



Coaches Manual

The SurfVolley System

The key to a great grassroots program is implementing an effective system. We want all our coaches teaching effectively the same program – using the same game based activities, technical keys and drills. This manual will highlight those activities, keys and drills.

While we do want the activities to be the same, each coach has a different personality and flare to offer their court. We want and need you to bring your own energy and enthusiasm to each session – in abundance. These young nippers will look up to you as an athlete and mentor, so you need to be the best YOU you can be.

Be very clear – this program is about engagement and building confidence. It is not simply a series of clinics. It is about introducing and sharing a game that you love to a new generation. Encourage and celebrate effort and make it fun.

Our Philosophy Behind the Program

Kids want and need to have fun. Their world is a game and they want to play it. The first question a child will ask is: 'Is this game fun?'

Our challenge in volleyball is that playing the game requires skills that are very difficult. As such, it's important that we utilise modified games to ensure success and engage enthusiasm and curiosity.

From this platform, the door is open to teach the skills that are required to progress.

Kids will also need to feel safe and to establish that, it's important to create and maintain boundaries for them.

Our Values

- **Everyone's a Winner**
 - At this age and experience level, it is important that each Nipper feels like they have gained something from this process
- **High Five Ya Mate**
 - Volleyball is a team sport. Reinforce team play, working together, and helping each other succeed
- **Beach Fun**
 - There's nothing better than working and playing out on the beach. Have a great time and be sure they are having fun also
- **Instil Confidence in All**
 - Most, if not all, will be embarking on this volleyball journey for the first time. Be sure to encourage the effort and congratulate the "try" (this leads into our last value....)
- **Have a Go**
 - Make sure everyone is at least trying. Show them that volleyball can be A LOT OF FUN!!!!

Teaching Principles

- **STATE creates PHYSIOLOGY which creates ACTION**
 - Everyone acts from STATE. e.g. If kids are in a state of fear they will hold their breath and be tense. From that physiology of tension, actions will be greatly hindered.
 - If you notice someone holding their breath while performing a skill –manage the STATE first. This will unlock their physiology.
 - e.g. Have them count out-loud as the ball comes to them. Or assure them that it's ok to make mistakes.
- **"I hear and I forget. I see and I remember. I do and I understand."**
Confucius
 - Your main objective should be to provide an environment where the kids are getting as many opportunities to **do** as possible.
 - Seeing it first is critical – demonstrate, demonstrate, demonstrate
- **This is not about YOU – its about THEM**
 - This role requires an element of 'entertaining'. Be ok about being who you need to be in order to assist the kids in having a positive experience.
 - Provide feedback like you were feeding birds – throw it everywhere to everyone all the time.
- **Boundaries**
 - No touching the net or poles or rope anchors.
 - No talking anyone down – warning and then remove from group for 10 minutes if it happens again.



Nippers Program Basics

Nippers are open to children from the age 5 - 13 years. The kids are grouped by age and on the day, the various groups move through a structured program of activities – known as rotations.

SurfVolley will be one of those rotations and as such, the groups will come to you for their 30-40 minute SurfVolley activity – and then move onto their next rotation. There are usually 4-5 rotations each day. **Be very clear though...this is an ideal world...the reality can be very random. Be prepared to adapt and be flexible.**

Each Surf Club will undertake either a free 4-week Trial program or a full Affiliation program for 8 weeks.

The Surf Club will estimate the number of nippers that come through each rotation but on the day it will vary so our coaches must be adaptable.

If group sizes get too big for 2 courts/coaches (40+) let us know immediately

Clearly the sessions are short and sharp so we are mindful of keeping activities simple and the instructions to a minimum.

As you will most likely be teaching different age groups, we have designed a system that follows the same basic structure with similar activities. However, as the age groups get older and/or skills get better, these activities will become progressively more challenging.

Risk Management

The safety of the kids is of utmost importance. Let's identify the main risks and ways to avoid risk. **Be extremely diligent with this.**

Drawing attention to the physical risks before every session is an important habit for you to develop.

Sand	Upon setting up the courts, scour the sand and remove rocks, glass, sticks, bottle tops. If there are rocks by the court, ask parents to stand between them and the court
Ropes of Court	Ensure you draw kids attention to the ropes. Keep activities away from ropes.
Kids Collisions	Use common sense when setting up activities to ensure kids aren't blindly running about

How to Use this Manual

- Pg 5 General Session Framework. This will outline structure
- Pg 6-8 Technical Keys will outline the instruction and feedback cues for you to use.
- Pg 9-18 Game Based Activities, Partner Activities, Coach Driven Activities and SurfVolley Games. These outline the activities for you to teach. They are simple and proven to engage kids of all ages.
- Pg 19-21 4 –week program examples for you to use.

**NOW.... LET'S GO FIND SOME FUTURE OLYMPIANS
AND BUILD THE SPORT WE LOVE!**

General Session Framework

IMPORTANT NOTES

- While there is flexibility in the activities that you chose to use (based on the specific age/ability level of your groups) we want you to follow the session structure outlined below
- The week-by-week session program examples (provided pgs 19-21) are an example only. If your kids need to faster or slower, chose activities/progressions that cater for your kids – not a generic example.

SURFVOLLEY SESSION STRUCTURE

1. **Introduction**
Introduce yourself and intent for the session
Begin to engage Age Managers and Parents
Make aware of the hazards and reinforce boundaries
Refocus intent on having fun
2. **Game Play**
Get active early. Minimal instruction – high activity
3. **Partner Based Activity**
Begin with demonstration
Instruct as you demonstrate
Get kids to mimic your actions (visual/auditory/kinaesthetic delivery)
Set structure and boundaries for activity (Direct helpers first)
Send off for maximum repetition opportunities
4. **Coach Driven Activity**
Set up activity (starting positions and roles etc)
Demonstrate
Questions?
Commence activity
Providing constant feedback throughout
5. **SurfVolley Game Play**
Select which version of SurfVolley they'll play and select your two first teams.
Assign helpers role of marshalling the incoming teams so they are ready
Coach can roam and provide more in depth feedback to teams
Loads of energy!!
6. **Conclusion**
Lots of praise and high fives all round.
Build excitement and enthusiasm about coming back next week.



Technical Keys

IMPORTANT NOTES:

1. It is **not** intended that you stand in front of your group and recite these instructions! There is far too much detail below for your Nippers to digest in a group. These instructions are for your benefit when giving individual feedback. Common 'phrases' should be used by us all eg. 'Elephant Trunk' but the level of detail when introducing to a group should be kept to a minimum.
2. Best methods of delivery engages **visually, auditory and kinaesthetically**.
Eg.
 - Demonstrate a skill a number of times so they can see it
 - Draw attention to technical keys with questions and/or instructions while demonstrating so they can hear it and speak it
 - Have kids mirror/match/imitate your actions **without a ball** ~ 10 times so they can do it
 - Then give them plenty of opportunities to experience it with a ball
3. Key phrases are underlined below that you should use and reinforce
4. While the technical aspects of digging, setting and serving are important here ...don't focus too much on the technique of spiking at this stage

The Serve

1. Under Arm

- "Elephant Trunk" – Hitting arm starts behind the body with a closed fist. Fingers face out, thumb to the side of hand. Ball is held on platform hand waist height in front of body
- Reach and extend hitting arm behind body - arm goes as far back as possible (without going above the shoulder)
- Platform hand remains still. Eyes on the ball throughout
- Step front foot forward as you gently tosses ball up and swing arm
- Full follow through in the direction you want the ball to go, reaching towards your target

2. Over Hand

- Start standing in 'Warrior pose' with opposite foot and platform hand holding ball forward
- Thumb of hitting hand 'in your ear' and elbow pointing behind you
- Step and torque through the mid section to begin the swing
- Toss ball to stay in front of you
- "High 5 Ya Mate"- With big open hand swing elbow to the ball and contact ball with hand at highest possible point
- Follow through to target

3. Jump

- Arms swing forward to toss the ball, then swing back as you bend knees to prepare for jump then forward again as you jump
- Same technique as "Over Hand"
- Keep ball toss in front of you

Technical Keys

The Dig

1. **Move feet to the ball first**
 - Position yourself so that your shoulders face your target
2. **Arms Straight**
 - Lock out the elbows creating a uniform and strong platform
3. **"Pancake Pancake."**
 - One set of fingers covers the other, close with thumbs.
 - Be sure thumbs are side by side
 - Shoulders and hands form a triangle
 - Triangle points to target
4. **Ball contacts forearms**
 - Between wrists and elbows
5. **Sit on the Toilet**
 - Legs are essential to passing at this age. Be sure to bend knees and step/lean forward on contact.
 - Follow through with body – NOT ARMS
 - Hands remain below your chin

The Set

1. **Move feet to the ball first**
 - Hold hands like a kangaroo when moving (relaxed and just below your chin)
 - Move your feet so that your shoulders face your target
 - Ball would hit your forehead if you didn't set it
2. **Knees and elbows bending and flexed before contact**
3. **'Twinkle Twinkle Little Star'**
 - Big hands in the shape of the ball.
 - Contact ball on finger-tips
4. **Follow through with whole body. 'Be a Superman'**
 - Strength comes from body – not hands
 - Hands follow the desired direction of the ball

Technical Keys

The Tomahawk

1. **Move feet to the ball first**
 - Hold hands like a kangaroo when moving
 - Move your feet so that your shoulders face your target
 - Ball would hit your forehead if you didn't tomahawk it
2. **Knees and elbows bending and flexed before contact**
3. **Elbows high**
 - One hand in a fist, the other wrapped over the top
 - Look under hands to ball
 - Contact ball on fleshy part of hands

The Attack

1. **Move feet to the ball first**
 - Don't get too caught up in approach technique at this stage.
 - Instead, instil awareness of keeping the ball in front of them and...
2. **Jump before you hit**
 - Arms back and knees bent to jump up to meet ball
 - Low elbow in preparation to high elbow on contact
3. **Jump up and give the ball a high five with big open hand**
 - Strong stomach in the air

Game Based Activities

IMPORTANT NOTES:

1. It will make your job much easier if you consistently use the name of the game as you present it.
2. When you do use the names, before too long you'll be able to just say: "Ok everyone, let's play 'Pepper'". (...or 'SurfVolley 1', or whatever) and the kids will automatically know what is expected of them. They will of course need reminding in the short term, but long term, this means less organisation instruction and more volleyball playing.
3. Some of these games are suited to all ages while some are more specific to older kids. Be mindful of age when selecting a game to use.

• **'Serving Game or 'Bombs'** 2 Teams – multiple balls **SERVING**

Two even teams line up on opposite base lines. A large number of balls are lined up beneath the net. A coach/parent is assigned to each side of the court and they are responsible for counting the number of balls that land into that court.

The game starts when coach blows whistle and players run to collect a ball. With a ball in hand, they return to base line and attempt to serve the ball over and in.

Only serves that land over and in earn a point for the team.

Teams keep serving and collecting balls for a specified period of time with the aim of getting the most points. (1 minute usually enough). Play best of 5 games.

○ **Considerations**

- Good for all ages
- Younger ones might need to take a step or two in from base line (They might even need to throw the ball over)
- Kids will inevitably want to serve a ball after final whistle. Reinforce that those serves do not count

○ **Progressions**

- For Littlies – play '**Bombs**'. Same as above but kids can just throw the 'bomb' over the net. (Lower the nets as low as possible to ensure success)
- Each team can have one 'defender' who can block points. They do this by digging a serve to themselves and/or catching.
- Defenders can rotate off after each successful dig/catch to give others a go.

Game Based Activities

- **'Pepper'** 1 Ball between 2 Nippers **OLDER KIDS BALL CONTROL**

Playing 'Pepper' is volleying the ball back and forth. The object is to keep the ball off the sand for as many volleys as possible. This is good for all ages.

Pepper can be adapted in many ways to increase challenges:

- Goal oriented: "How many contacts can you reach in a row?". Break it down – can you volley the ball 2 times then catch? 3 times then catch, 5 times then catch...etc. *Putting a catch at the end gives them a 'success point' to aim for.*
- Two contacts each player
- Pepper while on knees
- 1 hand or 1 foot pepper
- Elimination oriented: All start at the same time. If ball drops, team has to do 'star jumps' until only one team left
- Individual: if you have enough for one ball each
- **Considerations**
 - In every instance of Pepper, encourage effort to get 'one more'

- **'Digging Relay'** **LITTLES-MID DIGGING PLATFORM**

Teams of 2 or 3. All teams lined up behind a side-line with the 1st member balancing a ball on their digging platform. On the coach's whistle, the 1st member must run and touch the other sideline with their foot, while balancing the ball on straight arms. They return to start and place the ball onto the 2nd members arms who does the same.

- If ball drops or arms bend – repeat that attempt
- Go through 3-5 times each to complete one race.
- Can do second round on knees
- **Progression**
Place a row of 4 or 5 balls in front of team lines that they must zig-zag through

- **'Robbing the Nest'**

GREAT FOR LITTLES

4 teams – each team standing at a corner of the playing area (just use one side of a court). This is their 'nest'. Each nest is filled with 6 'eggs' (volleyballs) Teams have 2 minutes to steal as many eggs from other teams nests as possible.

Coach blows whistle to start and stop. (If a player has a ball in their hands when the final whistle blows but hasn't made it back to their nest – no score)

Only one player from each team can leave the nest at a time. Once they have returned with an egg, the next team player can leave to steal an egg.

Those remaining at the nest cannot interfere with other players stealing from their nest.

- **'Joey Relay'**

MID-OLDER AGE SERVING/FITNESS/TEAM

Teams of 4 or 5. All teams lined up behind a base line. Each team has one ball. One at a time the players attempt to serve their ball over the net. If they miss, they must run and collect the ball and try again (but can now take a step closer). If they miss again, they run and collect the ball and try again – this time from half way. Once the ball goes over, that player must run and chase it, put the ball between their legs and hop (Like a mother Kangaroo carrying a Joey) back to their team. Every player must complete this task, first team to finish wins.

- **Considerations**

- Best suited to kids with good serving skills

- **Progression**

- Place a teammate on the opposite side of the net, teammate must catch the ball that is served and hop it back to the line. The server becomes the catcher and so on.

- **'Hot Potato'**

LITTLES BALL CONTROL

Line up teams of 4 behind the base-line. The first person in each line has a ball in their hands. They have to run to the net while tossing the ball up and down like it was a 'hot potato'. When they get to the net, they must throw it into the net and aim to catch it off the net and then run back normally to their line

- **'Bums and Noses'**

ALL AGES/FITNESS/TEAM

Line up teams of 4 behind the base-line. In-front of each team place 4-6 volleyballs with 2-4m between.

Each team player in turn has to run to the first ball and touch it with their nose. Then run to 2nd ball and touch it with their bum, then touch the 3rd with their nose again and the 4th with their bum. When they've touched all the balls in their line, they return to their team to tag the next runner in.

- **Considerations**

- Great for all levels

- **Progression**

- Kangaroo jump between balls and in return

- **'Continuous Volley'**

OLDER KIDS DIGGING/TOMAHAWK

Over the net competition. Designate two separate teams and place them on opposite sides of the net. One at a time, a player from each team comes out onto the court. Coach enters in a free ball. The players must volley the ball over the net and stay until it falls on either side. Once the ball falls, a point is awarded to the winning team and the next two players from each side come on. The coach enters the ball to the point losing side.

- **Considerations**

- Best suited to kids with good skills
 - Be sure to switch sides after rounds

- **Competition oriented**

- Set a goal number of points for each team to reach
 - Set time for rounds, team with highest score at end of round wins

- **Progressions**

- Once a player has played the ball over, they rotate off and the next player continues the rally
 - Partner tennis - 2 players come out together, both are able to contact the ball (minimum 2, maximum 3 if skill level allows)

Partner Based & Coach Driven Activities

IMPORTANT NOTES:

1. It will make your job much easier if you consistently use the name of the drill/activity as you present it. You'll see the activity's name in ' ' below.
2. When you do use the names, before too long you'll be able to just say: "Ok everyone, let's go into 'Pepper'". (...or 'Bellies Down', or whatever) and the kids will automatically know what is expected of them. They will of course need reminding in the short term, but long term, this means less organisation instruction and more volleyball instruction.
3. Always, always, always observe the activity with the principle of 'MAXIMUM PARTICIPATION' in mind. If kids are not active, something needs to change.
4. During the Partner Based activities, you are freed up to move around the group providing praise, feedback, encouragement, high fives, smiles, laughter with everyone.
5. Use your awareness to gauge if an activity is going on for too long or needs to be progressed to a more challenging level. Some kids will progress much faster than others, so be mindful of challenging them by simple modifications (eg...hit it twice, start lying down, add a skill etc)
6. **Very Important for Littlies (U6, 7 and 8's).** Must, must, must engage parents and Age Managers to feed balls into the activities. Little kids don't yet have the skills/awareness to be able to throw with consistency.

Spend the first few minutes of the session with adults to get them on side and ready to help.

- a. Worthwhile doing ball-toss activities for these ones to help develop.
Eg. Toss to self and catch. (Keep feet moving and hands below shoulders).
Toss to partner – over parents head.

Partner Based Activities

- **Toss, Dig, Catch ('TDC')** 1 Ball and 2 Nippers. **DIGGING**

Ball is tossed from one player to the other. The tosser is always at the net. The opposite player digs the ball back to their partner. The partner catches and repeats.

- **Time variations:**
 - Timed: eg. 3 min per partner then switch
 - Set number of repetitions: eg. 10 reps per partner
 - Coach Controlled: eg. "Keep tossing and digging until my cue to switch"
- **Drill progression:**
 - Dig once to self and then dig back to partner
 - Dig once to self and then set back to partner
 - Start behind the baseline and run forward to dig
 - Ball toss goes slightly to left or right (toss with a bit more air)

- **Toss, Set, Catch ('TSC')** 1 Ball and 2 Nippers **SETTING**

Ball is tossed from one player to the other. The tosser is always at the net. The opposite player sets the ball back to their partner. The partner catches and repeats.

- **Time variations:**
 - Timed: eg. 3 min per partner then switch
 - Set number of repetitions: eg. 10 reps per partner
 - Coach Controlled: eg. "Keep tossing and setting until my cue to switch"
- **Drill progression:**
 - Set once to self and then set back to partner

- **Toss & Catch ('TC')** 1 Ball and 2 Nippers **TRACKING**

Face the water and throw the ball up as high as you can and then catch it. Have 3 goes and then give your partner the ball. This is GREAT for ball/wind tracking. Now face a different direction. Now toss it, dig it to yourself and then catch.

- **Toss Over, Dig, Catch ('TODC')** 1 Ball and 2 Nippers.

DIGGING

Ball is tossed from one player over the net to the other. The ball tosser starts off just half way from the net to the base line. (The toss should mimic a setting action) The opposite player digs the ball towards the net, close enough for them to catch it themselves. The digger then becomes the ball tosser.

- **Time variations**
 - Timed: e.g. 5 mins
 - Set number of repetitions: e.g. 10 digs each
- **Drill progression**
 - Dig once to self and then set over net to partner
- Large Group Management
- After each go, pairs can 'slide' across the court. One team will exit the court on the right and another will enter the court on the left. Pairs should get 4 or 5 goes each before running around the court to re-enter.

- **'Pepper'**

1 Ball and 2 Nippers

BALL CONTROL

Nippers will be digging or setting back and forth. The object is to keep the ball off the sand for as many volleys as possible.

- **Variations**
 - Timed: e.g. 5 min of play. (Be sure to bring the group in and reinforce skills half way through allotted time)
 - Goal oriented: e.g. "How many contacts can you reach in a row?"
- **Progression**
 - Two contacts each before volleying to partner
 - Add in controlled spike for advanced kids

- **'Throw Spike Catch'**

1 Ball and 2 Nippers

BALL CONTROL

First person with ball tosses up high to partner who control spikes (without jumping) back to thrower who aims to catch for one complete point.

- **Progressions**
 - 10 attempts each.
 - Jump to spike
 - Throw – spike – volley – catch. Instead of catching the spike, the thrower aims to volley it back to the spiker who aims to catch it.
 - "How many catches can your team get?"

• **'Tee Ball'** 1 Ball and 2 Nippers **SPIKE APPROACH**

Start with the nippers at the net. One partner will place one hand under the ball and hold it out in front of them. Height may vary depending on size of partners. The object is for the other partner to make a spike approach and attack the ball from the hand (tee) of their partner. The goal is for the attacking partner to hit the ball over the net.

○ **Drill modifications**

- Alter the proximity from the net. Start at the net and gradually increase the distance.
- Aim down the line or cross court
- Timed: e.g. 5 min per partner then switch
- Set number of repetitions: e.g. 10 reps per partner

• **'Serve and Catch'** 1 Ball and 2 nippers. **SERVING**

Partners are on opposite sides of the net. One partner attempts to serve the ball to the other. The partner catches (most likely chases) the ball, and returns serve.

○ **Drill modifications**

- Timed: e.g. 3 min of serving then switch sides of net (wind awareness)
- Set number of repetitions: e.g. 10 reps per partner
- Competition oriented: e.g. First team to catch 5 serves

○ **Progressions**

- Catcher has to dig to themselves and catch

• **'Ball Toss'** 1 Ball and 2 nippers. **LITTLES BALL TOSS**

Draw a circle on the ground ~2m diameter. Have one Nipper stand 1 step away from it. Other Nipper has the ball and tries to throw the ball over the partner so it lands in the circle.

Coach Driven Activities

• 'Bellies Down'

DIGGING/SETTING/TOMAHAWK

Nippers start in a line across the baseline. The first player steps forward and lies on their belly in the sand. Coach slaps the ball; player pops up as fast as possible. As the player is getting up the coach tosses the ball in the air. The player's goal is to volley the ball over the net, simulating 3rd contact. Player retrieves their ball, bring it back to the coach, and goes to the end of the line.

○ Drill modifications

- Two lines: Doubles the number of repetitions the kids will get.
- Two touches each player (one to self and second one over net)

Note: Not good if the kids have just come out of the water and are wet!

• 'Two Touch'

DIGGING/TEAMWORK

Nippers find a partner. Teams create a line across the baseline. As sets of two, teams enter the backcourt. Coaches throw in a free ball, from that same side or from over the net. The team's objective is to dig the first ball and catch the second.

○ Drill modifications

- Second contact is dig/set or tomahawk over the net
- Second contact is a dig/set back to partner for a dig/set/tomahawk over the net

• 'Spiking Lines'

SPIKING

Nippers have a ball each and make 2-3 lines facing net. One at a time, the kids pass the ball to coach at the net, who then tosses the ball up for nippers to jump at and spike. Kids then collect ball and return

○ Drill modifications

- Coach throws to Nipper who digs the ball back for coach to set

○ Considerations

- Be mindful of numbers and how active kids are. Coach needs to be very active here to ensure high repetitions.
- If not enough balls for 1 each – keep passing balls to front of lines.

○ Progressions

- If numbers allow, have each player hit 2 balls (2nd ball fed to feeder once spiker has landed from the 1st spike. Spiker has to quickly retreat for 2nd spike approach
- Place a defender in 'GAOL' on other side of net – if they can catch the spike – they are out of gaol and the spiker goes in.



SURFVOLLEY Games

SURFVOLLEY GAME NOTES

1. Kids need to feel like they are playing the game although we know that as soon as you put beginners onto a court – there is a whole lot of standing around. Not good. We want action, success and rallies.
2. 'SurfVolley' is a series of modified games that are brilliant in creating rallies and progressively building complexity and challenges in as new skills are being developed.
3. It's VERY important that your energy levels rise when facilitating the SurfVolley games. We need you to work really hard and fast in order for the kids to keep moving and experience rallies. Getting rallies is the main objective here for you as a coach.
4. End EVERY session with ~10 minutes of a SurfVolley game. You can decide on which game to use each week based on the group's ability level.
5. **If the kids cannot catch consistently (U 6, 7, 8's) there is no point playing SurfVolley Games. Spend more time on catching skills.**

• 'SurfVolley'

Champion of the Court

SPIKING

Best-case scenario, create teams of 2-a-side. In saying that, work your numbers so that you have a maximum of 5 teams per court.

Game starts with one team at the Champions end and a Challenging team serving from the opposite end. Other challenging teams waiting behind for their turn to serve.

Teams play one rally with the winning team progressing to/staying at the Champions end. (Give 2 attempts to serve – but make it a '3 Second Rule' where the 2nd serve must be played within 3 seconds.)

Waiting teams should have a ball and be ready to go as soon as the playing rally is over (this reduces 'standing time')

When a catch is allowed – give the player a maximum of 2 seconds to release the ball to keep game flowing



SURFVOLLEY Games

'SurfVolley 1'

(Start here for 5,6 & 7's)

TRACKING

Teams are allowed 1 contact only. The contact is a catch. They then throw the ball over the net.

- Encourage moving to ball and catching with soft hands. Throw to the spaces not the players

'SurfVolley 2'

(Start here for 8-13's)

SPIKING

Teams are allowed 2 contacts only. The 1st contact is still a catch and throw – but this time the throw must go to the teammate and they then have to volley the ball over the net. Not allowed to throw the ball over.

- Encourage throwing the ball high above the net and in-between teammate and the net so they can jump up and spike it.
- Encourage team-mate to jump before playing the ball

'SurfVolley 3'

SETTING & SPIKING

Teams are now allowed 3 contacts. The 1st contact is still a catch and throw – but this time the second contact is a volley back to the teammate who then has to volley the ball over the net.

- Encourage throwing the ball to the 'third point of the triangle' (if playing 2-a-side) not the player.
- Encourage setter to set high up and in-between teammate and the net.
- Encourage teammate to wait back until set is made before getting too close to the net.

'SurfVolley 4'

SERVE RECEPTION

Teams are allowed 3 contacts. The 1st contact is now a dig but now, the 2nd contact **can** be a catch. From the catch, the ball must be tossed to self and set to the 3rd volley over the net.

- Second catch is not compulsory but there if teams are not confident yet.
- Keep encouraging players to play the ball to the 'third point of the triangle' (if playing 2-a-side) not the player.

4 Week Session Example 5, 6 7 year olds

WEEK 1

Game Play	Robbing the Nest	~10mins
Hot Potato Relay	Toss-Catch & Run	~10mins
Coach Driven Activity	Toss-Dig-Catch	~10mins
Game	Hot Potato Relay	~10mins

WEEK 2

Game Play	Serving Game
Partner Based Activity	Toss-Tomahawk-Catch & Toss-Set-Catch
Coach Driven Activity	Spiking Lines
SurfVolley Game	Bombs

WEEK 3

Game Play	Digging Relay
Partner Based Activity	Toss-Set-Set-Catch & Toss-Dig-Set-Catch
Coach Driven Activity	Two Touch
SurfVolley Game	SurfVolley 1

WEEK 4

Game Play	Pepper – aim for 4 touches then carch
Partner Based Activity	Toss-Tomahawk-Catch & Toss Over-Dig-Catch
Coach Driven Activity	Two Touch
SurfVolley Game	SurfVolley 1

4 Week Session Example 8, 9 10 year olds

WEEK 1

Game Play	Serving Game	~10mins
Partner Based Activity	Toss-Dig-Catch & Toss Over-Dig-Catch	~10mins
Coach Driven Activity	Bellies Down	~10mins
SurfVolley Game	SurfVolley 2	~10mins

WEEK 2

Game Play	Bums and Noses
Partner Based Activity	Toss-Spike-Catch
Coach Driven Activity	Spiking Lines
SurfVolley Game	SurfVolley 2

WEEK 3

Game Play	Digging Relay
Partner Based Activity	Toss-Dig-Set-Catch
Coach Driven Activity	Two Touch
SurfVolley Game	SurfVolley 3

WEEK 4

Game Play	Pepper
Partner Based Activity	Toss-Spike-Catch progressions
Coach Driven Activity	Two Touch
SurfVolley Game	SurfVolley 3

4 Week Session Example 11, 12, 13 year olds

WEEK 1

Game Play	Serving Game	~10mins
Partner Based Activity	Toss Over-Dig-Catch	~10mins
Coach Driven Activity	Bellies Down	~10mins
SurfVolley Game	SurfVolley 2	~10mins

WEEK 2

Game Play	Bums and Noses
Partner Based Activity	Toss-Dig-Set-Spike-Catch
Coach Driven Activity	Spiking Lines
SurfVolley Game	SurfVolley 2

WEEK 3

Game Play	Digging Relay
Partner Based Activity	Pepper
Coach Driven Activity	Two Touch
SurfVolley Game	SurfVolley 3

WEEK 4

Game Play	Continuous Vollace
Partner Based Activity	Tee Ball & Pepper
Coach Driven Activity	Two Touch
SurfVolley Game	SurfVolley 4