

# CIRCULATION VOLLEYBALL

Adrie Noij

Material taken from <http://www.volleybaldnederland.nl/>

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This aim of this site is to support youth executives from volleyball clubs and youth trainers, in the broadest sense of the word, in order to bring Dutch volleyball to a higher level.

The missing link in volleyball - Circulation volleyball



Circulation volleyball is a new way of introducing volleyball to young children.

A few years ago Adrie Noij, professional volleyball coach from The Netherlands, noticed that fewer children, especially boys, started to join volleyball clubs. In the Netherlands young boys were more interested in playing soccer, because they could compete when they were only six years old. In our country children can play all kinds of sports in competition, even when they are only six years old, but it was not possible to play volleyball at a competitive level at that age.

We use to say that volleyball was a very difficult sport technically, so you must first train a few years to learn the techniques before you can compete.

Children want to play, and to be competitive. In The Netherlands we are used to: 'first you have to learn to swim and than you can start another sport'. In Holland, children learn to swim when they are four or five years old.

After swimming lessons the sport choices are very varied. Once children make their decision they tend not to change to other sports. Therefore, Adrie Noy thought to himself, we must search for a new method, to attract children from the age of six to play volleyball in competition.

Holland has many programs to introduce volleyball to children at the age of 10 to 12 and in his opinion these children were already too old. His conclusion was: We are far behind in comparison to other sports. Other sports already had competitions for young children and perhaps it's the

same in other countries.

Children have an intrinsic motivation for games. Adrie Noy's proposal makes it possible to play volleyball in competition at a very young age. Circulation volleyball is a whole new youth volleyball development model. Adrie Noy thought: we must search for a way that fits to the way children see their own world:

Children want to enjoy sports; they need a lot of physical movement and continuous playful activity. Children believe in success, individual as well as in a team. Children need to be challenged, and want to play their own game at their own level.



Volleyball in Holland was in the middle of a recession; Adrie Noy saw that 90% of Dutch volleyball players were playing recreation volleyball. Also, in his opinion a lot of clubs did nothing about youth volleyball development in their own clubs, but relied on scouting for volleyball talent.

Adrie decided to take youth volleyball seriously. Children should start earlier and we must teach them in the right way. Results from a Dutch University survey concluded the same.

In answer to all those questions Adrie Noy developed a system called 'circulation-volleyball'. At first, he thought of circulation-volleyball as a nice alternative to the traditional way we play volleyball with young children. He said: the only reason children do not like mini-volleyball is, the way that it is taught by the coaches. Often children had to play like adults. Children are not "miniature adults"; they are developing continuously in all areas (physically, mentally, etc.). Mini-volleyball needs to be developed and adapted to the age and needs of the children.

Along the way to the top there are many factors that have an influence on the development of an individual talent. This is why Adrie developed the six levels of circulation volleyball. The important thing is to stimulate curiosity and the desire to learn more, to create obtainable goals related to the level of difficulty.

When we decide to start volleyball at an early age, we run the risk of burn out so the system has to be setup and monitored correctly.

The youth plan must be part of a good youth policy within the club.

We think 'circulation volleyball' is the missing link between starting volleyball and playing competition. This is not just an idea, we have proved that it works; the club where Adrie Noy is technical volleyball coordinator doesn't have a problem recruiting youth players.

## Circulation volleyball:

The program has six level;

Level 1: age 6-7 Circulation volleyball; throw, catch and move

Level 2: age 7-8 Circulation volleyball; underarm serve,

Level 3: age 8-9 Circulation volleyball; underarm serve, forearm pass, volleyball specific: throwing, catching, and moving.

Level 4: age 9-10 Mini-Volleyball; overhead pass, second ball catch-throw-motion.

Level 5: age 10-11 Mini-volleyball; overhead pass, backset, dive, play over greater distance.

Level 6: age 11-12 Mini-volleyball; tennis serve, tip, spike.

## RAW BASIC MOVEMENTS WILL BE REFINED LATER INTO VOLLEYBALL TECHNIQUES. (SPORTSPECIFIC MOVEMENTS) - Level 3.

Stretch throw -> becomes a tip

Swing throw -> becomes a smash or over arm serve

Rolling or throwing with one hand, underarm -> becomes underarm serve

Pushing -> becomes overhead volley pass

Underarm throw with extending arms -> becomes dig pass

At this age (6-9) children are not capable of learning difficult techniques. We have to see the exercises as a preparation for future techniques. The method shows us obtainable goals for this age group. Later on we refine the techniques, and because they have been taught the basic movements they will learn faster.

Research shows members who join our club:

75 % in the age between 6 - 9 years.

20 % in the age between 9 -12 years.

5 % older than 12 years

To summarize:

The psychological development perspective of sports children aged six through ten means:

1. General development, all around movement.
2. Aerobic effort
3. The stimulation of creativity and fantasy
4. The stimulation of the desire to learn more
5. The stimulation of general curiosity
6. Limited teamwork, insight is rather difficult
7. Obtainable instructions/goals (related to level of difficulty with helpful materials)

The educational perspective of sports training for children aged six through ten means:

1. training/learning for a specific sport

2. enjoyment/pleasure, continuous playful activity
3. a lot of physical movement- continuous activity
4. equal opportunity for fair play
5. taking turns with each other
6. simplified rules (smaller playing field)
7. easy scoring methods
8. safety
9. balance between:
  - a. individual - teamwork
  - b. load - relaxation
  - c. keeping alert to what the youth want for all the team members and not only those most talented without the pressure/demand of parents or youth leaders

Why circulation volleyball?

Most children take part in swimming education at the age of four or five, after that the sport types are divided. Our culture shows that children join clubs between the age of 6 and 10. Most clubs have nothing to offer.

It's the ideal way to introduce volleyball into primary schools. Children can discover volleyball at a very early age.

Children can play competition and tournaments at an early age like they do by most other sports.

Beginning at the age of 6 we can start a real bottom-up program.

The chance that more talented players start volleyball is greater when you offer them the sport at an early age.

More boys join clubs.

The idea is to make the step easier to mini- volleyball.

Results: In our region we have grown from 50 to 200 teams after starting the program in a period of five years. For the entire country the average rate of growth is 15% per year more mini-volleyball players in the first year they started.

## Teaching the underarm serve from Levels 1 to 6

|        |   |             |
|--------|---|-------------|
| Step 1 | Rolling - (if you are right handed keep your left foot in front)  | level 1     |
| Step 2 | Throwing with a bounce - (throw the ball with a bounce, if you are left handed keep your right foot in front) | level 1     |
| Step 3 | Throwing one-handed - (always in the same rhythm)   | level 1     |
| Step 4 | Serving over a short distance   | level 2,3   |
| Step 5 | Serving over a longer distance  | level 4     |
| Step 6 | Serving from behind the serve-line (6-metres)   | level 4,5,6 |
| Step 7 | Serving with a goal in mind   | level 5,6   |
| Step 8 | Serving with a goal in mind and accelerate the ball   | level 5,6   |

## Overhead pass Method from Levels 1 to 6

|        |  |                    |
|--------|--|--------------------|
| Step 1 | Versatile throwing   | level 1            |
| Step 2 | Volleyball-like throwing : means bumping                     | level 2,3          |
| Step 3 | Frontal playing  | level 4            |
| Step 4 | Playing in a sharp angle                                     | level 4,5<br>and 6 |
| Step 5 | Playing in a wide (obtuse) angle                             | level 4,5<br>and 6 |
| Step 6 | Playing backwards  | level 5,6          |
| Step 7 | Playing with one hand (the tip)                              | level 6            |
|        | <i>After these techniques are taught with carry on with:</i> |                    |
| Step 8 | Ball handling + moving                                       |                    |
| Step 9 | Ball handling + moving + aiming                              |                    |

## 9 keys for overhead pass

Adrie Noij uses at Flamingo's 56 and Shock'82

American research shows that coaches who use different information will get the best results. Adrie works with 9 keys to teach the overhead pass. (A key-word represents a part of the total movement, also through the key-words mistakes can be analysed simply)

Click on the photos to get a bigger picture.



Triangle.

The hands form an open triangle.



Simultaneous.

Your arms and legs stretch simultaneous.



In front and above.

Not HIGH and above: The ball is always played in front of your forehead and above your head.



Cupped

With your hands you form a round bowl.



Point - After playing point towards the ball



Nose

Just before playing your thumbs point to your nose, after playing they point towards each other.



Posture

For good balance it is important to stand like as in the photo, it doesn't matter which foot is in front.



Spread

At the moment of playing the fingers spread and put tension in your hands.



## Stretch

At the moment of playing both arms should stretch.

## Method Overhead Serve only level 6

### The starting posture

Concentration is important, hold the ball still for a second in front of you.  
For a right-handed player step forward with the left leg to get a balanced position.

### How to play the overhead serve

The ball is thrown up about a half to one metre, just in front of the head and in front of the right-shoulder.  
(throw with both hands for precision, you will have more control).  
Hold the ball until head-height, then let go (toss).  
Arch-tension with the hitting-arm and rotate the body at the hip when stepping with the left foot.  
The ball has to be hit with the open hand and in front of the shoulder. The hitting-arm is fully stretched.  
The elbow rotates from behind to the front.  
After contact step forward into the court.  
Always let children do it in the same rhythm.



## Method Hitting technique from levels 1 to 6

|         |  |           |
|---------|--|-----------|
| Step 1  | Versatile throwing                             | level 1   |
| Step 2  | Chinese morning-gymnastics                     | level 1   |
| Step 3  | Throw with a little ball (tennis ball)         | level 1   |
| Step 4  | Throw with a volleyball                        | level 2   |
| Step 5  | Hitting with sound                             | level 3,4 |
| Step 6  | Hitting against the ball                       | level 3,4 |
| Step 7  | Hitting on top of the ball                     | level 3,4 |
| Step 8  | Hitting under the ball                         | level 3,4 |
| Step 9  | Serve over short distance                      | level 4,5 |
| Step 10 | Serve from behind serve-line                   | level 5   |
| Step 11 | Smash  | level 6   |
| Step 12 | Jump smash - hit the ball you toss up yourself | level 6   |

The smash splits up into approach, hit and timing.

As to timing we divide into vertical and horizontal (moving in towards the net and Upwards towards the ball)

# TEACHING POINTERS

Learning phase: quit tempo, do not let the children get too tired.

Give challenges like: Make x times a beautiful.....

= perfect technical practise.

Or who has first x times! .....

= competition form.

Only give one attention-point every time.

= learning / improving / educate.

Talk---picture---practise.

= demonstrate / copy.

Every time give children a challenge.

= match, new technique, teamplay.



## MOST COMMON MISTAKES WITH BEGINNERS

Level 1.

A player walks with the ball.

*Correction:* You must throw the ball from the same place you catch the ball.

Level 2.

Starting volleyball-specific throwing too early

*Solution:* Make sure you choose the right time. What skill level is attainable?

Order: underarm serve, general ball-handling in the second half of the season is transferred into volleyball-specific movements; this all is supported with a good basic programme.

### Level 3.

The player throws the ball from his neck.

*Correction:* At level 3 the player has to be able to throw volleyball-specific. Most coaches have problems with teaching the swing-technique (see technical description).

### Level 4.

The ball is caught and the child just turns around and throws.

Ball contact is too long.

Throwing through an angle is unlearnt.

*Correction:* The ball may be not thrown backwards.

In early season it is not easy to play the ball fluently; so we have to practise several techniques (overhead). The preparation is very short (5 to 6 weeks). Therefore it is wise to start with this technique at the end of level 3. Stepping out (with your right foot if you want to throw to the right) is still unlearnt

Often the ball contact is too long because the player makes no difference between catching the ball in front of the body and above the body.

### Level 5.

At level 5 the pass to the right is taught.

The game often stops.

*Solution:* Because the pass to the right is taught, playing backwards cannot be practised.

Because not enough attention was spent at the technical execution phase the player now gets into trouble. Let - new-arrivals - start a level lower. Volleyball is a technical sport; it is advisable to train twice a week from this level on.

### Level 6.

High level of serving mistakes.

*Correction:* Ball is not tossed in a steady rhythm. Because of the lack of power it is wise to serve from 2 or 3 steps forward.



# General ball handling

suited to all levels, but especially for levels 1-2-3.

## **Throwing and catching individually**

The children are scattered on the court, one ball each.

1. Throw the ball high and catch it after a bounce.
2. Throw the ball high and catch without letting it bounce.
3. Throw the ball as high as possible without touching the ceiling and catching it.
4. Throw the ball up with one hand and catching it with both hands, change left and right. Throwing with two hands and catching with one hand.
5. Throwing the ball up with one hand and catching it with one hand (left and right).
6. Throwing the ball up and catching it as high as possible or as low as possible before hitting the floor.
7. Throwing the ball in front of the body and catching it behind the back.
8. Throwing the ball up through the legs and catching it.
9. Throwing the ball up behind the back and catching it.
10. Jump up, on landing throw the ball high and catch it.
11. From standing throw the ball high and catch while you have one knee at the floor.



throw - with stretched arms  
1



throw - with stretched arms  
2



throw - with stretched arms  
3



throw - with stretched arms  
4



throw - with stretched arms  
5



throw - with stretched arms  
6



Throwing - from behind your neck 1



Throwing - from behind your neck 2



Throwing - from behind your neck 3



Throwing - from behind your neck 4



Push the ball - a little wrong - as she didn't start from under the ball  
1



Push the ball - a little wrong - as she didn't start from under the ball  
2



Push the ball -



push the ball from just above the head  
1



push the ball from just above the head  
2



push the ball from just above the head  
3



push the ball from just above the head  
4



push the ball from just above the head  
5



push the ball from just above the head  
6

# TIPS FROM ADRI E

## 3 Aspects have to be present in any training:

1. Fun:  
Fun is most important. If children are really motivated to play sports they will learn better and more (obtainable goals, playful forms of games, sport specificity and global playing)
  2. Lots of movement:  
Children have to move a lot. In the present society spontaneous moving-opportunities are less available. Children used to be able to just play a game on the streets.  
It is up to us to let the children move a lot.
  3. Learning-aspect:  
It is our goal to teach the children a game. This learning is not only on the technical/tactical area, but also on the social area. Next to techniques, physical form and the ability to solve sport situations, children have to develop a notion how to behave themselves during and after matches, how to interact with others and how to take responsibility in sports (technique, tactics, social behaviour, fair-play, independence).
- With minivolleyball the contact with parents is very important. Give a demonstration-training or a parents day and tell the parents what you are doing, you than also recruit a lot of volunteers.
  - With minivolleyball the execution of the technique comes first. Performance comes later.
  - Stimulate mini volleyball players to practise also at home. Who can bounce fifty balls; make scheme's so that they can measure there progress. It helps if you measure.
    - Don't stretch with mini volleyball-players.
    - Let players who start later playing volleyball make extra hours, so they will be able to play with players of their own age.
    - If you have a very gifted player, let him only play one group higher. This will prevent social-emotional problems.
    - Let children who have bad motor skills do a longer basic programm for motor skills.

Research shows that recruiting players at level 1,2 and 3 is the easiest. From all new-arrivals 70% starts at that age, only 20% start al level 4,5 and 6. And 10% starts at a later age.

- Try to place yourself in the thinking world of the child and speak in their language.
- Provide with simple and clear exercises and prevent "traffic-jams" (rows of children waiting).
- Train mini volleyball-players with a long net. Mostly one on one, two against two or three against three. You generate many ball contacts.
- Always make sure you have a good example at the training. Children learn in pictures.
- Make sure that children practise with different children all the time.
- Provide with the correct balls, it will speedy up the learning-process.



Level 1, 2, 3

[The Trial ultima 27](#)



Level 4, 5, 6

Mikasa V200

Do not give too much information at once, children are selective.

Work a lot with sport specificity. At matches one has to meet with the character of a specific sport (circulationvolleyball, minivolleyball). Practise and repeat will bring dullness with it and that goes against the nature of the child. It is important to find different practice-forms where everything is from the real sport present and offer few abstract forms of practise.

Mini volleyball-players are not good at performing anaerobic exercise, because they have difficulty making 'lactic acid'.

Start training two times a week from the fourth week, volleyball is a technical sport, the fun will increase.

Practise on a Saturday-morning; you will find a lot of help.

Be consistent with agreements you make at the start of the season.

Organize extra activities next to volleyball; they will strengthen the bond between players, for example a camp.

Teach mini volleyball-players all round, don't switch at the net!

Let mini players count a lot, it will improve their concentration. We can make a series of 10? Who is the first to reach 20 points?

Recruit children especially at the end and the beginning of the season, they have to finish what they are doing first from their parents.





## Level 1 - Throwing, catching, moving

|                    |  |
|--------------------|--|
| Age                | 6-7 years  |
| Court              | 6 x 4.5 metres (1/3 volleyball court)                                |
| Net height         | 2.00 metre   |
| Resume game with   | Throw from any point in the court.                                   |
| Catch              | You can catch any way you want.                                      |
| Throw              | You can throw any way you want.                                      |
| Return to the game | Player can return into the court when ball is caught.                |
| Contacts           | If distance to the net is too far, you can pass the ball first.      |
| Rotate             | After the ball is thrown over the net, all players rotate clockwise. |
| Technique          | Ball handling, not specific  |
| Points             | When opponents court is emptied.                                     |
| Moving             | Moving, not specific   |

### How can I start the game?

You may throw the ball over the net, from any position.

### Game Composition:

Try to get the ball on the floor on the opposite side.

When a child has thrown the ball over the net, the whole team rotate one position.

When a child drops the ball, throws the ball out or throws the ball into the net, they must leave the court. Those children take position beside the court in the order of leaving the court.

When the ball hits the court, the child who is the closest to the ball must leave the court.

When there are just two children left, they still rotate or better still, they change position when one of them throws the ball over the net.

When one of the teams succeeds in making the opposite court empty, they have got 1 point. The whole game starts all over again.

At this level there is no rule that says children must play together, or must play three times. When the distance is too big; you must stimulate them to play together. They may throw over for one time. It is not allowed to walk with the ball.

When the children are not sure which child must leave the court, it is for the coach to decide.

When you play this game you see a very dynamic game. Children learn to move, to catch and to throw, to call the ball 'mine' and to read the ball-trajectory in a very dynamic way. Nowadays volleyball is a very dynamic sport, so children must learn the sport in a very dynamic way.

### Are they allowed to come back in court?

Yes! When one of the children of a team catches a ball that comes from the opposite team, the first player in the line off court may come back.

### When is the game over?

The game is 'over' when none of the children can catch the ball, so the ball is out, they drop the ball, they touched and then dropped the ball or they throw the ball into the net.

### What's happening when the game is over?

After the game is over, the game can be restarted with a throw, from any place in the court. The player who is holding the ball may throw the ball.

### Scoring:

When the opponent's court is empty, you have 1 point.

### Coaching Point:

You can get a lot of speed in the game when you ask the children to throw immediately after they catch the ball. You must stimulate them to throw the ball with a special way.

### What's 'the special way'?

They must throw the ball with two stretched arms (this is the basic movement for the forearm pass)

They must push the ball from just above the head, over the net (this is the basic movement for the overhand pass)

They may also throw the ball with one hand above the head (this is the basic movement for the spike)

The special way of throwing the ball can be combining with different games and plays. For example in Holland we know a game calls 'Lummelen', in English you may call it 'Piggy in the Middle'. Four or five players make a circle. Player number 6 stands in the middle of the circle. Those four or five players throw the ball to each other. It doesn't matter in what sequence. The one in the middle must try to intercept the ball. When player number 6 has caught the ball, the person who threw that ball must now change places with the person in the middle of the circle. In this game it is not allowed to hit the ball out of each other's hands.

Now say that they must throw the ball underarm, it then looks like an underarm pass. Or you can also say the players in the circle must throw the ball overhand.

With a bit of imagination you can devise a lot of other games and plays where you can use those 'special ways of throwing the ball'.

### Motivation:

The basis of the game is to catch, to throw, then to move. The increase in mobility has a lot to do with the development of the co-ordination capacity. Between 6 and 12 years old children do have a special sense for the development of this capacity. This includes the capacity to relax the muscles, power of reaction, and the power of perception and imagination. It's important in this phase to teach a lot of versatile and varied exercises (forms of exercises). The children must learn that there are different way's to catch and throw the ball. It is in this phase also important that children learn to recognise the trajectory of the ball. Also: don't forget the footwork. The position of the two feet on the ground decides if the technique is good or bad. If the movement is wrong, then the technique will be wrong.

### What's to learn in this phase?

Learn movement versatility.

Learn to throw the ball with two stretched arms (this is the basic movement for the forearm pass)

Learn to push the ball from just above the head, over the net (this is the basic movement for the overhand pass)

Learn to throw the ball with one hand above the head (this is the basic movement for the spike)

## Level 2 - Underarm serve

|                  |  |
|------------------|--|
| Age              | 7-8 years  |
| Court            | 6 x 4.5 metres (1/3 volleyball court)                                      |
| Net height       | 2.00 metre   |
| Resume game with | Underarm serve where the ball was caught. <u>No</u> walking with the ball! |
| Catch            | Goal: volleyball-own method  |
| Throw            | Goal: volleyball-own method  |
| Return in play   | Player can return into the court when ball is caught three times in a row. |
| Contacts         | Ball is thrown immediately. <u>No</u> pass.                                |
| Rotate           | After the ball is thrown over the net, all players rotate clockwise.       |
| Technique        | Underarm serve   |
| Points           | When opponents court is emptied.   |
| Moving           | Volleyball specific  |

### How can I start the game?

One player may serve the ball with an underarm serve, from every position in the court. The ball hit may not hit the net when the ball is served.

### Game rules:

Try to get the ball on the floor at the opposite site.

When a child on your team has thrown the ball over the net, the whole team rotates one position.

When a child drops the ball, throws the ball out or throws the ball into the net, he must leave the court. Those children take position beside the court in the sequence of them leaving the court.

When the ball hits the court, the child who is the closest to the ball must leave the court.

When there are just two children left, they rotate or, they change position when one of them throws the ball over the net.

When one of the teams succeeds in making the opposite court empty, they score 1 point. The whole game starts all over again.

The ball must be thrown straight over the net. It's not allowed to throw to another player of the team.

When the children are not sure which child must leave the court, it's on the coach to decide.

### Are they allowed to come back in court?

Yes again. When your team succeeds in catching a ball that comes over the net, twice in succession (two different actions), the first player in line may come back. When a player of your team succeeds in playing the ball that comes from the opposite side with a forearm pass and the same player can catch 'his own' the ball, everybody may come back.

### When is the game over?

The game is over when no one can catch the ball. So when the ball is out, or they have served the ball in to the net or they drop the ball. The game is also over when the child who passed the ball could not catch his own ball. The one who could catch the ball leaves the court. When someone plays the ball badly, for example passed the ball which then goes out, this player must also leave the game.

### What happens when the game is over?

When the game is 'over' it can be restarted the game with an underarm serve from any position in the court. The one who has the ball can serve the ball. It's again not allowed to walk with the ball

### The counting:

When the court is empty, the team in the other court has 1 point.

### Recommendation:

You can get a lot of speed in the game when you ask the children to throw immediately after they catch the ball. You must stimulate them to throw the ball with a special way.

### What's 'the special way'?

They must throw the ball with two stretched arms (this is the basic movement for the forearm pass)

They must push the ball from just above the head, over the net (this is the basic movement for the overhand pass)

They may also throw the ball with one hand above the head (this is the basic movement for the spike)

### Learning the underarm serve:

When you are left handed, you're right foot is ahead.

When you are right handed, you're left foot is ahead.

You hit the ball with a straight arm. The hitting hand is like a fist.

You must bend you knees slightly

### Learning the forearm pass

The arms are straight; they are as close together as they can, from shoulder to thumbs.

You must play the ball with the inside of your arms.

At the moment you play the ball; you don't move your arms. The movement comes out of your legs.

### Motivation:

At Level 1 children learn how to throw and how to the catch a ball. When children reach level 2 it is important children learn to throw the ball exactly. The circulation of the ball goes faster and faster and you must stimulate them to throw the ball at those places in court where there is no opponent. Another aspect is the orientation in time, space and direction. We call that timing. For children timing is a big problem. They know how to handle it after a lot of practising. Where to hit the ball the ball on the ground? Where is my opponent? What is the speed of the ball? These are all difficult questions for young kids. You can enlarge the capacity of movement when you use a variety in 'starting position' and game composition'. You can improve the capacity of movement when you use a variety in speed and direction of the ball. Really new at this level is the underarm serve. Because children have the right to do something good (it's no good if the children don't have any chance of reaching their goal), it's allowed to serve from any position in the court. The only goal is a good performance. In those circumstances children make more progress. Another thing children really learn at this level is the forearm pass.

What's to learn in this phase?

Repeating the things you learnt on level 1 (catching, throwing and moving)

3. Learning the underarm serve
4. Starting with learning the forearm pass

Primary aim is for children learn to serve perfectly. The serve starts every game. When we want actions and movement the serve must be perfect. When the serve is good we can start with the forearm pass. We learn to control the forearm pass on level 3

## Level 3 - Forearm passing

|                  |  |
|------------------|--|
| Age              | 8-9 years  |
| Court            | 6 x 4.5 metres (1/3 volleyball court)  |
| Net height       | 2.00 metre   |
| Resume game with | Underarm serve where the ball is caught. <u>No</u> walking with the ball!          |
| Catch            | Goal: with extended arms and with a bowl shape of the hands.                       |
| Throw            | Volleyball-own: swing-throw and throw with extended arm pass with extended arms.   |
| Return in play   | Player can return to the court when an underarm pass is caught by a second player. |
| Contacts         | Every ball, with exception of the underarm pass, has to go direct over the net.    |
| Rotate           | After the ball is thrown over the net, all players rotate clockwise.               |
| Technique        | Underarm pass.   |
| Points           | When opponents court is emptied.   |
| Moving           | Volleyball specific  |

### How to start the game?

#### Game rules:

1. Try to get the ball on the floor on the opposite side.
2. When a child of your team has thrown the ball over the net, the whole team rotates one position.
3. When a child drops the ball, throws the ball out or throws the ball into the net, he must leave the court. These children take position beside the court in the order of leaving the court.
4. When the ball hits the court, the child who is the closest to the ball must leave the court.
5. When there are just two children left, they still rotate or better, they change position when one of them throws the ball over the net.
6. When one of the teams loses all their players the winning team gets 1 point. The whole game starts again.
7. The ball must be thrown over the net each time, so it's not allowed to throw to a player of your team.
8. When the children are not sure which child must leave the court, it's on the coach to decide.

#### When is the game over?

The game is over when no one can catch the ball. So when the ball is out, or they have served the ball into the net or when the ball touches the floor. The game is also over when the child who passed the ball could not catch his own ball. The one who could catch the ball leaves the court. When someone plays the ball badly, for example passed the ball and then the ball goes out, this player must also leave the game.

#### What happens when the game is over?

When the game is 'over' the game can be restarted with an underarm serve from any position in the court. The one who has the ball can serve the ball. The ball may not hit the net.

Again it is not allowed to walk with the ball

## Scoring:

When the court is empty, the team in the other court has 1 point.

### Can a player come back on court?

Yes. When a child can play the ball with a forearm pass and another child from the same team can catch the ball, the first child in line may come back.

### Coaching Point:

You can get a lot of speed in the game when you ask the children to throw immediately after they catch the ball. You must stimulate them to throw the ball with a special way. What's 'the special way'?

- They must throw the ball with two stretched arms (this is the basic movement for the forearm pass)
- They must push the ball from just above the head, over the net (this is the basic movement for the overhand pass)
- They may also throw the ball with one hand above the head (this is the basic movement for the smash)

### Learning the underarm serve:

- When you are left handed, you're right foot is ahead.
- When you are right handed, you're left foot is ahead.
- You play the ball with a straight arm. The hitting hand is like a fist.
- You must bend your knees slightly

### Learning the forearm pass

- The arms are straight; they are as close together as they can, from shoulder to thumbs.
- You must play the ball with the inside of your arms.
- At the moment you play the ball; don't move your arms. The movement comes out of your legs.

### Motivation:

In the lessons the forearm pass must be subject number 1. The forearm pass is the second skill children learn. The follow parts must be taught:

- Learning the basics of the forearm pass
- Learn to bounce the ball on the arms
- Learn to bring the ball
- Learn to juggle with the ball
- Learn to control the ball
- Learn to point the ball

At the end of this article I will give some skills to show what Adri means by this things. When we start with volleyball we must spend a lot of time with ball skills; when we do so it stimulates the learning of the forearm pass. In this method of learning we consider the forearm pass as one of the easiest skills to learn. Only the underarm serve is easier to learn. The quicker a child controls a skill, the quicker a child can play a game well. The better a child can play a game, the more fun children have in playing the game. Because the forearm pass is easier to learn, then for example the overhand pass, the quicker children see their results. The quicker they see their results the sooner they like their game.

Why should we play rotation volleyball? Adri Noy put the benefits in line:

- Rotation volleyball is developed out of the world of thoughts and beliefs of the younger child.
- When you see the game you see movement and dynamism.
- The game gives the children a lot of challenge.
- With rotation volleyball we can teach the children the basics of movement in a way they enjoy it the most.
- We can stimulate the capacity to play and look to other things at the same time and we teach them to read the ball-trajectory at a very early stage.
- We can teach the children the basics of volleyball in way children enjoy.
- The base level for mini-volleyball is higher when children start with rotation volleyball.
- Rotation volleyball is a game that you can start with at school, with very young children.
- When we start with rotation volleyball, in training and in competition we can compete with other sports we know already have a competition form for those young children.
- Every child can play rotation volleyball. The child with a lot of talent can, but also children without much talent can play rotation volleyball.
- Every child will be enjoying rotation volleyball; every body can take part of it.
- Boys and girls can play together in rotation volleyball. There is no rule or claim with say they can't play together. Even .... They can learn from each other.



## Level 4 – THE SECOND BALL IN A SMOOTH CATCH – THROW MOVEMENT

|                  |  |
|------------------|--|
| Age              | 9-10 years   |
| Court            | 6 x 4.5 metres (1/3 volleyball court)  |
| Net height       | 2.00 metre   |
| Resume game with | Underarm serve from any spot behind the serve-line.  |
| Catch            | Second ball with the catch-throw movement  |
| Throw            | Second ball with the catch-throw movement  |
| Return in play   | The extra players are obliged to re-enter the game at the serve-spot.  |
| Contacts         | Goal: The team has to make 3 contacts. The second contact is the catch-throw movement.                           |
| Rotate           | Normal rotation. When a player has made three serves in a row the team rotates and the next player has to serve. |
| Technique        | Overhead pass.   |
| Points           | Rally point  |
| Moving           | Volleyball specific  |
| GOAL             |  |
|                  | The players try to play the ball over the net onto the floor on the opponent's side.                             |

### START

Play starts with an underarm-serve over the net from behind the serve-line, the ball may touch the net.

### RULES

1. The ball has to be played three times before crossing the net.
2. The second ball contact is a mandatory non-STOPPED catch-throw-movement. This can be done in three ways:
  - With extended arms forwards.
  - With extended arms backwards, throwing overhead.
  - With extended arms in an angle.



3. It is not allowed to throw the second ball over the net.
4. When a player has made three serves in a row the team rotates and the next player has to serve.
5. The extra players are obliged to re-enter the game at the serve-spot.

### SCORE

Rally point: every mistake is a point to the opponent.

## MOTIVATION

At this stage of the player's development the second touch is the hardest ball to handle because playing the overhead pass and the forearm pass at an angle is difficult. The chance of a mistake is high and the game has to be stopped many times. Through using the catch-throw method for the second ball, the rally can be continued. Stipulate that the second ball is parallel to the net; the last player can run to the net/ball before playing it with an overhead pass

## GOALS

1. New: forward overhead pass to a team-mate (practice).
2. Playing together in a three ball contact, where the second ball is played parallel to the net. The player who stands to the left or the right on the court can/should step towards the ball to be able to play the ball over the net.
3. Playing in angles. When a player has to play the ball on the left (from the view of the player), his/her left foot has to be in front. An angle on the right means of course that the right foot should be in front.
4. Serving over greater distance, from behind the serve-line.

Playing together / 3 times

Correct foot-position at ball contact.

## Level 5 - Continuous play from underarm serve

|                  |  |
|------------------|--|
| Age              | 10-11 years  |
| Court            | 6 x 6 metres   |
| Net height       | 2.00 metre   |
| Resume game with | Underarm serve from any spot behind the serve-line.  |
| Catch            | No more catching   |
| Throw            | No more throwing   |
| Return in play   | The extra players are obliged to re-enter the game at the serve-spot.  |
| Contacts         | A maximum of three contacts.   |
| Rotate           | Normal rotation. When a player has made three serves in a row the team rotates and the next player has to serve. |
| Technique        | Overhead pass backwards / team play.   |
| Points           | Rally point  |
| Moving           | Volleyball specific  |
| GOAL             |  |

Players try to play to the ball over the net by using an overhead pass or forearm pass onto the court of the opponent.

### RULES

1. The players are not allowed to catch the ball, they have to play the ball with short contact.
2. The team is allowed to play the ball with a maximum of three short contacts, after that the ball has to cross the net to the court of the opponent.
3. The extra players are obliged to re-enter the game at the serve-spot.
4. When a player has made three serves in a row the team rotates and the next player has to serve.

### START

The ball has to be played with an underarm serve over the net from behind the service line; the ball may touch the net.

### SCORE

Rally point: every mistake is a point to the opponent.

### GOALS

1. Convert catch-throw movement in to overhead pass forwards or backwards.
2. New: overhead pass backwards (practise).
3. Team work, means playing in angles; overhead pass as well as forearm pass.
4. Quick moving towards the ball and correct feet-position at ball contact, playing at an angle to the right or the left.

5. Forearm passing:

1. -from the left = left-foot in front and playing the ball on the right side of the body.
2. -from the right = right-foot in front and playing the ball on the left side of the body.

## MOTIVATION

It is mandatory that the serve has to be played underarm, so the receiving team is able to build a rally.

The chance that a game is continuous is greater when the number of ball contacts increases.

## Level 6 – Continuous play from overhead or underarm serve

|                  |  |
|------------------|--|
| Age              | 11-12 years  |
| Court            | 6 x 6 metres   |
| Net height       | 2.00 metre   |
| Resume game with | Underarm- and overhead serve from any spot behind the serve-line.  |
| Catch            | No more catching   |
| Throw            | No more throwing   |
| Return in play   | The extra players are obliged to re-enter the game at the serve-spot.  |
| Contacts         | A maximum of three contacts.   |
| Rotate           | Normal rotation. When a player has made three serves in a row the team rotates and the next player has to serve. |
| Technique        | Overhead serve / smash / tip- ball   |
| Points           | Rally point  |
| Moving           | Volleyball specific  |

**GOAL**

The players try to play the ball over the net onto the court of the opponent by means of the overhead pass, the forearm pass or by an attack (smash; from standing position or, push ball or a smash with approach).

### START

The ball has to be played with an underarm-serve or overhead serve over the net from behind the service line, the ball may touch the net.

### RULES

1. The players have to play the ball with short contact.
2. The team is allowed to play the ball with a maximum of three contacts, after that the ball has to cross the net to the opponent's court.
3. The extra players are obliged to re-enter the game at the service point.
4. When a player has made three serves in a row the team rotates and the next player has to serve.

### SCORE

Rally point: every mistake is a point to the opponent.

### GOALS

1. New: overhead serve (practise).
2. New: smashing/hitting technique – approach – take-off – timing of the attack (practise).
  1. - forearm playing at an angle (left/right).
  2. - overhead pass; forwards and backwards at angles.

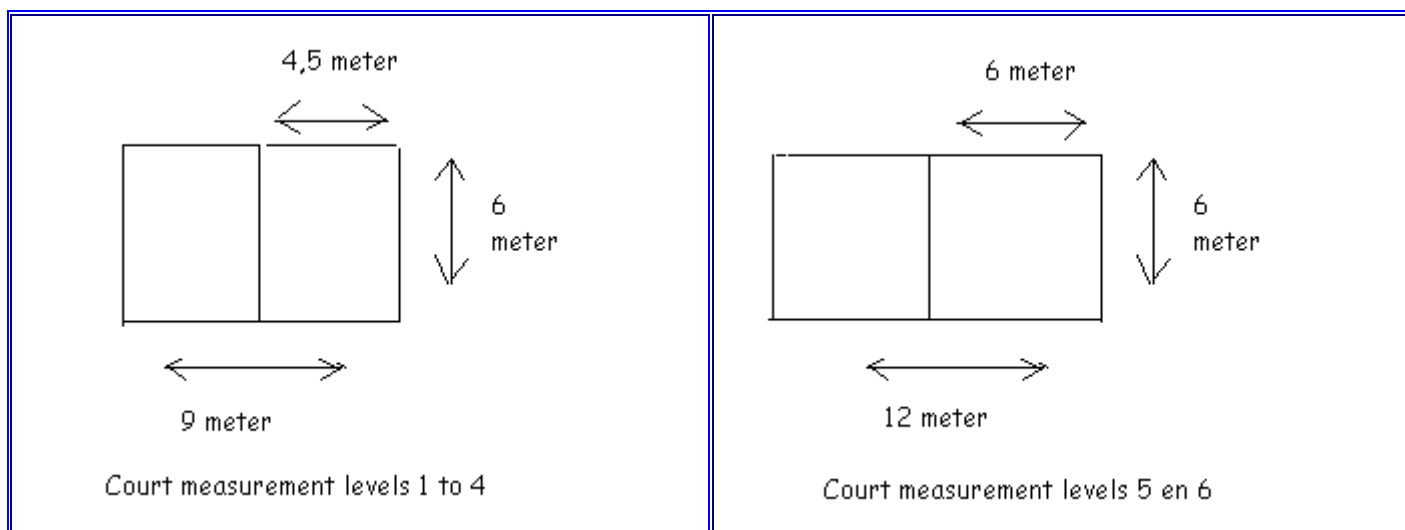
Make the transition from throwing overhead and serving / attack.

Right handed = left-foot in front / left handed = right foot in front.  
Balance.

Attention to tossing the ball.

## Explanation of the rules

Court size Levels 1 to 4 Court size Levels 5 to 6



1. The level and age mentioned is an indication of what a player should be capable of achieving, assuming the player has gone through the previous levels. Is the player a starting volleyball player, then it is up to the coach to determine the level at which the player should start.
2. At all levels the game is played 4 against 4. Our advice is not to exceed six players.
3. How do the substitutes get into play? At level 1, 2 and 3 the goal of the game is to clear the opponent's court of players. The higher the level the more difficult it is to get players back in the game (explained in the rules per level). The players, who start outside the court, are the first players to enter the court, when the objective is met. At level 4, 5 and 6 it is compulsory that players re-enter the court at the serve position.
4. For the first three levels we advise mini-volleyball. This ball has a circumference of 62 centimetres. The differences between brands vary, in colour, durability and the choice of the material. There are also different manufacturers who make balls for the C-youth level (12-13 year old). These balls are special because of their soft and flexible exterior and are lighter than the normal (adult) volleyball.
5. The game is lead by one person (assistant), who is required to have a good knowledge of the level played. This person is there to make sure the games runs in good order, and should expect help from the people who accompany the teams.
6. In a situation where the rules do not provide a solution, it is up to the game assistant to decide.
7. Otherwise the official rules apply.

# Level 1: Throwing, catching, moving

AGE: 6 – 7 YEARS OLD

NUMBER OF PLAYERS: 4 PLAYERS PER TEAM

COURT: 6 X 4½ METRE

NET HEIGHT: 2.00 METRE

## GOAL

The players try to get the ball over the net on to the floor of the opponent. It's allowed that the ball touches the net.

## START

The ball can be thrown into the court over the net from any spot in the court.

## RULES

1. Every time a player throws the ball over the net, the whole team rotates a clockwise position.
2. The players are not allowed to walk with the ball.
3. When the distance up to the net is too great, the player can pass the ball to a team-member and then the ball is played over the net.
4. The ball may touch the net.
5. When a player drops the ball or, throws the ball out of court or, throws the ball into the net, or touches the ball before it goes out of play, this player has to leave the court and take his/her place next to the court.
6. When the ball is thrown on the floor by an opponent, the player closest to that ball has to leave the court.
7. If there are only two players left in the court, these players switch places every time the ball is thrown over the net into the opponent's court.
8. A player can re-enter the court when a team mate catches the ball.
9. The player who was out of court the longest; returns first and begins closest to the net.
10. When all opponents are removed from the court, the team left scores 1 point.

## WHEN IS THE GAME STOPPED?

The game is STOPPED when the ball is not caught, which means:

- the ball is thrown out;
- a player dropped the ball;
- the ball was thrown into the net;
- the ball was thrown onto the floor in the opponent's court.

## WHAT HAPPENS WHEN THE GAME IS STOPPED?

The game is resumed immediately by the player who has the ball at that moment, thrown anywhere in the court.



## SCORE

When the opponent's court is empty the team left gets 1 point. The game starts again with 4 against 4 players. Decide beforehand if a match is played to a certain score or a time limit is set.

The graphics show: formation and way of rotation after the ball has crossed the net when the court is filled with four, three or two players.

## SPEED

Let the players throw the ball back straight after they catch it, to get as much speed into the game and also as much speed into the moving of the players.

## OBJECTIVES

1. Versatile, quick moving in reaction with constant recognition of the trajectory of the ball, through which the idea of movement of the own body and the ball through space is trained well.
2. The coach needs to stimulate the catching and throwing with two extended arms or hands
3. Throwing can also be done overhead by pushing out the ball. The player can also throw the ball with one hand above his/her head. General goal is a perfect ball-handling.
  - Recognition of the trajectory of the ball
  - Timing
  - Throwing and catching in different ways.
  - Footwork (forwards, backwards and to the side)

## Level 2: Underarm serve

AGE: 7 – 8 YEARS OLD

NUMBER OF PLAYERS: 4 PLAYERS PER TEAM

COURT: 6 X 4½ METRE

NET HEIGHT: 2.00 METRE

GOAL

The players try to get the ball over the net on to the floor of the opponent.

START/ FIRST BALL

The ball can be served underarm over the net from any place in the court. The ball may touch the net.

RULES

1. After a player throws the ball over the net, the whole team rotates one position clockwise.
2. The players are not allowed to walk with the ball.
3. After a player throws the ball over the net, the whole team rotates one position clockwise.
4. The ball may touch the net.
5. When a player drops the ball or, throws the ball out of court or, throws the ball into the net, or touches the ball before it goes out of play, this player has to leave the court and take his/her place next to the court.
6. When the ball is thrown on the floor by an opponent, the player closest to that ball has to leave the court.
7. If there are only two players left in the court, these players switch places every time the ball is thrown over the net into the opponent's court.
8. A player can re-enter the court when a team mate catches three balls in a row.
9. The player who was out of court the longest; returns first and begins closest to the net.
10. When all opponents are removed from the court, the team left scores 1 point.

WHEN IS THE GAME STOPPED?

The game is STOPPED when the ball is not caught, which means.

- the ball is thrown out;
- a player dropped the ball;
- the ball was thrown into the net;
- the ball was thrown onto the floor in the opponent's court.

WHAT HAPPENS WHEN THE GAME IS STOPPED?

The game is resumed immediately by an underarm serve closest to the place where the game stopped. The server is not allowed to walk with the ball before serving.

SCORE

When the opponent's court is empty the team left gets 1 point. The game starts again with 4 against 4 players. Decide beforehand if a match is played to a certain score or a time limit is set.

The graphics show: formation and way of rotation after the ball has crossed the net when the court is filled with four, three or two players.

## Level 3: Forearm passing

AGE: 8 - 9 YEARS OLD

NUMBER OF PLAYERS: 4 PLAYERS PER TEAM

COURT: 6 x 4½ METRE

NET HEIGHT: 2.00 METRE

GOAL

The players try to throw or bump the ball over the net on to the court of the opponents.

START/ FIRST BALL

The ball can be served underarm over the net from any place in the court. The ball may touch the net.

RULES

1. After a player throws the ball over the net, the whole team to which this player belongs rotates one position clockwise.
2. The players are not allowed to walk with the ball.
3. The ball may touch the net.
4. The ball needs to be played over the net in one time, except for the forearm pass.
5. When a player drops the ball or, throws the ball out of court or, throws the ball into the net, or touches the ball before it goes out of play, this player has to leave the court and take his/her place next to the court.
6. When the ball is thrown on the floor by an opponent, the player closest to that ball has to leave the court. When in doubt the coach points out the player that has to leave the court.
7. If there are only two players left in the court, these players switch places every time the ball is thrown over the net into the opponent's court.
8. When all opponents are removed from the court, the team left scores 1 point.
9. A player may re-enter the court when a team-mate catches a ball from a forearm pass, or when there is only one player left, this last player makes a forearm pass and catches it him/herself.
10. The player that was out of court the longest; returns first and begins closest to the net.

WHEN IS THE GAME STOPPED?

The game is STOPPED when the ball is not caught, which means.

- the ball is thrown out;
- a player dropped the ball;
- the ball was thrown into the net;
- the ball was thrown onto the floor in the opponent's court.
- A forearm passed ball is not caught by the own team. In this case the player who had to be able to catch that forearm pass leaves the court, except when the pass was really bad, then the passer has to leave the court.

WHAT HAPPENS WHEN THE GAME IS STOPPED?

The game is resumed immediately by an underarm serve closest to the place where the game stopped. The server is not allowed to walk first with the ball before serving.

SCORE

When the opponent's court is empty the winning team gets a point. The game starts again with 4 against 4 players. Before the match one should determine if a match is played to reach a score or that a time limit is set.

The graphics show: formation and way of rotation after the ball has crossed the net when the court is filled with four, three or two players.

## OBJECTIVES

1. Good mobility to be able to play a forearm pass, where running and shuffle (joining steps) are the most suitable movements.
2. Feet are spread and broad, a low body-posture for optimum balance.
3. To be able to play the ball in front, as well as next to the body.
4. Combine the correct feet-position with the point where the ball is played in respect of the body.
  - o -ball contact in front of the body = broad side-by-side position.
  - o -ball contact to the left of the body = broad side-by-side position with right foot in front.
  - o -ball contact to the right of the body = broad side-by-side position with left foot in front.
5. The tilting of the shoulders because of the angle in which the ball has to be played.
6. • Movements running and shuffle.
7. • Broad side-by-side position of the feet at ball contact.
8. • Correct positioning of the pass-sheet of your arms.

## LEVEL 4: SECOND BALL IN A SMOOTH CATCH – THROW MOVEMENT

AGE: 9 – 10 YEARS OLD

NUMBER OF PLAYERS: 4 PLAYERS PER TEAM

COURT: 6 X 4½ METRE

NET HEIGHT: 2.00 METRE

## GOAL

The players try to play the ball over the net on to the floor of the opponent.

## START

The ball has to be played with an underarm-serve over the net from behind the serve-line; the ball may touch the net.

## RULES

1. The ball has to be played three times before crossing the net.
2. The second ball contact is a mandatory non-STOPPED catch-throw-movement. This can be done in three ways:
  - o • With extended arms forwards.
  - o • With extended arms backwards, throwing overhead.
  - o • With extended arms in an angle.
3. It is not allowed to throw the second ball over the net.
4. When a player has made three serves in a row the team rotates and the next player has to serve.
5. The extra players are obliged to re-enter the game at the serve-spot.

## SCORE

Rally point: each mistake is a point to the opponent.

## MOTIVATION

The second ball is at this stage of the player's development the hardest ball to handle because playing the overhead pass and the forearm pass at an angle is difficult. The chance of mistakes is high and the game has to be stopped many times. Through using the catch-throw method for the second ball, the rally can be continued. Stipulate that the second ball is parallel to the net; the last player can run to the net/ball before playing it with an overhead pass

## OBJECTIVES

1. New: forward overhead pass to a team-mate (practice).
2. Playing together in a three balls contact, where the second ball is played parallel to the net. The player who stands to the left or the right on the court can/should step towards the ball to be able to play the ball over the net.
3. Playing in angles. When a player has to play the ball to the left (from the view of the player), his/her left foot has to be in front. An angle to the right means of course that his right foot should be in front.
4. Serving over greater distance, from behind the serve-line.
  - o • Playing together / 3 times
  - o • Correct foot-position at ball contact.

## Level 5: Continuous play from underarm serve

AGE: 10 – 11 YEARS OLD

NUMBER OF PLAYERS: 4 PLAYERS PER TEAM

COURT: 6 X 6 METRE

NET HEIGHT: 2.00 METRE

GOAL

Players try to play to the ball over the net by using an overhead pass or forearm pass onto the court of the opponent.

START

The ball has to be played with an underarm-serve over the net from behind the service line; the ball may touch the net.

## RULES

1. The players are not allowed to catch the ball, they have to play the ball with short contact.
2. The team is allowed to play the ball with a maximum of three short contacts, after that the ball has to cross the net to the court of the opponent.
3. The extra players are obliged to re-enter the game at the serve-spot.
4. When a player has made three serves in a row the team rotates and the next player has to serve.

SCORE: Rally point: each mistake is a point to the opponent.

## MOTIVATION

It is mandatory that the serve has to be played underarm, so the receiving team is able to build a rally. The chance that a game is continuous is greater when the number of ball contacts increases.

## OBJECTIVES

1. Convert catch-throw movement in to overhead pass forwards or backwards.
2. New: overhead pass backwards (practise).
3. Team work, means playing in angles; overhead pass as well as forearms pass.
4. Quick moving towards the ball and correct feet-position at ball contact, playing at an angle to the right or the left.
5. Forearm passing:
  - o -on the left = left-foot in front and playing the ball at the right side of the body.
  - o -on the right = right-foot in front and playing the ball at the left side of the body.

# Level 6: Continuous play from overhead or underarm serve

AGE: 11 – 12 YEARS OLD

NUMBER OF PLAYERS: 4 PLAYERS PER TEAM

COURT: 6 X 6 METRE

NET HEIGHT: 2.00 METRE

## GOAL

The players try to play the ball over the net on to the court of the opponent by means of the overhead pass, the forearm pass or by an attack (smash; from standing position or, push ball or a smash with approach).

## START

The ball has to be played with an underarm-serve or overhead serve over the net from behind the service line,



the ball may touch the net.

## RULES

1. The players have to play the ball with short contact.
2. The team is allowed to play the ball with a maximum of three contacts, after that the ball has to cross the net to the opponent's court.
3. The extra players are obliged to re-enter the game at the service point.
4. When a player has made three serves in a row the team rotates and the next player has to serve.

## SCORE

Rally point: each mistake is a point to the opponent.

## OBJECTIVES

1. 1. New: overhead serve (practise).
2. 2. New: smashing/hitting technique – approach - take-off – timing of the attack (practise).
  - o - forearm playing at an angle (left/right).
  - o - overhead pass; forwards and backwards at angles.
  - o • Make the transition from throwing overhead to serve / attack.
  - o • Right handed = left-foot in front / left handed = right foot in front.
  - o • Balance.
  - o • Attention to tossing the ball.