

JUMP START VOLLEYBALL

Program Overview

- Duration: 6 Weeks (1 hour per week).
- Week 1: Introduction to Volleyball
- Week 2: Focus on Setting
- Week 3: Introduction to Serving
- Week 4: Introduction to Spiking
- Week 5: Defense and Court Movement
- Week 6: Fun Games and Mini Tournament
-

Jump Start Volleyball introduces kids to the basics of volleyball, including fundamental skills, teamwork, and the enjoyment of the game, through engaging and fun activities. Kids are split into 2 age groups, 6-9 and 10-12.

Each 6 week session is 1 hour long, focusing on different aspects of volleyball while ensuring a fun and supportive environment.

By the end of the 6-week Jump Start Volleyball program, children will have a solid introduction to volleyball, a basic understanding of the game, and a foundation to continue developing their skills.

Field Setup

- At least two courts with the lowered nets in between the two sides

Equipment Checklist (Needed Every Session)

- Clipboards
- Roster
- 20 youth volleyballs (oversized and underweight)
- 20 pinnies
- At least 2 lowered nets
- 10 balloons
- 10 foam balls
- 2 hula hoops

Coach Arrival & Check-In Focus

- Coaches will check in the kids as they arrive.
- Other coaches will maintain supervision of unorganized play.
- Emphasize professional demeanor & courteous manner.
- Maintain awareness & supervision of kids who have arrived already.

Video Links

- [Passing](#)
- [Setting](#)
- [Serve](#)
- [Attack](#)
- [Blocking](#)

JUMP START VOLLEYBALL: WEEK 1

Intro & Passing

Coaches will emphasize...

- **Passing (Bumping)**
 - Proper arm positioning (straight arms, hands together)
 - Stable platform creation with forearms
 - Correct body positioning under the ball
 - Eye contact with the ball
 - Controlled movement to direct the ball upwards
- **Setting**
 - Proper hand positioning (diamond shape above forehead)
 - Soft touch with fingertips
 - Balanced stance and footwork
 - Eye contact with the ball
 - Pushing the ball upwards with controlled force
 -

I. Welcome, Warm-up & Introduction (20 Minutes)

- **10 Minutes - Coaches Intro & Dynamic Warm-up:**
 - Coach conducts introductory talk and inspiration.
 - Coach leads dynamic stretching: Light jog, Arm circles, High knees, Butt kicks, Torso twists.
 - Incorporate Fun Warm-up Games (Tag/Relay Race) and a quick game of "Simon Says."
- **10 Minutes - Introduction to Volleyball:**
 - Coach gives a brief overview of volleyball (what it is, basic rules).
 - Show and explain basic equipment (volleyball, net).
 - Introduce the court layout (net, boundaries).

II. Passing Fundamentals (20 Minutes)

- **5 Minutes - Passing Demo (Led by Coach):**
 - Coach demonstrates the basics of passing (bumping).
 - Teach proper hand position (flat platform) and body posture (low, bent knees) for the pass.
- **5 Minutes - Partner Passing Practice:**
 - Participants practice the fundamentals of passing without a ball, mimicking the Coach's technique.
 - Transition to practicing with soft tosses from a partner.
- **5 Minutes - Circle Passing:**
 - Divide into small groups (5-6 Participants).
 - Pass the ball across the circle, ensuring the participant says the recipient's name as they pass it.

- **Emphasis: Focus on clean form and soft touch.**
- **5 Minutes - Mini Game: “Keep It Up”**
 - **Divide into small groups (5-6 Participants).**
 - **Try to keep a foam ball or balloon in the air using proper volleyball passes.**
 - **Goal: Team that keeps it in the air the longest wins that round.**

III. Gameplay & Finale (20 Minutes)

- **15 Minutes - Gameplay (Adjusted Time):**
 - **Play 1-2 games depending on numbers and court layout.**
 - **Adjust teams as needed to ensure fairness.**
 - **Coaching Focus: Coach and coaches should be actively correcting passing form and encouraging players to get under the ball throughout the game.**
- **5 Minutes - Cool down/Recap:**
 - **Lead gentle stretches.**
 - **Discussion on volleyball passing fundamentals (platform, knees bent).**
 - **Answer any questions on the skills covered.**

JUMP START VOLLEYBALL: WEEK 2

Setting Fundamentals

Coaches will emphasize...

- **Serving (Underhand)**
 - Proper ball grip with the non-dominant hand
 - Correct stance and body positioning
 - Smooth, upward swinging motion with the dominant hand
 - Consistent contact point on the ball
 - Follow-through towards the target
- **Passing (Bumping)**
 - Proper arm positioning (straight arms, hands together)
 - Stable platform creation with forearms
 - Correct body positioning under the ball
 - Eye contact with the ball
 - Controlled movement to direct the ball upwards
- **Setting**
 - Proper hand positioning (diamond shape above forehead)
 - Soft touch with fingertips
 - Balanced stance and footwork
 - Eye contact with the ball
 - Pushing the ball upwards with controlled force

I. Welcome, Warm-up & Review (10 Minutes)

- **5 Minutes - Coaches Intro & Dynamic Warm-up:**
 - Coach conducts introductory talk and inspiration.
 - Coach leads dynamic stretching: Light jog, Arm circles, High knees, Butt kicks, Torso twists.
 - Incorporate a quick game of "Simon Says."
- **5 Minutes - Review (Passing):**
 - Coach will recap the basics of passing (bumping), emphasizing the platform and low body stance.

II. Demonstration & Setting Stations (30 Minutes)

- **5 Minutes - Setting Demo (Led by Coach):**
 - Coach demonstrates the basics of setting (hand shape like a basket/diamond, using legs to push the ball, contact above the forehead).
- **25 Minutes - Skill Focus Stations (Rotate after approx. 6 minutes):**
 - Grouping: Divide into small groups (4 stations total).

1. Station 1: Partner Setting

- **Action:** Partners will take turns setting to each other.
- **Focus:** Achieving height and trajectory with the set.

2. Station 2: Wall Setting

- **Action:** Practice setting against a wall using a target drawn with chalk/tape.
- **Focus:** Repetition and consistency of contact point and hand shape.

3. Station 3: Hula Hoop Accuracy

- **Action:** Set the ball into a hula hoop held by a partner or suspended nearby.
- **Focus:** Accuracy and aiming the set to a specific spot.

4. Station 4: Rapid Fire Setting

- **Action:** One kid sets 10 balls in a row in front of the net.
- **Focus:** Coach should pass the ball quickly to the setter to emphasize speed and endurance. *Coach assists with the pass unless older participants are very capable.*

III. Gameplay & Finale (20 Minutes)

- **15 Minutes - Gameplay:**
 - Play 1-2 games depending on numbers and court layout.
 - Adjust teams as needed to ensure fairness.
 - **Coaching Focus:** Coach and coaches should be actively correcting passing form and encouraging players to use the set (even if messy) instead of always bumping the ball.
- **5 Minutes - Cool down/Recap:**
 - Lead gentle stretches.
 - Discussion on setting fundamentals (hands, legs, forehead contact).
 - Answer any questions on the skills covered.

JUMP START VOLLEYBALL: WEEK 3

Serving Fundamentals

Coaches will emphasize...

- **Serving (Underhand)**
 - Proper ball grip with the non-dominant hand
 - Correct stance and body positioning
 - Smooth, upward swinging motion with the dominant hand
 - Consistent contact point on the ball
 - Follow-through towards the target
- **Passing (Bumping)**
 - Proper arm positioning (straight arms, hands together)
 - Stable platform creation with forearms
 - Correct body positioning under the ball
 - Eye contact with the ball
 - Controlled movement to direct the ball upwards
- **Setting**
 - Proper hand positioning (diamond shape above forehead)
 - Soft touch with fingertips
 - Balanced stance and footwork
 - Eye contact with the ball
 - Pushing the ball upwards with controlled force

I. Welcome, Warm-up & Review (10 Minutes)

- **5 Minutes - Coaches Intro & Dynamic Warm-up:**
 - Coach conducts introductory talk and inspiration.
 - Coach leads dynamic stretching: Light jog, Arm circles, High knees, Butt kicks, Torso twists.
 - Incorporate a quick game of "Simon Says."
- **5 Minutes - Review (Setting):**
 - Coach will recap the basics of setting (hand shape, contact point, push with legs).

II. Demonstration & Serving Stations (30 Minutes)

- **5 Minutes - Serving Demo (Led by Coach):**
 - Coach demonstrates the basics of the Underhand Serve.
 - **Emphasis:** Proper ball grip (non-dominant hand), correct stance, smooth upward swing, and follow-through towards the target.
- **25 Minutes - Skill Focus Stations (Rotate every 6 minutes):**
 - **Grouping:** Divide into small groups (4 stations total, utilize lowered nets).

1. Station 1: Partner Serving

- **Action:** Partners will take turns serving to each other.
- **Focus:** Consistent contact point on the ball and follow-through.

2. Station 2: Wall Serving (Target Floor Accuracy)

- **Action:** Practice serving to a target on the floor (e.g., a drawn circle/tape) without using a net.
- **Focus:** Directional accuracy and controlling force.

3. Station 3: Hula Hoop Accuracy

- **Action:** Serve the ball with the objective of landing it into a hula hoop held by a partner or suspended over the net.
- **Focus:** Aiming and trajectory to clear the net and land in a small zone.

4. Station 4: Rapid Fire Serving

- **Action:** One kid serves 10 balls in a row over the net.
- **Focus:** Consistency and repetition of the serving motion. *Coach assists by quickly feeding balls to the server.*

III. Gameplay & Finale (20 Minutes)

- **15 Minutes - Gameplay:**
 - Play 1-2 games depending on numbers and court layout.
 - Adjust teams as needed.
 - **Coaching Focus:** Encourage players to try the underhand serve (even if they miss) when it is their turn to start the rally. Continue correcting passing/setting form throughout the game.
- **5 Minutes - Cool down/Recap:**
 - Lead gentle stretches.
 - Discussion on serving fundamentals and the importance of a smooth upward swing.
 - Answer any questions on the skills covered.

JUMP START VOLLEYBALL: WEEK 4

Spiking/Hitting Fundamentals

Coaches will emphasize...

- **Passing (Bumping)**
 - Proper arm positioning (straight arms, hands together)
 - Stable platform creation with forearms
 - Correct body positioning under the ball
 - Eye contact with the ball
 - Controlled movement to direct the ball upwards
- **Setting**
 - Proper hand positioning (diamond shape above forehead)
 - Soft touch with fingertips
 - Balanced stance and footwork
 - Eye contact with the ball
 - Pushing the ball upwards with controlled force
- **Attacking (Hitting)**
- **Basic arm swing mechanics**
- **Proper approach and timing**
- **Hand positioning for contact with the ball**
- **Follow-through after hitting**
- **Aiming for open court areas**

I. Welcome, Warm-up & Review (10 Minutes)

- **5 Minutes - Coaches Intro & Dynamic Warm-up:**
 - Coach conducts introductory talk and inspiration.
 - Coach leads dynamic stretching: Light jog, Arm circles, High knees, Butt kicks, Torso twists.
 - Incorporate a quick game of "Simon Says."
- **5 Minutes - Review (Serving):**
 - Coach will recap the basics of underhand serving (smooth swing, follow-through).

II. Demonstration & Hitting Stations (30 Minutes)

- **5 Minutes - Spiking Demo (Led by Coach):**
 - Coach demonstrates the basics of spiking/hitting (approach footwork, jump mechanics, arm swing, and contacting the ball at the highest point).
- **25 Minutes - Skill Focus Stations (Rotate every 6 minutes):**
 - **Grouping:** Divide into small groups (4 stations total).

1. Station 1: Three Person Pepper (Integration)

- **Action:** Three players work together in a continuous cycle: Pass to Setter, Setter to Hitter, Hitter to Passer/Coach.
- **Focus:** Correcting technique and ensuring continuous rotation through all three positions.

2. Station 2: Target Spiking (Accuracy)

- **Action:** Partners set for the hitter. Hitter practices spiking the ball to a designated target spot on the floor (drawn with chalk/tape).
- **Focus:** Aiming the hit for a specific location.

3. Station 3: Wall Hitting Drill (Repetition)

- **Action:** Players set for themselves, then jump and hit the ball back into the wall.
- **Focus:** High-repetition practice of the set-jump-hit sequence and contact point.

4. Station 4: Relay Race Spiking (Application)

- **Action:** Split into two teams. Players successfully approach, jump, and spike their ball.
- **Goal:** The team that has all of its players successfully spike their balls first wins. *Coach assists by setting the ball for the hitters.*

III. Gameplay & Finale (20 Minutes)

- **15 Minutes - Gameplay:**
 - Play 1-2 games depending on numbers and court layout.
 - **Coaching Focus:** Encourage players to integrate the 3-touch system (Pass-Set-Hit) and use the correct approach footwork when hitting the ball.
- **5 Minutes - Cool down/Recap:**
 - Lead gentle stretches.
 - Discussion on spiking fundamentals (jump mechanics and arm swing).
 - Answer any questions on the skills covered.



JUMP START VOLLEYBALL: WEEK 5

Defense & Movement

Coaches will emphasize...

- **Blocking**
 - Proper hand and arm positioning
 - Basic footwork along the net
 - Timing of the jump
 - Reaching over the net without touching it
 - Landing safely after the block attempt
- **Digging**
 - Low body position and ready stance
 - Quick reaction and movement to the ball
 - Using forearms or hands to control the ball
 - Redirecting the ball towards a teammate
 - Recovering quickly after the dig

I. Welcome, Warm-up & Review (10 Minutes)

- **5 Minutes - Coaches Intro & Dynamic Warm-up:**
 - Coach conducts introductory talk and inspiration.
 - Coach leads dynamic stretching: Light jog, Arm circles, High knees, Butt kicks, Torso twists.
 - Incorporate a quick game of "Simon Says."
- **5 Minutes - Review & Demo:**
 - Coach reviews the basics of spiking (approach, jump, arm swing).
 - Coach demonstrates the basics of defense and court movement (defensive stance, footwork, platform angling).

II. Skill Focus: Defense Stations (25 Minutes)

- **Grouping:** Divide into small groups (4 stations total).
- **Rotation:** Rotate every 6 minutes (approx.).

1. Station 1: Dig and Dive (Control)

- **Action:** Players take turns tossing a ball and trying to dig it (return it with the platform).
- **Progression:** Advance to partners tossing the ball from the front, and then from behind (requiring a quick reaction turn).
- **Focus:** Getting the platform low and angled correctly.

2. Station 2: Block Touch Drill (Vertical Movement)

- **Action:** Players jump and try to touch a ball held above the net by a coach or teammate.
- **Goal:** Improve jumping ability, timing, and hand positioning for blocking.

3. Station 3: Defensive Footwork (Rhythm & Angles)

- **Action:** Two feeders at the net set a rhythm for defenders to move using appropriate defensive footwork. The feeders eventually hit/toss the ball over the net.
- **Goal:** Defender must dig/pass and then immediately reset for the next serve. Focus on fast lateral movement.

4. Station 4: Rapid Fire Defense (Repetition)

- **Action:** One kid will dig 10 balls in a row.
- **Focus:** High-repetition practice of the digging motion and low stance. *Coach assists by quickly feeding the balls to the defender.*

III. Gameplay & Finale (25 Minutes)

- **15 Minutes - Gameplay:**
 - Play 1-2 games depending on numbers and court layout.
 - **Coaching Focus:** Actively encourage players to anticipate the hit and get into a defensive posture (low stance) instead of standing straight up.
- **5 Minutes - Cool down/Recap:**
 - Lead gentle stretches.
 - Discussion on defense and movement (low stance, staying active).
 - Answer any questions on the skills covered.

JUMP START VOLLEYBALL: WEEK 6

Tournament & Medal Ceremony

Coaches will emphasize...

- **Serving (Underhand)**
 - Proper ball grip with the non-dominant hand
 - Correct stance and body positioning
 - Smooth, upward swinging motion with the dominant hand
 - Consistent contact point on the ball
 - Follow-through towards the target
- **Passing (Bumping)**
 - Proper arm positioning (straight arms, hands together)
 - Stable platform creation with forearms
 - Correct body positioning under the ball
 - Eye contact with the ball
 - Controlled movement to direct the ball upwards
- **Setting**
 - Proper hand positioning (diamond shape above forehead)
 - Soft touch with fingertips
 - Balanced stance and footwork
 - Eye contact with the ball
 - Pushing the ball upwards with controlled force
- **Attacking (Hitting)**
 - Basic arm swing mechanics
 - Proper approach and timing
 - Hand positioning for contact with the ball
 - Follow-through after hitting
 - Aiming for open court areas
- **Blocking**
 - Proper hand and arm positioning
 - Basic footwork along the net
 - Timing of the jump
 - Reaching over the net without touching it
 - Landing safely after the block attempt
- **Digging**
 - Low body position and ready stance
 - Quick reaction and movement to the ball
 - Using forearms or hands to control the ball
 - Redirecting the ball towards a teammate
 - Recovering quickly after the dig

I. Welcome & Dynamic Warm-up (5 Minutes)

- **Coaches Intro & Warm-up (Consolidated):**
 - Coach conducts introductory talk and inspiration.
 - Coach leads dynamic stretching: Light jog, Arm circles, High knees, Butt kicks, Torso twists.
 - Incorporate a quick game of "Simon Says."

II. Skill Competition Circuit (20 Minutes)

- **Action:** Participants compete in the following five skills competitions. Allocate approximately 4 minutes per skill, running concurrent stations if possible.
- **Goal:** A fun, high-energy way to review all skills learned.
 - 1. **Highest Vertical:** Measure or estimate height achieved during a jump (for blocking/hitting).
 - 2. **Quickest through the agility ladder** (Requires agility ladder, assumed equipment).
 - 3. **Most Accurate Server out of 10 serves** (Serve to target zones).
 - 4. **Most Digs in a time period (15–30 seconds)** (Coach feeds balls rapidly to the defender).
 - 5. **Most Accurate Spiker out of 10 spikes** (Aim at a target zone on the opposing court).

III. Mini Tournament (25 Minutes)

- **Team Setup:** Divide participants into small teams, balancing skill and size if possible.
- **Action:** Play 4–6 minute quick matches.
- **Goal:** Have each team play all the other teams in a round-robin format.
- **Finals:** If time allows and two teams have the same best record, run a short "finals" match.
- **Focus:** Fun and participation over intense competition.

IV. Medal Presentation & Finale (10 Minutes)

- **Medal Presentation:**
 - Have participants line up.
 - Call each player up individually and encourage all parents and players to cheer for every participant.
 - **Awards:** Present medals/recognition for competition winners and general participation.
- **Recap:** Briefly recap the skills learned over the six weeks.
- **Break Out:** Conclude the program with the team mantra: "Play Hard, Play Smart,

Play Together, Play True.”