

Fundamental Skills of Volleyball

Level 2 - Worksheet #2

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.

Serving

Overhand 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 and arm at a 90-degree angle
- Your hitting arm should point towards 6 o'clock and the other towards 12
- Hold your wrist flat with your hand facing forwards
- With your non-hitting arm, lift the ball into the air
- 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
- Toss and serve the ball trying to hit Ace
- Your hand should be flat and follow through forward

Exercise 3:

- Place the Ace Player Card somewhere on the court as a target
- Repeat the steps from Exercise 1
- Lift and serve the ball trying to hit the Ace Player Card

Attacking

Foot, Toss, and Arm Position

Exercise 1:

- Holding the tennis ball while parallel, jump to quarter turn (repeat x 4)
- In quarter turn, with one hand, toss the tennis ball (6 to 12)
- Let the tennis ball bounce near your back foot (repeat x4)
- Start in parallel and jump to quarter turn
- Toss the tennis ball above hitting arm with one hand
- Let the tennis ball bounce

Exercise 2:

- In quarter turn, toss 6 to 12 and catch above hitting arm
- In quarter turn, toss 6 to 12, "puppet" and let it bounce
- In quarter turn, toss 6 to 12, "puppet" and catch the ball
 - Catch the ball high above your hitting shoulder behind the ball and below the center
- Repeat the series with a volleyball

Exercise 3:

- Combine exercise 1 & 2 to develop a consistent position of feet, toss, and arm position with less time in between each progression of toss and arm swing

Footwork with Approach

Exercise 1:

- Last two steps (right-left or left-right - depending on hitting hand)
- Last two steps using arm swing

Exercise 2:

- Walk around then last two steps
- Walk around then last two steps with arm swing
 - Progress to walking quicker

Exercise 3:

- Walk around using three steps
 - Progress to walking quicker and add the arm swing
- Walk around using three steps and add the arm swing and jump

