



TEACHING HOW TO PLAY VALLEYBALL

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Abstract:

Teaching beginners (or kids) a sport like volleyball is definitely difficult task. However, if you approach it properly, then it would definitely be much easier to teach and motivate new up comers to get started on the right path ...

In this article, I breakdown the best beginner and kids` friendly drills I know that will help build their skills slowly and surely.

Keywords: higher educational establishment, students, traditional games, physical education, physical potential.

1. Triangle passing drill

As the name suggests, here the players need to stand in a triangular formation. 2 players need to stand side by side and face the third player who will be in front of them.

The 2 players will be the receivers and the player in front will be the server. The server will start to bounce the ball in the middle of the two players.

Both the players need to start swapping the places rapidly. They need to stop in the middle, get their foot placed correctly and pass the ball back to the server.

This will continue till each player gets to hit the ball 10 times. This drill will enhance the passing capabilities and the stability of the player.

2. Serve and run drill

Serving is a crucial skill in volleyball. But a server cannot serve and wait at the serving line. He needs to rush back to his position and get ready for any possible counter shot from the opponent.

To ensure that the player can move swiftly back to his position, the coach must use the serve and run drill.

Under this, the players must stand in a line across the serving line. The player will serve the ball as soon as the coach blows the whistle.

After serving he must rush as fast as possible, bring back the ball and pass it to the second player.

If the ball fails to cross the net or goes out of bounds, then the player needs to rush to take the ball back, get back to the position and serve again.





This drill enhances both the serving capabilities and **overall volleyball agility** ...

3. Butterfly passing drill

As discussed earlier, passing is by far the most important part of volleyball. Butterfly passing drill enhances this skill of players.

Players need to stand across the outside line of the court. The coach will stand in the middle and coordinate the passing.

Players have to receive and pass the ball back to the coach. This drill also improves the ball handling of the players.

4. Passing and setting drill

This is a classic drill to acclimatize the players to the environment of the court. The coach needs to divide the players into groups of six and place them traditionally across both sides of the court.

Then the game will start in such a way that one side will only pass, while the other will only set.

This way players will gain expertise in the role assigned to them. After a while, the role allotted will be interchanged. This way both the groups will be able to practice as setters as well as passers.

5. Ball bounce drill

This drill helps the player to improve his concentration and ball control. The player needs to stand straight and start bouncing the ball on his hand.

At first, he needs to hit the ball with one hand twice and then change the hand. For example, if the person is starting his drill with his right hand, then he needs to shift to his left hand and bounce twice.

This must go on alternatively. After this, a variation can be added. The person then needs to bounce the ball high once and then low. This will further increase the ball control of the player.

6. Setter drill

As we know how important setting is in the game, this drill helps an individual in this aspect. Here the person will throw the ball up in the air, jump and grab the ball in the setting position.

This will help the beginner player to get into the setter position fast. Also, an individual will gain more control over the ball.



7. Dribble hitting drill

here the player needs to dribble the volleyball like basketball. The only difference here is that the person should not dribble the ball with his fingers, rather he needs to use his whole hand for it.

The ball will force back with force after controlling such force, the player will gain more confidence in his game.

The ball will start sitting in the centre of the hand, and it'll improve the passing and other aspects of the game as well.

How to motivate a beginner for volleyball

Keeping a player motivated throughout the journey is critical. The motivation graph of a beginner is volatile ...

At times it can go sky high and sometimes it can be very low. Below are some tips that a coach can use to keep the player's motivation high ...

Create an intense environment: it is a psychological fact that people work well in an intensely competitive environment. If a coach can create such an environment during a training session, then players are bound to show more interest in the game.

Make drills fun: Tough and intensive training sessions cannot go on for a long time. Players need rejuvenation and a bit of fun as well. The coach must mould the drills accordingly and make the process more enjoyable for players (Check these **fun ideas to make volleyball practice enjoyable**)

More participation: participation in a tournament also motivates players. Tournaments are not always about winning they offer a lot of valuable learnings to players. Participation in more and more tournaments will provide players with the essential exposure they need and keep them motivated in their journey.

7 kid-friendly Volleyball Drills

There are some kids that find **volleyball very hard to learn** ... The drills below will make the process much easier for them ...

1. Bump drill

This drill comes in handy to enhance the ball control of the child. Here every child is given a volleyball and asked to bump it in good hitting form.

The coach has to give callouts about the power to be used. For instance, if the coach says high bump, then the kids have to hit the ball up high.

On the other hand, a low bump means a lower bounce. This was children learned how to control the ball.



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