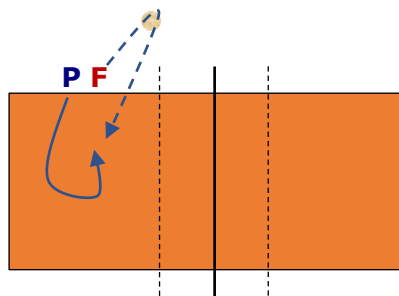

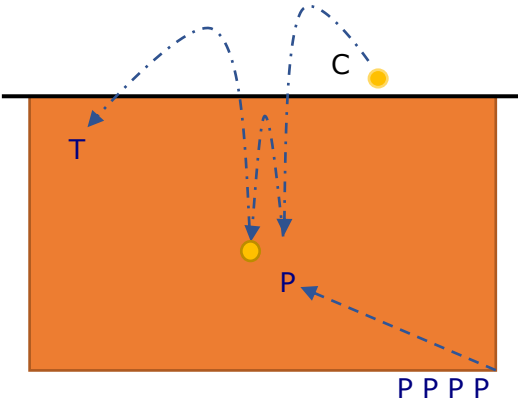
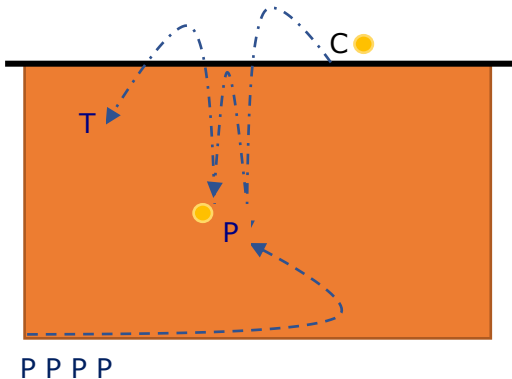
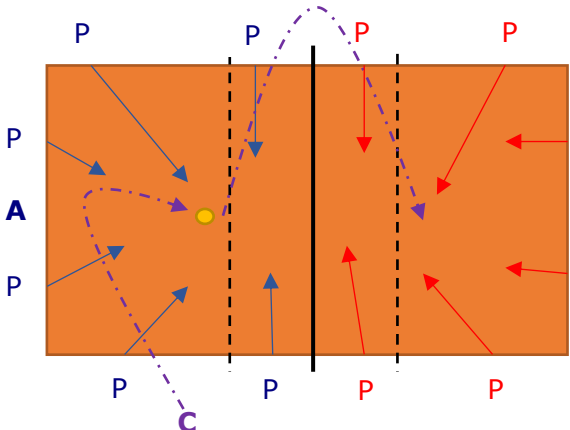


Sitting Volleyball Session Plan Two

Date:		Time:	
Group:	Mixed Male/Female	Ability:	Beginner
Coach:		Learner coach:	
Session goals:	Move to play; volleying/digging building to gameplay.		
Session Health and Safety Considerations: These will differ depending on the training environment; however, things to consider are: that the space to be used is free of obstructions, the sitting volleyball equipment is set up safely and securely, no fire alarm tests are due, access routes to fire assembly points are clear, a first aider is on site, balls are inflated to correct pressure, athletes are fit and well before commencing session.			
Introduction and Warm Up (15 mins):			
Welcome attendees and recap session one. Outline Session 2 goals: Begin warm up with stretching and movement. Ideas for warm up – a) Mirror/Mirror – two players sit 2 metres opposite each other. One is the 'Leader' and the other is the 'Follower'. The 'Leader' moves dynamically backwards, forwards and side to side as they wish and the 'Follower' has to keep up, mirroring the actions. 30 seconds then switch over so the 'Follower' becomes the 'Leader'. Develop – add moves used in volleyball, e.g., block, spike, dig etc.			
Duration	Coaching Points (CP)/Activities/Organisation		Reference
Move to Play – continuation of session one, focus on reading ball flight, moving athletically to the falling point then contact the ball.			
20 Mins	<div><div><div>1. In pairs, players start next to each other on the side line facing into court. One is the Feeder (F) and the other is the Passer (P);</div><div>2. F slaps the ball as a signal for P to move <u>forward</u> into court;</div><div>3. F tosses a high ball about 2 metres into court enabling a high bounce to be achieved;</div><div>4. As P moves <u>forward</u>, they track the ball flight, rotating as they move so that their shoulders are square to F as the ball bounces between their knees;</div><div>5. P allows the ball to bounce between their knees, makes a small adjustment if required and catches the ball above head in a volley position.</div><div>6. P resets next to F. 5 goes then switch.</div></div></div> <div></div> <div></div>		

Duration	Session Content	Coaching Points (CP)/Activities/Organisation	Reference
10 Mins	Move to play in group	<p>Develop – As above, but after P has moved behind the ball and allowed it to bounce between their knees, they <i>volley</i> back to F. Focus on a high pass that F can catch above head height.</p> <p>Develop – So that P starts next to F but faces away from court. They move <u>backwards</u> into court and, as before, have their shoulders square to F as the ball lands between their knees. <i>Volley</i> back to P.</p> <p>Develop – Repeat all of the above but replace volleys with <i>digs</i>.</p> <p>CP – Dig fundamentals – Fully extend arms, lean forward to the ball, shrug the shoulders rather than swinging the arms, finish the action.</p> <p>CP – Encourage P to be still at the moment they play the ball. This requires them to track the ball flight early and move dynamically to its falling point, but will improve stability and ball control when they pass the ball back to F.</p>  <ol style="list-style-type: none"> 1. Coach feeds high ball into court; 2. Passer (P) moves to the ball, uses the bounce then volleys/digs to Target (T) at zone 4; 3. Passer moves to zone 4 and becomes T; 4. T joins end of line. <p>Develop – Reverse it, so T is at zone 2 and P enters from zone 5.</p>	

10 Mins	Move to play in group continued...	<div data-bbox="658 201 1167 580">  </div> <div data-bbox="1205 240 1568 300"> <p>1. As above, but T is at 4 and P enters court from 5.</p> </div> <div data-bbox="1205 336 1568 560"> <p>CP – Rather than entering court already facing the Target, P now needs to turn as they move to ensure they are square to T when they contact the ball.</p> </div>	
30 mins	Gameplay 6 v 6 (or equal teams)	<div data-bbox="658 612 1545 644"> <p>Develop – Reverse it, so T is at zone 2 and P enters from zone 1.</p> </div> <div data-bbox="658 671 1563 735"> <p>Teams of 6 on each side play a set to 21 points using volleying and digging only. Best of 3 sets, with decider to 15 points.</p> </div> <div data-bbox="658 762 1536 826"> <p>Alternative – If you assess your players are not ready for a game situation, or you do not have sufficient numbers for 6v6, try this:</p> </div> <div data-bbox="712 847 1279 1278">  </div> <div data-bbox="1294 906 1619 1262"> <p>1. Two teams of even numbers start off court; 2. Coach slaps ball to initiate play and Team A move into court; B 3. Coach feeds high ball to <u>middle</u> of court that imparts a high bounce;</p> </div> <div data-bbox="658 1283 1585 1347"> <p>4. Team A use the bounce then play 3-touch, with 3rd ball going high over net to <u>middle</u> of Team B's court;</p> </div>	

5 mins	Warm down	<p>5. As 3rd touch is made from Team A, Team B move into court using the bounce before playing 3-touch and over;</p> <p>6. Play out the rally with the winning side scoring a point;</p> <p>7. Both teams reset, starting off court for next rally;</p> <p>7. First team to 10 points wins;</p> <p>8. Play again, but this time the Coach feeds the first ball to Team B.</p> <p>CP – This game promotes dynamic movement, ball control and communication – make sure players call for each ball.</p> <p>Also, make sure the 3rd touch over the net is high and to the middle of the opponent's court to give them time to move into court and use the bounce before playing.</p> <p>You may want to start with allowing a bounce after every pass, so the players get used to the practice and have time to move. Consider removing the bounce after the first ball over each time (and the coach's initial feed) if players demonstrate good movement and technical skill.</p> <p>Players stretch to warm down, either individually or in a group.</p>	
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