

Discover the Ultimate Free Flow Handbook for Teaching Beginning Offensive Volleyball Drills, Plays, and Games!

Are you excited about introducing the sport of volleyball to beginners? Do you want to help them develop offensive skills while keeping the learning process fun and engaging? Look no further! In this comprehensive handbook, we will explore a wide range of beginner-friendly offensive volleyball drills, plays, and games that will enhance the skills and confidence of your players while sparking their love for the game.

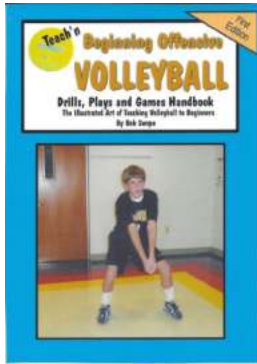
1. Understanding the Basics

Before diving into the various drills and games, it's important to ensure a solid understanding of the basics. Start by explaining the fundamental rules and positions of volleyball to your players. Showcase proper technique for serving, passing, setting, attacking, and blocking. Reinforce correct footwork and hand placement, and emphasize the importance of communication and teamwork.

2. Drills for Skill Development

To lay a strong foundation for offensive prowess, it's crucial to practice specific skills in isolation. Here are some highly effective drills to help your beginners improve their offensive abilities:

**Teach'n Beginning Offensive Volleyball Drills,
Plays, and Games Free Flow Handbook (Series 5**



Teaching Beginning Sports 17)

by Alexander Woodrow (Kindle Edition)

★★★★★ 5 out of 5

Language : English
File size : 4207 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
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2.1 Serving Drills

Incorporate serving drills that focus on consistency, accuracy, and different serving techniques. Start with stationary serves and progress to toss-and-serve drills while gradually increasing difficulty. Encourage players to experiment with float serves, jump serves, and topspin serves.

2.2 Setting Drills

Setting drills are essential to develop proper technique, accuracy, and decision-making skills. Begin with simple hand positioning exercises and progress to partner setting drills. Incorporate live play scenarios to simulate realistic game situations.

2.3 Attacking Drills

Teach beginners how to execute effective attacks by practicing hitting techniques, footwork, and timing. Design drills that emphasize proper approach, arm swing, and targeting specific areas on the court. Develop controlled attacks before introducing more advanced concepts like tipping and roll shots.

3. Offensive Plays and Strategies

Once your players have mastered the basic skills, it's time to introduce offensive plays and strategies. These game plans will enhance their understanding of teamwork, positioning, and creating opportunities to score points. Some popular offensive plays include:

3.1 The Double Quick

The double quick play involves a quick set and attack from both the middle and outside hitters simultaneously. It confuses the opposing blockers and creates openings for easy points.

3.2 The Slide

The slide play utilizes a quick attack from the right-side hitter. This play is effective in catching the opposing blockers off-guard, as it requires a well-timed run and a swift attacking motion.

3.3 The X Play

The X play involves the setter and a middle hitter crossing paths during an attack. This play can confuse the defense and create opportunities for unexpected attacks.

4. Competitive Games for Skill Application

Finally, it's essential to provide opportunities for your players to apply their newly acquired offensive skills in competitive game settings. Here are a few game ideas:

4.1 King of the Court

In this game, players compete against each other for points based on successful attacks. The winner stays on the court and faces different opponents after each point.

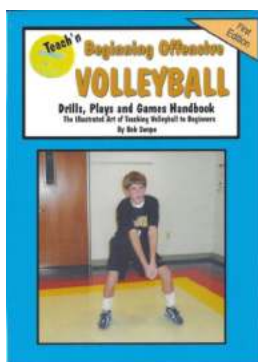
4.2 Scrimmages

Organize small-sided scrimmages to allow players to practice offensive plays and strategies learned during training. Encourage communication, teamwork, and creativity on both sides of the net.

4.3 Tournament Style Matches

Consider hosting a mini-tournament where teams can showcase their offensive abilities. Create a friendly competitive environment that encourages players to apply their skills while having fun.

Teaching beginning offensive drill, plays, and games should be a fun and educational experience. By implementing the drills, offensive plays, and competitive games discussed in this handbook, you will be equipping your players with the necessary skills and strategies for success on the volleyball court. So, get ready to see your beginners thrive and develop a lifelong passion for the sport of volleyball!



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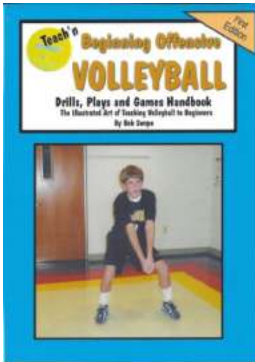
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This is a practical Handbook for beginning youth Volleyball coaches, and parents. It has 114 individual pictures and 92 illustration variations to look at. All the skill activities and drills are numbered for easy reference between coaches and parents. Complete with diagram, illustration, and explanation for each one. It covers all the fundamentals you will need to get started in offensive youth volleyball. It also has training games to play, sample practice schedules, and many plays to run to get your team started in Volleyball.



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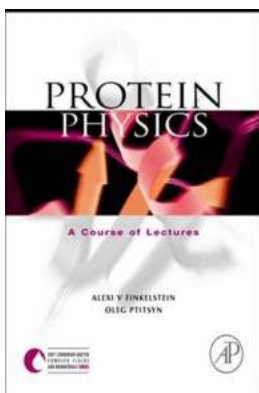
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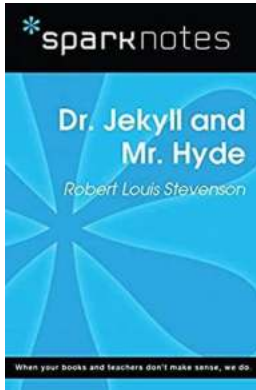
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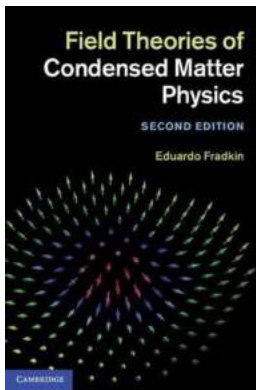
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