



GRILLS

Game like Drills



KIWIVOLLEY
New Zealand

KiwiVolley

Engage, Success, Fun

Our KiwiVolley programme is characterized by enhancing overall general athletic development. Improving basic movement abilities such as agility, balance, speed, and coordination, while improving fundamental sport skills such as running, jumping, throwing, catching, passing and striking are the primary focus.

Fun is critical for us and the key objective of the programme is to encourage participation in sport and physical activity in the hopes of creating life-long interest volleyball.

Using modified KiwiVolley games, the volleyball fundamentals such as, the Set, the Pass, the Serve, Spiking and Blocking can be introduced. However, we only do this in the most simple and basic of ways, used primarily as tools to enhance the development of the fundamental movement skills, and as part of a program which encourages **Success** and fun in a volleyball orientated environment.

KiwiVolley is a game derived from the adult volleyball game with rules and equipment adapted for young people between 5-12 years.



Use these handy QR codes that are placed throughout this booklet.

These codes will link you directly to helpful videos on skills, rules and Grills of KiwiVolley.

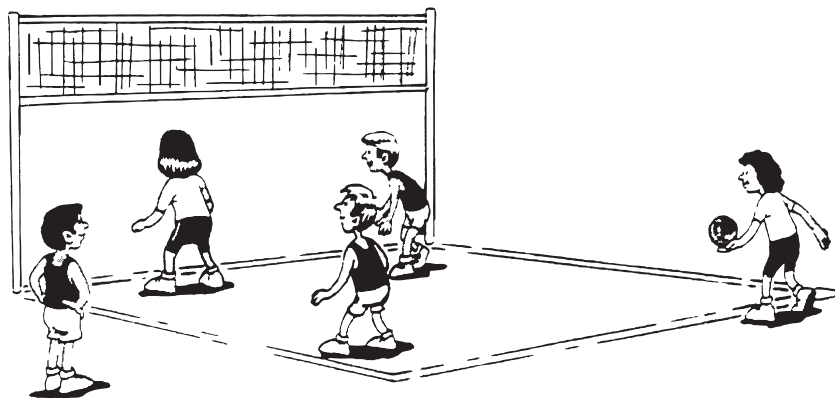
It Features:

- 🏐 Fewer numbers of players
- 🏐 A smaller court area
- 🏐 A lighter and softer ball
- 🏐 A lower net
- 🏐 Rolling substitutes
- 🏐 Simple rules

The smaller distance and spaces, combined with a lighter and softer ball, permit success for even the youngest of players.

As with other modified sport, KiwiVolley is designed to give maximum participation and enjoyable involvement in a game that can develop a wide range of ball skills, movement skills, as well as teamwork and communication skills.

KiwiVolley is an ideal way to **Engage** youngsters in the game of Volleyball. Students will find the progression to College volleyball much easier with having played just one season of KiwiVolley.



Teaching & Coaching Tips



It is important to remember the principals of KiwiVolley **Engage, Success, Fun** when planning, designing and delivering your KiwiVolley session. The below principals underpin good teaching and coaching.

For effective learning to take place a coach needs to be aware of some of the basic needs of good teaching.

The following 3 principles summarise the teaching and training methods of our KiwiVolley programme

1. **Children learn skills best through taking part.**
2. **Children learn best when they:**
 - a) Have a clear goal of what the skill is trying to achieve
 - b) Understand the principles and performance keys for each skill – See *Teaching the Skills* booklet.
 - c) Receive feedback on their performance
3. **Specificity is an underlying principle for learning motor skills**, i.e. “The game teaches the game”. If we want to get good at playing volleyball then we should play volleyball!!!

Volleyball New Zealand’s philosophy of teaching and training can be summarised in the diagram over the page.

Opportunities to Respond, Game like Drills, and Information Feedback are the building blocks to designing excellent drills and games for improving children’s skills.

- 🏐 **Opportunities to Respond:**
Children are given maximum number of opportunities to perform repetitions of the skill.

- 🏐 **Game like - Drills GRILLS**
Drills should recreate aspects of a KiwiVolley game
– See *KiwiVolley Game Like Drills* booklet.

- 🏐 **Information Feedback:**
 - Children should receive specific feedback via knowledge of performance and
 - Children should receive specific feedback via knowledge of results.

Principles and Performance Keys

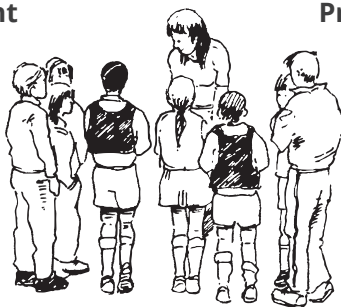
For each of the volleyball fundamentals skills there are both Principles and Performance Keys.

- 🏐 **Principles** are the fundamental truths about the skill
- 🏐 **Performance keys** are the important aspects of each skill. Performance keys provide the athlete and the coach, the key elements to focus on, when executing and critiquing a skill.

The coach should consider how the following impact on their athletes

A good role model
Sensitive
Be consistent

Organised
A good communicator
Prepared

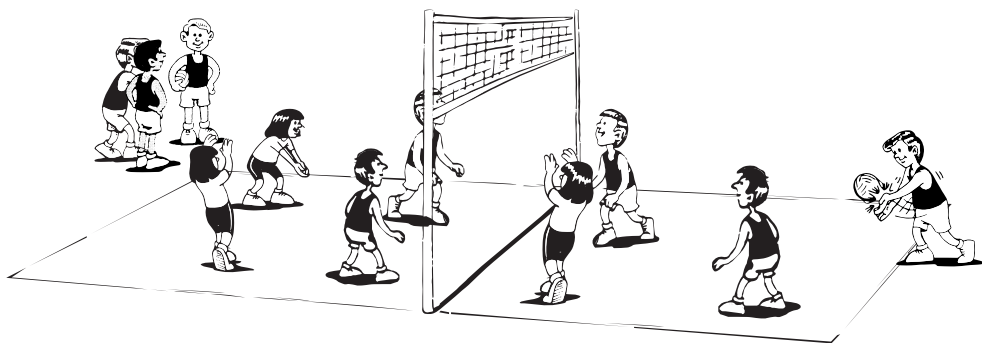


GAME *like* *Drills*

(GRILLS)

Sometimes we think there are too many drills... so here are our top 10 favourite KiwiVolley GRILLS (game like drills).

These games go best with good demonstrations, quality reinforcement of the volleyball principles and skill performance keys...plus enthusiastic and positive coaching.



1. Step back & Serve



Aim

To improve serving accuracy.

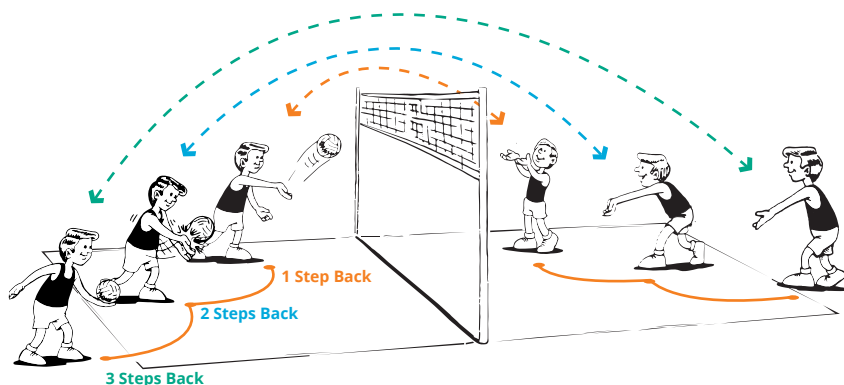
Number of Participants

Two players (one on each side).

Procedure

Have the players pair off and face each other, on opposite sides of the net, about two metres from the net.

Give each player on one side a ball. They underarm serve to their partner. If the partner can catch the ball without having to take more than one step the server may take one step back. Then the partner serves. If a player misses their serve they take one step forward (except at the start when they are two metres from the net) first pair to reach both end lines wins.



2. Volley Battles



Aim

To improve players forward and backwards movements. Players should be encouraged to use the ready position and shuffle when moving.

Formation

Players are in pairs.

Procedure

Players are in pairs with one ball. Games are played in a straight line, with each player trying to defend their court between the baseline and the net. Players catch and throw the ball over the net and try to get their opponents to misplay the ball or ground the ball on their opponent's side of the net. Players must throw the ball immediately from where they catch it using the 'KiwiVolley way'.

Players keep score with the winner after two minutes going to the winner's side. If it is a draw then paper/scissors/rock occurs. Game can be played over and over again.

Variations

Start each game with a serve

Only allowed to catch a serve

Catch and set over

Pass up and throw over

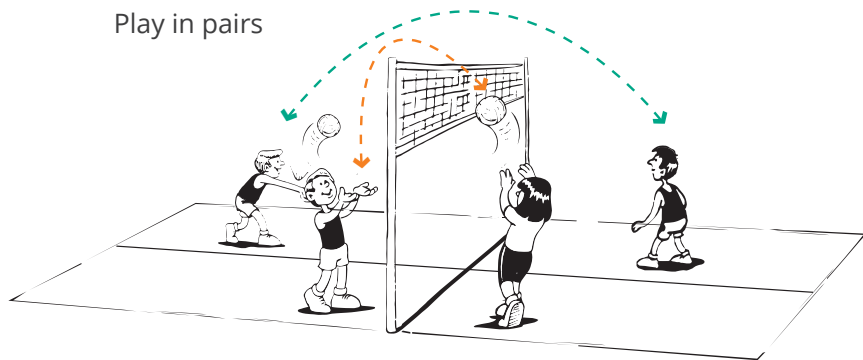
Play in pairs

Pass up and set over

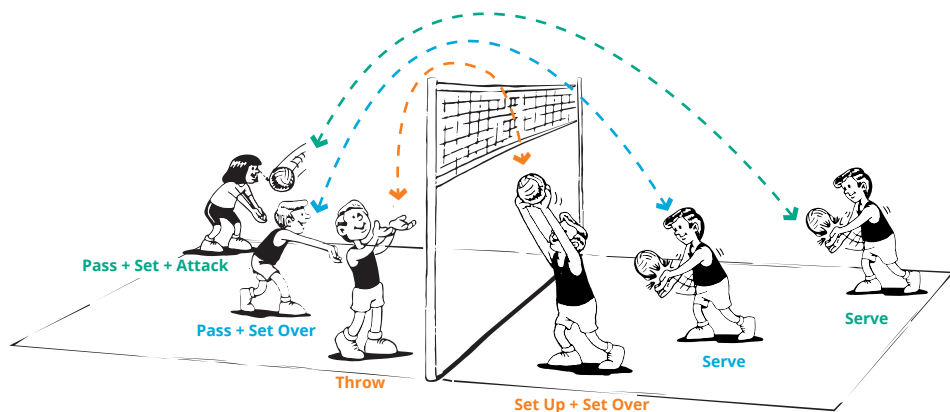
Only setting

Only Passing

Any volleyball skill



3. Partner Patterns



Aim

To cooperatively see how many crossings of the net a player can make with their partner using a certain skill pattern e.g. Pass – Set.

Number of Participants

Two players (one on each side) advance to four players (two on each side).

Procedure

Player A tosses the ball over the net to Player B. B forearm passes the ball up and catches the ball. Player B tosses the ball over the net to Player A. Player A forearm passes the ball up and catches the ball. PATTERN = Forearm pass up + Catch + Throw over. They continue trying to see how many in a row they can do without breaking the pattern.

Variations

- 🏐 Forearm pass up + Catch + Underarm serve over
- 🏐 Forearm pass up + Catch + Set over
- 🏐 Forearm pass up + Set over
- 🏐 Set up + Forearm pass over
- 🏐 Forearm pass up + Forearm pass over
- 🏐 Set up + Set over
- 🏐 Forearm pass up + Set up + Attack over

Now do the same patterns with two players on each side

4. Vollis

Procedure

Player A starts by throwing or serving the ball over the net. Player B has to play it back over using just one contact (forearm pass or set). The game continues like tennis with one contact on each side.

Formation

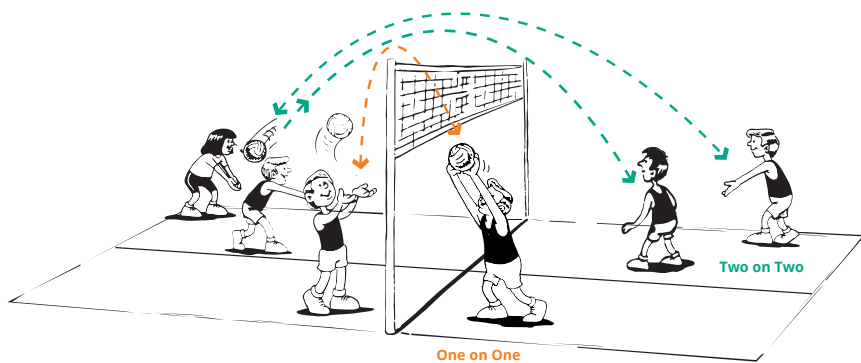
There should be one player on each side of the net. Start game with a toss over the net. Divide the court into two or three courts.

Number of Participants

Two players (one on each side). Advance to four players (two on each side).

Variations

- Players can use only one type of shot (forearm pass or set).
- Players on each side alternate shots between them.



5. Hit the Setter



(Forearm Pass & Overhead Pass)

Aim

To forearm pass the ball to the setter.

Number of Participants

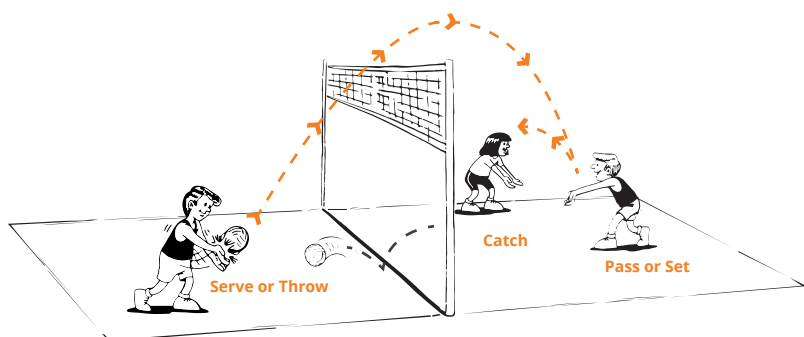
Three players.

Procedure

Player A tosses the ball over the net to Player B. B forearm passes the ball to C who catches the ball and bounces it back to A. The group rotates after 10 to 15 repetitions, a specified time or a specific number of successful repetitions.

Variations

- Players overhead pass (set) the ball to the setter. Players choose a set or pass depending on what is best suited
- Player A can underarm serve the ball
- Add another player in to have two players passing the ball (develops communication) to the setter
- Move passers/servers to different parts of the court



Game Activities

1. Put a target (hoop or mat) for the catcher to stand on. The passer scores a point each time the catcher catches the ball with one step – The catcher is the judge (ball must be approx. above 2 meters high at top of flight). Total up the score for each Team of 3 to find the winning Team (total number of passes or fixed time).
2. The same as above but each player keeps their individual score. The winner from the group goes up (joins the group to the left and the loser goes down. The second player stays where he/she is.

6. Single Skills Games

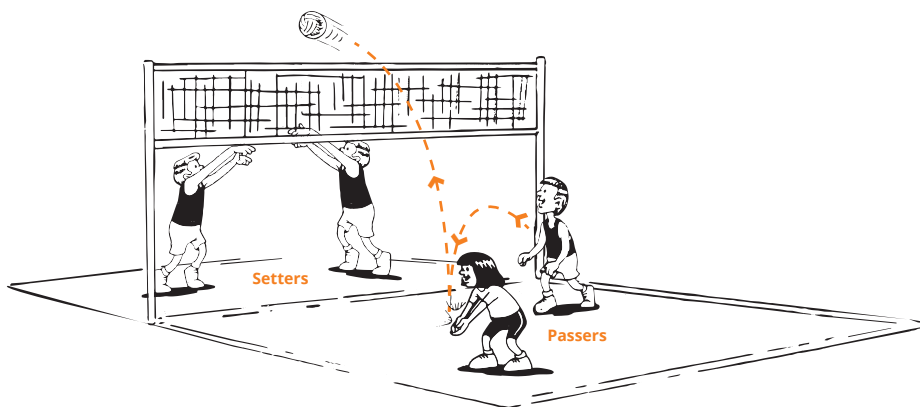
Number of Participants

Two players (one on each side). Advance to four players (two on each side), six players (three on each side), and eight players (four on each side).

Set up one v one, two v two, three v three or four v four games. Teams play a three contact volleyball game using only one skill (a forearm pass or an overhead pass) to play the ball.

For example, one team may use the overhead pass exclusively, while its opponent only use the forearm pass.

The coach indicates when it is time to change skills.



7. King or Queen of the court

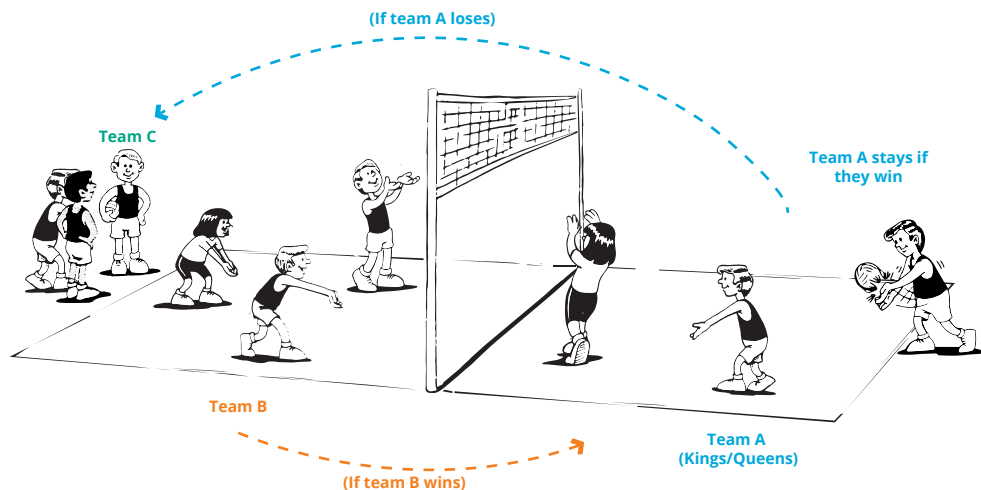


Number of Participants

Two players (one on each side). Advance to four players (two on each side), and six players (three on each side).

Team B (the challengers) serve the ball to Team A (The Champs). If Team A wins they score a point and remain in the same position. If Team B wins they become the “Champs”... crossing under the net to the “Champs” side.

The losing Team goes to the back of the line. Team C enters the court and serves to start the new rally. A team can only win points when they are in the “Champs” court... the winning team is first to gain five points.



8. Triple Ball

KiwiVolley Rally or Spike rules can apply with the following additions:

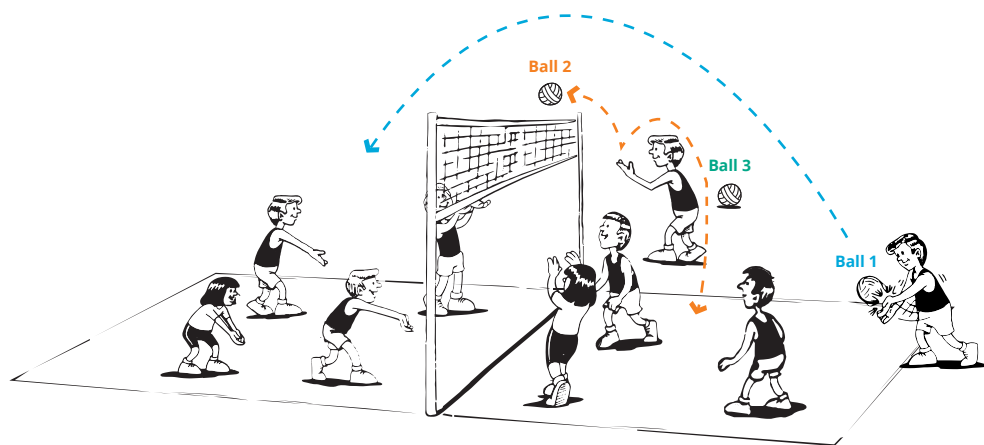
Number of Participants

Eight players (four on each side).

Sequence

The game follows a sequence of three rallies (service, free ball 1, and free ball 2).

- 1st rally/ 1st ball - introduced by the server
- 2nd rally/ 2nd ball - introduced by a free ball tossed to the receiving team
- 3rd rally/ 3rd ball - introduced by a free ball tossed to the serving team.



Service

- ⦿ The service alternates between teams after each three-ball sequence. After each rally is complete, the ball must quickly be removed from the court so the next sequence can be started. Both teams must allow enough time for the ball to be removed from the court before starting the next sequence.

Scoring

- ⦿ Scoring is not recommended if you are using Triple Ball as a training game. If you are playing scoring and using Triple Ball as a competitive game then every ball introduced is worth one (1) point; a set (to 15 points) can be won in the middle of a three-ball sequence.

Toss

- ⦿ A coach, assistant coach or a competent volunteer can throw the free ball to their team and can step into the court to do so. The thrower will immediately move off the court after the toss.
- ⦿ Free balls are tossed underhand, with two hands and little to no spin, above the height of the antennae (or 2 metres) to allow athletes time to play the ball.
- ⦿ The free ball will always be tossed directly to a player, otherwise a replay will occur.
- ⦿ The free ball will be tossed once the front row player(s) are at the net (ready to transition) and all players have been verbally told that the ball is being introduced, "Free Ball!".

Players can take "free balls" introduced by the thrower with an overhead or forearm pass. The 'Free Ball' cannot be sent directly back over the net or a replay will occur.

9. KiwiVolley Rotate



See *KiwiVolley – Rotate* rules in the Rules & Refereeing booklet.

Reading the game is the premium skill in volleyball. This enables players to know where and how the ball is going to move, and helps them to prepare for that situation.

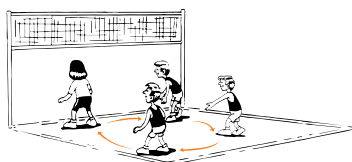
Players learn by observing their opponent's body language:

- 🏐 Watching the speed and direction of their movements
- 🏐 Watching the speed and direction of the ball

KiwiVolley – Rotate allows them to practice these reading skills.

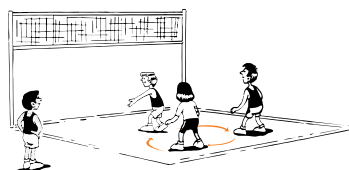
KiwiVolley Rotate - Step One

Four players on and zero eliminated



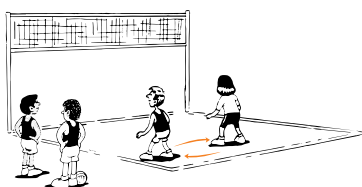
KiwiVolley Rotate - Step Two

Three players on and one eliminated



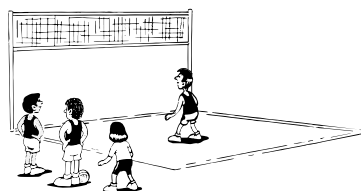
KiwiVolley Rotate - Step Three

Two players on and two eliminated



KiwiVolley Rotate - Step Four

One player on and three eliminated



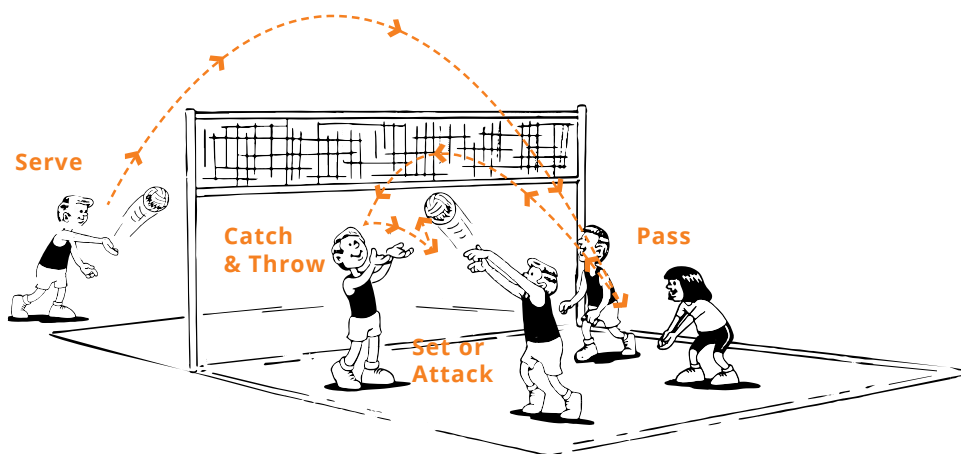
10. KiwiVolley Rally



See *KiwiVolley – Rally* rules in the Rules & Refereeing booklet.

This allows the players to start connecting multiple contacts in a game situation before they begin *KiwiVolley – Spike*.

This can be played using “Triple Ball” rules.









www.volleyballnz.org.nz
gdm@volleyballnz.org.nz