

## CHAPTER 9: IMPACT PLUS - THE SKILLS

*Education is not the filling of a pail, but the lighting of a fire—William Butler Yeats*

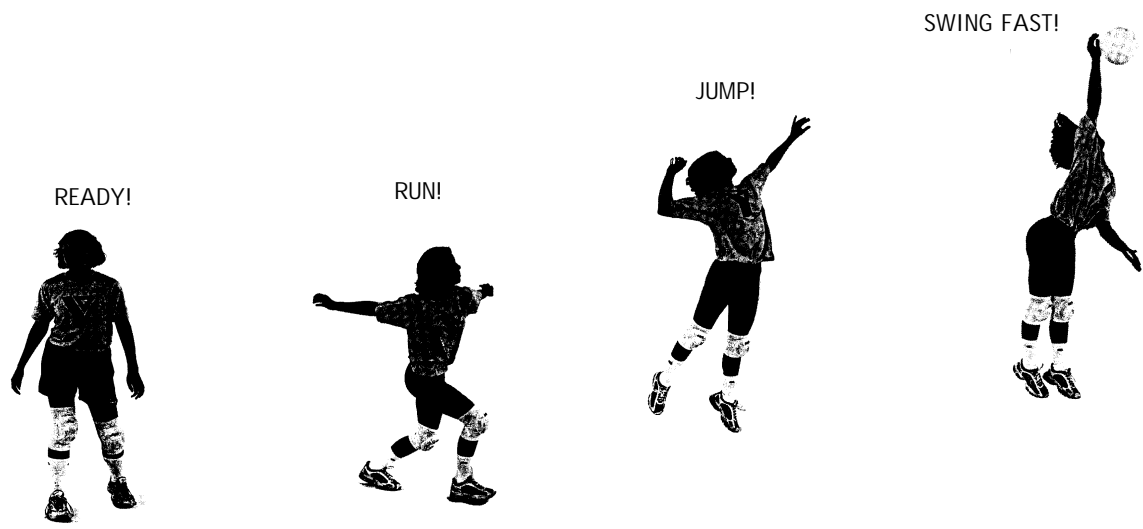
**COACHES** Need to Know **THIS** Stuff...

# ATTACKING SKILLS

**KIDS** Need to Hear **THIS...**

- CORE COACHING MECHANICS:**
- 🔑 Be Available & Prepared to Attack.
  - 🔑 Approach Steps and 2 Foot Jump.
  - 🔑 Swing Both Arms Forward and Up on Takeoff.
  - 🔑 Contact the Ball at Full Arm Extension.

- 👂 Ready!
- 👂 Run!
- 👂 Jump!
- 👂 Swing Fast!



- ERRORS TO CORRECT:**
- ☒ One Foot Take Off
  - ☒ Fist Instead of Open Hand
  - ☒ Elbow Drops into "Shot Put" Action
  - ☒ Took Off Too Soon or Too Late

Attacking Skills

**MORE DETAILS & POWERFUL WORDS!**

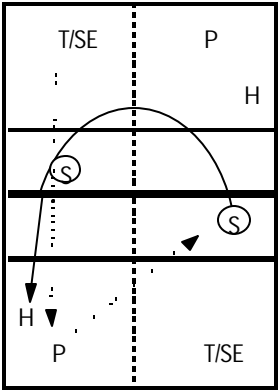
- ☞ Use a Quick Approach. (**ACCELERATE!**)
- ☞ Finish Right-Left with Feet if Right Handed.  
(**LEFT-RIGHT-LEFT or RIGHT-LEFT-RIGHT!**)
- ☞ Swing Both Arms from Behind to in Front of You Like a Pendulum. (**EXPLODE UP! SWING HIGH! HIGH FIVE!**)
- ☞ The Faster You Swing, the Harder You Hit! (**THROW YOUR HAND AT THE BALL! SWING FAST!**)
- ☞ Swing Through the Ball. (**SNAP! CRUSH!**)
- ☞ Land on 2 Feet. (**BALANCE!**)

**Options to Learn Later**

- ☒ Crosscourt Shot
- ☒ Line Shot
- ☒ Cut Shot
- ☒ Roll Shot
- ☒ Open Hand Tip
- ☒ Wipe Off Shot
- ☒ Arm Warm Up Routine
- ☒ Tool/Use the Block
- ☒ Transition Set from the Setter
- ☒ Transition Set from the Blocker
- ☒ Hit a Set from the Back Row
- ☒ 3 Meter or Back Row Attacks
- ☒ High Outside Set
- ☒ Low Sets
- ☒ Footwork/Approaches for Plays
- ☒ Bad Sets
- ☒ One Foot Slides
- ☒ Position Sets

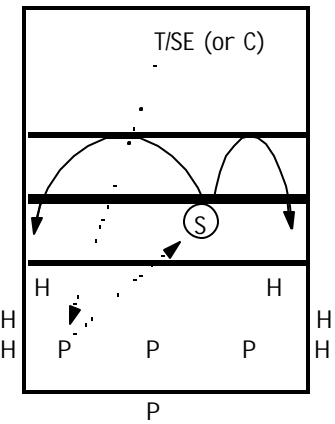
- TOP DRILLS/GAMES:**
- 1) Hit From 3 Meter Line
  - 2) Hit Front & Back Sets
  - 3) Hit From 1 Meter
  - 4) Call Your Shot Drill

- PLAYER HOMEWORK:**
- 1) Players stand & toss ball to selves to hit over net with a spiking action.
  - 2) Players stand 9 or more meters from the wall & set to selves; hit the ball with a game-like flight over an imaginary net.



- 1) 3 METER LINE HITTING:**
- ☒ Divide the court and into halves, and divide team into 2 groups. Each group consists of 2-3 Tossers/Servers (**T/SE**), 2-3 Passers (**P**), 2-3 Setters (**S**), and 2-3 Hitters (**H**).
  - ☒ **T/SE** puts ball into play to **P**, who passes (over or underhand) to the **S**.
  - ☒ **S** then sets a high set to the 3 meter line to the **H**, who attacks the back row set.
  - ☒ Players rotate within their small groups for set number of repetitions or other goal, and then rotate within their 1/2 court large group to perform a different skill **OR** players may perform a single repetition and follow the path of the ball to rotate to the next small group (circle drill).

- 2) HITTING FRONT & BACK SETS:**
- ☒ Tosser/Server (**T/SE**) or Coach (**C**) puts ball into play to a Passer (**P**), who passes (over or underhand) to the Setter (**S**).
  - ☒ **S** sets a front set to **H** in Left Front and on the following pass sets a back set to a **H** in Right Front.
  - ☒ Players may rotate within their small group for certain number of repetitions or goal is met, at which time all groups rotate to a new station to perform a different skill **OR** players may perform a single repetition and follow (**P** rotates to **H**, etc.) to rotate to the next small group (circle drill). **S** may stay or be part of the large group rotation.



**NOTES:**

**Attacking Skills**

Nothing has a better effect on children than praise—Sir P. Sidney

COACHES Need to Know THIS Stuff...

# OVERHEAD PASSING SKILLS

KIDS Need to Hear THIS...

- CORE COACHING MECHANICS:**
- ⌘ Right Foot Forward & Knees Bent
  - ⌘ Hands & Fingers in Shape of Ball in Front & Above Forehead.
  - ⌘ Fly Like a Super Hero—Fingertips Follow the Ball into Extension.

- 👂 Staggered Stance!
- 👂 Bullwinkle!
- 👂 Superhero Takeoff!

STAGGERED STANCE!



BULLWINKLE!



SUPERHERO TAKEOFF!



**ERRORS TO CORRECT:**

- ☒ Palm of the Hand Contacts the Ball
- ☒ "Swan Dive" or "Swimming" Follow Through
- ☒ Not Facing the Target When Receiving the Ball
- ☒ Contacting Ball Too Low—in Front of Face Instead of on Forehead



**MORE DETAILS & POWERFUL WORDS!**

- ☞ Ball Played Above the Forehead— See the Whole Court Under the Ball. (**FEET/FOREHEAD TO THE BALL!**)
- ☞ Beat the Ball to the Net Target Position and Wait—be Still on Contact. (**HANDS UP EARLY!**)
- ☞ Staggered Foot Position, Knees Bent with Feet, Hips and Shoulders Square to the Target. (**RIGHT FOOT FORWARD! SQUARE UP!**)
- ☞ Elbows Bent Comfortably and Wrists Relaxed like a Trampoline for the Ball. (**THUMBS BACK! BALL SHAPED! BULL-WINKLE!**)
- ☞ Contact Ball Above Forehead With All but Palms. (**FINGER PADS!**)
- ☞ Extend Through the Ball to the Target. (**EXTEND! STEP THROUGH THE BALL! FOLLOW! COVER!**)

**Options to Learn Later**

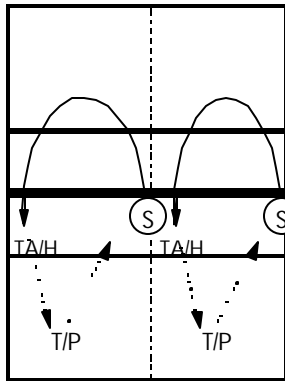
- ☒ Setters on the Net
- ☒ Setters Moving Off the Net
- ☒ Non-Setters Set After Blocking
- ☒ Non-Setters From Off the Net
- ☒ Back Sets
- ☒ Bump Sets
- ☒ From the Ground
- ☒ Jump Sets
- ☒ Side Sets
- ☒ Dumps—One & Two Handed
- ☒ Run-Throughs
- ☒ Out of the Net Sets
- ☒ Check the Blockers
- ☒ Vocalize
- ☒ Cover
- ☒ Play Sets
- ☒ Set From the Knees
- ☒ One Hand Saves
- ☒ Position & Quick Sets

**TOP DRILLS/GAMES:**

- 1) Triangles
- 2) Front & Back Sets (4's)
- 3) Running Bump Sets
- 4) 3 Meter & 1 Meter Sets

**HOMEWORK:**

- 1) Bounce the ball off a wall with varying directions & heights for different movements and sets.
- 2) Set to self or partner, varying combinations such as front set to self, turn & back set to partner.

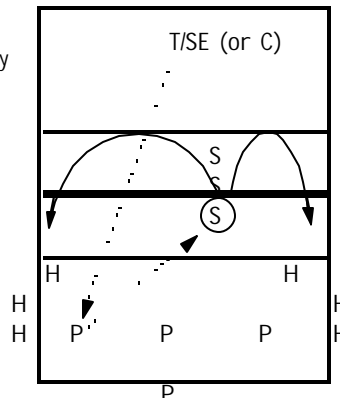


**1) TRIANGLES:**

- ✗ Divide the court into halves, and divide team into 4 groups of 3 (or 4 with 1 sub/shagger); use both sides of the net. Each group consists of a Tosser/Passer (T/P), a Setter (S), and a Target/Hitter (TA/H).
- ✗ T/P puts ball into play to S; after the initial toss the player may then pass (over or underhand) to the S or continue to toss each repetition.
- ✗ S then sets a high set to the TA/H, (the Left Front H), who either catches & tosses, over or underhand passes, or hits or tips the ball back to the T/P.
- ✗ Players rotate within their small groups when a set number of repetitions or other specified goal is reached.

**2) FRONT & BACK SETS:**

- ✗ Tosser/Server (T/SE) or Coach (C) puts ball into play to a Passer (P), who passes (over or underhand) to the Setter (S).
- ✗ S sets a front set to H in Left Front and on the following pass sets a back set to H in Right Front.
- ✗ Players may rotate within their small group for a certain number of repetitions or when a goal is met, at which time all groups rotate to a new station to perform a different skill OR players may perform a single repetition and follow the path of the ball (P rotates to H, etc.) to rotate to the next small group (circle drill). S may stay or be part of the large group rotation.



**NOTES:**

Overhead Passing Skills

*Nothing in the world can take the place of persistence—Calvin Coolidge*

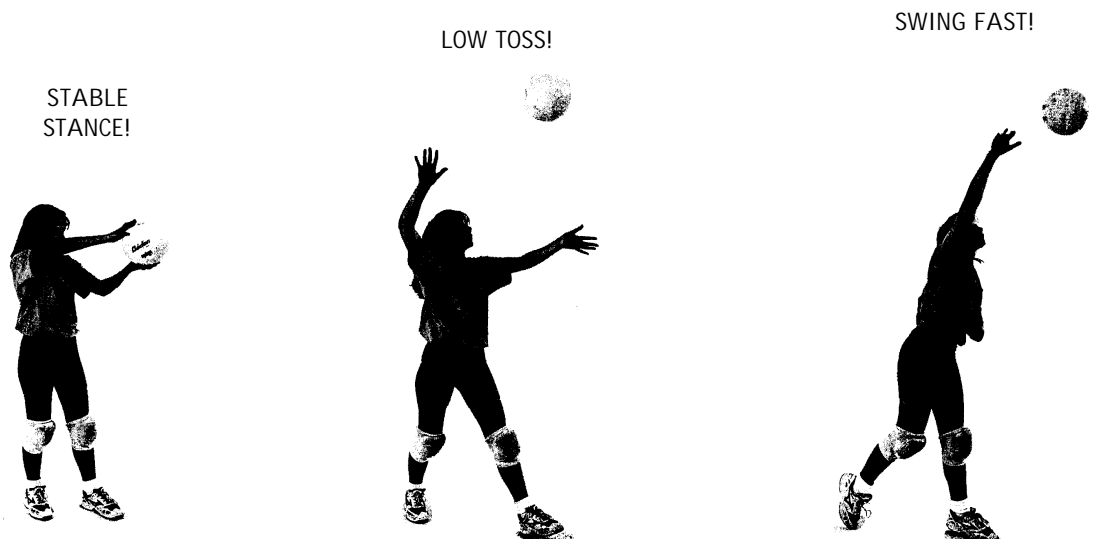
COACHES Need to Know THIS Stuff...

# SERVING SKILLS

KIDS Need to Hear THIS...

- CORE COACHING MECHANICS:**
- ☞ Opposite Foot Forward & Knees Bent.
  - ☞ Toss Low, in Front & Consistent.
  - ☞ Elbow High—Rigid Wrist/Hand.

- 👂 Stable Stance!
- 👂 Low Toss!
- 👂 Swing Fast!



- ERRORS TO CORRECT:**
- ☒ Knuckles or Uneven Surface Contacts Ball
  - ☒ Same Foot (as Hitting Arm) is Forward
  - ☒ Floppy Wrist on Contact
  - ☒ Loss of Power from Contact with Fingers
  - ☒ Toss is Too Low to Hit

Serving Skills

### MORE DETAILS & POWERFUL WORDS!

- ☞ If Underhand Serving, Stance is the Same, just Contact Ball Below Waist. (**BOWLING BALL!**)
- ☞ Pick a Target. (**SQUARE UP!**)
- ☞ Transfer your Weight from Rear to Front Foot; can Add a Step into the Transfer. ( **STEP! TOSS IN FRONT!**)
- ☞ Contact with a Fist, Half-Closed Fist or Open Palm/Heel of Hand. (**STIFF WRIST! PUNCH IT! HIT THE BACK OF THE BALL!**)
- ☞ Fast Armswing for Deep/Hard Serves; Slower for Short/Soft Serves. (**ELBOW HIGH! SWING FAST!**)
- ☞ Follow Through to the Target. (**PALM TO TARGET! FREEZE!**)
- ☞ Serve and Run to Defense. (**FOLLOW!**)

## Options to Learn Later

- ☒ Underhand
- ☒ Overhead
- ☒ Roundhouse
- ☒ At Endline
- ☒ Off Endline
  
- ☒ Deep & Short Corners
- ☒ Short Zones
- ☒ Deep Zones
- ☒ Topspin
- ☒ Floater
- ☒ Jump Topspin Serve
- ☒ Jump Floater Serve
- ☒ High Spin
- ☒ Sky/Moon Ball
- ☒ High Fade
- ☒ Slide Jumper

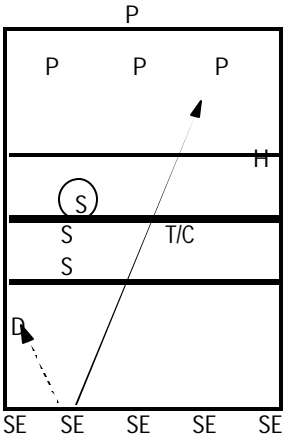
### TOP DRILLS/GAMES:

- 1) Serve & Run to Defense
- 2) Placement Serving
- 3) "Okole" Serving
- 4) Timed Serving

### HOMEWORK:

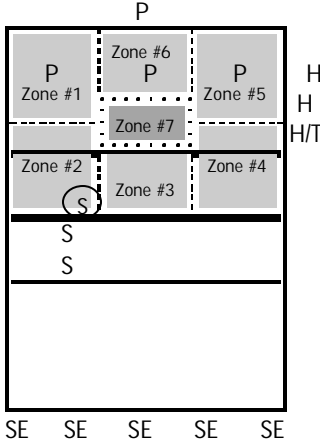
- 1) TOSS-TOSS-TOSS! The toss is the key! Continue to toss the ball for the overhead serve. Perfect it —perfect the serve!
- 2) Serve the ball against a wall.

### NOTES:



- 1) **SERVE & RUN TO DEFENSE**
  - ☒ Divide the team into 2 groups - Servers (**SE**) & Setters (**S**), and Passers (**P**) & Hitters (**H**). A Coach (**C**) or other player presents a Target (**T**) for the Server/Digger (**D**).
  - ☒ **SE** puts ball into play to a **P**, who passes (over or underhand) to the **S**. After serving, the **SE** runs into the court to her defensive position to defend against the **H**.
  - ☒ **S** then sets to the **H**, who attacks against the **D**.
  - ☒ Players rotate within their small groups for set number of repetitions or other goal, and then rotate to perform a different skill **OR** players may perform a single repetition and follow the path of the ball to rotate to the next small group (circle drill).

- 2) **PLACEMENT SERVING:**
  - ☒ Server (**SE**) puts ball into play to a Passer (**P**) in the specific required zone, who passes (over or underhand) to the Setter (**S**).
  - ☒ **S** sets a front (or back) set to **H** in Left (or Right) Front.
  - ☒ Waiting **P**'s rotate in for the passer who played the ball. **SE**'s can switch with **P**'s and/or **H**'s after the required number of repetitions or goal is met, **OR** players may perform a single repetition and follow (**S** rotates to **P**, who rotates to **H**, etc.) in a large circle drill.



*Encouragement is oxygen to the soul—George Adams*

COACHES Need to Know THIS Stuff...

# FOREARM PASSING SKILLS

KIDS Need to Hear THIS...

**CORE COACHING MECHANICS:**

- Ready to Move: Weight Forward, Feet Wide, Knees Bent & Chest Down (like a wrestler).
- Make Platform & Contact the Ball Above the Wrists.
- Finish & Rebound the Ball to the Target.

Read!

Solid Platform!

Platform to Target!

READ!



SOLID PLATFORM!



PLATFORM TO TARGET!



**ERRORS TO CORRECT:**

- Standing Too Upright
- Getting Ready Too Late—Ball is Too Close
- Contacting Ball on Hands or Wrists
- Platform Formed with Crossed Thumbs
- Too Much Arm Swing or Platform Motion
- Bent Elbows

**MORE DETAILS & POWERFUL WORDS!**

- ☞ Take a Straddle Position with Right Foot Leading. (**FEET APART! RIGHT FOOT FORWARD! GALLOP!**)
- ☞ Form Platform with Elbows Extended & Close Together, Thumbs Together & Wrists to Floor. (**ELBOWS LOCKED! THUMBS TOGETHER! WRISTS DOWN! OUT EARLY!**)
- ☞ Contacted Ball Low, Near Waist Level, at Midline of Body Whenever Possible. (**REACH OUT! MIDLINE!**)
- ☞ Bend the Knees & Bend Slightly at the Waist; Transfer Your Weight From Rear to Front Foot. (**ROCKING HORSE! LEAN! SHOVEL! PUSH THE BALL TO THE TARGET!**)
- ☞ Always Try for Two Arms on the Ball, but it is Permissible to Reach Out and Play the Ball with One Arm, Especially on a Dig. (**TWO ARMS! FEET TO THE BALL! TOUCH IT!**)
- ☞ Drop the Inside Shoulder of the Platform to Direct the Ball to One Side or the Other. (**TILT! DROP YOUR SHOULDER! ELBOWS TO THE TARGET! TURN THE STEERING WHEEL!**)

**Options to Learn Later**

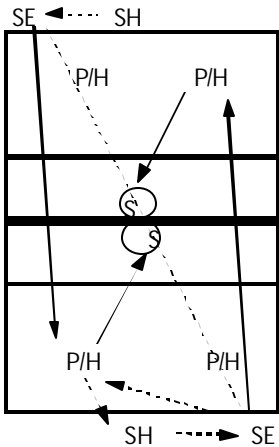
- ☒ Forearm Pass & Dig
- ☒ Overhead Pass & Dig
- ☒ Reverse Overhead Pass
- ☒ Forward Run Throughs
- ☒ Lateral Run Throughs
- ☒ "J" Stroke
- ☒ Pass Floater Serves
- ☒ Pass Topspin Serves
- ☒ High Passes
- ☒ Low Passes
- ☒ Free Balls
- ☒ Alone
- ☒ With Others
- ☒ Dig Hard Attacks
- ☒ Dig Tips

**TOP DRILLS/GAMES:**

- 1) Triples Passing
- 2) Pass/Dig, Set, Hit
- 3) Passing with Movement

**HOMEWORK:**

- 1) Pass a ball against the wall; pass as many as possible without a bounce; keep knees bent.
- 2) Same, but take the ball off to one side, then the other.
- 3) Same, but pass the ball into corners.

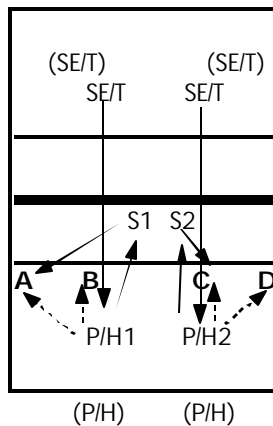


**1) TRIPLES PASSING**

- ✗ Divide the team into 2 groups - with 2 Servers/Shaggers (SE/SH), 2 Setters (S), & 2 Passer/Hitters (P/H) in each group.
- ✗ SE puts ball into play to opposite P/H's, who forearm passes to the S.
- ✗ S then sets to the P/H, who approaches, jumps, catches the set and rolls the ball to the SH.
- ✗ After serving, the SE joins the passing line, the SH becomes the SE and the P becomes the SH OR SE/SH's can rotate with the P's after a certain number of repetitions or other goal is met.

**2) PASS/DIG - SET - HIT:**

- ✗ Divide players into groups of 3 to 5 - Passer/Hitters (P/H), a Setter (S) and a Server/Tossers (SE/T).
- ✗ SE/T puts ball into play to the P/H who passes to the S.
- ✗ S1 sets a back row set to the A zone for P/H1 to attack, and sets the next to the B zone. S2 first sets a back row set to the C zone and then to the D zone for the P/H2.
- ✗ Waiting P/H's and SE/T's may rotate in after a certain number of repetitions or goal has been met, and/or SE/T's can switch with P/H's or players may perform a single repetition (2 attacks) and follow the ball to rotate in a large circle drill.



**NOTES:**



*If a child lives with praise, he will learn to appreciate—Dorothy Nolte*

**COACHES** Need to Know **THIS** Stuff...

# BLOCKING SKILLS

**KIDS** Need to Hear **THIS...**

### CORE COACHING MECHANICS:

- Ready Position with Knees Bent, Hands Up in Front & Ready to Move.
- Use Proper Footwork to Slide Along the Net & Line Up with the Hitter.
- Penetrate the Plane of the Net with Palms Facing into the Court.

- 👂 Read!
- 👂 Front the Hitter!
- 👂 Penetrate!

READ!

FRONT THE HITTER!

PENETRATE!



### ERRORS TO CORRECT:

- Eyes Closed When Blocking
- Not Penetrating the Net
- Hands/Body Facing Out of Bounds
- Jumping Forward or Swinging Arms into the Net
- Watching the Ball; Jumping Early/Late
- Arms Too Wide

Blocking Skills

**MORE DETAILS & POWERFUL WORDS!**

- ☞ Watch the Hitter, not the Ball; Wait & Jump on the Hitter's Arm Swing. **(BALL-SETTER-BALL-HITTER! WAIT! TIME IT!)**
- ☞ Take Away the Hitter's Favorite or Best Shot; Evaluate the Pass Quality & Anticipate the Type of Set that is Likely to be Delivered and to Which Hitter; Read the Hitter's Angle & Speed of Approach. **(READ! ANTICIPATE THE HIT! FIND YOUR HITTER!)**
- ☞ Channel or Deflect the Ball into Your Court. **(TAKE AWAY A ZONE! TOUCH IT!)**
- ☞ Bend the Knees & Bend Slightly at the Waist; Hips & Toes Parallel to the Net, with Weight on Front of Foot, Ready to Jump Up at Any Moment. **(SQUARE UP! PRESSED & READY! LEGS LOADED! COILED! EXPLODE UP!)**
- ☞ Always Try to Block the Ball on the Opponent's Side of the Net with Big, Tight Hands & Arms- from Fingertips Down Through Wrists, Elbows, Shoulders & Stomach Muscles. **(BIG HANDS - BIG EYES! SEAL! SURROUND! PRESS! TOUCH IT!)**
- ☞ Keep the Hands in Front of the Ball as Long as Possible; Jump & Land with Hands Above Head. **(CLOSE! LAND HANDS HIGH!)**

**Options to Learn Later**

- ☒ One on One Blocking
- ☒ Double Blocking
- ☒ Triple Blocking
- ☒ Soft Blocking
- ☒ Zone Blocking

- ☒ Read Blocking
- ☒ Commit Blocking
- ☒ Middle Blocking
- ☒ Stack Blocking
- ☒ Block & Transition to Hit
- ☒ Block & Set the Second Ball
- ☒ Block & Play Ball for First Contact
- ☒ Block Back Row Attacks
- ☒ Block Slides
- ☒ Block Crossing Plays
- ☒ Block Quicks
- ☒ Swing Block

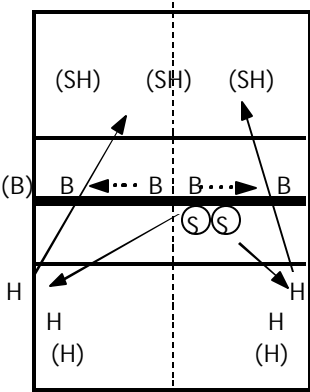
**TOP DRILLS/GAMES:**

- 1) Block with Partner
- 2) Block Solo
- 3) Block Hitters in ANY Drill

**HOMEWORK:**

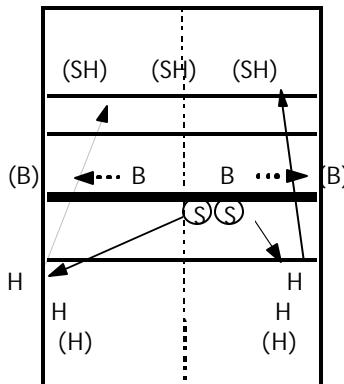
- 1) Practice your block jump facing a wall; concentrate on hand position & squat.
- 2) Same, but practice blocking footwork along the wall to one side, then the other.

**NOTES:**



- 1) BLOCK WITH PARTNER**
- ☒ Divide the team into 2 groups - 2-3 Blockers (B), 2-3 Hitters (H) and a Setter (S). Each group may also include Shaggers (SH).
  - ☒ H tosses ball to S, who hits back at H to pass/dig back to S. S then sets to H, and H attacks against the 2 B's forming a double block.
  - ☒ As variation to initiate the play, SH may put ball into play with a serve or toss across net to H to pass to the S.
  - ☒ Players rotate within their small groups for a set number of repetitions or other goal, and then rotate to perform a different skill OR players may perform a single repetition and follow the path of the ball to rotate to the next small group (circle drill).

- 2) BLOCK SOLO:**
- ☒ Same groups and set up as above, except the B performs a Solo Block against the H.
  - ☒ As variation to initiate the play, SH may put ball into play with serve or toss across net to the H to pass to the S.
  - ☒ Players may rotate as above.



**ADDITIONAL RESOURCES**

If you want to read more download and print out the Resource Chapters found at <http://www.usavolleyball.org/Education/impact.asp>.

- *Volleyball Jargon & Acronyms*, by John Kessel
- *Inspiring Words for the Gym*, by John Kessel
- *USAV/NCAA/NAGWS Comparison Chart of Rule Differences*, PAVO
- *About the Libero Position*

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