



PROGRAM CHARACTERISTICS

The programs below have been created for youth 12 and under but can be taught to beginners of all ages!

MINI-VOLLEY

- 1. Program Self-directed:**
 - Activity games to facilitate movement on the court with or without the ball.
 - Program is taught in Stages
 - Stage 1 - Movement, hand-eye coordination, throwing and catching the ball
 - Stage 2 - Ball handling skills, overhead passing, forearm passing and serving. Sequencing the game is introduced to learn to play 2 on 2.
 - Stage 3 - Using skills learned in Stage 2, players are introduced to adapting skills to ball trajectory. Introduction game formats. Playing 2 on 2, 3 on 3, and 4 on 4.
 - To defend your territory (To prevent the ball from landing in your court or deflecting of your team).
- 2. Skills introduced:** overhead passing, forearm passing and underhand serving
- 3. Net height:** varying as per height of players
- 4. Court size:** doubles badminton court
- 5. Ball used:** Tachikara OTB - 10 primary ball and the Tachikara mini-volleyball
- 6. Playing the game:** taught in progressions from 2 on 2, 3 on 3. Three contacts per side, all contacts are caught, the first two are caught only, only the second contact is caught.
- 7. Age of Players:** program starts in grade 1
- 8. Scoring:** short games no score kept
- 9. Goal:** for players to have fun



ATOMIC VOLLEYBALL

(Difference from Mini Volleyball are in **bold**)

- 1. Program Self-directed:**
 - Skills and drills format**, 8 week program
 - A **new skill** is introduced each week
 - Practice levels** of drills depend on the skill level of the player. There are **three levels** of drills for each skill.
 - Game patterning** is introduced by games of 2 on 2, 3 on 3
 - Game play** - equal time for games as per skill development. - can be played at different levels depending on the players.
 - Hitting** - players can have fun spiking the ball
 - To attack the ball into the opponents territory (To send the ball over the net and have it either land in the opponent's court or deflect off the opponent).
 - To defend your territory (To prevent the ball from landing in your court or deflecting of your team).
- 2. Skills introduced:** overhead passing, forearm passing, **servicing - under and overhand, spiking, blocking, stride and slide, team play**
- 3. Net height:** 2 metres (or adapted to the height of the players)
- 4. Court size:** doubles badminton court
- 5. Ball used:** Tachikara Mini-Volleyball and the **Tachikara Volley-Lite**
- 6. Playing the game:** Taught in game patterning. 3 contacts per side using, **to the net, along the net and over the net**. The contacts can all caught, the first two contacts caught only, only the second contact is caught. This is variable as per the skill level of players. 4 on 4
- 7. Age of Players:** For players of any age to learn the skills of the sport. Program designed to follow the Mini-Volley program.
- 8. Scoring:** short timed games - no points kept
- 9. Goal:** for players to have fun