



Volleyball

Volunteer Coach Skill Development Packet by Age Division

Created By
City of Peoria
Community Services Department
Youth Sports Programs
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7 & 8 Year Old SKILL DEVELOPMENT

PASSING

- Introduce, demonstrate, and explain how to forearm-pass or bump.
- Keep a medium posture.
- Plant yourself in a volleyball stance (similar to a squat), arms extend in front of the midline.
- Hands should connect: Either the dominate hand holding the non-dominate hand (almost like cradling the non-dominate hand) or place the non-dominate hand in a fist like form and the dominate hand grasp the non-dominate hand.
- Platform should always be flat, facing toward the ceiling.
- Keep your belly button facing the target.

SETTING

- Introduce, demonstrate, and explain how to set.
- Be sure hips, feet, and shoulders are directly facing the spot the ball is going to come down from, not the direction it came from.
- Both hands should be placed evenly above your forehead (about 4-6 inches above head)
- Diamond-shaped hands or volleyball-shaped hands, hands should not touch
- Feet should be shoulder width apart, knees should be slightly bent, weight evenly distributed
- Extend arms and legs when contacting the ball (similar to a superhero stance)
- Elbows should be pointed toward the sides
- Contact ball with the pads of your finger tips

SPIKING

- Introduce, demonstrate, and explain how to hit or spike.
- Position yourself behind the 10-foot line
- Should begin taking an approach after the ball is set
- Take a three step approach and jump before contacting the ball
- If right handed: Foot work should be, left, right left, jump. (Opposite if player is left handed).
- When taking the last two steps be sure to plant yourself in a small squat., swing arms behind you
- When jumping off the ground with both feet, be sure to jump upward
- When in the air both hands should extend above the head, the non-dominate hand will extend almost as if it is finding a target and the dominate hand will swing through and contact the ball with an open palm in a fast motion.
- Be sure to snap the wrist in order for the directory of the ball to go down.

SERVING

- Introduce, demonstrate, and explain how to perform the underhand serve.
- Hold the ball your non-dominate hand, extend the arm and keep it parallel to the shoulder.
- Step with the foot opposite of the dominate hand
- The dominate hand needs to extend down the side of the body
- The arm will move slightly backward and swing through to contact the ball.
- Player should be facing the net and toes should be facing forward.



9 & 10 Year Old SKILL DEVELOPMENT

PASSING

- Introduce, demonstrate, and explain how to forearm-pass or bump.
- Keep a medium posture.
- Plant yourself in a volleyball stance (similar to a squat), arms extend in front of the midline.
- Hands should connect: Either the dominate hand holding the non-dominate hand (almost like cradling the non-dominate hand) or place the non-dominate hand in a fist like form and the dominate hand grasp the non-dominate hand.
- Platform should always be flat, facing toward the ceiling.
- Keep your belly button facing the target.

SETTING

- Introduce, demonstrate, and explain how to set.
- Be sure hips, feet, and shoulders are directly facing the spot the ball is going to come down from, not the direction it came from.
- Both hands should be placed evenly above your forehead (about 4-6 inches above head)
- Diamond-shaped hands or volleyball-shaped hands, hands should not touch
- Feet should be shoulder width apart, knees should be slightly bent, weight evenly distributed
- Extend arms and legs when contacting the ball (similar to a superhero stance)
- Elbows should be pointed toward the sides
- Contact ball with the pads of your finger tips

SPIKING

- Introduce, demonstrate, and explain how to hit or spike.
- Position yourself behind the 10-foot line
- Should begin taking an approach after the ball is set
- Take a three step approach and jump before contacting the ball
- If right handed: Foot work should be, left, right left, jump. (Opposite if player is left handed).
- When taking the last two steps be sure to plant yourself in a small squat, swing arms behind you
- When jumping off the ground with both feet, be sure to jump upward
- When in the air both hands should extend above the head, the non-dominate hand will extend almost as if it is finding a target and the dominate hand will swing through and contact the ball with an open palm in a fast motion.
- Be sure to snap the wrist in order for the directory of the ball to go down.

SERVING

- Introduce, demonstrate, and explain how to perform the underhand serve.
- Hold the ball your non-dominate hand, extend the arm and keep it parallel to the shoulder.
- Step with the foot opposite of the dominate hand
- The dominate hand needs to extend down the side of the body
- The arm will move slightly backward and swing through to contact the ball.
- Player should be facing the net and toes should be facing forward.



11 & 13 Year Old SKILL DEVELOPMENT

PASSING

- Introduce, demonstrate, and explain how to forearm-pass or bump.
- Keep a medium posture.
- Plant yourself in a volleyball stance (similar to a squat), arms extend in front of the midline.
- Hands should connect: Either the dominate hand holding the non-dominate hand (almost like cradling the non-dominate hand) or place the non-dominate hand in a fist like form and the dominate hand grasp the non-dominate hand.
- Platform should always be flat, facing toward the ceiling.
- Keep your belly button facing the target.

SETTING

- Introduce, demonstrate, and explain how to overhead pass or set.
- Be sure hips, feet, and shoulders are directly facing the spot the ball is going to come down from, not the direction it came from.
- Both hands should be placed evenly above your forehead. (about 4-6 inches above head)
- Diamond-shaped hands or volleyball-shaped hands, hands should not touch
- Feet should be shoulder width apart, knees should be slightly bent, weight evenly distributed
- Extend arms and legs when contacting the ball (similar to a superhero stance)
- Elbows should be pointed toward the sides
- Contact ball with the pads of your finger tips
- If back setting, extend the arms upward and behind instead of in front of you
- If back setting, knee bend is less important, push hips forward a little and arch your back

SPIKING

- Introduce, demonstrate, and explain how to hit or spike.
- Position yourself behind the 10-foot line. Should begin taking an approach after the ball is set
- Take a three step approach and jump before contacting the ball
- If right handed: Foot work should be, left, right left, jump. (Opposite if player is left handed).
- When taking the last two steps be sure to plant yourself in a small squat, swing arms behind you
- When jumping off the ground with both feet, be sure to jump upward
- When in the air both hands should raise above the air, the non-dominate hand will extend almost as if it is finding a target and the dominate hand will swing through and contact the ball with an open palm in a fast motion.
- Be sure to snap the wrist in order for the directory of the ball to go down.

SERVING

- Introduce, demonstrate, and explain how to perform the overhead serve.
- Hold the ball your non-dominate hand, extend the arm and keep it parallel to the shoulder.
- Step with the foot opposite of the dominate arm (hitting arm)
- Toss the ball in front of your dominate hand, (same height as if you are spiking the ball)
- Hit the ball with an open palm
- Toes should point forward.



14 to 18 Year Olds SKILL DEVELOPMENT

PASSING

- Introduce, demonstrate, and explain how to forearm-pass or bump.
- Keep a medium posture.
- Plant yourself in a volleyball stance (similar to a squat), arms extend in front of the midline.
- Connect hands by either the dominate hand holding the non-dominate hand (almost like cradling the non-dominate hand) or place the non-dominate hand in a fist like form and the dominate hand grasp the non-dominate hand.
- Platform should always be flat, facing toward the ceiling.
- Keep your belly button facing the target.

SETTING

- Introduce, demonstrate, and explain how to overhead pass or set.
- Be sure hips, feet, and shoulders are directly facing the spot the ball is going to come down from, not the direction it came from.
- Both hands should be placed evenly above your forehead. (about 4-6 inches above head)
- Diamond-shaped hands or volleyball-shaped hands, hands should not touch
- Feet should be shoulder width apart, knees should be slightly bent, weight evenly distributed
- Extend arms and legs when contacting the ball (similar to a superhero stance).
- Elbows should be pointed toward the sides
- Contact ball with the pads of your finger tips
- If back setting, extend the arms upward and behind instead of in front of you
- If back setting, knee bend is less important, push hips forward a little and arch your back

SPIKING

- Introduce, demonstrate, and explain how to hit or spike.
- Position yourself behind the 10-foot line. Should begin taking an approach after the ball is set
- Take a three step approach and jump before contacting the ball
- If right handed: Foot work should be, left, right left, jump. (Opposite if player is left handed).
- When taking the last two steps be sure to plant yourself in a small squat, swing arms behind you
- When jumping off the ground with both feet, be sure to jump upward
- When in the air both hands should extend above the head, the non-dominate hand will extend almost as if it is finding a target and the dominate hand will swing through and contact the ball with an open palm in a fast motion.
- Be sure to snap the wrist in order for the directory of the ball to go down.



14 to 18 Year Olds SKILL DEVELOPMENT

SERVING

- Introduce, demonstrate, and explain how to perform a jump serve.
- Toss the ball (using your non-dominant hand) in front of you
- The toss should be an inch or two higher than the dominant hand, when extended in the air.
- Take a three step approach and jump before contacting the ball
- If right handed: Foot work should be, left, right left, jump. (Opposite if player is left handed).
- When in the air both hands should extend above the head, the non-dominant hand will extend almost as if it is finding a target and the dominant hand will swing through and contact the ball with an open palm in a fast motion. Be sure to snap the wrist in order for the direction of the ball to go down.

BLOCKING

- Introduce, demonstrate, and explain how to perform a block
- Face the net, stand in a squat position, arms should be bent in a 90 degree angle
- When in a squat position, should be low enough to where your head is almost eye level with the bottom of the net
- Goal is to jump at the same time as the hitting on the other side of the net.
- Once in the air, extend arms straight and press toward the swinging arm

