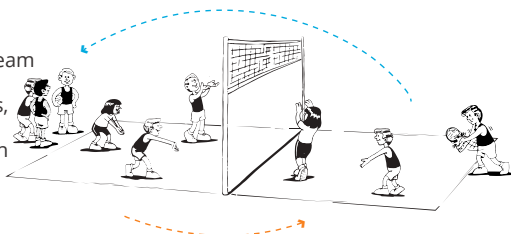
GRILLS Booklet
Page 13



Procedure

Use the same rules as in Lesson 4 - Play in teams of three. Team B (the challengers) serve the ball to Team A (The Champs). If Team A wins they score a point and remain in the same position. If Team B wins they become the "Champs"... crossing under the net to the "Champs" side.

The losing Team goes to the back of the line. Team C enters the court and serves to start the new rally. There should be three compulsory passes, with the last being directed over the net. The second contact must be compulsory, catch then throw to another player.



3. Game – KiwiVolley Rally

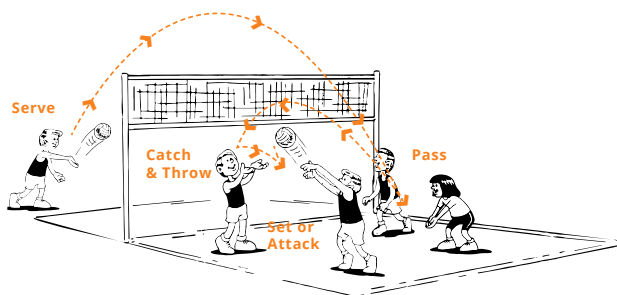
Rules & Refereeing Booklet
Pages 10



Procedure

Use the same rules as in Lesson 4 - Children are in teams of four. Standard volleyball serving (underarm), rotation and scoring (1 point per rally) procedures. Extra players are obliged to rotate into the game at the service position. Underarm serves only.

There should be three compulsory passes, with the last being directed over the net, or replay occurs. The second contact must be a smooth, non-stop, catch-throw movement. Maximum of three serves before rotating to the next server.



4. Game – KiwiVolley Spike

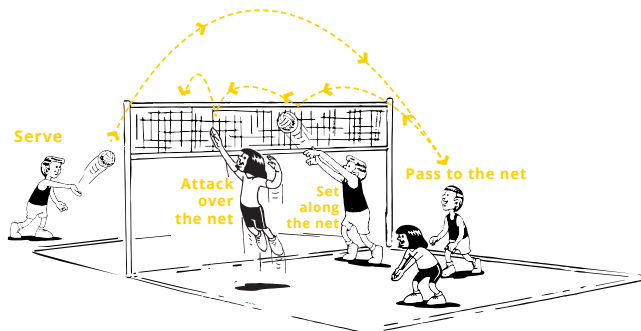
Rules & Refereeing Booklet
Pages 13



Procedure

Children are in teams of four. The rules are the same as KiwiVolley - Rally with the exception of - 1. No amount of compulsory touches before directing the ball over the net are required, but three touches should be encouraged 2. When receiving the serve the

ball cannot be passed directly back to opposition or it is a point to the other team. If this happens replay the point 3. No catching or throwing is allowed in KiwiVolley - Spike.



Lesson Six KiwiVolley Spike

Recap

Ready Position



Forearm Pass



Underarm Serve



Setting



One hand attack



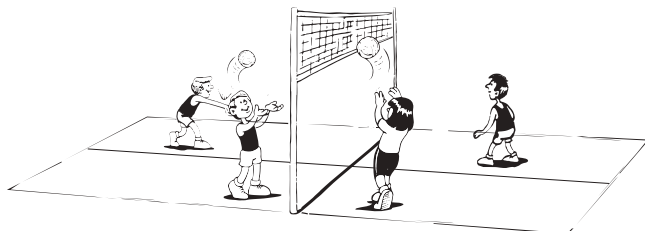
1. Game – KiwiVolley Tournament

Procedure

Children choose their own or are placed in teams of 4-6 by their teacher. Each game should be 3-4 minutes long. For the first half of the lesson, after each game the same team will stay on their court, while every other team rotate one court clockwise.

Keeping the score is not needed during these games.

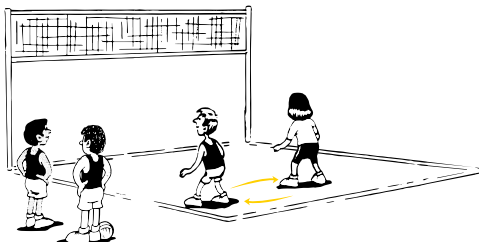
For the second half of the lesson, the winning team after their 3-4 minute match moves up a court and the other team moves down one. This will allow teams of similar levels to play each other more often. Teams will need to keep their score during these games.



The KiwiVolley level/rules that are to be used during the tournament for the children's year level are;

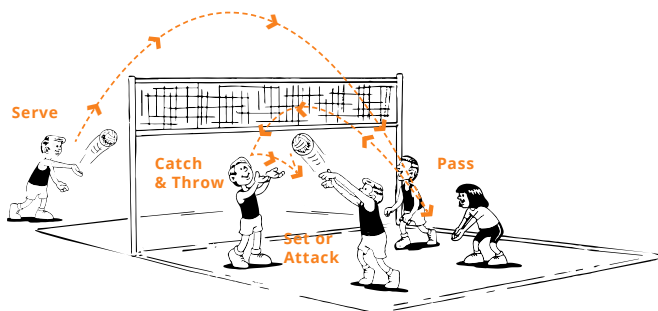
KiwiVolley Rotate Years 3 & 4

Rules & Refereeing
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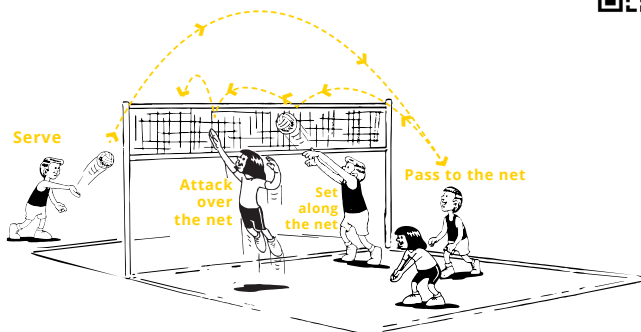
KiwiVolley Rally Years 5 & 6

Rules & Refereeing
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KiwiVolley Spike Years 7 & 8

Rules & Refereeing
Booklet - Pages 13





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