

PEACH VOLLEYBALL WORKSHOP

Note: All ideas and Methodology taught belong to Gold Medal Squared. Please visit www.goldmedalsquared.com for more information on their teaching methods

Monday July 19th

Ideas:

Helping Players Understand the Execution of Skills:

- I. Reduce the amount of Information given- if too much information is given, not much will be retained

Focus on 2 Things:

1. Demonstration- Movement information is retained in memory in the form of an image, so it makes sense to give the info in the form of an image in the first place. Demonstrations provide the image. Choose a Child who has had volleyball experience before.

2. Keys- Direct attention through the Usage of select words, what we will call keys or performance cues (short, concise instructions) Aim to condense information and reduce words.

START WITH MOST BASIC SKILL: FOREARM PASSING

Principles:

- The ball “knows” angles (so let the angle do the work)
- Simple movements are better than complex movements- the simpler the movement the more easily repeatable it will be
- The arms and hands respond best to unexpected events

Keys:

- Wrists and Hands Together
- Straight and Simple (Elbows Straight, Hands Down)
- Face the Ball, Angle the Platform (Let the Angle do the work)
- Shuttle in 3's
- See the Server, See the Spin

Drills:

1. Toss- Hit – Catch Note: do not let partner A toss to Partner B until his/her wrists and hands are together
2. Back and Forth Note: Have your players coach each other. If things are getting out of control tell them to catch the ball and start over again. I prefer having my players stand over a straight line to have something to focus on
3. Linear Threes: the ball knows angles... Midline behind
4. Triangle Threes: face the ball angle the platform
5. One/Two Sided Butterfly

Go over serve receive formations: MM, LMM, RMM face ball angle platform

Tuesday July 20th

Skill of the Day: Serving

Principles:

- Serving should be like throwing
- Throwing (or serving movements use torque to generate force)
- Simple movements are better than complex: the simpler the movement the more easily repeatable it will be

Keys (float serve)

1. Bow and Arrow

- Stand 45°
- Ball in One Hand (non-dominant)
- Hitting Elbow up, Shoulder Back

2. Place, Step, Hit

- Contact on Heel of hand

3. Step and Swing to Target

Keys (jump float)

1. Left Hand, Right Foot/ Two Hands, Right Foot

2. Step, Step, Toss, and take the rest of the four step approach and hit the ball

- Don't swing arms back when jumping- they stay up in bow and arrow position

Keys (spike serve)

1. Right Hand, Right Foot

2. Step, Toss, and then take the rest of the four-step approach and hit the ball

- High Toss
- Swing Arms to Jump

Drills:

1. Ball and a Wall- Have players stand
2. Serve and Chase
3. Alternate Drills:

Wednesday July 21st

Skill of the Day: Spiking

Principles:

- We are trying to jump high and hit hard with timing, so we need momentum, arm lift, and an approach that will develop momentum and assist with timing
- We will need torque to hit hard
- Simple movements are better than complex movements- the simpler the movement the more easily repeatable it will be

Keys:

1. Four Steps (right, left, right, left)
 - Right Foot Forward
 - Small, bigger, BIGGEST
 - Slow, faster, FASTEST
 - Second step on or behind 3 meter line (10 ft line)
2. Arms down (not up), back, up
3. Bow and Arrow arm Swing

DRILLS:

1. You Go, I throw
2. I throw, you go
3. Step Close Hitting
4. Step, Place and Swing @ Targets

Thursday July 22nd

Skill of the Day: Overhead Passing/ Setting

Principles:

- Simple movements are better than complex movements – the simpler the movement the more easily repeatable it will be

Keys

1. Hands up early, in the Shape of the Ball (shape early)
2. Extend (like a basketball chest pass)
3. Face the ball, Square to Target (over one leg)
4. Setters set up off the net

Drills:

1. Toss-Hit-Catch
2. Back and Forth – if it gets sloppy start over

3. Linear threes – If it gets sloppy start over
4. Triangle threes – go to the right only- counterclockwise
5. Butterfly- face the ball, square to target

Friday July 23rd

Skill of the Day: Individual Defense

Principles:

- The ball knows angles, so let the angle do the work
- Simple Movements are better than complex movements- the simpler the movement the more easily repeatable it will be
- The arms and hands react best to unexpected events

Keys

- Get STOPPED with feet apart, knees bent, arms ready
- Ball-Setter-Ball-Hitter
- Bellies, NOT butts

Needed Defensive Skills:

- a. Forearm Dig
- b. Run to and Dig
- c. Sprawl: Very big step, hit the ball very close to the floor, catch yourself and sprawl on the floor, Turn your knee out
- d. Pancake: Very big step, helping hand. If you step with the right leg, pancake with the right hand
- e. Fist
- f. Tomahawk
- g. Catch

Drills:

1. Coach to Hit at Lines
2. Partners- execute each defensive skill w/ partner
3. Angled Digging- Targets at different Places

Drills to place into each day where time permits:

Dog House- Coach to Bowl Balls, Play for either time or to a certain point total

Rules:

- Win a rally, shag the ball and get back in line

- Lose a rally, go in the doghouse
- Win a point every time you win a rally, but not if you win a rally while in the dog house

Stevenson- 2 setters, everyone else is digging to hit

Rules:

- The non-setter, player a, tosses ball to the setter who hits it back, player A digs to the setter, who sets the ball that player a then attacks. Shag ball and repeat.

Neville's Pepper (after Bill Neville)

Break players into even groups (usually of 3 or 4) Neville's team stays for period of time (3 minutes) and tries to dig as many balls as possible in time frame. The other teams are exchanging at the end of every rally. Switch and let each group go to the Neville's side with the highest score to beat each time.