Volley*SLIDE* Workshop – 5: Serving and Passing – Session Plan (20-30 minutes)

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| **Activity:** | **Content:** | **Duration:** | **Key Points:** |
| Introduction | Discuss the ‘issue’ with using the Service in training.The Service is the first chance to make an attack, and teams with good Serves will score points quickly and easily. However, with low level groups when a large percentage of serves are unsuccessful, 1 person Serving means 11 others sitting, not touching the ball and therefore not learning or enjoying their experience.  | 4 minutes | *Key Points:** **S**trike the ball with one hand.
* **E**very part of the players buttocks must be behind the baseline
* **R**elease the ball before striking it (it must be ‘tossed’)
* **V**ast amount of time, you have 8 seconds from the whistle
* **E**very Serve counts, there are no second Serves
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| ServiceExploration | With the knowledge of these 5 fundamentals, allow the group to split to either end of the court and give it a go Serving over the net. If needed start on the attack line (2 meters) and move backwards depending on success levels.Raise the importance of:* Tossing the ball consistently\*
* Finding what feels comfortable
* Having a target to serve to
* Following through after contact

\*If their ball toss is inconsistent, get them to practice tossing the ball until it repeatedly lands in the same point on the floor. | 4 minutes | Work through the principles of the under arm Serve.Gradually introduce the over arm Serve.Point out to the group if there is a trend of people not following the 5 rules, and speak to individuals separately if needed*Key Points:** Both buttocks are behind the end line of the court
* Hit the ball with one hand
* Use a flat firm palm of the hand for power along with open fingers for control
* Have an intention (e.g. put the ball into a space)
* Move onto court to your base position after serving
* Avoid/go over the Blockers
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| ‘Gone Fishing’*(from Full Resource)* | Extend the activity round on round making it progressively harder for the Servers to find their target. | 5 minutes | Round 1 - Participants are allowed to move and catchRound 2 - Participants are not allowed to move and catchRound 3 - Participants are only allowed to catch with 1 hand – meaning the serve has to be more accurate |
| Service Reception (Passing) | Shift the focus from the Serving to Service Reception (a receiving teams first contact)Ask the group what they feel the aim of the first touch should be - possible answers:* Touch the ball!
* Play the ball high
* Play the ball high in the middle
* Aim at a predetermined target
 | 2 minutes | Ball flight judgment and subsequent movement to a contact point is the most important part of Service reception.*Key Points:** Volleying where possible (more accurate than digging)
* Communicate early (who is passing it/is it in or out)
* Start with hands down (move first)
* Read the body position and movements of the Server (where are they facing, where did they Serve last time? Etc…)

Make sure you rotate the group through the different positions as appropriate. |
| ‘Pass Pass’*(from Full Resource)* | Split the court in half and have two groups working. Start with 2 Passers, 1 target player opposite a Server.  | 5 minutes | Activity can only work if the ball coming from the server is appropriate. Progress as appropriate (options listed in the Resource). |
| Service Reception(Blocking) | Ask the group how they think having Blockers can help (and/or hinder) the Passer?Possible answers:* It forces the Server to Serve higher in the channels where there is a block
* It reduces a Servers options
* Psychologically challenges the Servers

Blocking the Serve is different to Blocking an attack.  | 5 minutes | Use a piece of string to demonstrate the different possible ball flight paths, from Service contact point -> to Blockers/Passers positions.* If a Serve goes over the Block, it will be higher – so the Passer has more time to move.
* If a Serve goes around the Block, it can be a fast/harder Serve, however it is a smaller target to aim at so the chance of an error is higher

Make sure that the Passers position themselves around the Blockers, NOT BEHIND THEM!  |
| ‘Pass Attack’*(from Full Resource)* | Continuing with the court being split in two, get them to stop (catch the ball) once they are in a position where they would attack (i.e. add om the third touch gradually).  | 5 minutes | Progress as appropriate (options listed in the Resource).On Service, Blockers shouldn’t ‘chase the ball’, but block out a space and let the ball go past them if it is away from their position. |