

# start 2 volley



## PRACTICE BOOK 1



Fun - Move - Learn



# INTRODUCTION

During the last few months, we uploaded a number of Start2Volley-videos for you. The reactions to this initiative were very positive and there is more demand for this type of inspirational material. Therefore, we made a written version of all the exercises and put it in to this practice book. We distribute this inspirational practice book for all interested (youth) coaches and teachers.

As this is the first practice book, we will give you some instructions on how it is organised and on how to use it:

- Materials and organisation
  - Materials: What do you need for these exercises?
  - Organisation: Will there be individual tasks, in pairs, ...?
- YouTube
  - All videos are to be found on the [YouTube channel](#) of Volley Vlaanderen.
  - You can find the corresponding link next to every exercise in this practice book.
- Exercises
  - Video: These are the written steps of the exercise corresponding to the video.
  - Extra: More steps built on the last exercise of the video to extend the exercise further.
- Tips
  - What are possible accents/points of interest within these exercises?
  - What other materials can be used?

To finish we would like to tell you that this first practice book is mostly focused on the first part of the practice (the general part). Adding more volleyball specific techniques, the exercises can be used in other parts of the practice. Be creative with this.

Good luck!

## VIDEO 001 - POOL NOODLES

### Materials - Organisation

#### Materials

- Pool noodles
- Volleyballs

#### Organisation

- Entire group
- In pairs



<https://youtu.be/A7XvEZ8eUk>

### Exercises

#### Video

1. A game of tag where a few players have a pool noodle with which they try to “tag” other players. When tagged you become chaser and try to tag other players with the pool noodle.
2. From now on we work in pairs.  
Player A slides the pool noodle across the floor. Player B runs forward with the pool noodle between their legs. After this the players switch function.
3. Same as exercise 2, but player B now runs backwards with the pool noodle between their legs.
4. Player A will throw the pool noodle instead of sliding it. Player B will advance forward on hands and feet (the pool noodle is between their hands and their feet).
5. Same as exercise 4, but player B now advances in bunny hops along the pool noodle.

#### Extra

6. Exercise 4 and 5 are now combined. After player A has thrown the pool noodle, he/she will shout ‘walk’ or ‘jump’. Player B executes the command.
7. From here on the pool noodle stays on the floor and we add a ball to the exercises.  
Player A rolls the ball next to the pool noodle, then runs forward with the noodle between the legs like in exercise 2 and stops the ball. Player A then throws the ball to player B. Player B does the exercise now.
8. Same as exercise 7, but player A now stops the ball with the feet, the head, the behind, in prone position.
9. Now vary the movements in which they travel along the pool noodle: single leg hop left and right, jump on both feet back and forth over the noodle.
10. Previous exercises can be executed while throwing the ball instead of rolling it. You can then try to catch the ball after one bounce (with both hands, one hand, faced towards the noodle).

## Tips

- Make sure there is a good distribution of chasers and other players.
  - Too little chasers equal too many players who stand still.
  - Too many chasers will cause lots of tags.
- Variations in the tag game are possible. The main idea is still exercise 1.
  - The one who is tagged first puts the pool noodle on the floor and executes a certain task. After the task he/she becomes chaser.
  - Two players (chasers) each hold one end of the same pool noodle. They try to tag other players without letting the noodle falling to the floor. Once tagged, you switch places with one of the chasers holding the ends of the pool noodle.
  - Same start as the previous exercise, but systematically make the chain of noodles longer, by adding one, each time a player is tagged.
- Replace the pool noodle with a long and thick rope. Display the rope randomly across the floor (like an electric wire). With this you can do many of the previous exercises with and without a ball.
- Use Swedish benches instead of pool noodles. This way you can vary even more within the previous exercises, going from exercise 7 and further.
  - Run over the bench while the ball rolls next to it. Retrieve the ball after the bench.
  - Put the accent more towards balance by turning the bench upside down. This way players have to move over the small side of the Swedish bench.

# VIDEO 002 - GYMBALLS AND VOLLEYBALLS

## Materials - Organisation

### Materials

- Gym balls
- Volleyballs

### Organisation

- In pairs



[https://youtu.be/A\\_JyNVVE\\_0o](https://youtu.be/A_JyNVVE_0o)

## Exercises

### Video

1. All players run through the court while pushing the gym balls across the playing court. They are allowed to use both hands.
2. Same as exercise 1, but now player A and player B alternate push the gym ball.
3. Rolling the gym ball becomes throwing the gym ball. Player A and B hold the gym ball together and throw it in the air. After one bounce they try to catch the gym ball together.
4. Same as exercise 3, but now player A and player B alternate throw the gym ball. The player who didn't throw the gym ball catches it after one bounce.
5. From now on we add the lightweight volleyball.  
Player A holds the gym ball while player B throws the volleyball against it. Player B tries to catch the volleyball after it bounces against the gym ball. After 3 tries they switch function.
6. Player A will now hold the gym ball in the air. Player B throws the volleyball against it and tries to catch it. Player A rolls the gym ball a little further and the exercise is repeated. After 3 tries they switch function.
7. Same as exercise 6, but now player A will throw the gym ball in the air instead of holding it up.

### Extra

8. Exercise 5 and 6 are combined.
  - Player A holds the gym ball and player B throws against it with the volleyball.
  - Next, player A will now hold the gym ball in the air and player B throws against it with the volleyball.
9. Exercise 6 and 7 are now combined.
10. Exercise 5, 6 and 7 are combined after each other.
11. Repeat every exercise starting with exercise 5. Replace the gym ball with another lightweight volleyball.

## Tips

- You can also start with a game of tag in a small playing court. Chasers try to roll the gym ball against the other players. When tagged you become the chaser.
- Adjust the size of the ball according to the length of the players.
- First the players throw the gym ball in the air and try to catch it after one bounce. In the next phase you can leave the bounce out.
- Depending on the level of the players you can vary the distance of throwing the lightweight volleyball against the gym ball.
- Another possibility to make the exercise more difficult is to add other kinds of balls to throw against the gym ball: tennis ball, rugby ball, reaction ball.
- When you want to start with the exercises with the gym ball and the volleyball immediately, you can start with the following game:
  - Divide the group in 2 subgroups and give every player a volleyball.
  - In the middle of the appointed court there are some gym balls. To ensure they don't roll away you can barricade the court with Swedish benches.
  - The players throw the volleyballs against the gym balls and try to get them over an appointed line in the opponent's court.

## VIDEO 003 - RELAY RACE GAMES

### Materials - Organisation

#### Materials

- Cones
- Bicycle tyres

#### Organisation

- Small groups (3 to 4 players)



<https://youtu.be/r8X0goGHPCM>

### Exercises

#### Video

1. Every exercise is a contest.  
Players alternate in bringing the bicycle tyre from one cone to the other.
2. Same as exercise 1, but before taking the bicycle tyre the players must jump in the bicycle tyre and pull it over their heads.
3. The main idea remains the same, but the players now run with the bicycle tyre around their waist to the other cone and then drop it over the cone.

#### Extra

4. Same as exercise 3, but instead of fully running towards the other cone, players can now only take 3 large steps. From that position they must try and throw the bicycle tyre over the cone. If succeeded the next player of their group must be tagged before he/she can start. If failed, they must go back and tag the furthest away cone again before tagging the next player of their group to start.
5. Same as exercise 4, but the 3 large steps now become 3 big jumps on both feet.
6. Same as exercise 5, but now the big jumps become single legged jumps/hops. The player also throws the bicycle tyre over the cone whilst standing on one leg.
7. The main idea is exercise 3, but players now must crawl on hands and feet with the bicycle tyre around their waist. The bicycle tyre must fall over the hands/head on to the cone.
8. Same as exercise 7, but now the bicycle tyre must fall over the feet on to the cone.
9. Repeat exercises 7 and 8, but now the players must walk backwards on hands and feet, with their face/belly towards the ceiling.

## Tips

- Let the players do a few practice rounds before doing the contest. This way you can see if every player understands the exercise completely.
- Make sure the groups are not too big. Otherwise, the players have too much waiting time before doing their run.
- When the groups are uneven a player of the smaller group(s) can do the exercise twice. Make sure it is not always the same player who runs twice.
- Make sure there is a clear starting signal so there is no discussion about this between the players.
- Vary in distance, way of starting/finishing the race, ...
- Make sure that you, as trainer, keep an overview of the court and the players so you can see who finishes first etc.
- Encourage every player and give compliments to all groups (not only the winning team).

## VIDEO 004 - BICYCLE TYRES

### Materials - Organisation

#### Materials

- Bicycle tyres
- Volleyballs

#### Organisation

- In pairs



<https://youtu.be/KjiMeRc9LuU>

### Exercises

#### Video

1. All players should run in random directions with no pattern. Player A runs with the bicycle tyre around the waist. Player B runs behind player A. At a certain point player, A drops the bicycle tyre and steps out of it. Player B jumps in the bicycle tyre, puts it around his/her waist and runs.
2. The main idea of running around and dropping the bicycle tyre to the floor remains the same. Now player A will not just step out of the bicycle tyre but will jump out/in/out of the bicycle tyre with both feet.
3. Player B stands still with arms stretched upwards. Player A steps out of the bicycle tyre and throws it over player B. Player B takes the bicycle tyre around the waist and runs along.
4. Player A stays in the bicycle tyre with the feet and puts his/her hands in front of the bicycle tyre so he/she is faced downward. Player B leads the bicycle tyre over player A (to the hands), then takes the bicycle tyre and puts it around his/her waist to continue.
5. Same as exercise 4, but now player A will put the hands behind the bicycle tyre, so he/she is faced upward.

#### Extra

6. From here on we add a lightweight volleyball to the exercises.  
Player A runs with the bicycle tyre in his/her hand, player B does the same with the volleyball. When player A drops the bicycle tyre to the floor, player B bounces the volleyball in the bicycle tyre and player A catches it. Player B takes the bicycle tyre. This way they automatically switch functions.
7. Same as exercise 6, but player B tries to bounce the volleyball in the bicycle tyre using only one hand/hitting the volleyball.

8. Now player B runs in front with the volleyball and player A runs behind him/her with the bicycle tyre. At a certain moment player B stops and throws the volleyball in the air. Player A puts the bicycle tyre down so the volleyball bounces in it.
9. Same as exercise 8, but player B will bounce the volleyball hard on the floor (straight down). Player A must make sure that the next bounce is in the bicycle tyre.
10. Variation to exercise 9: player B lets the volleyball bounce once on the floor and then smashes it straight down. The task of player A stays the same.

## Tips

- Make sure the bicycle tyres are not worn out. If so, an iron wire may bulge, and players can get hurt.
- Do not use hoops for these exercises. Players may slip on them while running.
- You can provide AFTER tasks for the extra exercises. For example: crawl through the bicycle tyre, jump in/out on one leg, ...

## VIDEO 005 - BALLS AND CAR TYRES

### Materials - Organisation

#### Materials

- Car tyres
- Volleyballs

#### Organisation

- In pairs



<https://youtu.be/GSIABOB8Jh0>

### Exercises

#### Video

1. Players A and B are on both opposite sides of the car tyre. The car tyre is being rolled while player A moves clockwise and player B counterclockwise around the car tyre.
2. Exercise 1 is repeated in which one player holds a volleyball. When the players meet in front of the tyre the volleyball is passed on to the other player.
3. Player A keeps moving around the car tyre whilst player B keeps it rolling by throwing the volleyball against the car tyre.
4. Player A throws the volleyball against the car tyre to keep it rolling, catches it and passes it to player B. Player B does the same.
5. Same as exercise 4, but now the volleyball is not caught by the player who threw it. The volleyball is now passed to the other player by throwing/bouncing it on the car tyre.
6. Player A still bounces the volleyball against the car tyre to player B. Player B will then throw the volleyball through the car tyre.

#### Extra

7. We integrate the IF-THEN principle: Player B will do the same task as player A has done (bouncing the volleyball on the car tyre or throwing it through the car tyre). After 3 times the players switch function.
8. Same as exercise 7, but now player B will do the opposite task of player A.
9. Exercise 6 is repeated, but now both players each have a volleyball. They execute their tasks simultaneously. Player A bounces the volleyball on the car tyre to player B whilst player B throws the volleyball through the car tyre to player A.
10. Repeat exercise 8, but now with both balls at the same time.
11. Exercise 10 is retained, but after every action the players switch positions (and therefore also switch functions).

## Tips

- This series of exercises can be started with lots of tasks without a volleyball. You can even work individually before progressing to an organisation with pairs.  
Possible individual exercises:
  - Run forward/backward, run (counter)clockwise, ...
  - Run (far) beyond the car tyre, sit down with legs split and stop the car tyre between the legs.
  - Try to run around the car tyre, lay in prone position and let the car tyre roll over your body.
- Make the tasks more difficult by adding different kinds of balls (e.g., a handball, tennis ball, ...).
- Most of these exercises can also be executed with rolling hoops.
  - Consider that it's not as easy for every player to roll the hoop him/herself.
  - Avoid the use of wooden hoops. When worn out they splinter, and players can get hurt.

## VIDEO 006 - GYM MATS

### Materials - Organisation

#### Materials

- Gym mats
- Volleyballs

#### Organisation

- In pairs



<https://youtu.be/ExbvLF28ZkA>

### Exercises

#### Video

1. Player A slides the gym mat across the court. Player B takes the gym mat after that and does the same.
2. Same as exercise 1, but player B stops the gym mat by jumping on it with both feet while trying to keep his/her balance.
3. Addition to exercise 2: after player B has jumped on the gym mat, player A will try and pull the gym mat onward using 3 steps. Player B tries to keep his/her balance.
4. The gym mat is turned upside down (slippery side down). Both players dive alternately on to the gym mat.
5. Addition to exercise 4: Player A dives on the gym mat, when the gym mat comes to a halt, player A stays on it. Player B then tries to pull the gym mat (with player A on it) onward using 3 steps.

#### Extra

6. Organisation: Player A has a volleyball; player B tilts the gym mat and holds it. Player A throws the volleyball against the tilted gym mat. The volleyball will roll back down, after which player A tries to catch the volleyball as fast as possible. Players switch functions after 3 times.
7. Same as exercise 6, but now player A tries to stop (catch) the volleyball with only one hand. Depending on which side the volleyball returns, player A uses his/her left or right hand.
8. Repeat exercise 6 and 7, but now the volleyball starts on the floor. Player A will now smash the volleyball up against the gym mat.
9. Organisation: The gym mat lays on the floor with the volleyball in the middle. Both players grab the gym mat and lift it up. Together they walk around with the gym mat, without letting the volleyball fall to the floor.
10. Competition: Race over a certain distance with the volleyball on the gym mat.

## Tips

- Not every gym mat slides very well. Test this before the practice. Often thicker gym mats slide better.
- How can you keep your balance? Body posture forward!
- When making the pairs, keep in mind that not all players are equally strong when, for example, doing exercise 3 and 5.
- Multiple contests are possible where they work in pairs and try to get the gym mat past a certain line on the court.
  - Alternately slide the gym mat onward using the hands.
  - Move the gym mat onward, only now you are not allowed to use your hands.
  - Alternately/simultaneously dive on to the gym mat.
  - Jump on the mat simultaneously landing on the knees, the behind.

## VIDEO 007 - GYM MATS AND CAR TYRES

### Materials - Organisation

#### Materials

- Gym mats and car tyres
- Volleyballs

#### Organisation

- Car tyres supporting the gym mats.
- In pairs



[https://youtu.be/hzACcce\\_H\\_A](https://youtu.be/hzACcce_H_A)

### Exercises

#### Video

1. Player A rolls the volleyball with both hands underneath the gym mat. Player B throws the volleyball over the gym mat. After 3 times the players switch positions and functions.
2. Player A will now smash the volleyball underneath the gym mat instead of rolling it. When changing positions after 3 times player B will dribble the ball.
3. Same as exercise 2, but when changing positions player, A crawls underneath the gym mat. Player B throws the volleyball over the gym mat and tries to catch it after maximum one bounce.
4. Player A keeps smashing the volleyball underneath the gym mat. Player B will receive the ball and give it back to player A using an underhand serve. They still switch function and position after 3 times.
5. Same task for player A. For player B the underhand serve becomes an overhead serve. The changing of position also differs player A crawls underneath the gym mat, but with feet first now. Player B throws the volleyball and tries to catch it before the first bounce.
6. Player A
  - Smash ball 1 and 3 underneath the gym mat. Ball 2 is thrown underhand.
  - Switching: Crawl underneath the gym mat, feet first.Player B
  - Receive ball 1 and 3 after which he/she does an overhead serve. Ball 2 is set back to player A.
  - Switching: Ball is thrown underhand over the gym mat, one bounce and after one bump catch the ball with one hand.

#### Extra

7. Exercise 6 remains, except for an adjustment of the switch: player B throws ball over the gym mat, one bounce, one bump, one head bump and then catches the ball.

8. While switching positions player B keeps going as long as possible: bump with one arm, head bump, bump, head bump, ...
9. Last variation for the switch of player B: after the bump with one hand, he/she tries as many head bumps after each other as possible.

## Tips

- In your organisation you can change the car tyres into 2 Swedish benches.
- Vary in the way players must crawl underneath the gym mat: faced up/down, feet/head first.
- To make it more difficult you can put the players further away from the gym mat to do the exercises.
- Possible competition form:
  - Players take turns stopping the ball with one hand and try to smash it between the car tyres underneath the gym mat.
  - The spot where the player stops the ball is the position from where he/she smashes the ball.

## VIDEO 008 - GYM MATS AND VOLLEYBALLS

### Materials - Organisation

#### Materials

- Gym mats
- Volleyballs

#### Organisation

- In pairs



### Exercises

#### Video

1. The gym mats lie randomly across the court. The exercises are 1vs1 games.  
Player A bounces the volleyball with both hands on the gym mat. Player B catches the ball after the bounce. From that position player B bounces the volleyball on to the gym mat.
2. Just like exercise 1, but now the ball is thrown with one hand.
3. Instead of throwing with one hand, the players smash the ball on to the gym mat.
4. The gym mats are now positioned next to each other (with enough space between them).  
The exercises are also 1v1 games.  
Player A smashes the volleyball with one bounce on the gym mat to player B. Player B tries to catch the ball with one hand. After that, player B smashes the ball with one bounce on the gym mat to player A.
5. Same as exercise 4, but player B will first bump the ball with one arm before catching it (with both hands).
6. Player B now tries to keep bumping the volleyball with one arm (alternately left/right).  
Meanwhile player A does the next AFTER task: he/she stands in front of the gym mat in split, jumps on the gym mat in split and then jumps back.

#### Extra

7. Player A has an extra ball (so both balls start with player A).
  - Player A first smashes ball 1 and then ball 2.
  - Player B
    - ✓ Ball 1: 1x bump with one arm and catch.
    - ✓ Ball 2: Bump it up with ball 1 and catch.
8. Same as exercise 7, but player B has to try and keep ball 2 in the air as long as possible by bumping it up with ball 1.
9. Player B bumps ball 1 with one arm, catches it and then bumps ball 2 with the other arm.

## Tips

- You can also turn the 1vs1 games into 2vs2 games where 2 contacts are allowed:
  - First contact: catch/throw.
  - Second contact: catch and throw/smash ball on the gym mat.
- When smashing the ball is too difficult, variable ways of throwing the ball can be considered: bouncing the ball with both hands after a jump, attacking approach with jump.
- In the extra exercises you can use 2 different kinds of balls:
  - Ball 1: volleyball
  - Ball 2: handball, tennis ball, ...

## VIDEO 009 - (HAND)BALLS AND CONES

### Materials - Organisation

#### Materials

- Cones
- Small (hand)balls

#### Organisation

- Individual
- In pairs



[https://youtu.be/iEq53-Y\\_luc](https://youtu.be/iEq53-Y_luc)

### Exercises

#### Video

1. Every player has 1 ball and works individually. Players run randomly across the court. The ball is rolled with one hand over the floor. The player follows his/her ball and stops it with one hand.
2. Repeat exercise 1, but now the ball is stopped with one foot.
3. Now we add a cone to the exercise.  
Players roll the ball and stop it by putting the cone over the ball.
4. Players now choose a spot in the court and place the cone on the floor. They throw the ball in the air, touch the cone, and try to catch the ball after maximum one bounce.
5. The ball is still thrown in the air. The players take the cone with one hand after they throw the ball in the air and try to catch the ball after one bounce in their other hand.
6. Like exercise 5, but now the players try to catch the ball in the cone after the bounce.

#### Extra

7. From now on we work in pairs, in which every player has a cone and a ball. Repeat the organisation of exercises 4, 5 and 6.
  - Throw own ball in the air.
  - Touch/take own cone.
  - Catch ball of the partner.
8. Keep working in pairs, but now only one ball and cone per pair is used. Player A has the ball and player B has the cone. They throw these to each other.
9. Now player A has the ball as well as the cone. He/she first throws the cone to player B and then the ball. Player B catches the cone and then catches the ball in the cone (if necessary, after one bounce).

## Tips

- Vary with exercises 1 and 2 in the way the ball must be stopped. Following stops can be used here:
  - Do the task as asked: stop it with the knee, the head, the behind, run beyond the ball and stop it laying prone.
  - Add restrictions: NOT with the hands, ...
- From exercise 4 and further the ball can be replaced by, for example, a beanbag. Obviously working with a bounce is not possible anymore this way.

## VIDEO 010 - FOAM BALLS

### Materials - Organisation

#### Materials

- Foam balls

#### Organisation

- Individual



<https://youtu.be/ahGUEkcaD8k>

### Exercises

#### Video

1. Players throw the foam ball straight up in the air and let it bounce once. After this they bump the ball once on one stretched out arm (free choice of arm) and finish by catching the ball.
2. The players repeat exercise 1. They now try and repeat the bump on one arm and bounce on the floor as many times as possible. Who makes the longest sequence?
3. Exercise 1 is repeated, but the players now bump the ball once on both arms together before catching the ball.
4. Based on exercise 3 the players now try to repeat the exercise as many times as possible. So, one bump (both arms), one bounce to the floor, one bump (both arms), ...
5. Players throw the ball up for themselves. After one bounce they try to bump the ball (on both arms) as many times after each other as possible (so no bounce).

#### Extra

6. We now combine the previous exercises. Throw the ball straight up, bump it on one arm after one bounce, bump it on both arms together and catch the ball.
7. How long can the players do exercise 6 without letting the ball fall: bounce, bump on one arm, bump on both arms together, bump on one arm, ...
8. Same as exercise 6, but now the players first use the other arm (mostly non-preferred arm). After that, the ball is bumped on both arms together and caught.
9. Like previous exercises, but now first bump the ball on one arm, then on the other arm and then on both arms together. If this is too difficult, the ball may bounce on the floor once between the bumps on one arm and the other arm.
10. Now try to keep repeating exercise 9 without letting the ball fall.
11. Replace the bump on one arm by, for example, bumping the ball with the knee, foot, ... The bump on both arms together is retained (if necessary, after one bounce).

## Tips

- Use soft balls/foam balls in these exercises. This way players have less fear to bump the balls on the arms.
- Vary in the way of throwing the ball up: with both hands, with one hand, with one hard bounce to the floor.
- These exercises are also possible in pairs (one ball per 2 players). The players stand next to each other to avoid that the ball is thrown too far. Players still have to throw the ball straight up.
- When the players still have trouble throwing the ball straight up for themselves, you might first want to spend some extra attention on this subject. For example, like this:
  - Keep the ball in front of you, let it fall and catch the ball after one bounce.
  - Now try to keep the ball in front of you as high as possible and repeat the previous exercise.
  - Now systematically throw the ball up. Start with a soft throw and increase from there.





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