



VOLLEYBALL CANADA



Teaching Manual for Volleyball Skills

WHAT'S INVOLVED? Each session will have a skill component to teach and for the players to learn and practice. The program is 8 sessions, 1.5 hours per week, with the final session being a tournament.

HOW TO PLAY Each coach will have a manual for teaching purposes. The volleyball skills that are covered in the manual are; volleying, forearm passing, serving (underhand and overhand), attacking, blocking, stride and slide, team play and then a tournament.

EQUIPMENT The equipment that is required is badminton nets and courts, volleyballs that are player friendly. The number of players per side is four so that each player has optimum contacts with the ball. Volleyball Canada has balls that are made specifically for this age demographic.

WHO CAN PLAY? The program is geared for youth ages 9 - 12 boys and girls.

WHERE TO PLAY The entire program is designed so that the player has a positive experience learning the game of volleyball. The game can be played indoors, outdoors on grass or on the beach. It can be played in school, community centres, volleyball clubs etc.

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