

Elementary School Presentation Guide to Age Appropriate Volleyball

Teaching the stages of Volleyball to Elementary athletes varies significantly depending on the Grade they are in because they are all in different stages of development.

Use this information on top of the “Elementary_visits.doc” file as a quick guide to coaching different levels of development volleyball. To see a more in depth view of each of the stages, you can check out www.vcdm.org/teachers.

1. **Grade 1-3: Teaching Circulation Volleyball**

(<http://vcdm.org/teachers/resources/gr-k-3-6-8-years-mini-volleyball-stage-123>)

- a. Circulation comes in 3 stages of development. These can be taught in line from grades 1 to 3, but may also be progressed through as athletes become familiar and successful at each stage. A complete description of these stages can be found here:
(<http://vcdm.org/global/images/misc/Circulation%20VCDM%20age%20a%20pro%20games%20Aug%202012.pdf>)
- b. The highlights of circulation volleyball is to play 4 on 4 with a special “light” volleyball on outside badminton lines and net. Athletes should learn to rotate around the court every time the ball is sent over the net.
- c. When teaching the students, you can give a quick demonstration, but if you’re in a gym and are able to get kids involved, get them to touch the ball as well. Run through some of the basics of the game by starting with Mass D (see video http://www.youtube.com/watch?feature=player_embedded&v=8acU_v0ZR-w). Then get them running the skills by bumping, setting and serving. If you can think of some fun keywords to help them remember the skills then use those as well. When you get into circulation volleyball, use as many badminton courts as possible and get the kids to experience the game themselves.

2. **Grade 4-5: Teaching Atomic 1**

(<http://vcdm.org/teachers/resources/gr-4-5-9-10-years-atomic-1>)

- a. Stage 1 of Atomic volleyball has been designed for Grade 4 and 5 athletes.
- b. Court Set-up: Stage 1 Atomic is played on the doubles lines of a badminton court and a net height of 2 meters. Volley-lite volleyballs are recommended to use.
- c. Highlights: Play with 4 athletes on a side at a time, with extra athletes rotating in to serve. (Underhand only; max 3 serves per athlete). 3 contacts required, second contact could be a fluid catch/throw movement. Rally point scoring is kept but not recorded.

3. **Grade 6-7: Teaching Atomic 2**

(<http://vcdm.org/fr/teachers/resources/gr-6-7-11-12-years-atomic-2>)

- a. Stage 2 of Atomic volleyball is designed for grade 6 and 7 athletes and is the final stage of Atomic before Triple Ball should be Introduced.
- b. Court Set-up: Stage 2 Atomic is played on the doubles lines of a badminton courts and a net height of 2 meters. Volley-lite volleyballs are recommended to use.
- c. Highlights: Same rules as Atomic 1 except: all contacts must be volleyball contacts. 3 contacts are encouraged but not required. If experience is lacking, you may want to start with Stage 1 and progress at own discretion.

4. **Grade 8-9: Teaching Triple Ball**

(<http://vcdm.org/teachers/resources/gr-8-9-13-14-triple-ball>)

- a. Triple Ball increases the number of rallies in a game by cutting out serving and passing in 2 of every 3 points. This is the final stage of modified volleyball before Standard Volleyball is introduced.
- b. Court Set-up: Triple Ball is played on full 9 by 9 meter volleyball courts, with a official weight volleyball.
- c. Highlights: Every rally equates to a point in games up to 25. Substitutions are mandatory as teams rotate after each sequence before the next serve. 1: Ball introduced by serve, 2: Free ball introduced from coach to receiving team, 3: Free ball introduced to serving team. Alternate serves. For full rules check out: <http://vcdm.org/global/images/misc/Tripleball%20VCDM%20August19%202012.pdf>