

# RYVL Skills Handbook

## Teaching Strategies

### *Introducing New Skills*

You will be introducing a lot of new skills to athletes. Many have never played the game and volleyball is a HARD sport! Here are some strategies to help teach new skills.

- Introducing something new
  - Demonstrate the skill
  - Let the athletes attempt the skills to pre-assess their abilities and determine what keys need to be given.
  - Demonstrate the skill with attention focused on a key
  - Let the athletes practice WITH feedback towards a given key.
  - Demonstrate the skill with attention focused on the next key.
  - Let the athletes practice again with feedback on the next key.
  - Repeat the process until all keys have been covered.
- “Too much instruction is worse than none...” Demonstrating the skill and guiding where athletes attend is a great way to introduce new skills. “Learners will attend to task irrelevant information when their attention is not directed.” Keys serve at least five very important functions. They:
  - Condense or chunk information
  - Reduce words, thus reducing information processing requirements
  - Encourage athlete to attend to important elements of the skill
  - Encourage coaches to attend to important elements of the skill
  - Enhance memory

### *Drills*

- Blocked: Any time you reduce factors (speed, visuals, variability, etc)
- Random: Repetitions the way it happens in a game

“Blocked practice is better for retention (for learning) only for beginners. Blocked is effective until the learner can ‘just barely do it’ then random is better.” John Kessel

- Types of feedback:
  - Direct feedback (facts)
  - Questions
  - Feed forward
  - Positive
    - Catch them doing it right
- Feedback on process is better than feedback on outcome

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## Passing

### Principles

- Simple > Complex
- Ball Know Angles
- Arms and Hands

### Keys

1. Wrist and thumbs together

**Why?** Good hands will help set up a straight and simple platform

- a. Make a fist with one hand with thumb on top
- b. Wrap fist with other hand
- c. Make sure thumbs are parallel

2. Straight and Simple

**Why?** A simple platform with an athletic posture will make it easier to create effective angles.

- a. Straight before, during, and after contact
- b. If you need to give the ball some energy, simple movement from low to high
- c. Don't use legs to add force or direction to ball
- d. Platform is formed from thumbs to shoulders

3. Face the ball, angle (tilt) to target

**Why?** We want to let the angle do the work to control force and direction.

- a. Platform "tilts" to the target, arms should not "swing" to target

4. Shuffle to move

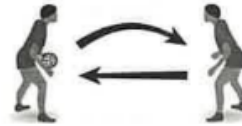
**Why?** A shuffle move allows the passer to stay facing the ball, which helps them stay balanced and create an effective angle.

### Starting Posture

- Hands on knees or arms/hands hanging straight down
- An upright, athletic posture is preferred
- Passer isn't bent over at waist

## BEGINNER PASSING DRILLS

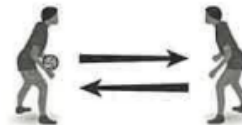
### Toss – Pass – Catch



In-a-Row  
Contacts: 20

Use w/ Key  
Number: 1, 2

### Back and Forth



In-a-Row  
Contacts: 20

Use w/ Key  
Number: 1,2,3,4

### Linear Threes



In-a-Row  
Contacts: 30 x 3

Use w/ Key  
Number: 1,2,3,4

*(Middle player plays the ball over her/his head.  
Switch middle player after 30)*

### Triangle Threes



In-a-Row  
Contacts: 45

Use w/ Key  
Number: 1,2,3,4

*(go to the right only – counterclockwise)  
because Left is Right*

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## Playing the Ball

1. Players should apply the 4 Keys when playing the ball
2. Players should move to keep the ball in front of them when they are playing it
3. When moving to the ball, players should try and play the ball midline (inside their frame) as often as they can
4. Place a large emphasis on Straight and Simple. Make sure players lock their elbows
5. Freeze to target- the players should freeze platform after contacting the ball

## Common Mistakes

1. Players crossover their feet when moving.
2. Players swing arms and have their hands “chase the ball”.
3. Players bend elbows and wrists to try and control the ball.

## Video Links

1. [Principles](#)
2. [Ready Position](#)
3. [Key 1](#)
4. [Key 2](#)
5. [Key 3](#)
6. [All keys, slow motion](#)

## Serving

### *Principles*

- Torque
  - Generate energy through rotational movement
- Speed and Accuracy
- Simple = Repeatable

### **Keys**

1. Bow and arrow
  - a. Stand 45 degrees
  - b. Ball in non-serving hand
  - c. Serving arm loaded, elbow shoulder high
2. Place, step, hit; or step, place, step, hit
  - a. Adding extra step can help with those not strong enough to get the ball over
3. Place, step and swing to target
  - a. Place ball in front of hitting shoulder
  - b. Contact on heel of hand (no spin). Strong hand is very important. Have them listen for a “thud” instead of a “slap”

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## Common Mistakes

1. Players toss the ball on top of their head
2. Players toss in front of their tossing hand
3. Players do not have a strong hand on contact
  - a. We tend to frown upon a fist but if that is what a player needs to create a strong contact they can begin there. As players develop form and strength encouraging open hand
4. Players are trying only serve with their arm instead of using whole body

## Video Links

1. [Keys](#)
2. [Standing Float](#)

## BEGINNER SERVING DRILLS

### BALL AND A WALL

**In-a-Row Contacts:** 20  
**Use w/ Key Number:** 1, 2, 3

### SERVE AND CHASE

**In-a-Row Contacts:** 10  
**Use w/ Key Number:** 1, 2, 3

### MONARCH OF THE COURT

**Use to transfer skills** to more gamelike situations

## Attacking

### *Principles*

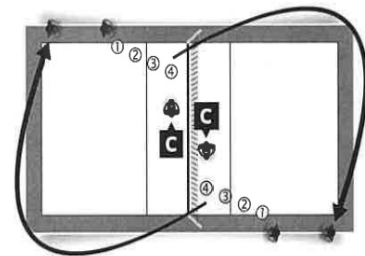
- Jump high and hit hard
- Be in a position to hit with power and range
- Torque
- Simple movements = more repeatable

### **Keys**

1. Four steps
  - a. R, L, R, L for right-handed. L, R, L, R for left-handed
  - b. Small steps to big steps
  - c. Slow steps to fast steps
2. Double arm lift
  - a. Relax and hang arms on first step
  - b. Throw arms straight back on third step
  - c. Throw arms straight up on fourth
3. Bow and arrow arm swing
  - a. Torque

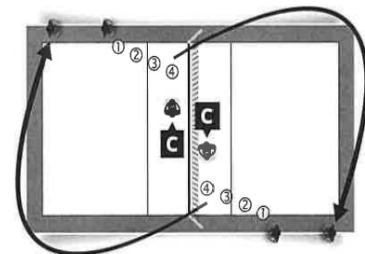
## BEGINNER SPIKING DRILLS

### You Go, I Throw - 2<sup>nd</sup> step toss



Use w/ Key Number: 1, 2

### I Throw, You Go - 1<sup>st</sup> step toss



Use w/ Key Number: 3

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## Transition Footwork

- Transition footwork is the way a player moves off the net from blocking to become a hitter.
- It is key at the youth age that players understand that if they are not blocking or playing the ball, they need to get off the net to be a hitter.
- Since players are doing a four step approach, we want them to transition off the net to get their feet ready to attack.
  - Most efficient is 4 steps off, to have 4 steps on.
  - Right drop step, left right, then hop step with left

## Common Mistakes

1. Players will bring arms up on first or second step or they will bring them up and cross in front.
2. Players shuffle or hop step into approach,
3. Players will only swing with one arm instead of using both in double arm lift

## Videos

1. [Introduction](#)
2. [Keys](#)
3. [Keys with demonstrations](#)
4. [Left-handed](#)
5. [Transition footwork](#)

## Setting

### Principles

- Simple movements = more repeatable
- Power from arms, not hands
- Hittable set trumps deception
- All athletes should be comfortable setting

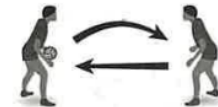
### Keys

1. Ball shaped hands, up early
  - a. Hands and arms operate as one unit
  - b. Contact point about the forehead
2. Extend arms to target
  - a. Strong finish down your target line
  - b. Hands stay shaped before, during, and after contact
3. Face the passer, square to target
  - a. Square during the finish, not before



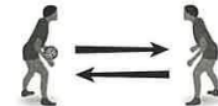
## BEGINNER SETTING DRILLS

### Toss – Set – Catch



In-a-Row  
Contacts: 20

### Back and Forth



In-a-Row  
Contacts: 20

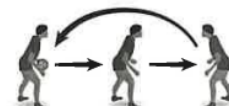
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\*\* Good verbal cue is “ chug a soda, fly like superman!”

- Setter is responsible for taking the second ball. If they cannot get to the ball they need to call “ Help!” They should call for help early and repeated and call the name of the player they want to help. The more communication the better.
- If the setter cannot get to the ball with their hands they can set with their forearms. They should continue to communicate and create a high hittable ball.

## Common Mistakes

1. Players slap at the ball.
2. Players catch and throw the ball to the target.
3. Players do not get their feet under the ball.

## Videos

1. [Setting fundamentals](#)

## Game play

Understanding how to set up players on the court during game play helps to insure players are in the best position to play the ball. When in game play a 4-2 offense will be best. This means there are four hitters and 2 setters. The setters will only be playing from the front row.

[4-2 demonstration](#)

[6 v 6 positions](#)

## Triple Ball

Triple ball is the style of game play we use with the beginner group. Each team will set up in their 6 v6 set up. Team A will serve to Team B and they will play out the rally. After the ball is down a coach from Team A will toss a freeball to Team B. Both teams play out the rally until the point is over. Then a coach from Team B will toss a freeball to Team A. This process repeats with Team B then serving and two subsequent freeballs. Once all six balls have been played both teams will rotate.

[Triple Ball Example](#)

## Drills

- [Group Drills](#)
- [Game Play Drills](#)
- [Serving Drill](#)
- [Hitting Lines](#)
- [Partner Drills](#)
- [Reaction Time Drills](#)

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- [Youth Drills](#)
- [Ball Control Drills](#)
- [3 Contact Drills](#)