

## Fundamental Skills of Volleyball

### Level 1 - Worksheet #1

At the end of 8 week, you should be able to complete a majority of the exercises and/or increase the amount of time spent on each exercise from 1 to 5 minutes each day.

✓ When you complete an exercise, place a check mark in the appropriate box.

### Passing

#### Self Toss & Catch

##### Exercise 1:

- Two-handed underhand toss above your head to at least net height
- Catch the ball in passing position (low and in front of your body)
- Let the ball bounce and then catch the ball again in passing position

##### Exercise 2:

- Two-handed underhand toss above your head to at least net height
- Make a half-turn and then catch the ball in passing position
- Let the ball bounce and then catch the ball again in passing position

##### Exercise 3:

- Repeat Exercise 2, increase the number of times it is repeated

#### Self Pass/Partner

##### Exercise 1: Self Pass

- Two-handed underhand toss and pass the ball to yourself once
- Catch the ball in passing position (low and in front of your body)
- Toss the ball up once again, pass, and then let the ball bounce

##### Exercise 2: Partner Progressions (after each progression switch roles and repeat)

- Partner (friend, parent, or sibling) and you are 3 big steps apart
- Partner two-handed underhand tosses to the passer
- Catch the ball in passing position and toss back with good follow through
- Step-hop to your right
- Partner two-handed underhand tosses to the passer
- Pass the ball back to your partner and then step-hop back into place

##### Exercise 3:

- Repeat Exercise 1 and 2, increase the number of times they are repeated

### Attacking

#### Foot Position/Hand Contact

##### Exercise 1:

- Start with your feet in parallel position and move to quarter turn
- Hold the ball with your non-hitting hand
- Practice contact with an open cupped hand (whole hand around the ball)

##### Exercise 2:

- Start with your feet in parallel position and move to quarter turn
- Hold the ball with your non-hitting hand
- Contact the ball with an open hand and extend the wrist to the 3-4 count

##### Exercise 3:

- Practice lifting the ball up and using the 6 to 12 arm positions
- Find a wall or net and practice the lift, step, and hit

### Setting & Ace Player Card on the Wall

#### Wall Catch/Set & Self Toss

##### Exercise 1: Wall Catch and Set with Tennis Balls

- Sit on the ground one arm's length away from the wall
- Start with the ball in setting position (on your forehead)
- Set the ball against the wall aiming at Ace and catch on your forehead
- Catch and set four times (repeat x4)

##### Exercise 2: Self Toss and Catch on Forehead

- Two-handed underhand toss above your head to at least net height
- Catch the ball in setting position on your forehead
- Set the ball with good follow through (catch and set)
- Let the ball bounce and then catch it again on your forehead (repeat x4)

##### Exercise 3:

- Repeat Exercise 2 but do **two** catch and sets before letting the ball bounce

### Serving

#### Japanese Floater

##### Exercise 1:

- Place the Ace Player Card on the line as a target for the ball drop
- Hold the ball with your non-hitting hand
- Straddle the line (feet and shoulders parallel)
- Go through the checklist: forehead, out, above your head, arms at 6 and 12
- Check the back of the ball with your hand (ball center)
- Let the ball drop hitting the Ace Player Card

##### Exercise 2:

- This must be done outside or on a wall
- Place the Ace Player Card on the wall as a target to hit the ball towards
- Repeat the steps from Exercise 1
- Serve the ball out of your non-hitting hand trying to hit Ace

##### Exercise 3:

- Place the Ace Player Card somewhere on the court as a target
- Repeat the steps from Exercise 1
- Serve the ball out of your non-hitting hand trying to hit Ace

