



# Schoolvolley+ lesson cards

Clinics at schools, after school and at clubs  
for grade 1 to 6

## Standard lesson cards for Schoolvolley+ clinics at schools

### Volleyball can be played anytime, anywhere.

Children enjoy playing the sport of volleyball with their (school) friends. On the beach, on a beach volleyball court, at the campsite, in the snow or in the gym, there are many variations. Will you introduce even more children to the sport of volleyball? Then organize a cool Schoolvolley+ clinic and use the lesson cards!

### Make use of the lesson cards

To support you – clinic patrons, teachers and trainers - in giving a cool Schoolvolley+ clinic, we have developed a series of standard lesson cards and a roadmap, video and grant. This allows anyone, regardless of knowledge and experience with the game of volleyball, to organize an enthusiastic, responsible and challenging volleyball lesson for children aged 6 to 12.

### Different phases

The lesson plans are divided into three phases:

- Lessons that a clinician from the club can teach at a school.
- Lessons that teachers can then teach themselves during gym classes.
- Lessons can be given as initial follow-up training/taster lessons at the club.

For each stage, three lessons are available that seamlessly connect. In this way, we offer children access to coherent lessons and training. All these phases use the same pedagogical and didactic approach, and there is a continuous learning line (methodology). The lesson series is divided into three age categories: from 6-8 years (Grade 3 to 4), from 8-10 years (Grade 5 to 6) and from 10 to 12 years (Grade 7 to 8), increasing in difficulty.

### Points of interest for the clinician

The goal is that the children have fun, exercised a lot and variety, and learned something. With the clinics, we want to inspire kids to play volleyball. That is the first focus. Then you try to connect them to the club. We based the lesson plans on the principle of working with small groups. That way, there is plenty of room for repetition of challenging movement situations, i.e. a powerful learning environment. The intention is to choose a more complex exercise variant only when the offered component has been mastered to a reasonable degree. A challenging variant is indicated in the lesson plan with *Challenge* or *Extra Challenge*.

## Tips for the clinician at elementary school

We want to offer some tips for the clinic giver working with the group or teacher:

- Ask the teacher to help with the lesson; for example, reserve a specific task for him or her.
- Ask the teacher to help keep order. He or she knows the rules of manners within the school and which children require extra attention.
- Ask the teacher to create equivalent groups. Within these groups, the children's skill levels should be approximately equal.
- Try to put together groups that can work well together. Again, the teacher can offer advice.
- Check with the teacher beforehand what the actual available class time is.
- Verify that the children are used to working independently and helping to clean up and set up materials.
- Always end with a yell with the whole group!

## Additional points of attention clinic giver

We have some essential tips below, to make sure it all runs smoothly. Make use of them!

- Be well ahead of time!
- Appear in sportswear & with indoor shoes, possibly in club colors.
- Prepare as many materials as possible in advance. This provides more play time during class.
- Create safe situations! For example, always put boxes off their wheels.
- If you do not manage to put all the material in the right place right away, prepare the material in a safe place along the side of the room.
- Place the necessary balls in an inverted cupboard head on in a basket, they will not roll away.
- Briefly introduce yourself before you begin the lesson.
- Keep explanations short and sweet. Always accompany it with a clear example; talk, picture, act.
- In your example, incorporate the organization of practice material as well!
- An example makes more of an impression when done by the children unless it is something new.
- Be sure to carry a whistle to gather the group back together.
- At least agree on a signal: "Balls fixed and on the ground!"
- Make sure all the children can see and understand you. Talk toward the group.
- Distance yourself from the action or group to keep a clear view of everything.

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Grade 3 / 4

Clinics at primary school



## Clinic School | Grade 3 & 4 | Lesson 1

Duration: 45 minutes | Number of students: 24

Goal: Improve ball skills and target aiming. Hit at least 1 hoop with a forearm or overhand ball over the net.

Materials needed: 1 volleyball per student, 4 pylons, 12 hoops.

### Warm-up | 15 min.

Ball rolling

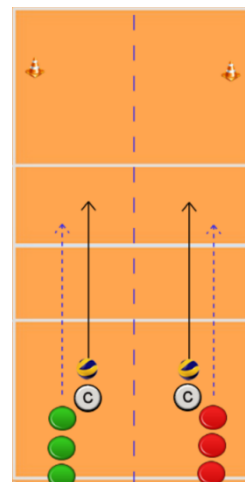
#### Organization:

Divide the group in half and line up students on each side of the net, with each student having their own ball. The trainer or teacher stands in front of the first student.

#### Directions and Rules of the Game:

The warm-up consists of 5 different exercises in which the student always gives the ball to the handler, who then rolls the ball to the other side. In the following ways, the student must try to take the ball:

1. Student runs after the ball, picks it up before it hits the wall and runs back around the pylon outside the field before joining the back of the line. Do this exercise 2 times.
2. The pupil stands in front of the supervisor in a spread position and keeps looking forward. The attendant rolls the ball through the student's legs, after which the student starts running.
3. The pupil overtakes the ball far enough to lie on the belly in front of the ball and stop the ball with the head.
4. The pupil catches up and lets the ball roll through the legs while the pupil stands again towards the supervisor. Once the ball has rolled through the legs, catch up, stand on all fours, and let the ball roll under them again.
5. The supervisor throws the ball in the air with a high arc. The student catches the ball after as few bounces as possible. Of course, catching without a bounce is also allowed.



## Follow-up 1 | 15 min (approx. 2 min per assignment).

Ball feeling

### Directions and Rules of the Game:

Sequence 1 consists of 7 different exercises. For these exercises, all students need a ball and a spot in the room with space. In the following ways, students can perform the exercise:

1. Throwing and catching.
2. Throw higher and higher without hitting the ceiling and catch again.
3. Throw, clap hands as many times as possible and catch again.
4. Throwing, clapping behind the back.
5. *Challenge:* both behind the back and regular clapping and then catching.
6. Throwing, alternating blows under the right and left knee and catching
7. *Challenge:* in 1 throw, both hits under the right and left knee.
8. Throwing and catching overhead.
9. *Challenge:* jumping overhead to catch the ball.
10. Throw and catch the ball as low to the ground as possible while keeping the feet on the ground.

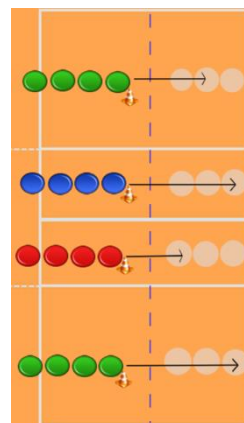
## Follow-up 2 | 15 min.

Aiming: underhand with 2 outstretched arms or overhead punching out with 2 hands (volleyball-specific throws)

### Organization:

Make rows of about 4-6 students, each with a ball. Place 3 hoops in a row on the other side of the net.

Net height: 2.00 meters



### Directions and Rules of the Game:

Students take turns throwing the ball over the net using volleyball-specific throws, aiming into the hoops. After throwing, they retrieve the ball and join the back of their line.

### Points distribution

Grade 3: ball over the net = 1 point, in or on the edge of the hoop = 2 points.

Grade 4: ball in or on edge 1st hoop = 1 point, 2nd hoop = 2 points, 3rd hoop = 3 points.

### Rounds

1. Underhand throw about 2 meters away from the net.
2. Upper hand throw where the student may now stand closer to the net.

3. For round 3, the hoops may be taken away. The front student puts the ball away and stands on the spot of the removed hoops. The new front student throws the ball with one of the practiced volleyball throws over the net and targets the player on the opposite side. The latter tries to catch the ball without bouncing.

For Grade 4 (rounds 1 and 2), first, have the points counted individually, then as a group, count out loud to 20 points (or for round 3, who has 10 catch balls first). When a group has reached the points, they sit down.

*Additional challenge Grade 4 per round:*

1. Holding the ball between hands, arms extended, throw underhand from bottom to top.
2. Triangle, fingers a little further apart, punch the ball from your forehead.

## Closing

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."



## Clinic school | Grade 3 & 4 | Lesson 2

Duration: 45 minutes | Number of students: 24

Goal: Be able to name at least 3 technical directions of serve, hit at least 1 hoop on an underhand serve over the net and know at least 3 rules of Cool Moves Volley level 1.

Materials needed: 12 volleyballs, 4 benches, 12 hoops.

### Warm-up | 15 min.

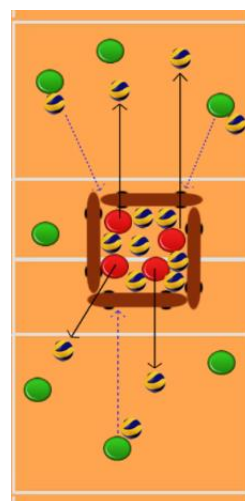
Ball pit

#### Organization:

Place 4 benches against each other in the center of the room in a square. Place all the balls between the benches, creating a ball pit.

#### Directions and Rules of the Game:

Put 4 students in the ball pit who must get all 12 balls out of it by throwing them across the room. The other students pick up the balls and put them back in the pit. After a few minutes, count down from 10 to 0, and everyone turns into a statue. Then count the number of balls in the ball pit for the score. After that, new students may enter the ball pit.



### Follow-up 1 | 5 min.

Serve underhand

#### Organization:

All students are given a ball. Students find a spot near the wall, stand about 3 meters from it and try to hit the ball against the wall.

#### Directions and Rules of the Game:

The student holds the striking arm extended at about 45 degrees and then hits the ball with a flat fist or side. The throw-up arm moves along close to the striking arm.

#### Challenge:

Catch the returning ball.

## Follow-up 2 | 10 min.

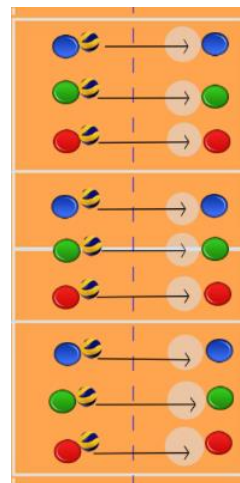
Serving in hoops

### Organization:

Make pairs, each on one side of the net. 1 of the 2 needs a ball and the other a hoop.

### Directions and Rules of the Game:

The student with the ball goes to serve. The other student tries to "catch" the saved ball through the hoop. If this succeeds, you switch tasks. You try again if the ball does not go over the net and through the hoop. After the second attempt, you switch anyway.



*Additional challenge for grade 3:*

*At least 3 tries at the serve, then may throw underhand instead of serve.*

## Wrap-up | 15 min.

Knowledge: Cool Moves Volley level 1

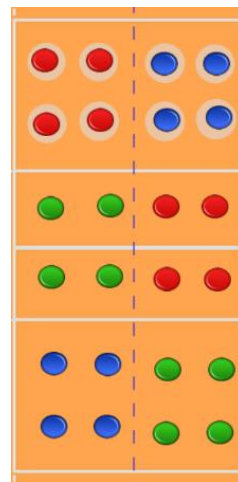
### Organization:

On each side of the field place 4 hoops in a square. There is 1 ball per group of 8 students.

### Directions and Rules of the Game:

*Tip: do a practice round*

Have 8 players who want to help demonstrate standing in a hoop and perform the following: Once everyone is standing, students start practicing taking turns. If that goes well, students may make them "invisible" by quickly turning them in and returning to the same spot. Alternate one more time with turning through.



*Exercise*

3-on-3 or 4-on-4: The entire team rotates clockwise when the ball is thrown over the net. Students are not allowed to run with the ball. Also, encourage students to throw over so that everyone gets the ball once.

*Extra challenge for grades 3 and 4:*

For Grade 3, have the catches counted and for Grade 4, play without points.

### Wrap-up

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

## Clinic school | Grade 3 & 4 | Lesson 3

Duration: 45 minutes | Number of students: 24

Goal: To learn at least 3 technical directions of forearm technique, to learn 3 rules of play of Cool Moves Volley, and to be able to highball at least 2 times with forearm technique.

Materials needed: 12 volleyballs, 12 ribbons.

### Warm-up | 10 min.

Running Training

### Organization:

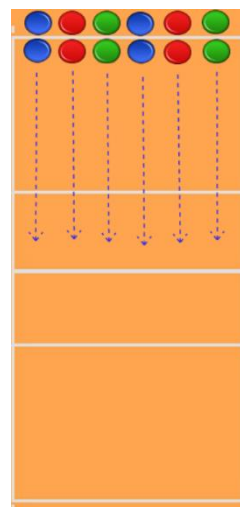
Divide the group into pairs. The front students get number 1, the back students get number 2.

### Directions and Rules of the Game:

The students are going to run back and forth twice. First, number 1, so go out, wait a moment, then number 2, wait a moment, then numbers 1 back, wait a moment, and finally, numbers 2 back.

### Additional challenge

1. 1 move back and forth backward.
2. 1 back and forth sideways facing the length net.
3. Making pairs, numbers 1 lie on their stomach with their feet on the back line. The numbers 2 lie down behind their buddy. When the facilitator blows the whistle, everyone stands up, and the numbers 2 try to tap their buddy. Students may not be tapped once they are past the pylons, which are about 3 meters in front of the back line. Pupils walk through to the other side, and there they switch, so the numbers 2 go in front, and the numbers 1 become the tappers.



### Point of interest

Point out to students that they must stand still again on the other back line. Otherwise, some are tempted to catch themselves with their arms against the wall.

## Follow-up 1 | 10 min.

Playing Underhand

### Directions and Rules of the Game:

Divide the group into pairs, with 1 student holding the ball between their hands and with arms extended in front of them. The other student holds the arms, ready to play underhand and makes sure the forearms are under the ball his buddy is holding. The students place the feet slightly apart, spring in and out through the knees and tap the ball out of his or her buddy's hands. Students must play the ball straight up and catch the played ball themselves. After this, the pairs switch tasks.

### *Additional challenge*

Do not catch immediately after 1 play-up, but try to play the ball up as often as possible.

### *Attitude*

Arms extended and turned outward. The ball must be played underhand. The point of contact is above the wrists, and play is made from the legs (arms do not rise higher than shoulder height).

## Follow-up 2 | 5 min.

Catch and throw

### Organization:

Divide the group into new pairs.

### Directions and Rules of the Game:

The new pairs will throw over and catch with each other. The pair must make 10 catches together.

### *Additional challenge*

The same exercise but over the net.

## Wrap-up

Cool Moves Volley Level 2

### Directions and Rules of the Game:

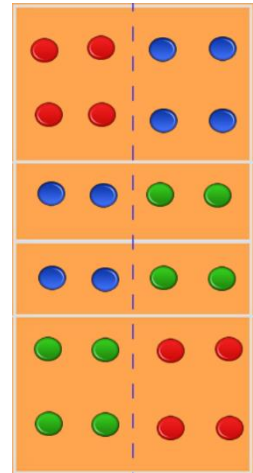
Briefly repeat the rules of play from Lesson 2 (Cool Moves Volley Level 1) with an example group: 3 against 3 or 4 against 4: When the ball is thrown over the net, the entire team rotates clockwise. Students are not allowed to run with the ball. The rest of the class watches. Then distribute the rest of the students to the other courts and let them play without scoring.

#### *Additional challenge*

The above game rules include underhand fielding and no more playing together.

#### *Wrap-up*

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."



## Time left?

#### *Gate Tag*

Designate about 4 students as tappers and give these students a ribbon. When a student is tagged, he or she stands with their legs wide apart. If another student crawls under the legs of this student who has not yet been tapped, this student is "free" again.

Grade 3 / 4

Clinics after school



## Clinic After School | Grade 3 & 4 | Lesson 1

Duration: 45 minutes | Number of students: 12

Goal: Learn to catch (ball trajectory estimation) and be able to serve the ball underhand over the net/magic cord in the court (preferably be able to hit a pylon).

Materials needed: 12 volleyballs, 12 pylons, 12 tennis balls, 2 korfbal poles, magic string, 20 hats.

### Box 1 | 15 min.

Learning to catch

#### Directions and Rules of the Game:

##### *Assignment 1*

All students are given a tennis ball and a pylon. The student rolls the tennis ball away into the box and runs after it. The student must then try to "catch" the tennis ball under the pylon.

##### *Task 2*

The student throws the tennis ball in the air, lets the ball bounce 1 time and catches the ball in the pylon.

*Challenge:* Does it work even without a bounce?

##### *Extra challenge for Grade 4*

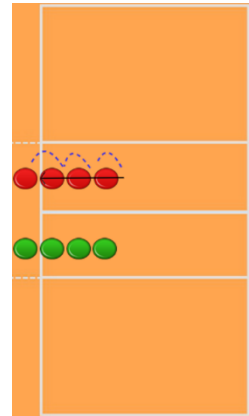
Make pairs. Both students simultaneously throw the tennis ball against the wall, then grab the ball as fast as they can and place the ball on the pylon. Whoever placed the ball on the pylon first won.

## Box 2 | 15 min.

Relay

### Directions and Rules of the Game:

Divide the group into 2 teams. The students lie down on their stomachs in a line, about 1 meter apart. 1 student on the team remains standing and has a ball. The student jumps over the other team members with the ball. Once the student is over, all the teammates, the teammates all get on all fours so that the student can roll the ball back under them. Then the student at the front of the line gets down. The back student grabs the ball and starts jumping over the other students etc. Which team will reach the other side first?

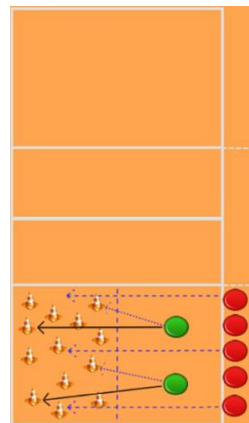


## Box 3 | 15 min.

Service

### Directions and Rules of the Game:

Fill the court on 1 side of the magic cord with hats. 2 students have a volleyball and start saving the ball at the same time from the other side of the magic cord. After they save, they run under the magic cord and start collecting as many hats as they can. The other students start behind the back line and are not allowed to run until the students have saved. They collect the saved balls as quickly as possible and try to throw off the students who are collecting hats. If the student is thrown off (head does not count), they must stop collecting hats. How many hats has the student collected? Put the hats back in the field. 2 other students may now start saving.



### Point of interest

If 1 of the students fails to save, then save again. Still, failing to save? Then have the students throw the ball.

### Technique/posture

The striking arm is extended, and the arm is at 45 degrees. The ball must then be hit with a flat fist or side. The throw-up arm must move along close to the striking arm.



## Wrap-up | When there's still time left

Tail Tag

### Directions and Rules of the Game:

All students get a ribbon on the back of their pants except the 2 tickers. The tickers try to capture as many ribbons as possible. When a student's ribbon is caught, he/she goes into a spread position. Then if someone crawls/dives through his/her legs, the student is "free" again and may get a new ribbon. How many ribbons have the ticker caught in 2 minutes?

### Wrap-up

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

## Clinic After School | Grade 3 & 4 | Lesson 2

Duration: 45 minutes | Number of students: 12

Goal: Play underhand, know at least 2 technical cues and be able to play and catch a held ball up or from the bounce.

Materials needed: 12 volleyballs, 2 korfball poles, 1 magic cord, 10 ribbons.

### Box 1 | 15 min.

Relay

### Organization:

All children will receive 1 volleyball.

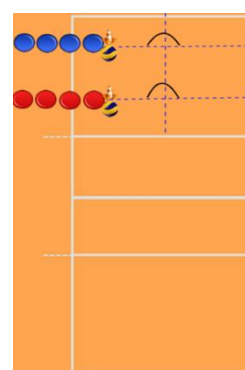
### Directions and Rules of the Game:

#### Assignment 1

The student must throw the ball over the magic cord. The ball is allowed to bounce 1 time. Then the student must catch it. Can you catch it even without a bounce?

#### Task 2

Divide the group into 2 teams. The teams line up one behind the other. The front student has a ball, runs to the magic cord, throws the ball over it and catches the ball (possibly with 1 bounce) on the other side of the magic cord. The student then runs on and taps the back line with 1 foot. On the way back, the student throws the ball over the magic cord again and catches the ball immediately or after 1 bounce. Then the student throws or gives the ball to



the next student. Everyone does this 2 times. Once everyone has been 2 times, then everyone sits down. Which team finishes first?

*Point of interest*

If the ball bounces twice or more, the student must try to throw it again. If it fails one more time, the student retrieves the ball and may continue.

## Box 2 | 15 min.

Playing Underhand

### Directions and Rules of the Game:

Divide the group into pairs, with 1 student holding the ball between their hands and with arms extended in front of them. The other student holds the arms, ready to play underhand, and makes sure the forearms are under the ball his buddy is holding. The students place the feet slightly apart, spring in and out through the knees and tap the ball out of his or her buddy's hands. Students must play the ball straight up and catch the played ball themselves. After this, the pairs switch tasks.

*Additional challenge*

Each student gets a ball and throws the ball high in the air, lets the ball bounce once and plays the ball up underhand and catches the ball.

*Technique/posture*

The arms are extended, and the passes are done from the legs. The point of contact is on the forearms.

*Point of interest*

A lighter ball (soft touch when in pain) may be played with if necessary.

## Box 3 | 15 min.

Frolic

### Organization:

Make pairs based on weight/length.

During this exercise, no tickling, pinching, hitting, etc., is allowed. Also, no clamping around the neck is allowed.

The pairs are provided with a ball.

### Directions and Rules of the Game:

#### *Round 1*

The student with the ball lies down on the ground, like a hedgehog with the ball clutched. The other tries to capture the ball.

#### *Round 2*

The pair stand, and both hold the ball. The 1 must try to release the ball from the other.

#### *Round 3*

The pair stand up, and both push against the ball. The 1 must try to push the other across the back line.

## Wrap-up | When there's still time left

### Hunter's Ball

### Directions and Rules of the Game:

A student with a ribbon tries to throw off the other students with a volleyball. Students may fend off (head is not off). If a student is finished, they put on a ribbon and go help the hunter. Who is left last?

#### Wrap-up

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

## Clinic After School | Grade 3 & 4 | Lesson 3

Duration: 45 minutes | Number of students: 12

Goal: Aim to be able to hit a large ball/a hoop and balloon high (ball track estimation) at least 5 times.

Materials needed: 12 volleyballs, 4 benches, 1 gym ball/beach ball, 12 balloons, 2 korfbal poles, 1 magic rope, and 12 hoops.

## Box 1 | 15 min.

Aiming

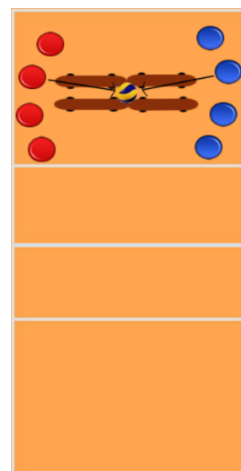
### Directions and Rules of the Game:

Put 2 times 2 benches facing each other, on which the gym ball/large beach ball will be placed.

With 1 ball, divide the students into 2 teams, each on the side of the box. Students should try to throw the volleyball against the big ball so that it rolls to the other side. If the big ball rolls off the bench on the other side, the team has a point. The ball is put back in the middle for the new round.

### Attention

If the ball rolls off to the side, the benches can be placed a little further apart.



## Box 2 | 15 min.

Balloons

### Directions and game rules:

All students are given a balloon and must keep the balloon in the air while tapping it. The balloon should not touch the ground.

### Additional challenges

1. Students walk around and push the balloon forward (do not squeeze it), so the hand must constantly keep touching the balloon.
2. Holding up the balloon while tapping it while the students crawl around on their knees.
3. Students sit on their buttocks as they slide around.
4. Students sit on the ground and hold the ball high with everything but their hands.
5. Students move from standing to sitting and back again while tapping the balloon in the air.
6. Students individually play up the balloon forearm. The arms are not allowed to move.
7. All students are given a volleyball and a balloon. Students tap the balloon with the volleyball in the air.
8. Students tap the balloon up 2 times, then bounce the volleyball and catch it after the bounce. Students then tap the balloon into the air again 2 times.

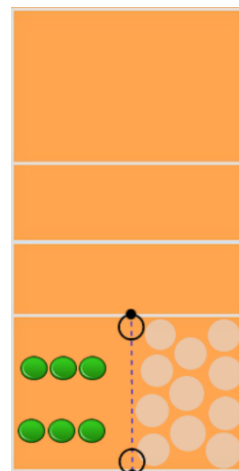
## Box 3 | 15 min.

### Directions and Rules of the Game:

Line the field on 1 side with hoops. On the other side of the net, make 2 rows of students, all with a ball. The front students start throwing (overhand or underhand) over the net. If the ball hits a hoop or the edge with the first bounce, the student may take the hoop away. Then the student retrieves the ball and rejoins the back. Which row scores the most hoops?

#### *Point of interest*

Are all the hoops up? Then leave the winning row further back.



## Wrap-up | When there's still time left

dodgeball in 1 box

### Directions and Rules of the Game:

Two teams (half wearing a ribbon) try to throw someone off the other team by a direct throw. If they succeed, that team gets 1 point; if they fail, the other team gets the ball. Which team has 10 points first?

#### *Wrap-up*

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

Grade 3 / 4

Clinics at the club



## Training Club | Grade 3 & 4 | Lesson 1

Duration: 75 minutes | Number of students: 8 - 10

Goal: Learn to throw well overhead, know at least 2 technical directions, and be able to dive on a mat and know at least 2 technical directions.

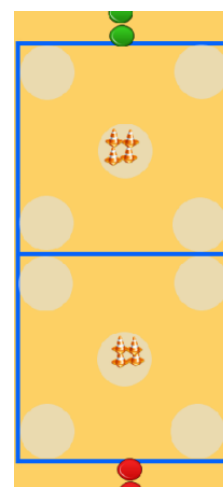
Materials Needed: 10 volleyballs, 10 hoops, 8 beanbags/hats, 10 tennis balls, 4 benches, 5 pylons, 5 jump ropes, 1 thick mat, 2 small mats.

### Warm-up 1 | 10 min.

Relay

#### Directions and Rules of the Game:

There are 5 hoops in the field. In the middle hoop, there are four beanbags/hats/balls. The first player in line puts the beanbags over the outer hoops. The player is only allowed to hold one beanbag/hat at a time and is not allowed to throw it. When the player is done, he/she taps the next player, and he/she goes to put all the beanbags back 1 by 1 in the middle hoop, and so on. Which group will finish first?



### Warm-up 2 | 10 min.

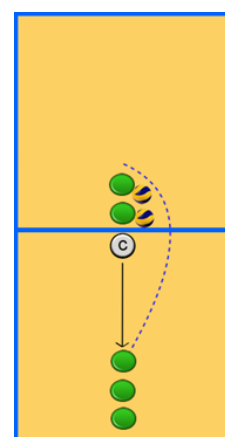
Ball skill-catching

#### Organization:

Flow form: half of the players stand with a ball behind the trainer and pass the ball, and another half without the ball in a line at the back of the field.

#### Directions and Rules of the Game:

The trainer throws the ball to the front player, who must catch it. This player brings the ball to the next trainer. The trainer must throw it in such a way that the players can just reach it.



#### Additional challenges

1. A start is made on the back line. When the trainer taps/strikes the ball, the player runs in and catches the ball thrown by the trainer.
2. A start is made on the sideline. When the trainer taps/strikes the ball, the player moves sideways into the field and catches the ball that the trainer throws (the moment trainer throws, the player no longer has to move sideways).
3. A start is made at the net. At the trainer's signal, the player moves quickly backward and catches the ball thrown by the trainer.

4. Players start lying on their stomachs. At the trainer's signal, they are allowed to get up and catch the ball.
5. If it goes very well, throw the ball on from the other side of the net.
6. With more than 5 players per trainer, have the children dribble the ball to the trainer after catching it.

## Follow-up 1 | 10 min.

Swing throw

### Directions and Rules of the Game:

All players have a tennis ball. The players stand about 3 meters from the wall/wall and throw the tennis ball with the swing throw at the same time against the wall at the sign of the trainer. Then the players have to pick up the ball and stand ready again. After 3 throws, the players take a big step backward each time. How long do the players manage to keep hitting the wall?

#### *Technique/posture*

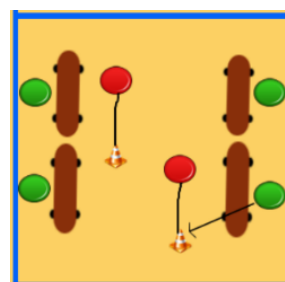
The overhand stretch throw is used. Here it is important that the elbow is above the shoulder and the correct foot is put in front (when you're right-handed, you put your left foot in front, and vice versa).

## Follow-up 2 | 10 min.

Tow truck

### Organization:

Divide the group into 2 teams.



### Directions and Rules of the Game:

Players of team 1 are given a pylon with a rope tied to it. They try to drag the pylon between the benches to the other side. If they succeed, without the pylon falling over, the team has a point. Players of team 2 stand behind the benches and may try to knock over the pylons with the swing throw. If successful, team 2 has a point.

#### *Point of interest*

If small volleyballs (the size of handballs) are available, use them. In addition, foam/referee balls can be used (throwing is better learned with small balls).



## Follow-up 3 | 10 min.

Sliding dive

### Directions and Rules of the Game:

1. The players should lie on their stomachs and hollow their backs. Raise the legs and arms and hold this for 10 seconds.
2. One player sits in the squatting position. Now push off low forward, hands are placed on the ground at the same time and start sliding. In short, the players start diving. Players should push their arms back and start hollowing (emphasize moving horizontally and not vertically). Have everyone practice 10 times and then see who gets the furthest.

## Follow-up 4 | 10 min.

Diving

### Organization:

Lay out a large thick mat. If the mat is laid out against the wall, place small mats upright behind it so that students will bump into them as they slip.

### Directions and Rules of the Game:

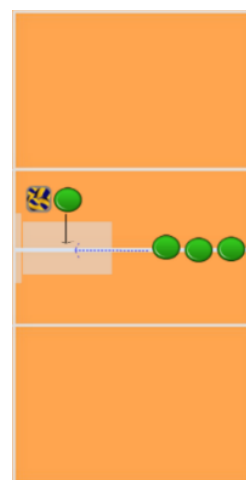
Have the players take turns on the mat doing a volleyball dive. They may make a run-up and slide on their stomachs across the mat. Have the students make a hollow back, they will slide better.

#### *Additional challenge*

The trainer stands at the side of the mat and starts throwing a ball. The player who is going to dive tries to hit the ball and play up.

#### *Point of interest*

Only 1 player may be on the mat, so the next may not dive until the previous one is off the mat. Encourage getting off the mat quickly.



## Follow-up 5 | 10 min.

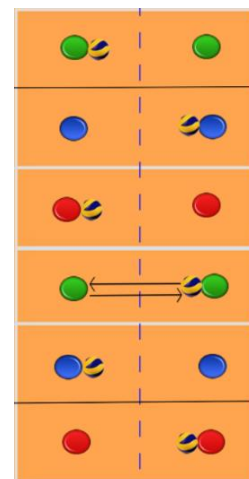
Matches 1 vs.

### Organization:

Lay out a large thick mat. If the mat is laid out against the wall, place small mats upright behind it so that students will bump into them as they slip.

### Directions and Rules of the Game:

Players may catch and throw the ball however they wish. A catch is a point. If the ball is thrown outside the court and the opponent has not touched it, it is a point for the opponent. Each player counts his/her own points. When the player has thrown the ball over the net an assignment is performed.



#### Assignments

*Round 1:* Tap the net.

*Round 2:* Tap the back line with your foot.

*Round 3:* Cross the sideline with 2 feet outside the field and return quickly.

*Round 4:* Tap ("high five") a neighbor/neighbor in the field next door and quickly move back into the field.

After 2 minutes, there is a change of opponents: the player in the top left corner stays, and the rest rotates clockwise from one spot to the next field.

## Wrap-up | 5 min.

Ball War

### Directions and Rules of the Game:

Divide the group into 2 teams, each on one side of the net. All players are given a ball. On the trainer's signal, players start throwing as many balls as possible over the net to the other side. After a minute, the trainer counts down from 10 to 1 and then calls "FREEZE". The players stand still like statues and are not allowed to throw any more balls. The team that has the fewest balls on its side of the net has won the game. The balls are distributed equally again, and the next round starts.

#### Wrap-up

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball".

## Training Club | Grade 3 & 4 | Lesson 2

Duration: 75 minutes | Number of students: 8 - 10

Goal: Targeted underhand serving over the net so the other person can catch the ball at least 5 times.

Materials needed: 4 mats, 50 clothespins, 50 cubes, 20 hoops.

### Warm-up 1 | 10 min.

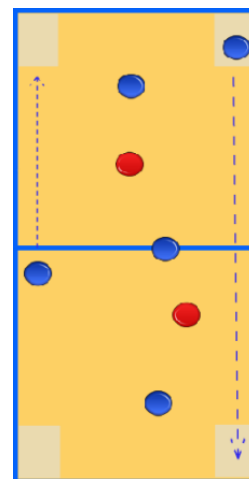
Mat ticker

#### Organization:

Lay down 4 mats, 1 in each corner.

#### Directions and Rules of the Game:

If a player gets on the mat, he/she has 1 point. Players may not get on the same mat twice in a row. Who will be the first to accumulate 15 points? When a player is tapped by 1 of the 2 tappers, this player has lost all his/her points and has to start counting again. When a player has 15 points, they report to the trainer. The players who are the first to have 15 points (and have not yet been a ticker) may be the new tickers.



### Warm-up 2 | 10 min.

Ball skills - catching and throwing.

#### Organization:

All players are given a ball.

#### Directions and Rules of the Game:

Players must throw up and catch the ball.

#### Additional challenges

1. The players must try to throw higher and higher.
2. Players throw the ball up with 1 hand (alternating left and right hands) and catch with 2 hands.
3. Players throw the ball up, clap their hands and then catch the ball. How many times can players clap (alternating in front and behind your body) before the ball is caught?
4. Players place the ball at the back of their neck, let the ball roll down, and pick it up again at the lower back.
5. Players bounce the ball on the ground as hard as possible and then catch it.
6. Players throw the ball standing and catch it sitting down.

7. Players throw the ball up high, quickly sit down, let the ball bounce between their legs, then quickly stand up and catch.

## Follow-up 1 | 10 min.

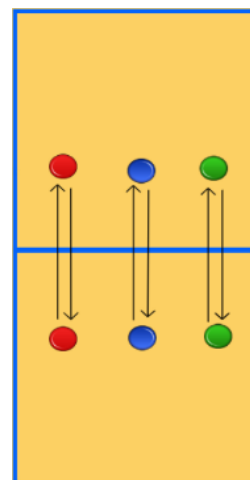
Underhand serve 1

### Directions and Rules of the Game:

Pairs are made, and they both stand on one side of the net. A pass is made over the net, and the other player tries to catch the ball. When this succeeds 2 times, the players both grab a clothespin and attach it to their T-shirt. After a few minutes, they switch mates and start saving again. Who collected the most clothespins at the end of the game?

#### *Technique/posture*

The striking arm is extended, and the arm is at 45 degrees. The ball must then be hit with the flat fist or side. The throw-up arm must move along with the striking arm.



## Follow-up 2 | 10 min.

Underhand serve 2

### Organization:

Divide the group in half. Each is on one side of the net. On either side of the net is a mat.

### Directions and Rules of the Game:

When a player serves on the mat, they may flip/tilt the mat so that it is further from the net. Which team will have their mat across the back line of the opponent's court first?



### Follow-up 3 | 10 min.

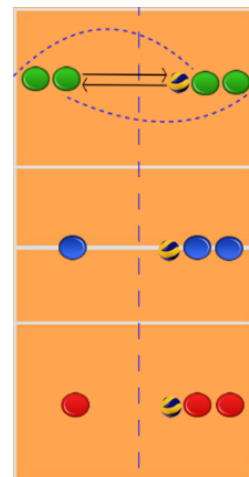
Underhand throwing and catching

#### Organization:

Make teams of 3 or 4 players with 1 ball. 2 players stand back to back on one side of the net, with the one in front having the ball. On the other side of the net, 1 or 2 players stand behind each other without the ball.

#### Directions and Rules of the Game:

The player throws the ball over the net to the front player on the other side. This player tries to catch the ball and then starts throwing over the net. When a player has thrown, they run to the other side and join the back of the other line. How many catches in a row can the team make? The teams memorize the highest number/series and see if that can improve the other team's record.



### Follow-up 4 | 10 min.

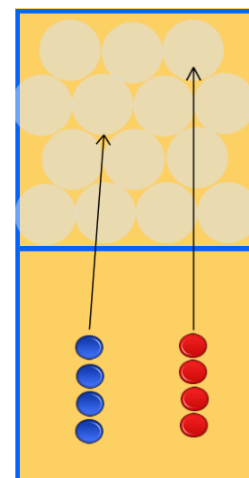
Underhand throwing - aiming

#### Organization:

Make rows of up to 4-5 players. Everyone gets a ball.

#### Directions and Rules of the Game:

The front player throws the ball underhand with arms extended over the net from the back knee. If the ball lands in or on the edge of the hoop, the player may remove the hoop and place it behind the row. Which team collects the most hoops? If the hoops are played away quickly, have players first bounce the ball in front of themselves, catch it underhand and pass it immediately.



#### Point of interest

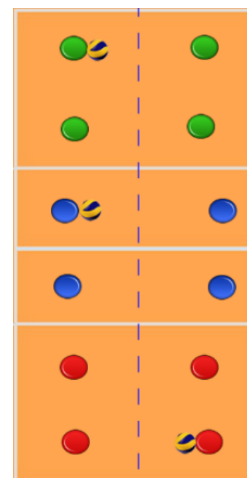
Make sure the players do not stand too close to the net. To prevent this, players can be placed behind a pair of pylons.

## Wrap-up 1 | 10 min.

Match 2 to 2

### Directions and Rules of the Game:

Players may catch the ball and choose how to throw it. A catch is 1 point. If the ball is thrown outside the court and the opponent has not touched it, it is a point for the opponent. Each team counts its own points. When a player has thrown the ball over the net, there is a change of spots. When the ball is played over the net with a good serve instead of thrown, the team earns a bonus point. After about 5 minutes, there is a change of opponents.



## Wrap-up 2 | 5 min.

Relay

### Directions and Rules of the Game:

Pairs are made, and they stand with their backs to each other with a ball between them. Which pair will be the first to reach the other side without the ball falling? When the ball does fall, the players have to start over. The winners earn a point. After this, new pairs are made.

### Wrap-up

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

## Training Club | Grade 3 & 4 | Lesson 3

Duration: 75 minutes | Number of students: 8 - 10

Goal: Targeted forearm play, be able to play up at least 5 times, smash over the net from a throw in jump and know at least 2 technical directions.

Materials needed: 10 volleyballs, 3 mats, 3 hoops, 9 pylons, 5 beach balls, 30 blocks, 2 boxes.

### Warm-up 1 | 10 min.

Relay

#### Organization:

Divide the group into groups of 3 or 4 players.

#### Directions and Rules of the Game:

##### Task 1

The player tries to tap the back line as fast as possible and runs back to the group as fast as possible, and gives the next player a "high five" so they can start. Sit down as a team when everyone has been.

##### Task 2

The player tries to run to the mat as fast as possible, does a head roll, taps the wall, does another head roll on the way back and gives the next player a "high five".

##### Task 3

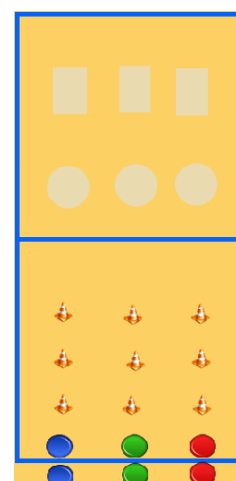
The player makes a circle around each pylon, facing forward, then a head roll on the mat, tap the wall, a head roll on the way back, circles around the pylons again and gives a "high five" to the next player.

##### Task 4

The player rounds each pylon, crawls through the hoop, lies flat on their stomach on the mat, taps the wall, lies back on the mat on the way back, again through the hoop and laps around the pylon and gives a "high five" to the next player.

##### Attention Point

Players who do not want to do a head roll may also roll once on their axis (pancake roll).



### Warm-up 2 | 10 min.

Ball skills – with beach balls

### Directions and Rules of the Game:

Divide the group into pairs with a beach ball. The players tap the beach ball to each other and together try to keep it in the air for as long as possible.

#### *Additional challenge*

1. The beach ball is tapped with 1 hand in the air and then with the same hand to the fellow player.
2. Each pair is given one volleyball and 1 beach ball together. The players must tap the beach ball up with the volleyball and then tap it to his/her teammate with the volleyball.

## Follow-up 1 | 10 min.

Playing Underhand

### Directions and Rules of the Game:

A large bin of blocks is placed in the center of the room. When a player has played the ball 2 times in a row, they may take 1 block. When a player has played the ball 2 times again, then the player may take another cube and then place it on top of the other cube. Who will eventually build the highest tower? If a player's tower falls over, the player must start over.

#### *Technique/posture*

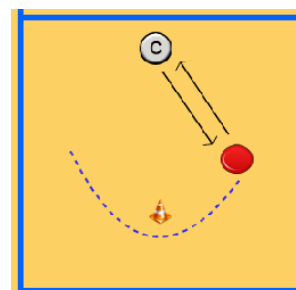
The arms are extended, pass from the legs, and the point of contact is on the forearms.

## Follow-up 2 | 10 min.

Underhand throwing and catching

### Directions and Rules of the Game:

The trainer stands center forward and throws a ball to the player on the right. The player catches and throws the ball underhand back to the trainer. The player goes around the pylon as fast as possible, but keeping face to the trainer, and then gets another ball thrown to the left and plays the ball up for himself underhand and catches the ball. Then the player brings the ball to the trainer.





### *Point of interest*

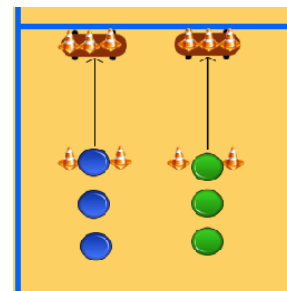
This exercise is done at a fast pace. Encourage players to move quickly around the pylon while continuing to look at the ball ("split vision").

## Follow-up 3 | 10 min.

### Smash 1

#### Directions and Rules of the Game:

Cubes/pylons are placed down on the box. All players receive a ball and try to smash or throw the blocks off the box from about 3 meters away. If a player throws off a cube, they get 1 point. If they smash the cube of the box, they get 2 points.



## Follow-up 4 | 10 min.

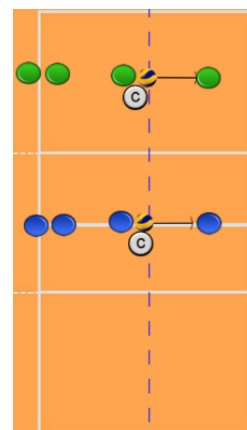
### Smash 2

#### Organization:

Hang the net low.

#### Directions and Rules of the Game:

The trainer stands at the net. The player hands the ball to the trainer. The latter holds the ball above the net strap. The player in jump smashes the ball over the net. On the other side stands a player who tries to catch the ball. If successful, the catcher has a point. Then the smasher becomes the catcher. The catcher takes the ball and joins the back of the line. If it goes well, then the trainer throws it on. This is good for timing. Encourage the players to hit hard.



### *Technique/Posture*

It is hit with an open hand, and make sure the elbow is above the shoulder. Jump maximally and try to catch the ball high.

## Wrap-up 1 | 10 min.

Matches 1-1

### Directions and Rules of the Game:

Players may catch and throw the ball however they wish. If the ball lands on the opponent's court, the player scores a point. If the ball is thrown outside the court and the opponent has not touched it, it is a point for the opponent. Each player counts his/her own points. When the player has thrown the ball over the net an assignment is executed.

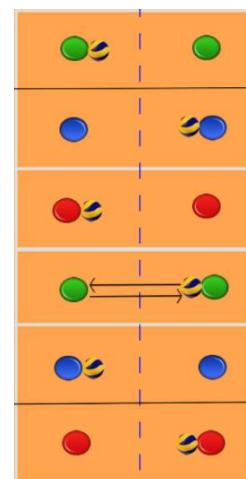
#### Assignments

*Round 1:* Tap the ground with 2 hands.

*Round 2:* Jump as high in the air as you can.

*Round 3:* spin around.

*Round 4:* Lie down and quickly stand up again.



After 2 minutes, opponents are switched: if a player has more points than the player against whom they played, the player moves to the left. If the player has fewer points than the opponent, the player moves to the right. In case of a tie or unclear score, stone-paper-scissors are played to determine a winner.

## Wrap-up 2 | 5 min.

Response Game

### Directions and Rules of the Game:

Pairs are made, which stand about 1 meter away from each other. A pylon/hat stands between the players. The trainer calls out alternately head, shoulders, knee, toe, etc. Players then tap that body part on themselves with 2 hands. When the trainer calls pylon, players run as fast as they can to the back line and tap it with their foot and grab the pylon/hat. Which of the pair has the pylon/hat first? 3 games are played, and then new pairs are made.

#### Additional challenge:

The player must tap the body parts of the opponent.

#### Wrap-up

Close the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

Grade 5 / 6

Clinics at primary school



## Clinic School | Group 5 & 6 | Lesson 1

Duration: 45 minutes | Number of students: 24

Goal: Know at least 3 technical directions on the underhand serve, be able to serve in a focused manner, hit at least 1 hoop over the net, and know at least 3 rules of the Cool Moves Volley level 2. Materials needed: 12 volleyballs, 2 pylons, 24 hoops

### Warm-up | 15 min.

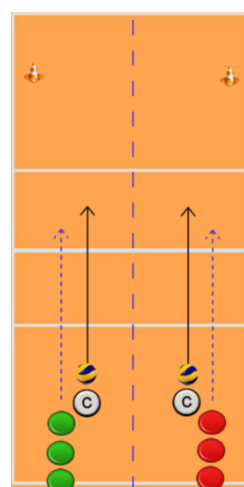
Ball rolling

#### Organization:

Divide the group into pairs. Make a row of students on each side of the net, all with their own ball.

#### Directions and Rules of the Game:

The attendant stands with the first student in line. Pupil hands the ball to the handler, who rolls the ball across the field. The pupil runs after the ball, grabs the ball before the ball hits the wall and runs back around the pylon on the outside of the field and joins the back of the line. Perform the above task and the challenges below twice.



#### Differentiation:

1. The pupil catches up and lets the ball roll through the legs while the pupil stands towards the supervisor again. When the ball has rolled through the legs, then catch up and stand on all fours and let the ball roll under them again.
2. The pupil catches the ball far enough to lie on their stomach in front of the ball and stop it with their head. The supervisor throws the ball in a high arc through the air, and the student catches the ball after as few bounces as possible. Of course, catching without a bounce is also allowed.
3. At the moment of catching, the student faces the row again. As a facilitator, differentiate in speed of rolling the ball or how far the ball is thrown. It must be achievable.

## Follow-up 1 | 5 min.

Serve underhand

### Organization:

All students have a ball. Students find a spot near the wall, stand about 3 meters from it and try to hit the ball against the wall.

### Directions and Rules of the Game:

The striking arm is extended, and the arm is at 45 degrees. Then the ball must be hit with a flat fist or side. The throwing arm should move along close to the striking arm. An attempt should be made to catch the returning ball.

## Follow-up 2 | 10 min.

Serve

### Organization:

Line the courts on one side of the net with hoops. Divide the students, each with a ball. Make two rows per field.

If there are not enough hoops, pylons can also be used. These are then worth 2 points.

### Directions and Rules of the Game:

The front students in line start by saving over the net, and if the ball lands with the first bounce in or on the edge of a hoop, that student may take the hoop and place it behind a row. After a student has saved, they pick up the ball and then rejoin the back of the row. The goal is to be the first to clear the field.

Note

If it takes too long, then signal that throwing is also allowed instead of saving.

## Wrap-up| 15 min.

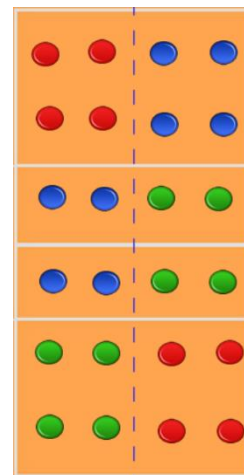
Competition Cool Moves Volley Level 2

### Organization:

Divide the group into teams. Switch opponents after about 5 minutes of play.

### Directions and Rules of the Game:

The game is played in teams of 3 against 3 or 4 against 4. The teams stand in a square and are distributed across the fields. Practice passing first and then explain the rest of the rules. Students may choose whether to serve or throw. Play with an underhand serve from anywhere in the court. The ball must go over the net and then spin through. No playing together or running with the ball is allowed.



### Caution

Play without scoring, especially if there is not an attendant at each court.

### Closing

Close the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

## Clinic School | Group 5 & 6 | Lesson 2

Duration: 45 minutes | Number of students: 24

Goal: Underhand the ball at least 5 times, with the last one going to a fellow student who can catch it, be able to name 3 technical aspects in this and know at least 2 differences between Cool Moves Volley level 1 and 2.

Materials needed: 12 volleyballs.

### Warm-up | 15 min.

Ball skills, throwing and catching.

#### Directions and Rules of the Game:

All students are given a ball and find a spot in the room. Students throw their own ball and catch it. They must throw higher and higher, but the ceiling must not be hit. The above task and the challenges below take about 2 minutes per task.

#### *Additional challenges:*

1. The student throws the ball up, claps their hands and catches it. How many times can be clapped before the ball must be caught?
2. The student throws the ball up and alternates hits front and back as often as possible and catches the ball.
3. The student throws the ball up and catches it overhead. Who can jump up to the ball and catch it?
4. The student throws the ball up and catches the ball as low to the ground as possible. However, the student must remain on their feet.
5. The student throws the ball up, lets the ball bounce on the left forearm (inside) and catches the ball. Repeat on the right arm. Next, can you manage to first bounce the ball on the left arm, then on the right arm and then catch it?
6. The student throws the ball up and must try to catch it behind the back.

### Follow-up 1 | 10 min.

Playing Underhand

#### Directions and Rules of the Game:

Divide the group into pairs, with one student holding the ball between their hands and with arms extended in front of them. The other student holds the arms ready to play underhand and makes sure that the forearms are under the ball held by his buddy. The student should try to play the ball straight up and catch the played ball himself. The other tries to tap the ball out of the hands. After this, the task is switched.

### *Additional challenge*

Instead of catching, try to play the ball up individually as many times as possible after 1 play-up. After this, there is a change.

### *Posture*

The arms are extended, the point of contact is on the forearms, play is made from the legs (arms no higher than shoulder height), feet are set slightly apart, and the student should spring in and out through the knees.

## **Follow-up 2 | 10 min.**

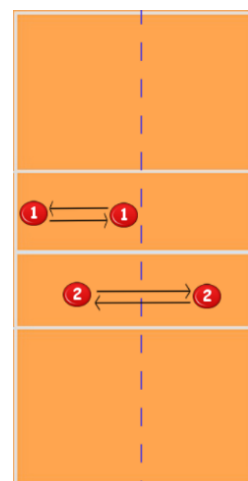
Underhand target play

### **Directions and Rules of the Game:**

The pairs stand further apart. 1 student stands at the net with the ball, and the other student is about 3 meters away. The player with the ball throws the ball underhand with a curve to the fellow player, who plays the ball underhand and catches the ball himself. Then he/she throws the ball to his/her buddy, and the latter plays the ball underhand for himself/herself.

### *Additional challenges*

1. When the above succeeds 10 times, students perform the same task, only with the net in between.
2. Then, when another 10 good balls are retrieved together, underhand serve is used instead of throwing on.





## Wrap-up

Cool Moves Volley level 2 with bonus points

### Organization:

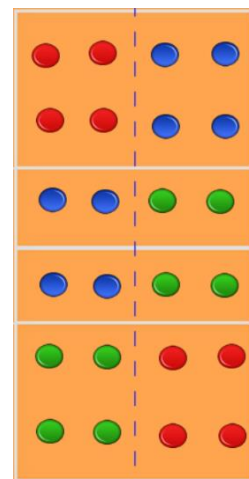
Change opponents after about 5 minutes of play.

### Directions and Rules of the Game:

Briefly repeat the rules from lesson 1 of Cool Moves Volley level 2 with 2 example teams. A rule is added this time: if the ball is played up underhand and the student then catches the ball himself or a teammate catches the ball, then that team gets a bonus point.

### Closing

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."



Clinic School | Group 5 & 6 | Lesson 3

Duration: 45 minutes | Number of students: 24

Goal: Be able to hit smash at least over the net 1 hoop, know at least 2 technical instructions on smash technique and

Know at least 3 game rules of Cool Moves Volley level 2.

Materials needed: 12 volleyballs, 12 hoops, 6 pylons, and 4 ribbons.

## Warm-up | 15 min.

Running Training

### Organization:

Divide the group into pairs and have students stand back to back near the back line on the short side.

### Directions and Rules of the Game:

The front students are assigned number 1. The back students are assigned number 2. Work is done in 2 groups to have enough room to move. Students should wait across the street until the facilitator gives the starting signal. The students will run back and forth 2 times. First, numbers 1 go, so out, wait a moment, then numbers 2, wait a moment, then numbers 1 back, wait a moment and lastly, numbers 2 back.

### *Additional challenges*

1. 1 move back and forth backward.
2. 1 back and forth sideways facing the net.
3. 1 time out, lift left knee, right heel against buttocks. Back right knee lift left heel against buttocks.
4. Back 1 time, left leg heel to buttocks, knee lift, kick forward (note foot in between). Back right leg in succession heel to buttocks, knee lift, kick forward.
5. Making pairs, numbers 1 lie on their stomach with their feet on the back line. The numbers 2 lie down behind their buddy. When the facilitator blows the whistle, everyone stands up, and the numbers 2 try to tap their buddy. Students may not be tapped once they are past the pylons, which are about 3 meters in front of the back line.

### *Point of interest*

Point out to students that they must stand still again on the other back line. Otherwise, some are tempted to catch themselves with their arms against the wall, which can be dangerous.

## **Follow-up 1 | 10 min.**

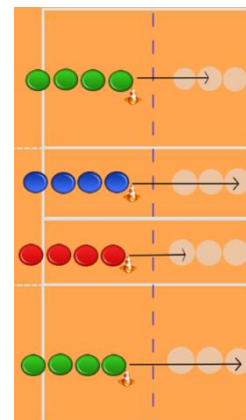
Playing overhand

### **Organization:**

Make rows of about 4-6 students, each with a ball. Hang the net low (about 1.30 meters).

### **Directions and Rules of the Game:**

Place 3 hoops in a row on the opposite side of the net. Students take turns throwing the ball over the net with the overhand throw, aiming into the hoops. After throwing, the student retrieves the ball and joins the back of the line.



### *Point count*

If the ball enters or lands on the edge of the 1st hoop = 1 point, 2nd hoop = 2 points, 3rd hoop = 3 points. Points are first counted individually, then counted aloud as a group of up to 20 points. When a group reaches 20 points, the group sits down.

### *Additional challenge*

1. Students must throw the ball up and play overhand over the net. To eventually score 15 points as a group.
2. Students throw up the ball at the net and try to smash the ball into the hoops. The 1st hoop is now 3 points, and the 3rd hoop is 1 point. Encourage them to hit hard.

### *Point of attention*

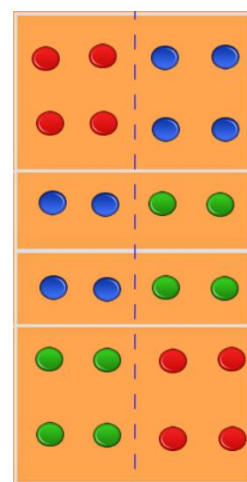
Students who find it difficult may also hold their ball above the net instead of throwing it up.

## **Follow-up 2 | 15 min.**

Cool Moves Volley level 2 with bonus points

### **Directions and Rules of the Game:**

3-on-3 or 4-on-4. Games are played with an underhand serve from anywhere on the court. The ball must cross the net and then spin through. No team play or running with the ball is allowed. If the ball is played underhand and the student then catches the ball himself or a teammate catches the ball, that team receives a bonus point. In addition, the ball may be played over the net in any volleyball manner: save, overhand play, smash or throw.



## **Wrap-up | 5 min.**

Gate Tag

### **Directions and game rules:**

Designate about 4 students as the ticker and give these students a ribbon. When a student is tagged, he or she stands with their legs wide apart. If another student crawls under the legs of this student who has not yet been tapped, this student is "free" again.

### *Closing*

Close the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

Tell where and when students can take trial lessons at the club. Make sure that information can be given to them or included in the school's digital newsletter so that parents also have the correct information should their child wish to pursue volleyball.

Grade 5 / 6

Clinics after school



## Clinic After School | Group 5 & 6 | Lesson 1

Duration: 45 minutes | Number of students: 12

Goal: Ball court estimation, be able to serve over the net in the court and know at least 2 technical directions.

Materials needed: 12 volleyballs, 2 korfbal poles, 1 magic cord, 2 towels, and 12 hoops.

### Box 1 | 15 min.

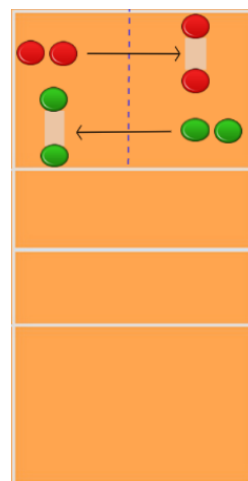
Towel Ball

#### Organization:

Create 2 teams.

#### Directions and Rules of the Game:

From each team, 2 students hold a towel together. The other students stand with a ball on the other side of the magic cord. The front student throws the ball over the magic cord, and the students with the towel try to catch the ball in the towel. If they succeed, the catchers and the thrower have a point. The catchers may try to throw the ball from the towel back over the magic cord. If they succeed, they get a bonus point. Then the thrower alternates with 1 of the students at the towel.



### Box 2 | 15 min.

Balancing and frolicking

#### Organization:

Divide the group into pairs with a ball.

#### Directions and Rules of the Game:

##### Task 1

Students should stand on their hands and feet about 3 meters apart and, in this way, roll the ball over to each other.

##### Task 2

The students move closer together on all fours and try to undercut each other. If they succeed, that student has a point and goes in search of another opponent.

## Box 3 | 15 min.

Serve

### Organization:

All students are given a ball. Divide the group into 2 teams.

### Directions and Rules of the Game:

First, practice the underhand serve over the magic cord for 2 minutes. Then 1 student grabs a hoop from the stack of hoops that is under the magic cord and stands on the other side of the magic cord. The other students on the team line up on the opposite side with a volleyball. The front one may save over the magic cord, and the student with the hoop tries to catch the ball through the hoop. If successful, this student takes the hoop and ball and places the hoop behind the row and joins the back of the row himself. The one who saved takes the next hoop. If it fails, the student with the hoop stays, and the student who saved picks up his/her ball and joins behind.

Which team ends up getting the most hoops?

### Technique/posture

The striking arm is extended, and the arm is at 45 degrees. Then the ball must be hit with a flat fist or side. The throw-up arm must move along close to the striking arm.

### Closing

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

## Clinic After School | Group 5 & 6 | Lesson 2

Duration: 45 minutes | Number of students: 12

Goal: Be able to target smash, know at least 2 technical directions, know at least 2 technical directions when diving, slide across a mat and know at least 3 rules of Cool Moves Volley Level 2.

Materials needed: 12 volleyballs, 2 boxes, 12 pylons, 1 thick mat, 2 small mats, 2 korfbal poles, and 1 magic cord.

## Box 1 | 15 min.

Smash

### Organization:

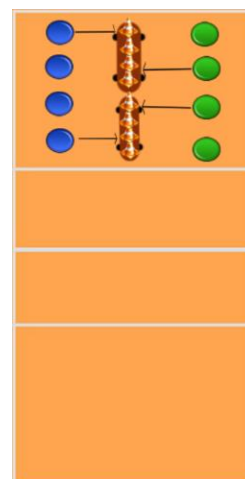
Put 2 boxes in the middle of the box. Fill these with pylons. All students get a ball. Then place half of the team on one side and the other half on the other side of the box.

### Directions and Rules of the Game:

Students stand about 3 meters from the box and try to throw the pylons off the boxes with their balls. Which group throws the most pylons off the box? When all the pylons are off, the facilitator puts the pylons back on top of the box.

### Additional challenge

1. Students may only throw the ball with 1 hand.
2. Students may smash the ball instead of throwing it. Throw up with one hand and smash with the other flat hand.



## Box 2 | 15 min.

Diving

### Organization:

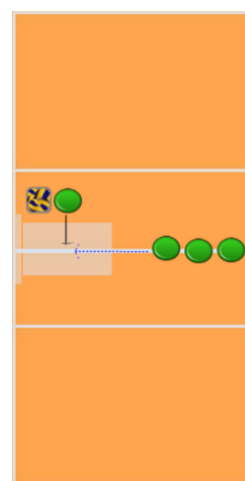
Lay out a large thick mat. If the mat is laid out against the wall, place small mats upright behind it so that students will bump into them as they slip.

### Directions and Rules of the Game:

Have students take turns on the mat doing a volleyball dive. They may make a run-up and slide on their stomachs across the mat. Have the students make a hollow back. They will slide better. Students should push off with 1 leg.

### Additional challenge

1 student stands on the side of the mat and starts throwing a ball. The student who is going to dive tries to hit the ball and play up.



## Box 3 | 15 min.

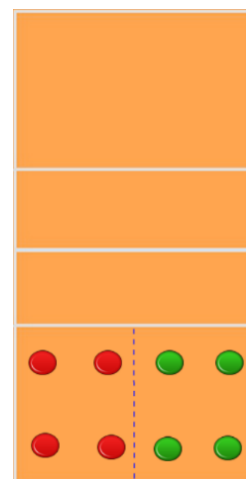
Competition Cool Moves Volley Level 2

### Organization:

Divide the group into 2 teams. Each team stands on one side of the magic cord.

### Directions and Rules of the Game:

If a student has the ball, he/she throws the ball or hits the ball to the opposite side. The opposite side catches the ball or plays the ball underhand and then catches it. If the ball is over the net, the team rotates clockwise to the next position. If the ball does not go over the net, is thrown out (without the opposing team has touched the ball), or if the ball is not caught, whoever threw/played the ball or whoever first touched the ball or was closest to the ball goes out of the court and stands aside. When it is unclear who was closest to the ball, stone-paper-scissors can be played. The loser then leaves the field. If the ball is caught, the one who stood the longest as reserve may re-enter the field. If the opponent's field is empty, the team earns a point.



### Additional challenge

If they manage to play up and catch the ball underhand, the team gets a bonus point.

### Closing

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."



## Clinic After School | Group 5 & 6 | Lesson 3

Duration: 45 minutes | Number of students: 12

Goal: Targeted smashing, throwing and catching, at least 5 times without the ball hitting the ground over 3 meters, be able to serve the ball over the net on a mat and know at least 3 technical directions on serving.

Materials needed: 12 volleyballs, 1 thick mat, 2 mats, 2 korfball poles, 1 magic cord, 9 hoops, 3 pylons, and 12 hats.

### Box 1 | 15 min.

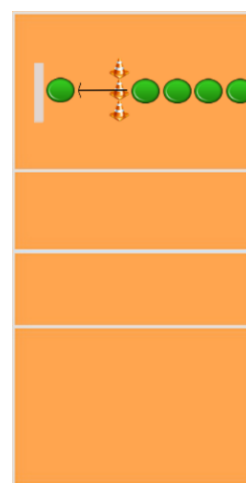
Smash

#### Organization:

Put down a goal or thick mat attached to the wall.

#### Directions and Rules of the Game:

The facilitator assigns a goalkeeper to stand in the goal. The other students line up behind the pylons with a ball. The one in front starts throwing the ball up and hits it hard toward the goal. When a student scores, he/she becomes the goalie. If the ball does not reach the goal, the student retrieves the ball and joins the back of the line again.



### Box 2 | 15 min.

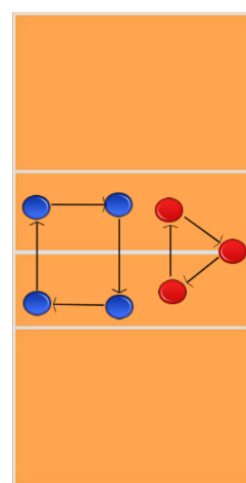
Throwing, catching

#### Organization:

Make groups of 3 or 4 students. Everyone gets a ball.

#### Directions and Rules of the Game:

Students simultaneously throw the ball to each other clockwise and catch the ball thrown to them. Does everyone manage to catch the ball again as well?



#### Additional challenges

1. The above exercise, but counterclockwise.
2. Perform the above exercise with the entire group.

## Box 3 | 15 min.

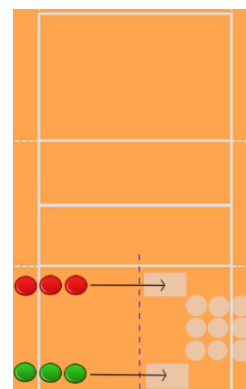
Serving underhand

### Organization:

Place 9 hoops in a square and layout 2 mats. Divide the group into 2 teams. All students have a ball, and both teams have 6 hats, each a different color. The teams line up.

### Directions and Rules of the Game:

The student in front serves. If the student succeeds in hitting the mat with a good serve, the student gets to put a hat in 1 of the 9 hoops. If unsuccessful, the student retrieves the ball and joins the back of the line. Which team will be the first to have 3 in a row in the hoops?



### Technique/posture

The striking arm is extended, and the arm is at 45 degrees. The ball must then be hit with a flat fist or side. The throwing arm must move close to the striking arm.

### Closing

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

Grade 5 / 6

Clinics at the club



## Training Club | Grade 5 & 6 | Lesson 1

Duration: 75 minutes | Number of students: 8 - 10

Goal: Targeted learning to serve. In this, they must be able to serve over the net in the court at least 3 times in a row and know at least 3 technical directions.

Materials needed: 10 volleyballs, hoop, 10 pylons, 4 mats, jump ropes.

### Warm-up 1 | 10 min.

Hoop flat

#### Directions and Rules of the Game:

The ticker spins the hoop in the middle of the field and then proceeds to tick as many players as possible while the hoop is spinning. When a player is tapped, they start jumping rope. The moment the hoop lies still on the ground, the runners shout "hoop flat," and the ticker is no longer allowed to tap. The trainer then counts the number of players tapped and assigns a new ticker.

### Warm-up 2 | 15 min.

Ball Skill

#### Organization:

Current form: half of the players stand with a ball by the trainer. The other half stands without a ball on the other side of the net.

#### Directions and Rules of the Game:

The trainer throws the ball over the net, and the front player catches the ball and then lines up with the trainer to hand it to the ball.

#### *Additional challenges*

1. The player starts at the net. The trainer throws a high ball, and the player moves backward and catches the ball. Does the player manage to catch the ball with the navel toward the trainer?
2. The player starts lying down on the field.
3. The player lets the ball bounce under his legs.
4. The player catches the ball sitting down.
5. The player lies down on the spot where the ball is coming and lets the ball bounce on his buttocks.

### *Point of interest*

Throw balls at high speed. If players are not paying attention: still throw the ball on.  
Encourage players to leave the field quickly after completing the task.

## Follow-up 1 | 10 min.

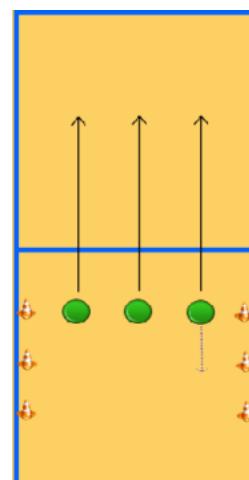
Serving 1

### Organization:

Set up pylons at 2, 3, 4, 5 and 6 meters.

### Directions and Rules of the Game:

All players are given a ball and must serve the ball over the net. The game starts at 2 meters. If the players manage to hit the ball correctly 3 times in a row, then the player may walk to the pylon placed at 3 meters. If the player succeeds in hitting the ball correctly 3 times in a row, then the player may move to the 4 meters etc. If the player serves incorrectly, the player must start the count again; however, the player may remain at the pylon he/she was serving. Players may choose whether to serve underhand or overhand.



### *Technique/posture*

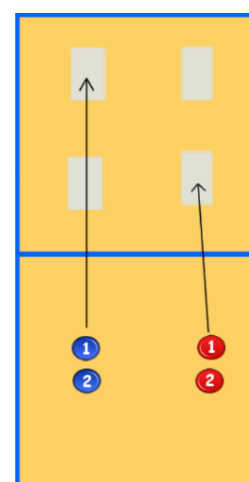
The striking arm is extended, and the arm is at 45 degrees. The ball must then be hit with a flat fist or side. The throw-up arm must move along close to the striking arm.

## Follow-up 2 | 10 min.

Serve 2

### Directions and Rules of the Game:

Pairs are made. Player 1 serves and hits a mat. Then player 2 tries to hit the same mat. If this succeeds, both players have 2 points. Then player 2 starts serving, and player 1 tries to aim at the same mat. If the 1st player does not serve on the mat, then the 2nd player can still score a point. Let players choose whether they want to serve underhand or overhand.

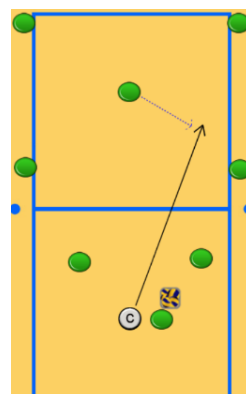


### Follow-up 3 | 10 min.

Energizer

#### Directions and Rules of the Game:

1 player stands on the field, and the rest of the team goes to pick up balls. The player who has been playing may rest for 1 round and then also goes to help pick up balls. The coach throws 10 balls into all corners of the field (just reach/not reach). The player must touch as many balls as possible before the bounce. Each ball touched is a point. Then a new player enters the field.

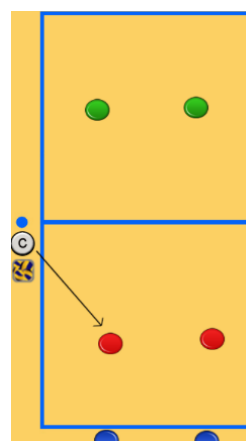


### Follow-up 4 | 10 min.

2 vs. 2, King of the Court

#### Directions and Rules of the Game:

A game is played, 2 against 2. The coach brings a simple ball into play. The first ball is played up underhand on its own side of the net. A fellow player catches the ball, throws it up for himself and plays the ball over the net to the King-side (green). If the team that gets the ball thrown to them by the coach wins, they may go to the Kingside. If the team on the Kingside wins, then that team gets a point. The losing team leaves the field, and a new pair enters the field.



*Point of interest*

Is this too difficult? Then have the players throw and catch instead of play.

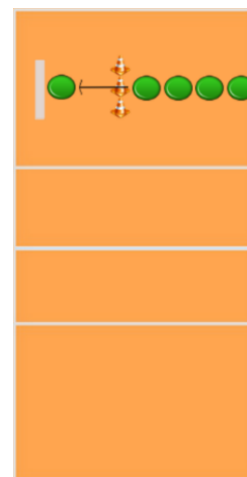
## Wrap-up | 10 min.

### Directions and Rules of the Game:

Place a goal (or thick mat attached to the wall). Designate a goalkeeper to stand in the goal. The other players line up behind the pylons with a ball. The one in front starts throwing the ball up and hits it hard toward the goal. If the player scores, he or she becomes the goalie. If the ball does not reach the goal, the player retrieves it and rejoins the back of the line.

### Closing

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."



## Training Club | Group 5 & 6 | Lesson 2

Duration: 75 minutes | Number of students: 8 - 10

Goal: Be able to play underhand focused, at least 1 catch ball at a student on the box. You should know at least 3 technical directions in doing so.

Materials needed: 10 volleyballs, 1 locker, and 5 ribbons.

## Warm-up 1 | 10 min.

Squares game

### Directions and Rules of the Game:

On a large volleyball court, the court is divided into boxes 1 through 6. The coach calls out a number, and the players get into that box as quickly as possible. This warm-up is completed in competition form: whoever is last in the box drops out and starts doing sit-ups. Which player stays the longest?



## Warm-up 2 | 10 min.

Ball Skill

### Directions and Rules of the Game:

All players will dribble the ball as they move around the field.

#### *Additional challenges*

1. Players will dribble with the other hand.
2. Players dribble alternately, left and right (cross over).
3. Players give a "high five" when they meet someone.
4. Use of runs.
5. Players start moving sideways.
6. Players will sit and stand again at the trainer's signal as they dribble through.
7. All players stand in a marked box and dribble into that box. If the ball goes outside the box, or the player grabs the ball with 2 hands, the player is off and goes on another court to do catch, underhand play alternately or catch, overhand play alternately.
8. Players in the box may try to tap the ball out of each other's hands. Players must then also watch their own ball (split vision).

## Follow-up 1 | 10 min.

Playing Underhand 1

### Directions and Rules of the Game:

All players are given a ball. The players will tip the ball underhand.

- 5 times 1 time tips
- 5 times 2 times tips
- 5 times 3 times tips etc.

For each step a player has completed, that player may put a clothespin on his/her shirt. Who collects the most clothespins?

#### *Technique/Posture*

The arms are extended, pass from the legs, and the point of contact is on the forearms.

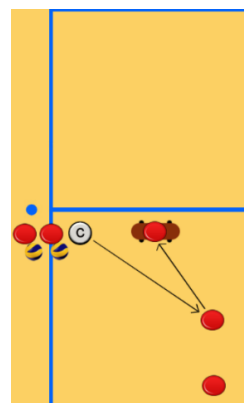


## Follow-up 2 | 10 min.

Playing Underhand 2

### Directions and Rules of the Game:

1 player may sit on the box that is at mid-forward near the net. The coach stands at left front and throws a ball to the player at right back. The latter passes the ball to the player on the box. If the player can catch the ball, he/she may sit on the box. The player sitting on the cupboard passes the ball to the trainer. If the player on the box cannot catch the ball, then the passer picks up the ball and brings it to the trainer. Once the player has given the ball to the trainer, he/she lines up to pass.



### Point of interest

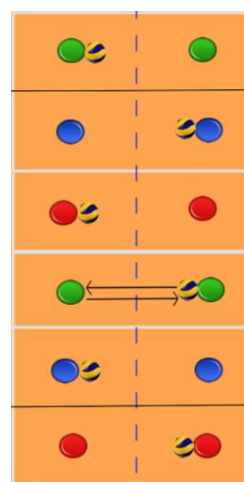
Toss the balls so that the players must first move to the ball. If they are doing well, throw the ball on from the other side of the net.

## Follow-up 3 | 15 min.

Matches 1 vs.

### Directions and Rules of the Game:

The players start the rally with a serve. Then they may catch and throw the ball however they want. If the ball lands on the opponent's court, the player has a point. If the player throws the ball outside the court and the opponent has not touched the ball, it is a point for the opponent. If a player plays the ball underhand and catches it, the player has a bonus point. Each player counts his/her own points. When the player has thrown the ball over the net, an assignment is executed.



### Tasks

*Round 1:* Tap the net.

*Round 2:* Tap the back line with your foot.

*Round 3:* Cross the sideline with 2 feet outside the field and return quickly.

*Round 4:* Tap a neighbor in the field next door and quickly move back into the field.

After 2 minutes, there is a change of opponents: the player in the top left corner stays, and the rest rotates clockwise from one spot to the next field.

## Wrap-up | 10 min.

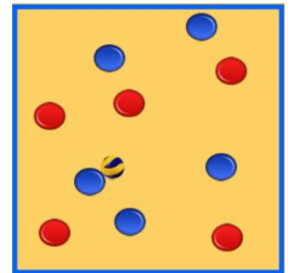
Ten Ball

### Organization:

Make 2 teams of about 4/5 players. Provide 1 team with ribbons.

### Directions and Rules of the Game:

The team is going to try to pass the ball to each other 10 times. If they succeed, that team has a point, and the ball goes to the other team. The other team tries to capture the ball and throw it over 10 times themselves. A player may not knock the ball out of their hands and has 3 seconds to throw the ball away again. Otherwise, the ball passes to the other side. If the ball lands on the ground, the player must start the count again. Players may not throw the ball back to the player from whom they had received it.



### Closing

Close the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

## Training Club | Group 5 & 6 | Lesson 3

Duration: 75 minutes | Number of students: 8 - 10

Goal: Be able to smash the ball purposefully over the net after an own action and know at least 3 directions of the smash.

Materials needed: 10 volleyballs, 10 hoops, 5 tennis balls, 2 Tchouks, 10 pylons, and 10 cotton balls.

### Warm-up 1 | 10 min.

Hoops

#### Directions and Rules of the Game:

All players are given a hoop. The player rolls the hoop away and tries to put his/her foot through the hoop as many times as possible so that it touches the ground on the other side.

#### *Additional challenges*

1. Above exercise with the other foot.
2. Tap the ground with your hand.
3. Other hand tapping the ground.
4. Make pairs, 1 player with the hoop and another player with the ball. Roll away the hoop and throw the ball through the hoop as many times as possible.

Point of interest

If players find it very difficult to roll away a hoop themselves, the trainer can also do this.

### Warm-up 2 | 10 min.

Ball Skill

#### Directions and Rules of the Game:

Pairs are made, and all players are given a ball. The players throw both balls over at the same time and then catch them.

#### *Additional challenges*

1. 1 ball goes through the ground with a bounce, and the other is thrown overhead.
2. 1 ball is played on the ground, and another ball is thrown over.
3. Perform the above tasks again, but 1 of the pair swaps his volleyball for a tennis ball.

## Follow-up 1 | 10 min.

Underhand and smashing

### Organization:

All players get a ball and stand about 3 meters from the net.

### Directions and Rules of the Game:

Players throw the ball up individually, play the ball up underhand and smash the ball over the net.

#### *Additional challenges*

1. If the above is successful 5 times, then the player throws the ball up, lets the ball bounce on his/her knee, plays the ball underhand individually up and smashes the ball over the net.
2. If the above succeeds 5 times, then the player throws the ball up, lets the ball bounce 1 time on his/her left arm, 1 time on his/her right arm, plays underhand up and smashes over the net.
3. Have the players come up with another similar assignment of their own that includes the elements of playing underhand for yourself and smashing over the net.

#### *Technique/posture forearms*

The arms are extended, pass from the legs, and the point of contact is on the forearms.

#### *Technique/posture smash*

The player throws up the ball with one hand and hits it with the other hand. It is hit with an open hand, and make sure the elbow is above the shoulder. Jump maximum and try to catch the ball high.

## Follow-up 2 | 10 min.

Tchoukball

### Organization:

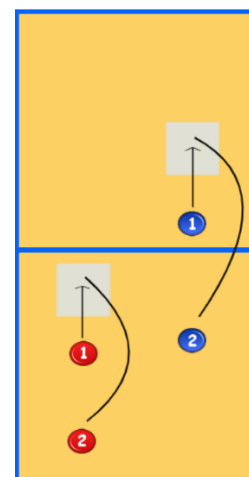
Make pairs with 1 ball each.

### Directions and Rules of the Game:

Player 1 hits the ball into the Tchouk. Player 2 catches the ball. After that, they switch.

#### *Additional challenges*

1. Player 2 plays the ball underhand to himself and catches the ball.
2. Player 1 hits into the Tchouk on one side of the net, ball springs via Tchouk over the net, where player 2 plays the ball up and catches it.



## Follow-up 3 | 15 min.

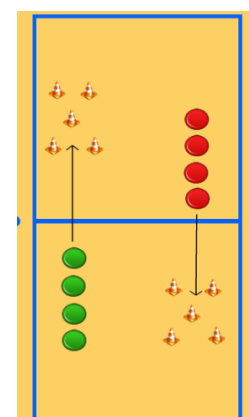
Pylon Ball

### Organization:

The pylons are upside down.

### Directions and Rules of the Game:

Which team will be the first to smash the pylons on the other side of the net? The game begins on the trainer's signal. The Player gets ready at the net. The player smashes it toward the pylons. If one or more pylons are hit by a smash, they may remain in place. If pylons fall over due to the rolling or bouncing of the ball, those pylons are put back upright. The player retrieves his/her own ball and joins the back of his/her team's line. The first team to knock over all the pylons wins.



#### *Additional challenge*

1 of the players now throws the ball.

## Wrap-up 1 | 10 min.

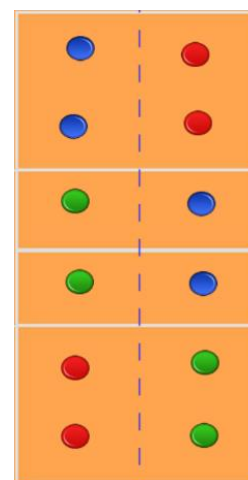
Smashball level 1

### Organization:

Just hang lower (about 1.50 meters).

### Directions and Rules of the Game:

Teams of 2 or 3 players are made. When a player has the ball, he/she runs to the net, throws the ball up and smashes it into the opposing team's court. The ball is allowed to bounce 1 time, and then the opposing team must catch it. Direct catching is also allowed. If the opposing player touches the ball and then it lands on the ground, it is a point for the opposing team. When playing with 3 players, there are 2 players on the field and 1 on the side. Once a player has smashed, they swap with the player on the side (during the rally). After 3 minutes, the opponent is switched.

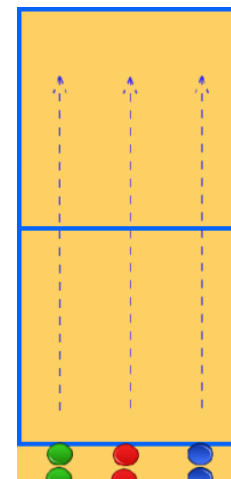


## Wrap-up 2 | 5 min.

Cotton ball race

### Directions and Rules of the Game:

The group is divided into teams of 3/4 players. Each team stands in a line behind the line. A cotton ball is placed on the ground in front of each row at about 2 meters. These are alternately blown forward by a player diving toward it. A player is not allowed to touch the cotton ball. When a player has blown the cotton, they join the back of the line. Which team will get the cotton wool over the back line first?



### Closing

Close the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

Grade 7 / 8

Clinics at primary school



## Clinic School | Group 7 & 8 | Lesson 1

Duration: 45 minutes | Number of students: 24

Goal: Be able to serve over the net at least 4 times in a focused underhand manner so that a partner can catch the ball, be able to name at least 3 technical directions of serving and know at least 3 rules of Cool Moves Volley

level 4.

Materials needed: 12 volleyballs, 2 pylons.

### Warm-up | 15 min.

Ball rolling

#### Organization:

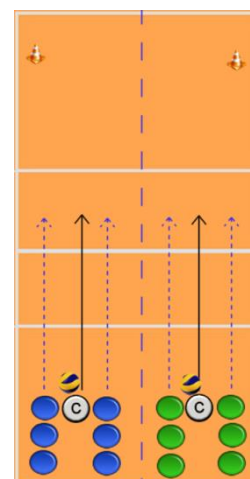
Divide the group in half. On each side of the net, make two rows of students, 1 row of students with the ball and 1 row of students without the ball.

#### Directions and Rules of the Game:

The supervisor stands between the 2 front pupils. Pupil hands the ball to the facilitator, who rolls the ball across the street. The front 2

Students run after the ball. Who will be the first to hold the ball?

Then both students walk back around the pylon on the outside of the field and join the back of the line. Complete the above task and the challenges below 2 times.



#### Additional challenge

1. The front students start lying on their stomachs.
2. The front students start lying on their backs.
3. The front students start lying on their stomachs, and as soon as the facilitator rolls the ball away, they must first turn around the longitudinal axis of their body once, then stand up and grab the ball.
4. The supervisor throws the ball away with a high arc through the air. Which student can catch the ball first?



## Follow-up 1 | 5 min.

Underhand service

### Organization:

When possible, all students have a ball. Students find a spot near the wall, stand about 3 meters from it and try to hit the ball against the wall.

### Directions and Rules of the Game:

The striking arm is extended, and the arm is at 45 degrees. Then the ball must be hit with a flat fist or side. The throwing arm should move along close to the striking arm. An attempt should be made to catch the returning ball.

## Follow-up 2 | 15 min.

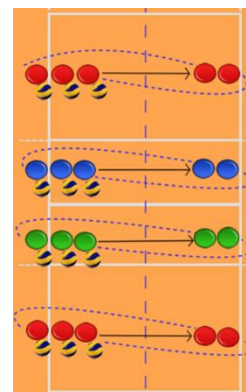
Serve

### Organization:

Make groups of about 5-6 students. Three students with the ball on one side of the net in a line and 2-3 children on the other side of the net without the ball in a line.

### Directions and Rules of the Game:

The front student with the ball strikes underhand over the net, and the front student on the other side of the net catches the ball. After the student has saved, the student continues across and joins the back of the "catch row. Once the student has caught the ball, the student takes the ball and lines up across the street to save it. Perform a practice round first. If this goes well, then the teams will compete against each other. The first team to catch 20 correctly saved balls is the winner. Teams must sit down when they are ready.



### Additional challenge

1. Basically the same assignment as above, but with overhand serving. The supervisor explains overhand serving and then first performs a practice round.
2. In the final match, students may choose whether to serve underhand or overhand.

## Closing

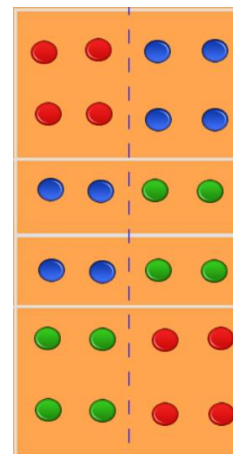
Cool Moves Volley Level 4

### Organization:

Switch opponents after about 5 minutes of play. Play a practice round with two teams of 4 players. Have the rest of the class watch. Then play on all courts. The point score does not need to be kept.

### Directions and Rules of the Game:

The emphasis in this assignment is on playing together. The serve may be from the court, and the students may choose whether they want to play underhand or overhand. However, it is compulsory to play 3 times, and no running with the ball is allowed. The first ball may be caught, and the second ball is a flowing catch or catching motion. The third ball should preferably be played underhand or with the overhand volleyball technique.



### Closing

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

Close the lesson together and talk about what volleyball technique to practice with them next lesson: playing forearms.

## Clinic School | Group 7 & 8 | Lesson 2

Duration: 45 minutes | Number of students: 24

Goal: Be able to play the ball over the net underhand in a focused manner that the partner can catch the ball at least once, know at least 3 technical directions of the underhand technique, and know at least 3 rules of Cool Moves Volley Level 4.

Materials needed: 12 volleyballs.

## Warm-up | 10 min.

Running Training

### Organization:

Divide the group into pairs and have students stand back to back near the back line on the short side.

### Directions and Rules of the Game:

The front students are assigned number 1. The back students are assigned number 2. Work is done in 2 groups to have enough room to move. Students should wait across the street until the facilitator gives the starting signal. The students will run back and forth 2 times. First, numbers 1 go, so out, wait a moment, then numbers 2, wait a moment, then numbers 1 back, wait a moment and lastly, numbers 2 back.

#### *Additional challenges*

1. 1 move back and forth backward.
2. 1 back and forth sideways facing the net.
3. "Buy a cow," numbers 1 stand in front of the line, number 2 behind the back line and hold up their hand. As soon as numbers 1 taps numbers 2's hand, they get to tap their buddy. So after #1 taps #2's hand, #2 sprints to the other side. Students may no longer be tapped once they are past the pylons, which are about 3 meters in front of the back line. The student then runs on to the other side, and there the roles switch.
4. Numbers 1 lie on their stomach with their feet on the back line. The numbers 2 lie down behind their buddy. When the facilitator whistles, everyone stands up, and the numbers 2 try to tap their buddy. Students may not be tapped once they are past the pylons, which are about 3 meters in front of the back line. The student then walks on to the other side, and there the roles switch.

#### *Point of attention*

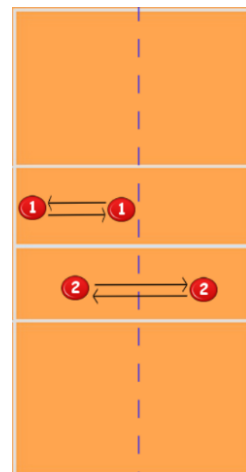
Point out to students that they must stand still again on the other back line. Otherwise, some are tempted to catch themselves against the wall with their arms.

## Follow-up 1 | 5 min.

Underhand

### Directions and Rules of the Game:

Pairs are made, with 1 student holding the ball between their hands and with arms extended in front of him. The other student holds the arms, ready to play underhand and makes sure the forearms are under the ball that his buddy is holding. The student should try to play the ball straight up and pass the ball as many times in a row as possible. Who achieves the highest Number? After this, the task is switched.



### Additional challenges

1. The pairs stand further apart, 1 student stands at the net with the ball, and the other student is about 3 meters away. The player with the ball throws the ball underhand with a curve to the fellow player, who plays the ball underhand and catches the ball himself. Then he/she throws the ball to his/her buddy, and the latter plays the ball up for himself/herself underhand.
2. When the above has succeeded 10 times, students perform the same task, only with the net in between.
3. Then, when another 10 good balls are retrieved together, underhand serve is used instead of throwing on.

### Posture

The arms are extended, the point of contact is on the forearms, play is made from the legs, feet are set slightly apart, and the student must spring in and out through the knees.

## Follow-up 2 | 10 min.

Underhand

### Organization:

Make groups of about 5 students. Play a practice round first.

### Directions and Rules of the Game:

There are 2 students standing back-to-back with a ball on one side of the net. 2 students stand back-to-back in the backfield on the other side of the net. In addition, 1 catcher stands on the other side near the net. The front student with the ball throws it over the net toward the front student in the backfield. This student plays the ball underhand to the catcher at the net. After this, there is a change: the passer becomes the catcher, and the catcher takes the ball and lines up on the other side to throw on. Which group played 10 good balls first, i.e., played underhand and caught by the player at the net?

## Closing

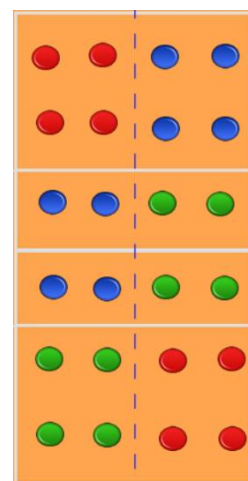
Cool Moves Volley Level 4

### Organization:

Briefly repeat the rules of lesson 1 with 2 sample teams.

### Directions and Rules of the Game:

The emphasis in this assignment is on playing together. The serve may be from the court, and the students may choose whether they want to play underhand or overhand. However, it is compulsory to play 3 times, and no running with the ball is allowed. The first ball may be caught, and the second ball is a flowing catch or catching motion. The third ball should preferably be played underhand or with the overhand volleyball technique. Additional rule: if a student can play the ball over the net underhand and a fellow player catches the ball. The team gets a bonus point.



### Closing

Close the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

Close the lesson together and tell what volleyball technique will be practiced with them in the next lesson: the smash.

## Clinic School | Grade 7 & 8 | Lesson 3

Duration: 45 minutes | Number of students: 24

Goal: Targeted smashing, know at least 2 technical directions, be able to throw up the ball independently and smash over the net (net height 1.50m.) in the court and know at least 3 rules of smash ball.

Materials needed: 12 volleyballs, 6 mats.

### Warm-up | 10 min.

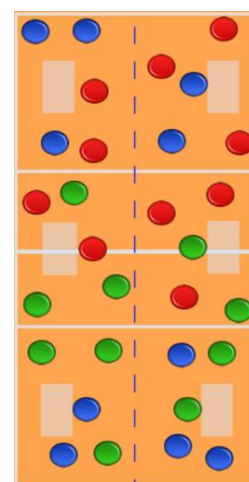
Matbal

#### Organization:

2 teams of about 5 students. 1 team gets ribbons. Hang the net high (2.50m.) so students can easily walk under it.

#### Directions and Rules of the Game:

Students must try to score with a smash on the opponent's mat. No running with the ball, no standing on the mat and no holding the ball for more than 2 seconds are allowed. However, it is allowed to throw it to teammates. If a goal is scored, the other team gets the ball. They start at their own mat.



### Follow-up 1 | 10 min.

Smash

#### Organization:

Hang the net at about 1.50m.

#### Directions and Rules of the Game:

Divide the group into pairs. These pairs throw the ball to each other with 1 hand over the net so that the other can catch it. The ball is hit over the net via the ground. The pupil walks to the net, throws the ball up and hits the ball on the other side of the net via the ground to his/her buddy. The pupil then moves back again as his/her buddy then goes to the net to smash.

#### Technique/posture

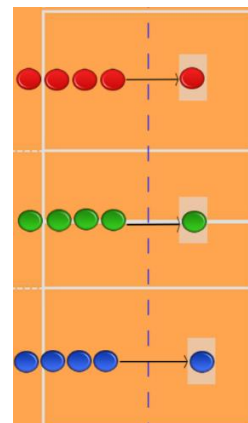
- Throw the ball up with one hand and hit with the other.
- Do this with an open hand.
- Make sure the elbow is above the shoulder.
- Taking the ball high.

## Follow-up 2 | 10 min.

Smash

### Directions and Rules of the Game:

Make groups of about 5-6 students. 1 student sits on the mat that is about 3 meters away from the net, sits on his knees and is the goalkeeper. The other students line up on the opposite side with a ball and take turns smashing over the net on the mat. If a student scores on the mat (including through the goalkeeper), they become the new goalkeeper. If no goal is scored, the student retrieves the ball and joins the back of the line. Students only score when they have hit the ball.



### Additional challenge

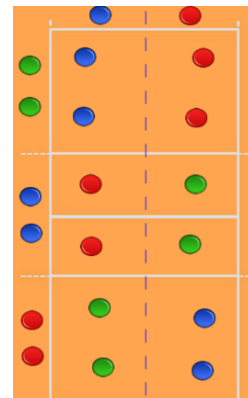
1 of the players (or a supervisor) stands at the net and throws the ball on. The student hits the ball out of the air directly toward the mat.

## Wrap-up | 5 min.

Smashball level 1

### Organization:

Teams are made of 2 or 3 players. If there are 3 players, there are 2 players on the court and 1 on the side. Once smashed, the player on the side is switched (during the rally). For groups >18 students, after a lost rally, the student leaves the field and it is another team's turn.



### Directions and Rules of the Game:

When a student has the ball, they run to the net and throw the ball up and then smash it into the opposing team's court. The ball is allowed to bounce 1 time, and then the opposing team must catch it. The ball may also be caught directly. If a student touches the ball and then lands on the ground, it is a point for the opposing team.

### Closing

Close the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

Grade 7 / 8

Clinics after school





## Clinic After School | Grade 7 & 8 | Lesson 1

Duration: 45 minutes | Number of students: 12

Goal: Targeted smashing from own throw-up, at least 1 score on the mat. Targeted underhand play from a throw-up, at least 1 catch.

Targeted serving into a hoop over the net, be able to hit at least 1.

Materials needed: 12 volleyballs, 1 goal/thick mat, 4 korfball poles, 2 magic cords, 2 boxes, and 12 hoops.

### Box 1 | 15 min.

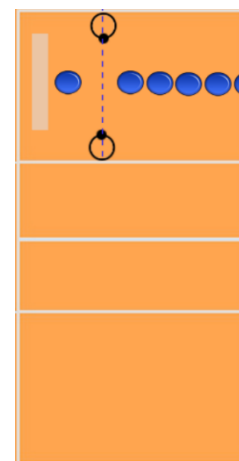
Smash

#### Organization:

Set up a goal or thick mat standing against the wall. String a magic cord between 2 korfball poles (without a basket) and hang it about 5 feet high. Designate a goalie to stand in the goal. The other students line up on the other side of the magic cord with a ball.

#### Directions and Rules of the Game:

The forward student starts and runs to the magic cord, throws the ball up and hits it over the magic cord hard toward the goal. If the student scores, he/she becomes the goalie. If the ball does not reach the goal, the student retrieves the ball and rejoins the back of the line.



#### Points of Attention

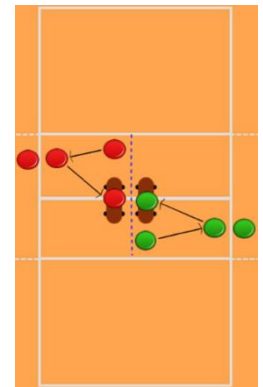
Is it too easy? Hang the magic cord higher so students have to jump. Is it too difficult? Hang the magic cord lower and/or reduce the distance to the goal. Optionally, this exercise can also be done without korfball poles and a magic cord. Then set up pylons from which to smash.

## Box 2 | 15 min.

Underarm technique

### Directions and Rules of the Game:

Put 2 boxes against each other in the middle of the box. One student sits on the box. Another student stands with the ball next to the box, and in the middle back of the box, a student stands ready with a backup player. The student next to the cupboard throws the ball to the student at mid-back. This student plays the ball underhand to the player on the cupboard. The latter tries to catch the ball while sitting on the cupboard. If this succeeds, then the student who played the ball may get on the cupboard, the student who was sitting on the cupboard may play the ball, and the thrower joins in to play the ball.



### Additional challenge

Vary the distance from which thrown.

### Technique/posture

The arms are extended, and play is made from the legs (arms no higher than shoulder height). The point of contact is on the forearms.

## Box 3 | 15 min.

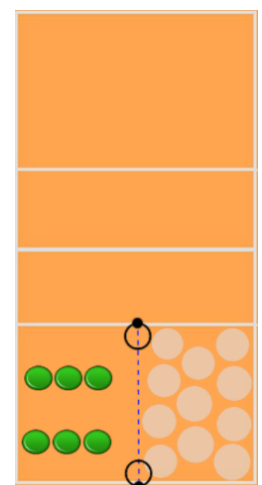
Service

### Organization:

Line the field on 1 side with hoops. On the other side of the net, place 2 rows of students, all with a ball.

### Directions and Rules of the Game:

The front students start by saving over the net. If the ball hits a hoop or the rim with the first bounce, the student may take the hoop away. The student then retrieves the ball and joins the back again. Which row scores the most hoops? When all the hoops are gone, let the winning row stand a little further back.



### *Point of interest*

Students may choose whether to store underhand or overhand.

### *Closing*

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

## Clinic After School | Grade 7 & 8 | Lesson 2

Duration: 45 minutes | Number of students: 12

Goal: Know at least 3 rules of smash ball level 1, be able to catch the ball, run to the net, throw the ball up and be able to smash in the field, be able to dive on a thick mat, know at least 2 technical directions and be able to serve purposefully over the net in the field, including deep.

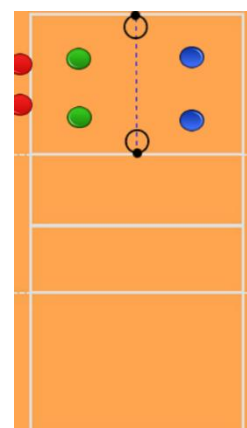
Materials needed: 12 volleyballs, 4 korfball poles, 2 magic cords, 1 thick mat, 2 small mats, and 2 benches.

### Box 1 | 15 min.

Smashball level 1

#### Directions and Rules of the Game:

The student who has the ball runs to the magic cord, then throws the ball up and smashes it into the opposing team's court (without hitting the magic cord). The ball may bounce 1 time in the field, and then the opposing team must catch it. Direct catching is also allowed. Do you hit the ball and then it lands on the ground, then it is a point for the opposing team. Once the student has smashed, they exchange with the student on the side, that is, during the rally. The team leaves the field after a lost rally, and a reserve team takes their place. Each rally won earns 1 point.



#### *Additional challenge*

The ball may also be thrown at each other. If a goal is scored from a thrown ball by a teammate, the student gets 2 points instead of 1.

#### *Attention Point*

When there is an odd number, there is a team with 3 players. Then there are 2 players on the field and 1 on the sidelines.

## Box 2 | 15 min.

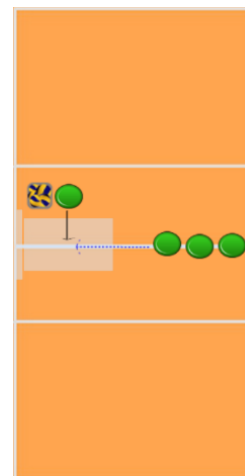
Diving

### Organization:

Lay out a large thick mat. If the mat is laid out against the wall, place small mats upright behind it so that students will bump into them as they slip.

### Directions and Rules of the Game:

Have students take turns on the mat doing a volleyball dive. They may make a run-up and slide on their stomachs across the mat. Have the students make a hollow back. They will slide better. Students should push off with one leg.



### Additional challenge

1 student stands on the side of the mat and starts throwing a ball. The student who is going to dive tries to hit the ball and play up.

### Point of interest

Only 1 student may be on the mat, so the next student may not dive until the previous student is off the mat. Encourage getting off the mat quickly.

## Box 3 | 15 min.

Service

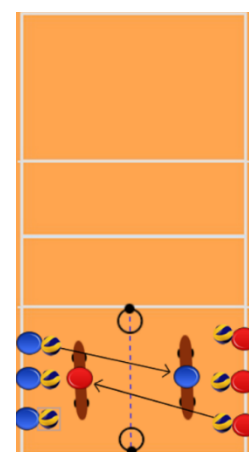
### Organization:

On each side of the magic net, there is a bench halfway across the field. Make 2 teams, each on 1 side of the net.

### Directions and Rules of the Game:

#### Task 1

First, practice serving and have students stand behind the bench while doing so. If the student serves well and the ball comes in front of the bench, he/she earns 1 point. If the student hits behind the bench, he/she earns 2 points. If the ball lands on the bench, he/she earns 3 points. When out or in the net, the student earns no points. Students must count individually and may choose whether to serve underhand or overhand.



### Task 2

1 student on the team sits across the net on the bench. The other students aim the save at the student across the bench. The student must stay on the bench but is allowed to slide back and forth on the bench. If the student can catch the ball, the team has a point, and the student who saved gets to sit on the bench, and the one who was on the bench gets to save. How many points can the teams get within 3 minutes? After this, set a new goal in any subsequent round.

### Closing

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

## Clinic After School | Grade 7 & 8 | Lesson 3

Duration: 45 minutes | Number of students: 24

Goal: Be able to target smash, throw and catch at least 5 balls at the same time and dive on a thick mat.

Materials needed: Volleyballs (1 per child), 4 times korfbal pole, 2 times magic cord, gym ball/beach ball

### Box 1 | 15 min.

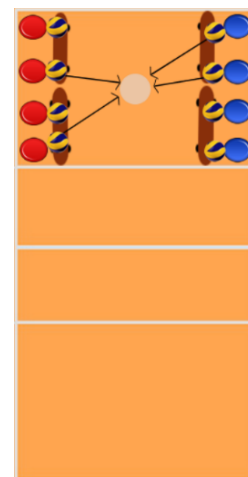
Smash

#### Organization:

Place benches about 1 meter from the back line of the box. Place a gym ball/ large beach ball in the middle of the field. Divide the group into 2 teams. Each team will stand on one side of the box behind the benches.

#### Directions and Rules of the Game:

Everyone has a ball. Students must try to hit the big ball with a smash. If the big ball hits the other team's benches, the other team has a point, and the big ball is put back in the middle. If a student has smashed, he/she may retrieve a ball, but he/she may only smash from behind the bench. In addition, the student may not stop the balls that are hit by the big ball.



### *Point of interest*

If smashing is still too difficult, students can also throw with one hand.

### *Technique/posture*

The student throws the ball up with one hand and hits it with the other. This is done with an open hand, and the elbow should be above the shoulder. Furthermore, it is important to catch the ball high.

## **Box 2 | 15 min.**

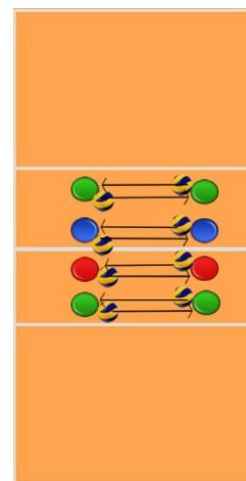
Ball Skill

### **Directions and Rules of the Game:**

Divide the group into pairs with a ball each. Students throw the balls over at the same time and catch each other's balls.

### *Additional challenges*

1. One ball bounce to the other and the other ball is thrown over. So there is alternating throwing and bouncing.
2. One ball is thrown over. The other is tapped over with the foot.
3. Throw the ball simultaneously to each other, play the ball individually underhand and catch the ball.
4. Play the ball underhand back to the other and thus catch your own played ball.



## **Box 3 | 15 min.**

Diving

### **Organization:**

Lay down 2 thick mats. Make sure the smooth side of the mat is down.

### **Directions and Rules of the Game:**

Divide the students into 2 groups. An attempt should be made to move the mat towards the other side by diving on it with several students at a time, a maximum of 3 at a time. When a student has been, they go back to standing behind the line and waiting for their turn again. When the thick mat is the first to touch the line on the opposite side, the team earns a point, and the mat is returned to the starting position.



*Point of interest*

Encourage getting off the mat quickly.

*Closing*

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

Grade 7 / 8

Clinics at the club





## Training Club | Grade 7 & 8 | Lesson 1

Duration: 75 minutes | Number of students: 8 - 10

Goal: To be able to serve purposefully over the net so that the other person can catch the ball, to be able to appropriately keep the ball up at least 3 times and to know at least 3 technical directions of the pass.

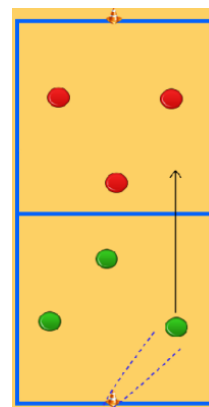
Materials needed: 10 volleyballs, 2 mats, 2 boxes, and 2 ribbons.

### Warm-up 1 | 10 min.

Ball Skill

#### Directions and Rules of the Game:

Make teams of about 3 players. Each team stands on one side of the field. Whoever has the ball throws it over the net, and after throwing, the player runs around the pylon that is in the middle of the back line. The ball on the ground at the opponent's court is a point.



### Warm-up 2 | 15 min.

Bridge Relay

#### Directions and Rules of the Game:

Divide the group in half. Have the players stand side by side on all fours (planking, taking care not to sag the player's buttocks). 1 player quickly crawls under the others and also bridges at the end of the row. The one at the back then crawls under the others etc. Which group is fastest across the line?

## Follow-up 1 | 10 min.

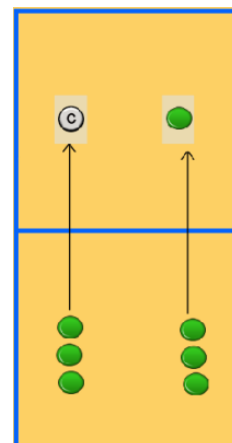
Serving 1

### Directions and Rules of the Game:

Place 2 mats in the field. On these, the trainer and/or player sit down. If the player or the trainer can catch the ball after a good serve, he/she may take over the place of the trainer or player. Let the players choose whether to serve underhand or overhand.

### Technique/posture

The striking arm is extended, and the arm is at 45 degrees. The ball must then be hit with a flat fist or side. The throw-up arm must move along close to the striking arm.

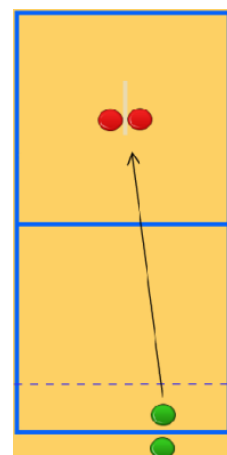


## Follow-up 2 | 10 min.

Service pass

### Directions and Rules of the Game:

2 players together hold a mat that is on the side. On the other side, the players take turns serving. The players on the mat try to pass the ball for themselves and catch it. If they succeed, they have a point and get to stand. If they fail to tip and catch or the mat falls to the ground, a new pair enters the court to hold the mat. Put one pair on hold so they can switch quickly. For example, shout, "Me!"



## Follow-up 3 | 15 min.

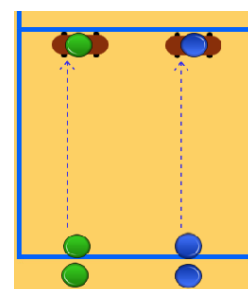
Playing underhand (pass)

### Organization:

Put boxes down by the net.

### Directions and Rules of the Game:

1 player may sit on the box near the net. Other players stand with a ball on the back line. The ball is brought to the player on the box while playing underhand. If a player is near the cupboard, he/she may play the ball toward the player on the cupboard. If the player on the cupboard can catch the ball, then that player may sit on the cupboard.



### *Technique/posture*

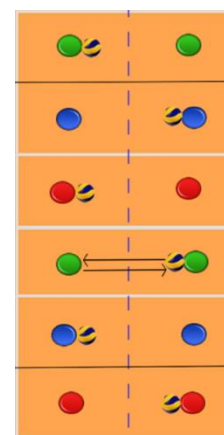
The arms are extended, pass from the legs, and the point of contact is on the forearms.

## Wrap-up 1 | 15 min.

Playing underhand (pass)

### Directions and Rules of the Game:

The player starts the rally with a serve. The receiver plays the ball underhand to himself and catches it. Then this player strikes the ball up. When the ball lands on the opponent's court, the player scores a point. If the ball is thrown outside the court and the opponent has not touched it, it is a point for the opponent. Each player counts his/her own points. When the player has thrown the ball over the net, an assignment is executed.



### *Assignments*

Round 1: Tap the net.

Round 2: Tap the back line with your foot.

Round 3: Cross the sideline with 2 feet outside the field and return quickly.

Round 4: Tap ("high five") a neighbor/neighbor in the field next door and quickly move back into the field.

After 3 minutes, there is a change of opponents: the player in the top left corner stays, and the rest rotates clockwise from one spot to the next field.

## Wrap-up 2 | 5 min.

### Directions and Rules of the Game:

Designate 2 tickers and provide the ticker with a ribbon. When a player is tapped, he/she will jump up and down the bench. On the bench, three is too many: if a third player is tagged, the first may rejoin. All participants, tickers and runners, may only move backward. Maximum 2 minutes.

### *Closing*

End the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

## Training Club | Grade 7 & 8 | Lesson 2

Duration: 75 minutes | Number of students: 8 - 10

Goal: To be able to play underhand focused so a teammate can catch it and know at least 3 technical directions of the underhand technique.

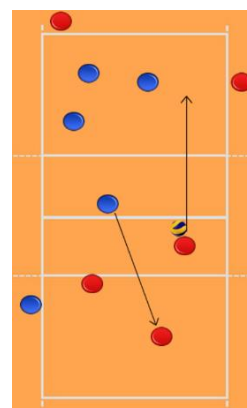
Materials needed: 10 volleyballs, 2 boxes.

### Warm-up 1 | 15 min.

Smashball

#### Directions and Rules of the Game:

Divide the group into 2 teams. When a player has the ball, he/she may run toward the center line and try to smash off someone from the opposing team. Head does not count. If a player is off, then he/she stands on the outside of the opponent's court and may try to smash someone off from there. Players may fend off by defending (underhand). On a catch, no one is off. A player who is off can be recovered by playing and catching a smashed ball underhand. This may also be done by a teammate. The coach brings in extra balls during the game. Which team keeps the longest players on the field?



### Warm-up 2 | 5 min.

Frolic

#### Directions and Rules of the Game:

Pairs are made who are given 1 ball together. Both players hold the ball and try to pull the ball out of the other player's hands. If one player gets 2 has won (or lost) pots, the players look for another opponent.

#### *Additional challenge*

There is no pulling of the ball now, but the players try to push the opponent across an outside line of the field.

## Follow-up 1 | 10 min.

Playing Underhand 1

### Directions and Rules of the Game:

All players are given a ball. Table 1 is tested.

- 1 time 1 time tips
- 2 times 1 time tips
- 3 times 1 times tips etc.

If a player fails a task, then he/she starts over at the table of 1. If a player has passed everything, then the table of 2 is tested.

- 1 time 2 times tips
- 2 times 2 times tips
- 3 times 2 times tips etc.

### Technique/Posture

The arms are extended, pass from the legs, and the point of contact is on the forearms.

## Follow-up 2 | 10 min.

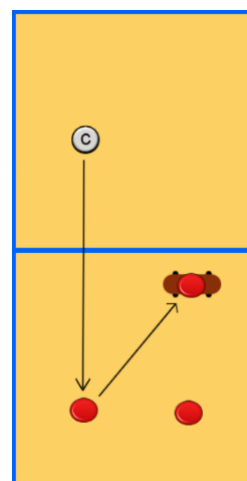
Playing Underhand 1

### Directions and Rules of the Game:

There are 2 passers in the field, and 1 catcher sits on a box on the right front. The coach throws the ball over the net. The passer passes the ball to the catcher on the box. If the catcher can catch it, then the passer on the cupboard the catcher cannot catch, then the passer picks up the ball and brings it to the trainer. After this comes a new passer in the field.

### Additional challenge

Passers start at the box (must put a hand on the box), the trainer taps the ball, passers move to position, the trainer throws the ball on, and the passer passes the ball to the catcher on the box.

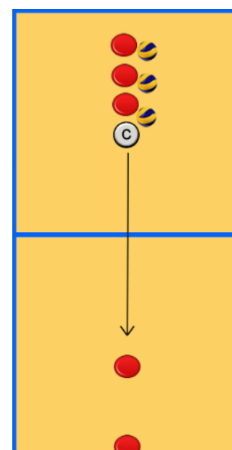


## Follow-up 3 | 15 min.

Underhand 3

### Directions and Rules of the Game:

Half of the players stand with a ball with the trainer. The trainer throws a ball over the net to the player ready on the court. This player plays the ball up for himself underhand and catches the ball. Then this player brings the ball to the trainer. When a player has delivered the ball, this player goes across the net as reserve ready.



### Additional challenges

1. The player plays the ball up underhand and then smashes the ball over the net.
2. The player plays the ball up underhand, lets the ball bounce on his/her knee and smashes the ball over the net.
3. The player plays the ball up underhand, lets the ball bounce on the left arm, bounces on the right arm and smashes the ball over the net.
4. The player plays the ball up underhand, kicks the ball up, plays overhead in front of himself and catches the ball behind his/her back.

### Point of attention

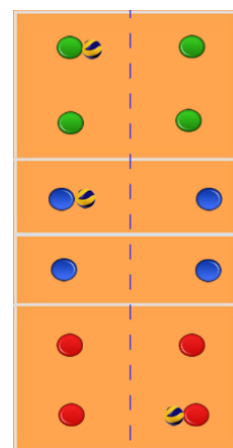
If it is felt by the players to be too difficult, the ball may be caught between assignments and thrown up for themselves.

## Wrap-up | 15 min.

Match 2 vs. 2

### Directions and Rules of the Game:

Player 1 throws the ball to a fellow player. This fellow player catches the ball and throws it up at the net, and player 1 plays the ball over the net (3 plays). On the other side, the ball may be caught and thrown over to a fellow player. The third ball must be played over the net. After the ball is played over the net, the one who played the ball over it crawls under the legs of a fellow player. If a player plays the first ball or second ball through (i.e., does not catch it) and the ball goes well over the net, this player gets a bonus point. After about 5 minutes, there is a change of opponents.



### *Additional challenge*

Perform a box jump instead of crawling under the legs.

### *Closing*

Close the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."

## Training Club | Grade 7 & 8 | Lesson 3

Duration: 75 minutes | Number of students: 8 - 10

Goal: Be able to target smash by hitting at least 1 pylon and know at least 3 technical directions of overhead technique.

Materials needed: 10 volleyballs, 2 goals, 16 pylons, and 2 benches.

### Warm-up 1 | 15 min.

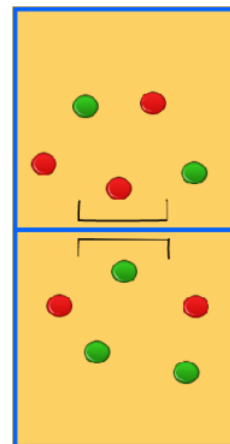
Smash in goal

#### Organization:

There are 2 goals with their backsides against each other, halfway across the field. Make 2 teams.

#### Directions and Rules of the Game:

The player with the ball is not allowed to run and, thus, must throw the ball over to fellow players. If a player is near the goal, he/she tries to score by smashing. One player may act as the goalkeeper. A goal can only be scored with a smash. When a goal is scored, the other team gets the ball.

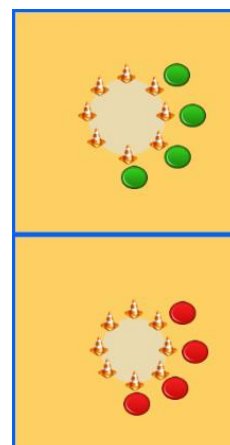


### Warm-up 2 | 5 min.

Relay

#### Directions and Rules of the Game:

The group is divided into 2 teams. Make a circle with pylons. The players lie down near the pylons. Mark the first pylon. The first player stands up, jumps over everyone and lies down at the next pylon where no one is lying down yet. Which team will be the first to complete 3 laps?

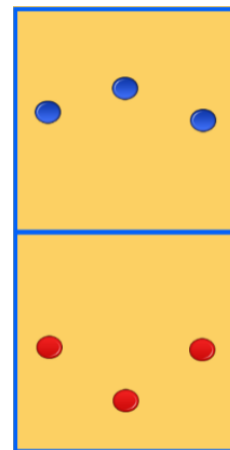


## Follow-up 1 | 10 min.

### Smash 1

#### Directions and Rules of the Game:

Games are played 3-on-3, with the third ball to be smashed under the net. The 1st and 2nd balls may be caught and thrown to each other, but the ball may not be held for more than 2 seconds. The ball may bounce 1 time and must then be caught. The smashed ball must enter the court. If the ball bounces out of the court after that, the ball is good. The player hitting the ball taps a sideline or the back line after hitting.



## Follow-up 2 | 10 min.

### Smash 2

#### Organization:

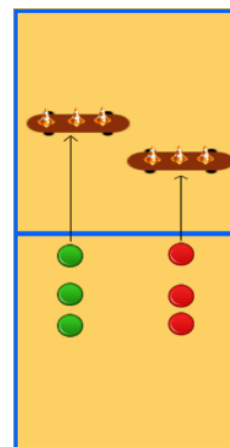
Hang net low (1.70m.). Put a bench halfway across the field 3 meters from the net, and put pylons on it.

#### Directions and Rules of the Game:

The player throws the ball up at the net and tries to smash the pylon off the bench.

#### Technique/posture

It is hit with an open hand, and make sure the elbow is above the shoulder. Jump maximum and try to catch the ball high.





## Follow-up 3 | 15 min.

Overhand technique

### Directions and Rules of the Game:

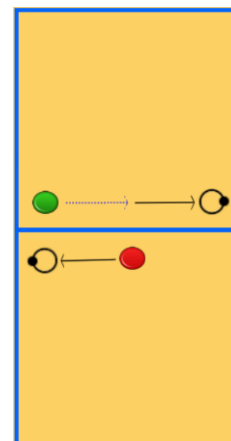
The player starts with the ball at mid-forward. The player throws the ball up in front of himself and plays the ball overhead toward the basket, which is at left forward. If the ball goes through the basket, the player earns 3 points. If the player touches the top edge of the basket, the player earns 1 point.

### Additional challenge

Throw the ball up underhand from the front right, run into the center and immediately pass the ball overhead to the basket.

### Technique/posture

Make a bowl overhead and get well under the ball. Play from the legs and make short contact.



## Wrap-up | 15 min.

Smashball level 2

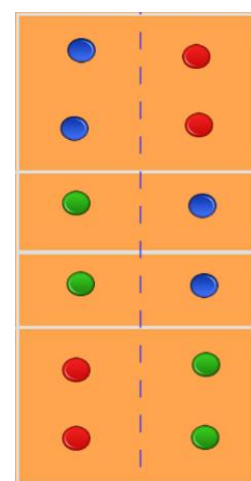
### Organization:

Just hang lower (about 1.60m.).

### Directions and Rules of the Game:

Teams of 2 or 3 players are made. When a player has the ball, he/she throws it to the fellow player, who has meanwhile run to the net. The fellow player throws the ball with a high arc up at the net and the other smashes it into the opponent's court. The ball is allowed to bounce 1 time, and then the opposing team must catch it. Direct catching is also allowed. If the opponent touches the ball and it comes

then on the ground, then it is a point for the opposing team. When playing with three players, there are 2 players on the court and 1 on the side. Once a player has smashed, they switch with the player on the side (during the rally). After 3 minutes, the opponent is switched.



### Closing

Close the lesson with a collective yell, such as calling out the name of the school, the name of the volleyball club or simply "volleyball."