



### Passing

The athlete should assume an athletic position – face the direction the ball will come from, feet slightly staggered and shoulder width apart, knees bent, upper body slightly leaning forward, hands held loosely in front of the body. Once the athlete decides to forearm pass the ball (as opposed to overhead passing), the athlete will clasp the hands together in whatever fashion feels comfortable as long as the thumbs are exactly even. The elbows should be locked straight, and the thumbs should be pointed toward the floor 1 meter (3 feet) in front of the athlete.

The athlete should watch the flight of the ball and move the feet so that the ball will contact a point on the forearms above the wrist, between the outstretched arms, while still crouched in the athletic position without having to reach off-balance in any direction.





**Skill Progression – Forearm Passing**

Your Athlete Can	Never	Sometimes	Often
Create a consistent platform	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate a stable, staggered stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate proper athletic stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forearm pass a ball tossed directly to them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forearm pass a ball tossed 1 meter (3 feet) from the athlete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forearm pass the tossed ball to the setter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forearm pass a ball served directly to them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forearm pass a ball served in their area of responsibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forearm pass the served ball to the setter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Totals</b>			

**Teaching Points**

At lower levels, the most common problem athletes have is movement to the ball. For many it is the fear of misjudging the ball and being hit or injured. For others it is an inability to stay focused on the ball as it passes high in the air toward them. Volleyball requires strong depth perception as well as considerable eye-hand coordination. Patiently executing drills in a progressive fashion can improve lower level athletes' confidence in their ability to pass a ball in a game-like situation. An example would be practicing for several weeks to pass a ball tossed from 1 meter (3 feet) away and 2 meters (6 feet) high, then slowly increasing the height and distance of the toss until the athlete eventually feels comfortable receiving a serve in a match.

## Special Olympics Volleyball Coaching Guide

### Teaching Volleyball Skills



At intermediate levels the most common problem is the desire to immediately hit the ball back over the net (“one over”) rather than to the team setter so that an attack can be performed. While this can be effective in the short term, it removes the element of team play that is so important to the true enjoyment of the sport. “Three hit” drills run under game-like conditions can address this problem.

The common complaint of bruised/sore forearms can be eliminated with a combination of proper technique and the use of softer volleyballs and long sleeves. Athletes often pass the ball in the wrong place on their arms – using the wrists rather than the fleshy part of the forearm.



#### Faults & Fixes – Forearm Passing

Error	Correction	Drill Reference
The athlete doesn't move to the ball	Have the athlete practice shuffling the feet to a ball tossed slight away (left/right/in front/behind). Verbally coax the athlete to move during the drill.	Compass Drill
Sending the ball back over the net immediately (“one over”)	Reinforce changing the direction of the ball to a target on the athlete's side of the net.	BASE Drill
Hitting the ball on the wrists/thumbs	Have the athlete practice catching the ball in a cradle between the forearms and upper arms.	Basket Catch Drill
Passing the ball off one arm	Have the athlete practice catching the ball in a cradle between the forearms and upper arms.	Basket Catch Drill
Wild arm swings when contacting the ball	Have the athlete focus on passing the ball at the correct angle over a very short distance to a designated target without swinging the arms.	BASE Drill
Passing the ball too high on the arms (elbows or biceps)	Have the athlete practice catching the ball in a cradle between the forearms and upper arms.	Basket Catch Drill



## Special Olympics Volleyball Coaching Guide Teaching Volleyball Skills

### Skill Progression – Overhead Passing

The athlete should assume an athletic position – face the direction the ball will come from, feet slightly staggered and shoulder width apart, knees bent, upper body slightly leaning forward, hands held loosely in front of the body.

The athlete should watch the flight of the ball and move the feet so he/she will contact the ball just above and in front of the head with both hands, as if setting the ball. The hands of the athlete will need to be much stronger since the ball will be coming faster and higher. The ball should be directed in a controlled fashion to the setter rather than simply “slapped” back over the net.



Your Athlete Can	Never	Sometimes	Often
Create a consistent overhead hand position	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate a stable, staggered stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrate proper athletic stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overhead pass a ball tossed directly to them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overhead pass a ball tossed 1 meter (3 feet) from the athlete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overhead pass the tossed ball to the setter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overhead pass a ball served directly to them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overhead pass a ball served in their area of responsibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overhead pass the served ball to the setter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Totals</b>			



## Special Olympics Volleyball Coaching Guide

### Teaching Volleyball Skills



#### Teaching Points

A common problem with overhead passing is the tendency to send the ball immediately back over the net – a “one over.” This can be minimized with drills that emphasize changing the angle of the ball toward the setter rather than straight back toward the attacker and over the net. In those drills that keep score, the team can score a point only when they use three hits before sending the ball back over the net.

Some athletes will not have the hand/wrist strength to pass balls using the correct overhead passing mechanics. An option for them is to lock their wrists together and reverse forearm pass the ball over the head using the bottom of their fists (sometimes called the Tomahawk). This is very inaccurate and should be used only when the athlete simply cannot pass the ball using the proper technique described above.





## Special Olympics Volleyball Coaching Guide Teaching Volleyball Skills

### Faults & Fixes – Overhead Passing

<b>Error</b>	<b>Correction</b>	<b>Drill Reference</b>
Misjudging when to overhead pass versus when to forearm pass	Have the coach run drills and call out “hands” or “arms” while the ball is in the air to prompt the athlete to take the ball overhead or with his/her forearms, respectively.	BASE Drill
Sending the ball back over the net immediately (“one over”)	Allow the team to score points in a drill only when they use three hits to return the ball.	3 on 3 in 3 Drill
Having the ball slip through the passer’s hands in overhead passing	<ul style="list-style-type: none"><li>• Practice catching the ball overhead firmly and accurately.</li><li>• Use a reverse forearm pass (called the Tomahawk) for those athletes that lack hand strength.</li></ul>	3 on 3 in 3 Drill



### Passing Drills (Forearm and Overhead)

The drills listed here can be used for both Forearm and Overhead Passing.

#### BASE Drill (Build All Skills Efficiently)

The BASE Drill is described in the Warm-up section of this book.

#### 3 on 3 in 3 Drill

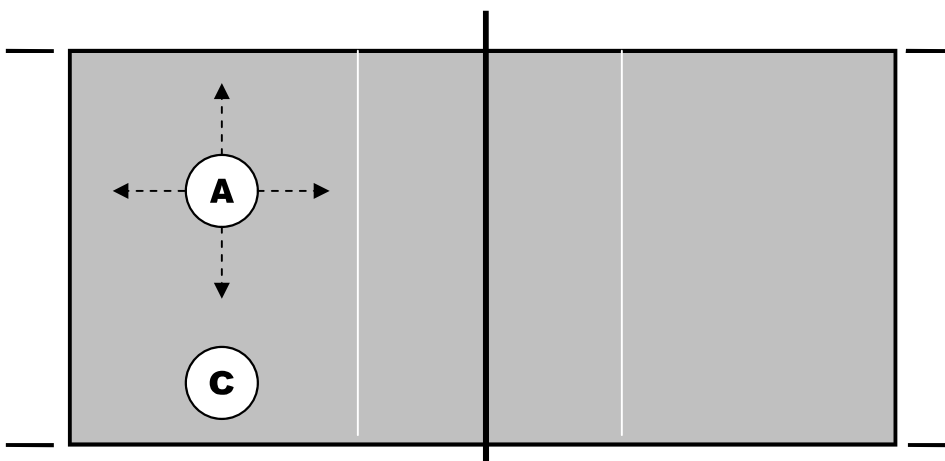
The 3 on 3 in 3 Drill is described in the Warm-up section of this book.

#### Compass Drill

##### Description

The athlete (A) will assume the correct passing position facing the coach (C) approximately 3 meters (10 feet) away. The coach will initiate the drill by tossing the ball directly in front of the athlete, who will pass the ball back to the coach. The coach will then toss the ball 1 meter (3 feet) to the left of the athlete, who will pass it back to the coach, who will toss the ball 1 meter (3 feet) behind the athlete, who will pass it back to the coach, who will toss the ball 1 meter (3 feet) to the right of the athlete, who will pass it back to the coach, who will toss the ball 1 meter (3 feet) in front of the athlete. The drill then repeats 4 more times.

Each time the athlete moves the feet to the ball, he/she must return to the original ready position to await the next toss – the athlete should not anticipate the next toss and run to that position ahead of time.





## Special Olympics Volleyball Coaching Guide Teaching Volleyball Skills

This drill is intended to force the athlete to move his/her feet to the ball. The coach should give continuous verbal reinforcement during the drill – where the ball is going, move the feet quickly, use proper form, etc.

### Variations

For more advanced athletes, the coach can vary the location each time without warning, rather than following a predictable pattern. The coach can also introduce spin to the toss so the athlete can practice passing a ball in more game-like situations.

### Basket Catch Drill

#### Description

The purpose of this drill is to allow athletes to become comfortable judging where the ball should be contacted on their forearms. It is designed for very beginning athletes, or athletes who are struggling to make contact with the ball at the correct point on their arms or judging when to move their feet to get in proper position.

The athlete will face the coach 1 meter (3 feet) away in the proper passing position. The coach will gently toss the ball to the athlete at a height of 2 meters (6 feet) off the ground. The athlete will “catch” the ball by curling his/her arms into a basket while keeping the hands locked.



### Variations

The drill can be increased in complexity by having the coach toss the ball from farther away, toss the ball higher, toss the ball over the net, or toss the ball slightly away from the athlete so he/she must move the feet to make the catch.

Once the athlete has demonstrated the ability to consistently catch the ball at the correct point on the arms, he/she will repeat the drill described above while bumping the ball back to the coach instead of catching it.

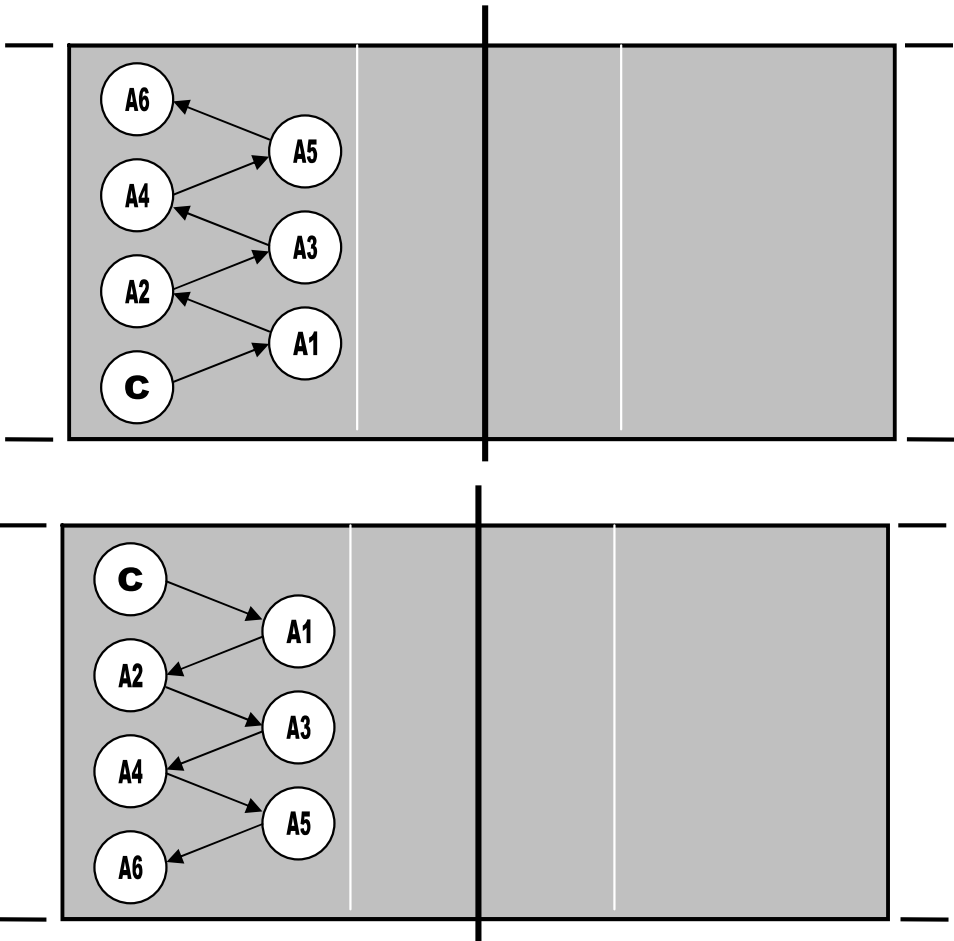
### Zig Zag Drill

#### Description

The purpose of this drill is to teach accurate ball control to beginning athletes while changing the direction of the ball, encouraging three hits during competition.

The athletes (A) line up in two rows approximately 3-4 meters apart (10– 13 feet) while facing each other on the same side of the net. The drill begins with the coach tossing the ball to the athlete in position A1, who passes to the athlete in position A2, who passes to the athlete in position A3, and so on until the ball reaches the last athlete in line, who reverses the order. The drill will continue as long as the athletes are able to keep the ball in the air using proper technique. It can be done with an unlimited number of athletes, as space allows.





**Variations**

The drill can be made more difficult by varying the distance between the athletes; the farther away from each other, the more difficult the drill.